



# EMPLOYEE WELLBEING at CORNELL

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## PHYSICAL

### [“Destined for a Destination” Wellness Experience](#)

Designed to help you get moving, outdoors, and connected with the environment over the next three weeks. Begins today, Nov. 15. Miss the sign-up? That’s ok, you can still join!

### **Blood Sugar Management, Diabetes, and Prevention Programs**

#### [Wellness Community Chat: Nutrition & Fitness to Support Blood Sugar Balance](#)

Nov. 17, 12pm. Learn what blood sugar is, why it is important, and what you can do to balance.

#### [Living with Pre-Diabetes & Diabetes: Meals, Medications, Monitoring & More](#) (Weill Cornell Medicine)

Nov. 18, 6pm. Learn the differences between pre-diabetes, type 1 and type 2, how to lower risk, and ways to manage it once diagnosed.

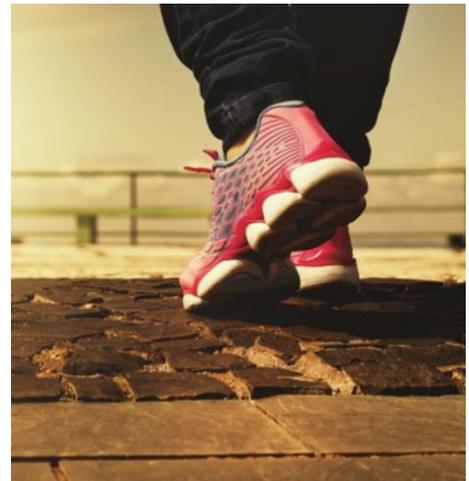
### **Winter Weather Preparation**

Now is the time to prepare for the cold, snow, and ice! Have proper footwear, [warm clothing and outerwear](#) when away from home. More info and tips:

- [Cornell Winter Weather Preparedness Information](#)
- [Prepare your car for winter](#) (National Safety Council)
- Video: [Car Safety Kit Essentials](#) (Gear Junkie)

### **Don’t Be a Turkey: Having a Safe Thanksgiving Dinner!**

Start by thawing your turkey using one of three methods [outlined by the USDA](#). Allow at least 24 hours for every 4-5lbs of bird if you defrost in the fridge. Using a meat thermometer instead of the pop-up turkey timer (which can be unreliable), cook to a minimum internal temp of 165 degrees F in the thickest part of the thigh. If you’re using a fryer, [follow these tips](#).



## MENTAL

### **The Impact of Threats to Physical Safety**

Last week's campus and community threats and incidents were stressful and frightening for many of us. It is important we do not presume how others experienced them or how others are coping, as our unique life experiences – past and present – are so diverse. If you are struggling to cope with these events or others, [help is available](#) through campus and community resources.

### **[Stress, depression, and the holidays: Tips for coping](#)** (Mayo Clinic)

Being realistic, planning and seeking support can help ward off stress and depression.

### Recording: **[Winter Holidays for Caregivers: Plan to Bring Your Vision to Life](#)** (Lisa Kendall Consulting)

Lisa Kendall, an Ithaca-area expert in aging and elder care, speaks about maintaining a sense of inner calm throughout the holidays in this recorded Facebook Live talk.

### **[Support for adults who have a loved one living with a mental health condition](#)** (NAMI Finger Lakes)

First Tues. of the month at 7pm and third Mon. at 1:30, virtual. A flexible/casual environment to gain insight and support. NAMI Finger Lakes is the local affiliate of the National Alliance on Mental Illness.

## RELATIONSHIPS

### **[Celebration Conversations – All Caretakers Have a Story](#)** (eCornell)

Nov. 18, 12pm. Hear about and discuss the various types of caregiving employees provide, often without any training or official acknowledgement that they are a caregiver. Discussion themes include caring for veterans, children, disabled or aging adults, and long-distance caregiving.



### **[Transgender Day of Remembrance Vigil](#)**

Nov. 18, 6pm. Join the Cornell LGBT Resource Center and the Ithaca College Center for LGBT Education, Outreach, and Services for the annual observance of Transgender Day of Remembrance honoring and celebrating the lives of transgender people taken from us in 2021.

### **[Youth COVID-19 & Flu Vaccination in Tompkins County](#)**

In between vaccination clinics, there are several other options for getting your child (5 years and older) vaccinated. Options include pharmacies, New York State sites, pediatric offices, and requesting an in-home visit. Not in Tompkins Co.? Visit [vaccines.gov](https://www.vaccines.gov) and search by ZIP.

## OCCUPATIONAL

### **[How to Manage Your Manager](#)** (LinkedIn Learning – 27min)

Managing up isn't about flattery or brown-nosing. It's about consciously building a good relationship with your manager: understanding how you both like to work and using adaptive strategies to work well together.



[Habits for Becoming Your Most Effective Self](#) (LinkedIn Learning – 1 hr) Being great at your role and succeeding in your career goes hand in hand with personal wellbeing and sense of fulfillment. Build a set of habits to improve your emotional, social, and work life.

Article: [Noises Off – Finding Focus in a World of Pandemic Brain and Techno-overload](#) (ThriveGlobal) The question isn't where we're working, but how much of ourselves are we bringing to our work.

## HELP OTHERS

[Crochet for Charity](#) (Cornell Graduate Society of Women Engineers)

Nov. 18, 5pm. Learn to crochet! All the supplies including yarn, hooks, and easy to follow patterns will be provided. All finished items will be donated to the Cancer Resource Center of the Finger Lakes.

### Cops, Kids and Toys

Drop new, unwrapped toys in bins at Barton Hall and [other off-campus locations](#) by the end of Nov. or consider making a [monetary donation](#). If you're experiencing hardship and would like to apply for your children to receive gifts, the [application deadline](#) is November 21.



### Share the Warmth

The 29th Annual Share the Warmth campaign has kicked off, with more than [20 collection sites](#) throughout Tompkins County. Donations of clean, new, or gently used winter clothing will be collected, sorted, and distributed across the area. Contact Loralyn Light at [LL48@cornell.edu](mailto:LL48@cornell.edu) for details.

## CULTURAL

### [Indigenous Movement: Dispossession, Return, and Imposed Borders](#)

Nov. 16, 4:45pm, Uris Hall, Einaudi Conference Room G-08/Virtual. This panel will explore Indigenous movement through archeology, art, and history and will focus on settler colonialism and the dispossession of Haudenosaunee peoples.

### [Cornell Concert Series presents Yungchen Lhamo](#)

Episode premieres online Nov. 17, 7pm. Yungchen Lhamo's name, which translates to "Goddess of Melody and Song," was given to her by a holy man at birth. Yungchen began performing throughout the world and has sung at venues from Carnegie Hall to Lilith Fair with Sir Paul McCartney.

### [Reseeing the Past through Digital Maps and Historical Demography](#) (Tompkins County Rural Black Residents Project)

Nov. 18, 4:45pm. Learn about the project's background, methods, intent, and where it is headed.

## ENVIRONMENTAL

### [Nut Trees for the Northeast](#) (CCE Tompkins)

Nov. 17, 6pm. Local nuts can be used for anything from holiday snacks to staples. Learn about growing nut trees, the best for growing in NY, propagating, harvesting, and processing nuts.

[Pockets of Deeper Time](#) (The Finger Lakes Native Plant Society)

Nov. 17, 7pm. Undisturbed forests are rare on our landscape today, but old-growth trees and ecosystems in a broader sense are more common than many would think – often in unexpected places.

[Cornell Thrift Give and Take](#)

Nov. 20, 10am-12pm. Physical Sciences Building (PSB): South Passageway. Give old clothes a new chance: swing by PSB to get a (free) new outfit, drop off clothes, or both!

## FINANCIAL

[Financial Basics Everyone Should Know](#) (LinkedIn Learning Course – 75 min)

Topics include researching banks and bank rates, using certificate of deposits, monitoring credit scores, investing in the stock market, leveraging brokerage accounts, using mutual funds, diversifying a portfolio, and much more.

**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.