



# EMPLOYEE WELLBEING at CORNELL

Sept. 20, 2021 Update - [Past editions](#)

- [Mental](#)
- [Cultural](#)
- [Financial](#)
- [Relationships](#)
- [Occupational](#)
- [For Managers](#)

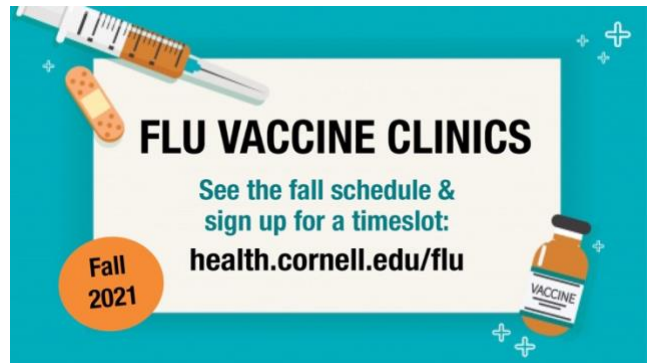
## PHYSICAL

### [Flu Season 2021: What to Expect & How to Prepare](#) (Weill Cornell Medicine)

Oct. 5, 6-7pm. Learn how to plan for the upcoming flu season with Mirella Salvatore, MD, Assistant Professor of Medicine at Weill Cornell Medicine.

### [On-campus flu vaccine clinics have begun!](#)

Getting vaccinated each year is one of the best ways to protect yourself – and others – against [seasonal influenza](#). Sign up to get your annual flu shot at one of Cornell's flu vaccine clinics, scheduled at various campus locations through mid-November. FREE for Cornell staff, faculty, retirees, other community, and family members (age 3+).



### **Child Car Seat Safety Check by Cornell University Police Department**

Sept. 25, 9am-1pm. Cornell Grounds Department, 307 Palm Road, Ithaca. Questions? Call Cornell Crime Prevention Unit at 255-1111.

### [39th Annual Apple Harvest Festival Presented by Tompkins Trust Company](#)

Oct. 1-3, on and around the Ithaca Commons. Enjoy locally produced ciders, the popular cider donuts, multiple local food and craft vendors, and hundreds of pounds of New York State's top crop, apples.

### [Fall Seasonal Cooking Demo](#)

Oct. 13, 12-1pm. In this engaging cooking demo, follow along with Erin Harner, Cornell Wellness' RDN, as she cooks three healthy wholesome dishes in her kitchen so you can go home and cook them in yours. Dishes include Root veggie fritters, Rainbow slaw, and Creamy green dipping sauce (with dairy free and vegan options).

### [8 Things Sleep Experts Do in the Morning After a Poor Night's Sleep](#) (Livestrong)

## MENTAL

[Mindfulness & Coping: Managing Stress During the COVID-19 Pandemic](#) (Weill Cornell Medicine)  
Sept. 28, 6-7pm. Learn from Susan Evans, PhD and Professor of Psychology in Clinical Psychiatry.

### [Cornell Cancer Support Group](#)

Second Wednesday of each month from 11:45-12:45 via Zoom. Open to Cornell faculty, staff, students, and retirees with any type of cancer, at any stage of treatment or recovery.

### [Writing Your Loss Story](#) (Hospicare of Ithaca)

Oct. 18, 25, Nov. 1 and 8, 6:00-8:00 p.m. *Writing Your Loss Story* is a four-week writing program that provides therapeutic writing prompts for the bereaved to use to tell their story. The group allows individuals living with loss to explore their unique circumstances.

### [How to Stop Languishing and Start Finding Flow](#) (TED)

Have you found yourself staying up late, joylessly bingeing TV shows and doomscrolling through the news, or simply navigating your day uninspired and aimless? Chances are you're languishing, says organizational psychologist Adam Grant -- a psychic malaise that has become all too common after many months of the pandemic. He breaks down the key indicators of languishing and presents three ways to escape that "meh" feeling and start finding your flow.



## CULTURAL

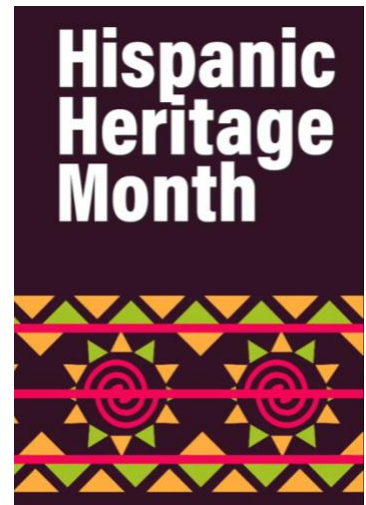
### [Hispanic Heritage Month](#)

Each year, Americans observe [National Hispanic Heritage Month](#) from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Learn more about this month at the DEI Celebrations page and in the following pieces.

- [What's the difference between Hispanic and Latino?](#) (Britannica)
- ['Hispanic,' 'Latino,' or 'Latinx'? Survey says...](#) (NPR)
- [Hispanic/Latinx Mental Health](#) (Nat'l Assoc. on Mental Illness)

### [Celebration Conversations: Jewish harvest festival Sukkot](#)

Sept. 22, 12pm. Come learn about this joyful holiday, share your own fall traditions, and join in the fun by bringing your favorite autumnal food and/or objects to our virtual [Sukkah](#).



## FINANCIAL

### [Home Routine Maintenance and Seasonal Tasks](#) (Ithaca Neighborhood Housing Services)

Oct. 6, 6:30-8pm, \$20/\$35 per couple. A local contractor from Empire Construction will discuss routine home maintenance and seasonal tasks.



Cornell has partnered with Fidelity and TIAA to host a [series of webinars](#) (click on “Retirement Savings Webinars”) to help you prepare for your future! You do not have to have an account with either Fidelity or TIAA and can attend as many seminars as you’d like.

**[Take the First Step in Investing](#)** (Fidelity)

Sept. 29, 2pm. Learn key investing concepts, common investment types and how to choose your investment approach.

**[The Starting Line: Beginning to save for retirement](#)** (TIAA)

Oct. 5, 2pm or Oct. 13, 10am. Learn how to evaluate and manage debt, find additional ways to save, create a budget and begin to plan for retirement.

**[Turn Your Savings into Retirement Income](#)** (Fidelity)

[Oct. 20, 2pm](#) or [Oct. 28, 2pm](#). If you’re planning to retire within the next few years: Learn the benefits of a retirement income plan, factors to consider when transitioning your savings into income, and ways to develop a retirement plan that suits your goals and lifestyle.

**[2022 Cornell Child Care Grant for Faculty & Staff](#)**

Application and deadline will be posted to the HR website soon.

## RELATIONSHIPS

**[Welcoming a Baby Soon? Fall Preparing for Baby Series](#)**

This virtual series covers topics such as pregnancy, preparing for birth, postpartum relationship changes, and breastfeeding. All Cornellians and their support persons are welcome. Free.

**[Back to School with Asthma: What Families Need to Know](#)** (Weill Cornell Medicine)

Sept. 21, 11am-12pm. Presented by clinicians and educators in the Asthma Education Program..

**[Tompkins County Caregivers of 60+](#)** (Tompkins County Office for the Aging)

Sept. 22, 10:30am-12pm. Are you a caregiver for someone 60+ years old? Learn how COFA’s Long-Term Care department can assist with in-home care.

### [CornellVetCARES Community Cat Spay/Neuter Clinic](#)

Oct. 1. Registration limited and opens Sept 27. Free spay/neuter and vaccinations for intact outdoor/free-roaming and feral cats of Cornell employees and students.

## OCCUPATIONAL

### [How to Intentionally Build Break Times In Your Day](#) (Fast Company)

Taking routine breaks is critical for sustained productivity and wellbeing. From lunch hours to afternoon breathers, check out these ideas for making space for some mind-clearing downtime.

## FOR MANAGERS

### [Unleashing the Power of Your Team](#)

Sept. 22; 1:30-4pm or Sept. 27; 9:30-12pm. This program is part of the [Leadership@Cornell](#) learning track. What does it mean to be a leader and unleash the power of your team? In this course, you will explore the behaviors and cultural issues that get in the way of leading effectively, as well as your role in creating an environment where all employees feel empowered.

#### **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](mailto:wellbeing@cornell.edu) to ask questions or suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.