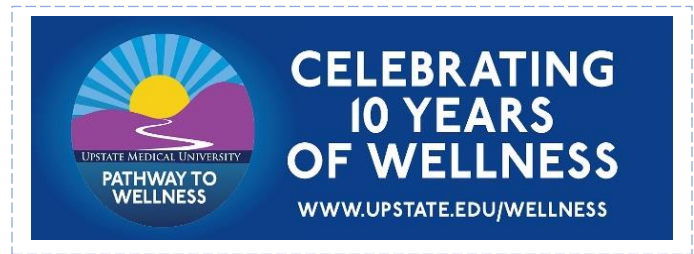


Carol M suggested calling the Kindergarten Pep Talk line @ 707-873-7862. Makes you smile when you hear their words of encouragement.



## September Events

### OER WellNYS September Challenge:

All month long. Complete 22 days  
"Carve Out 22 minutes of Alone Time."

Register at: <https://wellnys.oer.ny.gov/>

NOTE: OER- Office of Employee Relations WELLNYS

Need help with  
**Pain management?**  
Scroll down to  
September 27<sup>th</sup>

### Therapy Thursday; Dogs in the Library!

**Thursday, September 1<sup>st</sup>, 11:30-1**

You love them and the Library has them! Therapy dog visits will be held in the library. [Pet Partners & Upstate Health Science Library](#)

### How to Carve Out 22 minutes of Alone Time (will record)

**Wednesday, September 7, 2022; 12:00 Noon – 12:30 P.M.**

How often do you reach for your cell phone and scroll through social media when you have time all to yourself? During this 30-minute webinar will share ideas how to discover your passions, ideas how to enjoy nature, try something new or write a letter to your future self. Come join us as we think beyond using the cell phone to keep us busy to solutions that can lead to enriching our lives. Presented by Linda Carignan-Everts, NYS Work-Life Services. This session will be recorded and made available on the WellNYS Everyday website.

To register for this training session go to:

<https://meetny.webex.com/meetny/k2/j.php?MTID=te5b82529a22adb633dee8db1afd35724>

### Low Impact, Gentle, Fun Jacks

**September 8<sup>th</sup> at 2 pm, 10 minutes, will not record**

Join Justin Agustin for Fun Jacks! Gentle, low-impact cardio. Now this will elevate your heart rate. [Seek a physician before starting any exercise program.](#)  
Comfortable clothes, shoes/sneakers and a bit of room around you.

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

On your own: <https://www.instagram.com/reel/ChTJ4C6pLtn/?igshid=MDJmNzVkMjY%3D>

### 10 at 10 on 9<sup>th</sup>!! (10<sup>th</sup> is Sat), topic Loneliness at Work & Remote Work

**10 minutes at 10 am on Friday September 9<sup>th</sup> will record**

Get tips and ideas on how to combat the feeling of loneliness and feel more connected. Join us at: <https://upstate.webex.com/meet/brisks>

The *Pathway to Wellness* Committee

Invites you to

**Introduce Yourself to 10 People**

Always seek the advice of a doctor before beginning any exercise

**Chair Yoga 1** Monday, September 12, 2 pm, 10 minutes, (will not record)

**Chair Yoga 2** Monday, September 19 at 2pm, 13 minutes (will not record)

**Bed Yoga** Monday, September 26 at 2 pm, 10 minutes (will not record)

Join *Healthy Monday*, *Destress Monday*, & Amy Eberhardt of NY Langone Medical Center.

For Chair Yoga 1 & 2, have a sturdy chair, no wheels, comfortable clothes/shoes.

For Bed Yoga have a mat/towel and floor space. Don't try to bring your bed to work!

For all 3 events, join us at: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.mondaycampaigns.org/destress-monday/yoga-videos>

## **EAP Awareness Event**

**Tuesday, September 13, Community Campus, 12:00pm-1:00pm, Room 0124**

**Thur. September 15, Downtown, 12:30pm-1:30pm, Room East Tower, E8405A/B**

Are you stressed? Are your days filled with back-to-back activities and tasks?

Does it feel like it's difficult to take a breath? Yes? Take a minute and stop by

the upcoming "EAP Awareness" event to get creative ideas on how to de-stress.

Learn how to "Let it OUT, Talk it OUT, Stretch it OUT, Laugh it OUT, and Chill it

OUT"! Come see how the EAP can work for you. Hosted by Annemarie Cristino,

LCSW, CEAP, Employee Assistance Program Coordinator.

## **3 minute and 4 Minute Arm Tone Up** Twice per week!

**Tuesday, September 13, Thursday, September 15 at 2pm**

**Tuesday, September 20 and Thursday, September 22 at 2 pm** Come to 1 or all!

Take a 3 minute or 4-minute break to move and tone your arms with trainer Lucy

Windham-Reed. Feel better on the job. Go slow and at your comfort level.

No weights needed, just a bit of space and comfortable clothes.

*Always consult with a physician before beginning any exercise program*

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

On your own at: <https://www.youtube.com/watch?v=a42wtkZsAfl>

## **Easy for You** tobacco treatment

**Tuesday September 13<sup>th</sup>, 11:30 – 12:30**

Upstate's tobacco treatment program, will be held Sept. 13 from 11:30 a.m. to

12:30 p.m., in room 7335B, of the west wing, at Upstate University Hospital's

Downtown campus. 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)

## **KICK BUTTS**

**September 13 and September 27th at 11 am**

Meet at Cancer Center Lobby. Help clean up campus and help make everyone aware of

nicotine replacement kits. Contact: [Tarrj@upstate.edu](mailto:Tarrj@upstate.edu)

## **Digital Commensality** (eating with others)

**September 14th, 12 noon, 20 minutes, not recorded**

Fall, school starting...., what do you want to talk about? Bring your lunch to this virtual opportunity to eat with others and chat. Great to connect with others

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

## **10 minutes of Humor**

**Monday, September 19 at 10 am**

This month we are going to start out with puns! We have pun fans! Then a clip from a clean comedian, and a few funny comics. Start your week off with a laugh.

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

## **Weigh in Wednesday**

**Starts Wednesday, September 21, runs 10 weeks through Wednesday November 16**

Please send an email to [brisks@upstate.edu](mailto:brisks@upstate.edu) by September 14th if you want to join.

Each week you receive an email and a recording to help keep you on track with healthy habits to help you manage your weight. Different topics each week.

Everyone is invited to track weight on a Google sheet where we each have secret names. (No one knows your weight). Options: to weigh in are: at your home; at a scale at work or the scale outside the EAP office at Community Campus,

Tracking and group accountability. Tracking eating and weight can influence eating habits.

If you have history of disordered eating, this may not be appropriate for you. Seek out your physicians advise before joining.

## **Finding Wellness at Upstate**

**Wednesday, September 21, 12 noon-12:20**

If you are a new or if you are just new to the idea of wellness and wondering what is available here at Upstate, please join us! Find the challenge website, links and recordings. Discover resources and self-care activities for Wellbeing 24-7.

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

## **The Business Case For Happiness: Evidence Happiness Is Good For Organizations, People, Communities,**

**Friday, September 23, 12 noon, 6-minute article read.** Author: Tracie Brower

What do studies tell us about happy people? Stay on for 5 minutes longer if want to share your thoughts about the article.

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

On your own at: <https://www.forbes.com/sites/tracybrower/2021/04/11/the-business-case-for-happiness-evidence-happiness-is-good-for-organizations-people-communities/?sh=73fbfb4a3e09>

## **Help to Manage Pain**

**Tuesday, September 27<sup>th</sup> 2:30 – 2:50 pm**  
**15 minutes talk, 5 minutes Q and A. will record**

Vandana Sharma MD, FASA,  
Associate Professor,

Director Pain Medicine Services will talk about chronic pain, quality of life and lifestyle changes that could help you as well as provide resources.

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



## **Mindful Meditation**

**Monday and Wednesday at 10 am, 30 minutes**

Annemarie Cristino, LCSW, CEAP., **Upstate Employee Assistance** Coordinator offers a virtual mindfulness class on Mondays & Wednesdays, 10-10:30am.

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

## **10-minute Standing Stretch**

**Wednesday, September 28 at 10 am**

Stretch and feel better! Comfortable clothes and a bit of space is all you need.

All standing stretches. **Check with a physician before starting an exercise program.**

Let's do this: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://youtu.be/OygfY0DQZGY>

## **Glutes and Abs**

**Thursday, September 29 at 10 am, 10 minutes**

Standing workout. Great core strength is important for everyone and especially important if you push, lift or pull. Your clothes should be comfortable. You may use a light weight like your water bottle if you wish, but not necessary.

Comfortable, flat shoes. **Always check with your physician before exercising.**

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

Or on your own at: <https://www.youtube.com/watch?v=ly1aDbS>

Remember more videos and resources are at: [www.upstate.edu/wellness](http://www.upstate.edu/wellness)

Send an e-mail to [brisks@upstate.edu](mailto:brisks@upstate.edu) to get the Event Sheet & e-mail invites to events.

Recorded events are found under "recorded events column" at: <https://www.upstate.edu/wellness/pathway/monthly-events.php>

**Did you know? Upstate Running Club meets on Tuesdays at 6 pm. They use Group Me app to decide where run will be each week. Find them on Instagram.**