Cornell Retiree COVID Resources

Mental Health

Faculty and Staff Assistance Program – fsap@cornell.edu, 607-255-2673 - benefits-eligible employees, retirees, and spouses/partners may contact the FSAP by phone to obtain free support. If the volume of calls exceeds the FSAP’s ability to respond in a timely fashion, please consider contacting ENI (above). FSAP is now offering virtual sessions.

- Coping with the COVID-19 Pandemic (pdf) – guidance from the Faculty and Staff Assistance Program

Cornell Wellness – remote access to programs and services available, including new offerings for meditation, and more – wellness@cornell.edu. For more information contact wellness.cornell.edu.

- Mindfulness Meditation Introduction
- Positivity: Reworking the Mind For A More Optimistic Thought Process - Cornell Wellness Webinar
- Optimizing Mental Health Through Fitness And Nutrition

NY Project Hope - New York has a free, confidential helpline as part of the FEMA response to COVID-19. Call 1-844-863-9314 or visit nyprojecthope.org.

COVID-19 Information
**Tompkins County Health Department Vaccination Information** *(locations and scheduling)*

**Tompkins County COVID-19 Vaccine Registry** - the registry will collect information from currently eligible individuals and allow the Tompkins County Health Department to communicate directly with those who are eligible when doses become available.

**Dr. Teris COVID-19 Update Webinar** *(Video)* - Dr. Wayne Teris, Chief Medical Officer at the Care Compass Network shares the latest updates and information on COVID-19. This webinar was sponsored by Cornell Work-Life, Human Resources, and Cornell Academics & Professors Emeriti & Office of the Dean of Faculty. Three excerpts can be found below:

- Swiss Cheese Effect - Pandemic Defense
- Vaccines - Pfizer & Moderna
- Risk Assessment Tool & SMART

**FAQ & Guide to Vaccinations for Ages 65+**

**COVID-19 Event Risk Assessment Planning Tool**

**Centers for Disease Control (CDC) COVID-19 Vaccine Information**

**Cornell University COVID-19 Website**

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**Physical Health**

**Cornell Wellness**

- Seated Exercises with Keri
- Cooking and Food Demo Videos - Cooking with Wellness Series
- What's the Best Diet for Me?
- Plant-Based Nutrition - Getting Started
- 5 Ways to Increase Vegetables in Meals
- Getting Ready to Quit Smoking

**Cornell Nature Rx** - multiple studies have concluded that spending even a few hours each week in nature can improve mood, cognitive ability, alertness, ability to concentrate, social connection, and overall sense of well-being.

**Virtual Wellness Resources List** - Explore the many ways to improve and/or maintain your physical wellbeing in the comfort and safety of your home for low to no cost. National and local resources for virtual sessions, videos, and Apps.

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**Stay Connected**

**Cornell Adult, Senior, and Caregiver Connections Facebook Group** - a place for adults, seniors, and caregivers who are caring for a parent, spouse, or loved one, to find support, information, and inspiration.

**Big Red Writes** - a Cornell pen pal program for employees, retirees, students, alumni, and K-12th grade children of employees.

**Soup and Hope** - Stories come from a wide range of Cornell staff, faculty, students, alumni, and community members.

**Cornell Global Mixers** - Mingle in small, virtual discussion groups centered around Cornell-related themes every 2 weeks.

**QBuddy** - created by Cornell students to help foster connections for those who wish to socialize virtually from home. Get matched with buddies and/or attend virtual events.

**Lifelong** – enhancing the lives of older adults in Tompkins County.

**Combating social isolation through technology** - resources gathered by Ithaca College that may help prevent social isolation.
Food & Deliveries

CCE Listing of Tompkins County Food Assistance Programs

FoodNet Meals on Wheels of Tompkins County – 607-266-9553, info@foodnet.org - various programs available to bring meals to seniors and/or individuals under the age of 60 who are ill and/or homebound. Fees vary. Find other Meals on Wheels services by searching NYConnects.ny.gov.

Emergency Food Delivery Request (Tompkins County)

Press Bay Friendship Food Pantry - Mondays from 3:00 – 5:00 pm

Nourish Tompkins - a cross-collaborative initiative started by Cornell Cooperative Extension in Tompkins County with members of the Tompkins COVID-19 Food Task Force to respond to the upsurge in food-insecurity during the pandemic.

COVID-19 Food Resources in Tompkins County

Food Sharing Cabinet Locations

Neighborhood Food Hubs - Friendship Donations Network

Tompkins County COVID-19 Food Task Force coordinates the efforts of over 70 entities involved in the hunger relief equation. For more info, contact Holly Payne, Task Force Coordinator, hp67@cornell.edu.

Additional Resources

211 Tompkins Cortland - connects people in need with services designed to address that need.

Home Energy Assistance Program - a federal program that helps low-income households meet the high costs of home energy. Income and resource eligibility standards change annually. Call 607-274-5264