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.

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 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

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