Employee Wellbeing Update

Quick Links

- COVID Employee Resources
- Employee Wellbeing at Cornell
- Cornell Wellness

These newsletters 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.

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 Newsletters**

**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 Newsletters

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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