Employee Wellbeing Update

Quick Links

COVID Employee Resources
Employee Wellbeing at Cornell
Cornell Wellness

These updates from Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program are full of useful tips and resources for self-care, remote work, caregiving, financial wellbeing, and more. Contact wellbeing@cornell.edu with questions or suggestions.

November 28, 2022

- National Caregivers Month - Cornell Caregiver Stories
- Diabetes Workshop
- Home Energy Assistance Program
- Coping with the Holidays

November 7, 2022

- Helping Veterans Find Wellbeing Through Farming
- Benefair Information
- A Deeper Understanding of the Indigenous Experience
- Cops, Kids, and Toys

October 24, 2022
Cornell Adopting the Okanagan Charter
Disability Employment Awareness Month
Cornell Mentoring and Coaching
Discounts on Veterinary Care

October 10, 2022
Domestic Violence Awareness Month
Cornell Cancer Support Group
Insectapalooza
Cornell Club Membership Discount Available

September 26, 2022
Build An Emergency Supply Kit
Camouflage to Composition: Papermaking Workshop
Employee Emergency CARE Fund Seeking Volunteers
Fall Employee Celebration is Back

September 12, 2022
Flu Clinics Start Soon
Child Car Safety Seat Check
National Hispanic Heritage Month
Homebuyer Classes

August 29, 2022
Mary George Opperman Veterinary Patient Assistance Fund
New Suicide and Crisis Lifeline Launched
Preparing for Baby Series
Want to Advance Your Career at Cornell?

August 8, 2022
National Breastfeeding Month
Mom Burnout: The Struggle is Real
How to Feel Less Lonely and More Connected
COVID-19 Guidance: Preparing for the fall semester

July 18, 2022
National Disability Independence Day
New National Suicide Prevention Lifeline Number
Insider Tips: Used Car Buying
Harriet Tubman Freedom Ride & Fair

June 28, 2022
PRIDE Month Resources & Information
Adult Bike Skills
New Neurodivergent Employee Community
Cornell Cancer Support Group

June 13, 2022
- Juneteenth Events & Resources
- Belonging at Work Summit
- U-Pick Strawberry Farms
- Cornell Recreation Connection's Summer Lunchtime Games

**May 31, 2022**

- LGBTQ+ Resource Guide for Faculty and Staff
- Meditate at the Johnson Museum
- Step It Up with Cornell Wellness
- Women Swimmin' Registration Opens

**May 18, 2022**

- Mental Health Resources
- Sailing Lessons at the Merrill Family Sailing Center
- Reducing Flood Risks for Your Home
- Big Red Food Drive

**May 2, 2022**

- Finding Flourish with Cornell Wellness
- How Anxiety Hides in Your Habits
- Bring a Child to Work Day back in person for 2022!
- Free Rabies Vaccination Clinic

**April 18, 2022**

- BME Volleyball Team Still Practicing Wellness After Twenty Years
- Cornell Inclusive Excellence Summit 2022
- Estate Planning Seminar
- Unleashing the Power of Your Team

**April 4, 2022**

- Deaf History Month
- Cornell Recreation Connection Spring Break Events
- Cornell LGBTQ+ Resource Guide for Faculty and Staff
- Community Shred Day

**March 22, 2022**

- Women's History Month
- First Time Homebuyer's Seminar
- Cornell YPCNG Inspiring Leaders Series
- Cornell Red-Tailed Hawk Cam

**March 7, 2022**

- A Message About Ukraine
- Big Red Rec Bingo
- National Nutrition Month
• Cornell Children's Tuition Scholarship Workshop

February 23, 2022
• Adaptive Rock Climbing
• Alcohol Awareness Campaign
• Five Money Musts
• Beyond Waste Campaign

February 7, 2022
• Black History Month
• Soup & Hope
• Crypto 101
• Supervising at Cornell

January 24, 2022
• Coverage for COVID OTC Tests
• Soup & Hope
• How To Claim Social Security
• Bikes Wanted for Community Bike Sale

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2021 Updates

December 20, 2021
• “Stretch It Out” 2-week wellness experience
• New Cornell fertility support group
• “Black Men in White Coats” panel discussion
• Staff Award for Integrity and Inclusion

December 7, 2021
• Tips for Hosting Hybrid Work Gatherings
• Wellbeing Interview Series
• New Skillsoft Website
• United Way Campaign

November 15, 2021
• Join “Destined for a Destination” Wellness Experience
• Celebration Conversations: All Caretakers Have A Story
• Transgender Day of Remembrance Vigil
• Financial Basics
November 2, 2021
- Wellbeing Story
- COVID Vaccine for children
- Flexible Spending Accounts
- Indigenous Heritage Month
- Veterans Day

October 18, 2021
- Domestic Violence Awareness
- Restorative Talking Circles for Employees
- Financial Webinars
- Fun Activities in October

October 4, 2021
- New Cornell Inclusive Excellence podcasts
- 2022 Child Care Grant for Faculty & Staff
- Computer purchase payroll deduction loans
- Soup & Hope recordings

September 20, 2021
- Prepare for flu season
- Fall cooking demo
- Cornell cancer support group
- Preparing for Baby series
- Retirement savings webinars

September 7, 2021
- suicide prevention awareness
- COVID wellness groups
- not-to-miss lectures
- master gardener bulb sale
- managing hybrid teams

August 9, 2021
- Message About Wellbeing from Michelle Artibee
- How To Manage Intensity
- Move-In Volunteer Sign-Up
- Cornell Manager Chat August 12

July 26, 2021
- New Tools to Drive Your Cornell Career Forward
- Inclusive Excellence Podcast: National Disability Independence Day
- Recipes of the week from Cornell Wellness: Basil Pesto and Salmon Patties
- Lactation Accommodations at Work
July 12, 2021
- Inclusive Hybrid Meetings
- Managing Anxiety of Returning to On-Site Work
- Arboretum Hike
- Child Care Grant for Faculty & Staff

June 21, 2021
- Respecting Our Unique Experiences
- Consultations with Cornell Wellness
- Managing the Anxiety of Returning to On-Site Work
- LGBTQIA+ Pride Celebration Conversation

June 7, 2021
- Managing the Anxiety of Returning to on-Site Work
- Special Father’s Day and Pride Event: Little and Often: A Memoir
- EA Staff Forum: University Finance Update
- Gardening for Beneficial Insects

May 17, 2021
- Tompkins County Vaccination Clinics
- Diversity Includes Disability: Take The Survey
- Retirement and Beyond Seminars
- Managing Career Burnout

May 3, 2021
- Mental Health Awareness Month
- Plan Vacation Time Now
- Asian Pacific American Heritage Month
- Gardening Mini Grants

April 21, 2021
- Earth Day activities
- Movement for the Mind Spring Challenge
- Dog & Cat Drive-Thru Rabies Clinic in Tompkins County
- Estate Planning Webinar with Cornell Law School

April 5, 2021
- Sustainability Month
- Wellness Dance Party
- Presentation for New(er) Cornell employees
- Strategic Paid Time Off Planning
March 22, 2021

- Asian American and Pacific Islander (AAPI) Mental & Emotional Health
- COVID-19 impact on Flexible Spending Accounts
- Sustainability Month
- CUBS Campus Registration

March 8, 2021

- Cornell Wellness Days
- Celebrating Women's History
- Employee Awards
- Understanding Burnout

February 22, 2021

- Optimizing Your Space for Exercise
- Cornell College Mentors for Kids
- 2020 Vision, A Black Walden Pond & Other Musings
- Cornell VetCARES Community Cat Spay/Neuter Clinic

February 8, 2021

- Navigating grief and loss
- COVID-19 Information
- Black History Month
- Ithaca Snow Angels

January 25, 2021

- Cornell Soup & Hope Series
- Positivity: Reworking the Mind for a More Optimistic Thought Process
- Cornell Preparing for Baby Series
- How to Run a Brilliant Remote Workshop

2020 Updates

December 2020

December 14, 2020

- Home Alone for Winter Break?
- Ithaca Ballet Virtual Nutcracker
- Cornell Global Mixer
- Inclusive Excellence Podcast

November 2020
November 30, 2020

- Big Red Writes Penpal Program
- COVID-19 Supplemental Testing for Faculty & Staff
- Mental Wellness Challenge
- Inclusive Excellence Podcast

November 9, 2020

- Veteran's Day
- Cornell Wellness Sleep Challenge
- Guiding Our Children Through Crisis
- Cornell COVID-19 Employee Hardship Fund for School-age Child Expenses

October 2020

October 26, 2020

- Election Season Self-Care
- Checking on others when physically apart
- Ergonomics tips for seating
- United Way drive kicks off - volunteers needed

October 12, 2020

- “Go Purple” for Domestic Violence Awareness Month
- Navigating Election Anxiety – program and resources
- Pregnancy and Infant Loss Remembrance Day
- Sleep Hygiene Series – Part III
- Video: Workplace Flexibility at Cornell (8 min)

September 2020

September 28, 2020

- Mental Wellness Offerings
- Quick and easy exercises for your back and hips
- Adult education offerings
- Water conservation tips
- Five ways to avoid ineffective meetings

September 22, 2020

- National Hispanic Heritage Month
- Relationship Changes & Challenges – Divorce and separation
- Tips for Sleep and Cell Phone Use
- Virtual Commemoration of POW/MIA Recognition Day
- 4-H Raptor Club Starting Up

September 14, 2020
- National Suicide Prevention Month
- Cultivating Resiliency
- Cholesterol Education Programs
- Walk to Run Virtual Program
- Anti-racism Programming
- Tutoring discount for Parents of K-12 Children

August 2020

August 31, 2020
- Transitioning to the Fall Semester
- Understanding the Impacts of Sleep on Health
- Cornell Flu Clinics
- Child Care Grant For Cornell Staff & Faculty
- Preparing for Baby Series

August 24, 2020
- For Managers: Supporting the Caregivers on Your Team
- Virtual 4-H Duck Race on Sept. 13
- Hiring a nanny/teacher? Learn to create healthy/fair agreements

August 17, 2020
- Having conversations in today's environment
- Caring for your mental wellbeing through campus reactivation
- “Notice and respond: assisting students in distress” training
- Ergonomic consultations available to remote workers
- Elder/adult caregiving: decision guide for interacting with others
- Disability and elder law series

August 11, 2020
- Care for Your Mental Wellbeing During Work & Family Transitions
- Apps to help with anxiety and depression
- CUBS camp extended through August 21st
- Caring for individuals with brain injuries
- Volunteer opportunities with St. John’s Community Services and Mutual Aid Tompkins

August 3, 2020
- Support for caregivers
- NYS financial resources
- Adult group sessions focused on mental health
- Advice for tired managers
- Lotus pond and garden tour

July 2020

July 28, 2020
• Am I Good Enough? Navigating Shame & Guilt
• Americans with Disabilities Act – 30th Anniversary
• Lactation room update
• Babysitters, nannies, tutors, and teachers available for hire

July 14, 2020

• Tutors, Babysitters, Nannies, and Teachers needed
• How to spend a mental health day and addressing micro stresses
• Harmful Algal Blooms update
• Donate excess produce to the Friendship Donations Network
• Virtual Grassroots
• Mask Makers seeking teens

July 6, 2020

• Guide to navigating child care
• Composting at home
• U-Pick raspberry farms
• Tompkins County rentals for kayaks, canoes, and paddle boards
• Youth Grief Camp
• Retirement & Beyond seminars
• Food pantries

June 2020

June 29, 2020

• Supporting others without doing harm
• GirlTrek Black History Bootcamp
• Meditation sessions
• Feeling anxious? Rearranging your furniture may help
• PTSD & LGBTQ+ Awareness Months
• Parenting webinars
• Dogs at risk for heatstroke

June 22, 2020

• Mid-2020 Pause to Reflect and Reset
• U-pick Strawberry Farms
• Black Lives Matter Library Guide, LGBTQ Lunch & Learns, Talking to Children About Race
• Financial Information & Support Hotline
• Cornell CUBS Camp and other summer camp info
• How to Spot When an Employee is Secretly Struggling

June 15, 2020

• Why we should all stop saying, “I know how you feel”
• Five finger relaxation technique
• Anti-racism training programs and resources
• Adult bicycling classes
• Parenting chats and information about child care/camps and tutoring
• Ithaca Tenants Union

June 8, 2020

• Child Care & Summer Camps Update
• Looking for extra work? Babysitters/Nannies needed!
• COVID-related Bereavement Group
• Rental Assistance Program
• Conversations About Race

June 1, 2020

• Supporting Our Diverse Community
• New Wellness Challenge
• When You Disagree About Social Distancing
• Powerful Tools for Caregivers
• How to Prepare Your Dog to Be Left Home Alone
• Psychological Safety at the Workplace

May 2020

May 26, 2020

• Help Collect the Advice of Elders for Getting Through a Crisis
• Advance Care Planning
• Mutual Aid food cabinets in need of contributions
• Living Alone During COVID-19 program highlights
• Parental Resilience Workshop Series

May 18, 2020

• Financial wellbeing – Cornell special benefit considerations during COVID-19
• Cultivating resiliency
• Slacklining 101
• Women Swimmin' goes virtual
• Story time with Cornell leaders
• Maternal depression resources
• Older Americans Month 2020

May 11, 2020

• Cornell traditions
• Caring for your time
• Financial workshops - selling ahome, budgeting, tenant rights, student loans
• Emotional wellbeing workshops - resiliency, grief, and stress
• Parenting in a time of crisis
• Managers role modeling wellbeing
May 4, 2020

- Eating when working remotely: from mindless to mindful eating
- Hiking/biking locations in New York
- Opioids and Narcan Trainings
- Welcoming new residents to Tompkins County
- Update on public schools, camps, and child care programs
- Caring for grandchildren while working

April 2020

April 27, 2020

- Navigating work and life
- Active and stillness breaks to recharge and re-energize
- Tips for your high school/college students
- Plant-based eating, food cabinets, food pantries
- NYS Child Care Grants for Essential Personnel
- Tips for managers

April 20, 2020

- “Productivity, Perfection, and a Pandemic”
- Substance abuse resources
- Tips for grocery shopping and getting the most out of a virtual medical appointment
- Remote work tips for everyone, managers, families, and technology
- Volunteer opportunities

April 12, 2020

- Emotional wellbeing and caring for the mental health of older adults
- Adjusting your work schedule
- Building and maintaining connections
- Child care resources and virtual babysitting

April 6, 2020

- Remote employees: tips for daily routines and focus
- Financial supports for food, baby care items, etc.
- Personal preparedness strategies

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