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.

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

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