Plan Ahead: Cornell Wellness Days are scheduled for April 23 & 26. Employees are encouraged to celebrate these days as well, either during the workday or while away from work. Ideas are offered, however each person/team should focus on their unique needs, interests and what is possible.

**CULTURE & HEALTH**

Asian American and Pacific Islander (AAPI) Mental & Emotional Health
Anti-AAPI acts of discrimination and hatred (which has been on the rise) can negatively impact mental health, regardless of whether someone is the direct recipient of it or has witnessed it. Racial trauma can cause increased anxiety, depression, and/or trouble eating and sleeping. If you notice yourself struggling with these symptoms, help is available. Contact the Faculty and Staff Assistance Program at fsap@cornell.edu, eni Confidential Counseling Services at 1-800-327-2255, or search for a provider through your health insurance plan.

The National Alliance on Mental Health outlines information about specific mental health concerns in AAPI communities and for individuals, [how to seek culturally competent mental health care](#).

These podcasts explore the intersection of Asian American identity and mental health, physical health, and other aspects of wellbeing.
- [Stories of Stigma: South Asian Mental Health](#)
- [Asian Women for Health](#)
- [The Full Well](#)

**No Greater Burden: Health and the Weight of the World on Black Women**
March 23, 4-5:30pm. This panel of eminent specialists in medicine will discuss various aspects of the weight of the health burden borne by Black women.
Racism in America: Health
March 29, 7-8:30pm. Panelists will focus on the impact that racism has on access to healthcare and health outcomes.

Becoming a Healthier You
April 6, 10-11:30am. Join Cornell Wellness & Dept. of Inclusion and Workforce Diversity as we raise awareness to health inequities and disparities and learn to build healthier communities.

MENTAL

Soup & Hope with Amaris Henderson, 21’
March 25, 12:15-12:45pm. Henderson is a singer-songwriter, poet, and journalist who studies Performing & Media Arts. She will talk about how she chooses to be hopeful in the face of difficulties.

Coping with Grief During COVID-19
March 31, 12-1pm. The pandemic has complicated the way we grieve the death of loved ones, whether due to COVID-19 or other causes. Join Cornell Work/Life and Hospicare of Ithaca for a presentation about grief in today’s environment and hope to cope.

It’s OK to Grieve for the Small Losses of a Lost Year (New York Times)

COVID-19 Vaccination Has Been Conjuring Up Emotions and Memories (NPR)

FINANCIAL

COVID-19 impact on Flexible Spending Accounts
Benefits eligible Cornell employees should have received an email on March 18th about Health & Dependent Care Spending Account news. If you didn’t receive it, check out the webpage for details.

Watch out for Unemployment Fraud
A number of Cornell employees have experienced someone else using their personal information to apply for unemployment benefits in NY and other states. Learn what to watch for and do.

Cornell Children’s Tuition Scholarship (CCTS) Workshop
March 25, 10am. Do you have a senior who is interested in attending college next fall? Learn about CCTS eligibility, award values, application and payment processes.

Retirement & Beyond Seminars for Faculty and Staff
Endowed: March 25, 10-11:30am. Contract College: March 24, 1:30-3pm. Planning for life after retirement should involve not only looking at one's finances; there are other considerations, including health care. Attend a seminar that outlines the changes to your benefits as you prepare to transition.

PHYSICAL

Cornell Reis Tennis Center now open to employees
Employees need to be approved to be on-campus and must be completing their surveillance testing.
Ithaca Farmer’s Market returns to Steamboat Landing on April 3
The market will also continue to operate its newly launched online marketplace for easy pick up in the DMV parking lot on 3rd street (Saturdays only).

ENVIRONMENTAL

Maple Week 2021 (Cayuga Nature Center & Paleontological Research Institution). From March 22–28, tune in for live streams of the maple syrup process, discussions around maple syrup and climate change, and more!

Seed Giveaway (CCE Tompkins)
March 27, 10am-12:30pm. CCE is prioritizing BIPOC community members, disabled or elderly folks, and low-income families between 10-11:30am. Free, donations welcome.

April is Sustainability Month
Cornell celebrates all things sustainability during the entire month of April, with 60+ events in film, fashion, art, wellness, social justice, climate change leadership, and sustainability topics.

OCCUPATIONAL

Cornell Young Professionals Colleague Network Group (YP CNG) Event
March 25, 12-1pm. Featuring Zebadiah Hall, the Director of Cornell Student Disability Services. The Inspiring Leaders series of the YPCNG will spark hope and excitement for what we can achieve both personally and professionally in the new year & beyond.

Cornell LGBTQ+ Colleague Network Group (CNG)
The LGBTQ+ CNG raises awareness about workplace issues faced by LGBTQIA faculty and staff; provides networking opportunities for LGBTQIA faculty and staff and a forum to discuss topics of mutual interest and innovative solutions with senior leaders; and supports the recruitment and retention of LGBTQIA faculty and staff. The CNG monthly for lunch and socializing.

Recruiting Participants for Virtual Jury Study at Cornell
The Legal Decision Lab of the Cornell Law School is conducting a virtual mock jury study and seeking adults to participate as virtual mock jurors! Jurors are compensated $50. For more information, contact LegalDecisionLab@gmail.com.

PARENTING

Cornell CUBS Camp registration open
CUBS Camp gives campers a unique introduction to several different sports and activities. Children engage in activities led by a team of fun and outgoing counselors.

Removing the “Man-Can’t” Myth (Care@Work by Care.com)
April 13, 12pm. Learn how men can engage with gender equality and diversity issues, become co-champions for change, and strategies to manage work and life.

How to Parent Young Adults Who Move Back Home (Psychology Today)

FOR MANAGERS

Spring Wellness Workshops for Your Department
Spring is a time to refresh, breathe, and reset how we think of our wellness. Invite a Cornell Wellness expert to join your next department or team meeting to share information and techniques. Check out the full list of workshops available.

To Have Better Remote Meetings, Create a Team Communication Charter (Forbes)

About the Wellbeing Update:
Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program about campus and community resources, programs, and events. Explore past editions or email wellbeing@cornell.edu to ask questions/suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.