Employee Wellbeing Update

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

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.
- 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

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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 a home, 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