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