

## May 2023 Events

### BEE MOVING



QR code for a list  
of walking trails,  
DT, CC, UHCC,  
inside and outside!

## Celebrating Nurses and Hospital Week in May! Celebrating National Employee Health and Fitness Day-May 17, Week-May14-20th and all Month!

**Clear the Air:** First Tuesday of each month help pick up butts, beautify the campus and tell everyone about the Nicotine Replacement Comfort Kits. Meet at 11 am at the Cancer Center Lobby. Contact Jackson Tarr [tarj@upstate.edu](mailto:tarj@upstate.edu)



### **WellNYS Everyday Daily To-Do.** <https://oer.ny.gov/wellnys-everyday>

Well NYS Choose an activity you *enjoy* to keep fit.

### **Mindful Tuesday**

Tuesdays, 11:00 to 11:15 am.

Annemarie Cristino, LCSW, CEAP, Upstate Employee Assistance Program Coordinator, will offer 15 minutes of mindful meditation instruction and information. Mindfulness centers on fostering connections between the brain, mind, body, and behavior.

To join the session, visit: <https://upstate.webex.com/meet/cristinA>.

### **WellNYS Everyday Monthly Webinar; Fitting in Your FAVORITE Activity!** **Wednesday, May 10<sup>th</sup>; 12:00 Noon – 12:20 P.M.**

May is National Physical Activity Month. Regular physical activity is one of the most important things people can do to improve their health. What is your favorite physical activity? When do you fit it into your busy schedule? Join us as we share the *Physical Activity Guidelines for Americans* and how to fit physical activity into your busy day.

Presented by: Linda Carignan-Everts. To register for this webinar, go to <https://meetny.webex.com/weblink/register/r5c9fd512ced0874c92bb355ad1085830>



You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website.

### **Dog Therapy, May 4th**

11:30 – 1 pm, Upstate Health Science Library

The library will be hosting therapy dogs from Pet Partners of CNY May 4

### **Orientation to Wellness at Upstate**

Friday, May 5<sup>th</sup>, 12 to 12:20 PM

Do you know what SUNY PERKS is? How about the Perks Online Academy? WellNYS Everyday? Where to find self-care ideas? Let me show you the wellness benefits many people do not know about. There is a gym on campus?

Join us at <https://upstate.webex.com/meet/brisks>

### **Art Break for Wellbeing**

Tuesday, May 9<sup>th</sup>, 12 noon to 12:10 pm

Nathan Ihemeremadu, from the *Upstate Medical University Art Alliance* will tell us about why art helps our wellbeing and then offer an opportunity to try an artistic exercise to help us learn how easy it is to take an Art Break and feel the benefits of beauty and creativity in our daily life. Q and A will follow.

#### **Participants will need:**

-a sticky note, index card, or some other small piece of paper

-2 different colored writing utensils (pencil, pen, marker, etc.)

-a pencil and a pen could work for this

-one writing utensil could also work fine as well

Please join us at: <https://upstate.webex.com/meet/brisks>

### **Easy For You is May 9<sup>th</sup> Tobacco Cessation**

11:30 to 12:30

*Easy for You*, Upstate's tobacco treatment program, will be held in a **new location**: 3<sup>rd</sup> Floor Cancer Center, Multidisciplinary Suite C3068. Those with an Upstate ID are welcome to receive help quitting tobacco, chew, and vape. Free nicotine replacement therapy is available. For more information, contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or [walczykc@upstate.edu](mailto:walczykc@upstate.edu).

### **10 at 10 on the 10<sup>th</sup>: Topic: Childhood Obesity; Resources and Activities to Implement Today!**

May 10<sup>th</sup>, 10 am, 10 minutes

Srdan Lukic, is a fighter in multiple ways. He is the Founder/Director of Fight for Hearts, and he will share statistics on heart disease and Childhood Obesity. Srdan will share programing and resources you can use today with your family members! Let's make a change for health together! **Please join us at:**

<https://upstate.webex.com/meet/brisks>



**BEE Moving**

### Sleep Challenges for Women: Menses, Pregnancy, Menopause and More.

**May 11<sup>th</sup>, 12 noon to 12:25 pm**

Dr. Culebras, will provide us with information and help to support our sleep needs for life. **Please join us at:** <https://upstate.webex.com/meet/brisks>

### Standing 'sport' workout all week!

**May 15 through May 19<sup>th</sup>, 2 pm, about 10 minutes**

Bee Moving! Grab some comfortable shoes and give yourself some space. All the exercises are like basketball, volleyball and other sports moves. All standing. As always, speak to a physician before starting any exercise routine. **Join us at:**

<https://upstate.webex.com/meet/brisks>

**On your own:** <https://youtu.be/6xbe4NLumww>



*BEE Moving*

Commented [SFB1]:

### American Heart Association Check It! Community Conversation – How to Get Healthy Sleep & Well-Being; Wednesday, May 24<sup>th</sup> from 12:00 PM – 1:00 PM

Catching ZZZs could be the key to unlocking a healthier you. The amount and quality of sleep can influence your eating habits, mood, memory, internal organs and more. Join this session to learn how to sleep your way to whole body health as we wrap up the Check It challenge! **REGISTER HERE** [CheckItNY@heart.org](mailto:CheckItNY@heart.org).

### Mindful Leader Cultivating Compassion Meditation

**May 25, 12 noon, 10 minutes**

Join Suzanne to practice Cultivating Compassion. Take time to be aware of how you are feeling in the moment. **Join us at:** <https://upstate.webex.com/meet/brisks>

### 10 minutes of Humor

**Monday, May 22 at 10 am.**

100 laughs is worth 15 minutes on the ellipse machine! Which would you choose? **Join us at:** <https://upstate.webex.com/meet/brisks>

#### Helpful Links

[www.upstate.edu/wellness](http://www.upstate.edu/wellness)  
[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)  
[www.upstate.edu/hospital/health/healthlink/smokefree.php](http://www.upstate.edu/hospital/health/healthlink/smokefree.php)  
[www.upstate.edu/health/services.php](http://www.upstate.edu/health/services.php)  
<https://www.upstate.edu/eap/>

#### Wellbeing Index



Access Code: Upstate

**EAP, Employee Assistance Program- AnneMarie Cristino**