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

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.

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](mailto: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](http://www.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](mailto: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