Jan. 24, 2022 Update - Past editions

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**PHYSICAL**

**Insurance Coverage for COVID-19 Over the Counter Test Kits**
Effective Jan. 15, 2022, group health plans are to allow coverage of eight over the counter COVID-19 test kits per month, per covered individual. Since this announcement from the government, the insurance industry (including Cornell’s and New York State’s vendors) has been working to implement these requirements. Visit this webpage for Cornell’s understanding of how the reimbursement will be processed under various endowed and contract college plans. Return to this page frequently and we will note when the information has been updated.

**Free At-Home COVID-19 Tests from COVIDtests.gov**
In addition to the health insurance coverage noted above, every residential household in the U.S. is eligible to receive four at-home COVID-19 tests at no cost. Order now - shipping is estimated to take 7-12 days.

**Cornell Wellness Book Club: “Atomic Habits” by James Clear**
Starts Jan. 31. Are you looking to begin new healthy habits or getting rid of some habits that aren’t serving you? Do you find yourself doing a great job pursuing healthy habits or breaking less healthy habits for a short period of time, but have difficulty maintaining those changes? Join Cornell Wellness staff for this spring semester book club event.

**Cornell Fitness Centers Free Virtual Group Fitness Offerings**
Cornell Fitness Centers are offering two free virtual fitness classes for the spring semester. There is no requirement to have a CFC or Wellness Membership to participate in these classes.

- **Iyengar Yoga** on Wednesdays 7-8:15am
- **Prenatal Yoga** on Thursdays 9-10am
**FitSober**
Thursdays, 6pm at Pallas Fitness – 241 Cherry St., Ithaca. Free. A combination of an Alcoholics Anonymous Meeting and some fitness fun, FitSober is a non-profit open to all levels.

**Diet Culture is Unhealthy. It’s Also Immoral.** (New York Times)
This opinion/guest essay was written by Kate Manne, associate professor of philosophy at Cornell.

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**MENTAL**

**Soup & Hope Annual Winter Series**
12-1pm. For over a dozen years, S&H has served up heart-warming stories during the coldest months at Cornell. Each story is unique, reflecting different cultural, spiritual, and philosophical perspectives and lived experiences. February talks include:

- **Jan. 27 – Dr. Jacque Tara Washington** – Learn about some of the places in which she has found hope amidst adversity in her life through story, poetry, and song.
- **Feb. 10 – Michelle Artibee** – Listen to her reflections on body size, body inclusion, working in a field that historically prioritizes thinness, and finding peace and love in health and food.
- **Feb. 24 – Alan Mathios** – Hear about some of the key decisions that shaped his journey from life in a small family apartment in Queens to his role as Dean at Cornell.

**Family Support Winter Wellness Walk** (NAMI Finger Lakes)
Jan. 28, 1pm. Location sent upon registration. This group is for adults 18 and over who’s loved one has experienced a mental health condition. Walk will be held at an outdoor Ithaca location weather permitting. To register, email namiflsupport@namifingerlakes.org or call 607-288-2460.

**When the Well is Dry: Reset & Recharge When You’re Depleted** (Care@Work by Care.com)
Feb. 8, 12-1pm. Join Care.com for a candid discussion about how the challenges of the last two years and the stress of living in ongoing uncertainty have impacted mental health. Learn strategies to increase self-compassion, have open conversations about one’s needs, and the importance of self-care. Presented by Jennifer L. Hartstein, PsyD, a nationally known child, adolescent, and family psychologist.

**Cornell Fertility Support Group**
Feb. 8, 4-5pm. Join us on the journey of discovery, knowledge, joy, and loss, and connect with colleagues and friends who are living a similar experience.

**10 Happiness Practices a Doctor Prescribes to His Patients** (Greater Good)
In addition to all the fear and chaos it has wreaked, COVID-19 has changed the way we think about our health - one doctor is prescribing habits for health and happiness.

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**RELATIONSHIPS**

**Community Forum on Alzheimer’s, Dementia, and Memory Loss** (Central NY Alzheimer’s Association)
Feb. 2, 10-11:30am. We invite all those impacted by age related brain changes, including individuals and families, caregivers, providers, and community partners.
Preparing for Baby Series Spring 2022
Starts March 9. This series will help you sort through much of the information available for new parents and guide you in making the best decisions for your family. All Cornellians (faculty, staff, postdocs, and students) and their partners/support persons are welcome to attend, free of charge. Registration required.

**CULTURAL & SPIRITUAL**

Stories from the People of the Longhouse
Jan. 25, 12-1pm. Stories are an essential part of any culture and a wonderful way to learn about others. Perry Ground, a Turtle Clan member from the Onondaga Nation of the Haudenosaunee (Iroquois) and Cornell alumnus has been a storyteller and educator for more than 25 years and uses vivid descriptions, his rhythmic voice, audience interaction, and an active stage presence to bring stories to life. In this webinar, Perry will recount traditional Haudenosaunee (Iroquois) legends that have been told for hundreds of years and showcase the birds, beliefs, customs, and history of the Haudenosaunee people.

Chinese New Year Party (Tompkins County Public Library)
Jan. 29, 2-4pm. Kids and families are welcome to drop in and make decorations to celebrate the Lunar New Year – the most important social and economic holiday for billions of people around the world. Attendees will bring home door couplets, paper cuttings, red pockets, Chinese knots, lanterns, and good luck. No registration required.

**FINANCIAL**

Learn the Basics of When and How to Claim Social Security
(Presented by Fidelity) Jan. 27, 2-3pm. If you anticipate Social Security will be your primary source of income in retirement, learn when and how to claim your benefit.

Six Financial Goals for the New Year (Fidelity)
Setting goals and making a plan to reach them can be critical to improving your financial picture. The good news is that you may be able to stack the deck in your favor with some psychological know-how.

Temporary Waivers for Improved Access to U.S. Public Service Loan Forgiveness (PSLF)
On Oct. 6, 2021, the U.S. Department of Education announced a temporary period during which borrowers may receive credit for payments that previously did not qualify for PSLF or TEPSLF. Note: Cornell is a qualifying employer for PSLF.
**OCCUPATIONAL**

*Time and mental energy are limited resources with much of both go to attending meetings and reading and responding to email. So, it is important to assess how effectively we’re using them to communicate and conduct work. While opinions and approaches on this are endless, these pieces may spark some thinking or new strategies.*

**Change Default Meeting Length in Outlook**

Do you like the idea of 45- or 25-minute meetings but regularly forget to modify the time in the invite? For users of Windows (not Mac), you can change the default meeting length in Outlook.

**Please Stop Using These Phrases in Meetings** *(HBR)*

“We’re going to wait five minutes for everyone to join” and “I’m going to give you 10 minutes of your life back” are well meaning phrases but may not have the impact or result you’re hoping for.

**The way you’re using email is stressing out your colleagues, a study says.** *(Business Insider).*

Being more explicit about our expectations when we send emails can help to alleviate stress. "There's a sense that other people know what's going on in our minds," Vanessa Bohns, associate professor of organizational behavior at Cornell University, another co-author, told Insider.

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**ENVIRONMENTAL**

*Create Your Dream Landscape on a Small Budget* *(CCE Tompkins)*

Jan. 25, 6-7:30pm. Learn some tips for landscaping on a budget, including how to break the project into manageable parts; deciding which jobs you can do yourself and which should be hired out; staging hardscaping projects like stone paths and walls over multiple years; propagation ideas for producing your own plants for pennies; finding free and low-cost gardening materials in your community; and reducing yearly maintenance costs.

**Planning Your Vegetable Garden** *(CCE Tompkins)*

Feb. 1, 6-7pm. Take your vegetable gardening to the next level by learning how to create a comprehensive garden plan that includes timing on seeding, transplanting, succession planting, interplanting and crop rotation.
**HELP OTHERS**

**Bicycles Wanted** (Bike Walk Tompkins)
Youth and adult bikes in ready-to-ride or easy-to-fix condition are wanted for the Spring 2022 Community Bike Sale. Contact mason@bikewalktompkins.org with a photo of the bike along with its make and model in order to arrange a pick-up/drop-off.

**FOR MANAGERS**

**Leading and Motivating people with different personalities** (LinkedIn Learning)
Video: A person's thoughts, feelings, and actions, taken together, form a pattern psychologists call "personality." As a leader, you deal with so many personalities daily. To be an effective leader, you need to know how to motivate, lead, and persuade these diverse personalities.

**5 Behavioral Biases That Trip Up Remote Managers** (Harvard Business Review)
Managers should take behavioral science into account to ensure the most effective team management in situations of increased uncertainty.

**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 or suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.