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MENTAL HEALTH AWARENESS MONTH

As in-person activities with family, friends, and colleagues increase, May's 2021 Mental Health Awareness Month campaign, *You Are Not Alone*, could cause some head scratching. Why this campaign when connecting with others is seemingly getting easier?

It is important to remember that the pandemic is not over. It continues to impact us and our ways of living and working. And as COVID-19 risk declines, the emotional toll of the pandemic and our losses may further emerge.

The pain and trauma experienced by employees of color over the past year is profound and can be isolating as well.

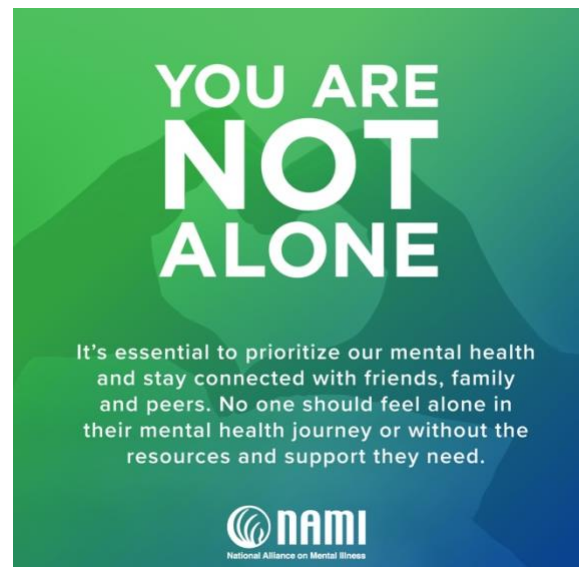
Lastly, support systems and resources in both our work and our personal lives have been impacted by the pandemic, creating new and additional stressors and challenges for us to navigate.

Given these conditions, it makes sense that we might experience anxiety, depression, and/or burnout. Yet, despite how normal it is, some people turn inward - opting not to seek help or let others know they are feeling unwell. These feelings and experiences are not the result of weakness or a personal failure, but rather unsustainable conditions or other driving factors.

Counseling and other supports are available should you need and want them. No one should feel alone in their mental health journey or be without the resources and support they need.

Counseling:

- [Faculty and Staff Assistance Program](#) – fsap@cornell.edu, 255-2673
- [eni Confidential Counseling Services](#) – 1-800-327-2255
- [Health insurance coverage for endowed and contract college employees](#) (click on tabs)



Current/upcoming mental wellness programs:

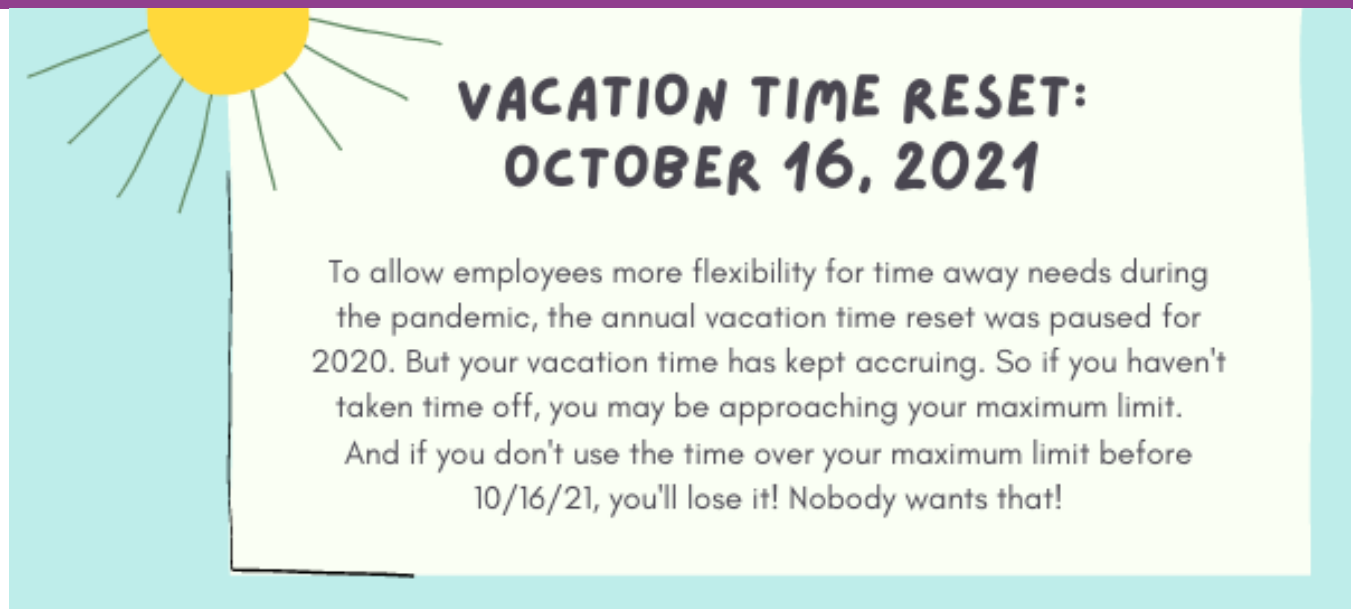
[Movement for the Mind Spring Challenge](#)

May 3-14. This Cornell Wellness spring challenge focuses on the benefits moving your body can have on your mental wellness. You'll be supported and encouraged to move more and take time for reflecting. Wellness and Recreation staff will provide opportunities for accountability and engagement throughout the two weeks.

[The Importance of Empathy](#) (Care@Work by Care.com)

May 12, 12-1pm. So many of us are too burned out to offer our coworkers the support they need. Dr. Kelsey Crowe will take viewers through a vigorous "empathy workout" to learn how to support the people we care most about.

PLANNING YOUR VACATION TIME



[Taking time away from work](#) is an important part of caring for your mental health, general wellbeing, and maintaining your effectiveness at work.

Cornell's annual [vacation time reset](#) occurs in October of each year. Employees who accrue vacation time have a [maximum amount of accruals](#) allowed based on their years of service. Time accrued above the allowed maximum is removed on October 16. Regardless of whether you are at risk of losing excess time in October, now is a great time to plan how you'll use your vacation time, even tentatively.

Long vacations with travel are fun but may not be feasible right now. Consider using your time in smaller chunks and/or taking a 'staycation' to explore regional destinations! Here are some New York-based ideas:

- [Staycations and Day Trips in New York State](#)
- [807 Cool, Hidden, and Unusual Things to Do in New York State](#)
- [Exploring Upstate](#)
- [Visit Adirondacks](#)
- [Fun in the Finger Lakes](#)
- [Visit Finger Lakes](#)
- [Visit Ithaca](#)

Learn more:

- [Planning Time Away from Work for Your Effectiveness & Wellbeing](#) (for all Cornell employees) - May 13, 9-10am or May 21, 1-2pm:
- [Strategic Paid Time Off Planning for Effectiveness & Wellbeing](#) (for Cornell supervisors) - May 11 from 1-2pm

CULTURAL

[Asian Pacific American Heritage Month](#)

The Department of Inclusion and Workforce Diversity explains the background of this heritage month, and offers events, activities, and resources.

[Confronting Anti-Asian Racism: A teach-in](#)

May 7, 12-1pm. Learn about the history and experience of anti-Asian racism in the US and at Cornell. Perspectives and presentations from Cornell students, staff and faculty will highlight the long history of anti-Asian racism in the U.S. as well as the diversity of experiences at Cornell.

[Meditaciones en español](#)

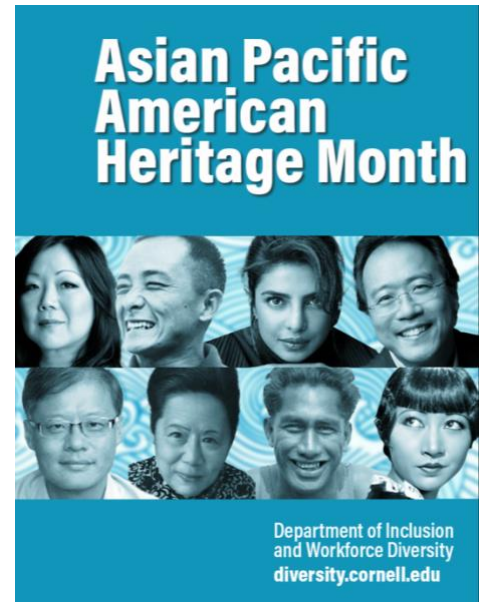
Every Monday, 12:30-1pm. Free, guided, mindfulness meditation facilitated by Mar Pérez of the Dean of Students Office. Open to all members of the Cornell community.

[Cinco De Mayo Dinner on Ithaca campus](#)

May 5, 4:30-9:30pm. Celebrate Cinco de Mayo with Cornell Dining at RPCC, Risley, Cook House, and Keeton House. Reservations through OpenTable are required for dine-in seating. Only those participating in Daily Check and authorized to be on campus may visit.

Inclusive Excellence Summit – Keynote Recordings:

- [Driving DEI Systemic Change:](#) Magda Yrizarry '84, MRP '03
- [Turning Awareness Into Action: Reduction of Bias, Prejudice, and Racism:](#) Dr. Dana E. Crawford



PHYSICAL

[Cornell Sailing Lessons and Sailing Memberships](#)

Cornell Merrill Family Sailing Center memberships are open to the public. Cornell Wellness members who attend a three-day class receive a 20% discount on memberships of two or more months.

[Friday Night Skating at Cass Park](#) (Cass Park, Ithaca NY)

Visit the website for roller skate schedule, fees, and pre-registration.

[May is National Bike Month](#)

How well does your family know bike safety? Review this [quiz](#) to get the conversation started.

[Dewitt Park Farmers Market](#)

Starts May 4, 9 am to 2 pm, at Dewitt Park, 102 E. Court St. The Dewitt Park Farmers Market is perfect for grabbing fresh produce, prepared food, or groceries.

FINANCIAL

[Personal Protective Equipment \(PPE\) an eligible expense for Flexible Spending Account](#)

Personal protective equipment is now treated as a medical cost [by the IRS](#) - this includes face masks, hand sanitizer, and sanitizing wipes purchased January 1, 2020 or later. Submit eligible PPE costs for reimbursement via the PayFlex website or use your PayFlex debit card.

[Tenant/Landlord Rights & Responsibilities](#) (CCE Tompkins)

May 13, 11am-1pm. NY State Assistant Attorney General Michael Danaher will cover a range of tenant-landlord issues.

[Managing Large House Repairs & Hiring Contractors](#) (Ithaca Neighborhood Housing Services)

May 17, 6:30-8:30pm, \$20. A local home builder will discuss how to plan and prepare for larger home projects, including finding the right contractor and managing the process. Participants will learn what to expect in terms of cost, timelines and how to avoid common obstacles.

RELATIONSHIPS

[Provocative Mothers Raising Precocious Daughters: Women's Rights Leaders from the Finger Lakes](#)

(Geneva Historical Society)

May 4, 7-8pm. Authored by Suzanne Schnittman, the book lecture presents the engaging lives of four pioneers in the women's rights and abolitionist movements and their four daughters.

[Let's Talk: Summer Camps](#) (Community Foundation of Tompkins County)

May 4, 12-12:30pm. A conversation about summer camps and youth programs and services in our community, including lessons learned and what to anticipate for summer 2021

[Cornell COVID-19 Service of Remembrance](#) – held on April 20, the recording is available for viewing.

[The Conflict Coming Between Introverts and Extroverts](#) (The Atlantic)

When the social floodgates open, not everyone will want to use their freedom in the same way.



Excited to visit someone? We are too! Review the [CDC's latest info](#) about interacting safely. Guidance is evolving quickly. Before approaching your colleague, family member, or friend with a hug or handshake, ask first – it is respectful and caring.

ENVIRONMENTAL

[Gardening Mini-Grants](#) (CCE Tompkins)

Spring is here: if you want to start gardening for the first time or hone your skills, the Grow Along Project is offering mini-grants and teaching free classes. The last [seed giveaway](#) of the season at CCE is May 29!

[Spring Garden Fair & Plant Sale at Ithaca Farmer's Market](#)

May 14 & May 21, 2-3pm - seniors, 3-7pm - public. Heirloom vegetable transplants, annuals, herbs, baskets, flowering shrubs, roses, fruit crops, trees, evergreens, and perennials.

OCCUPATIONAL

[BIG RED Welcome Program for Recent Hires - Hip Hop Collection](#)

May 11, 12-1pm. Ben Ortiz from the CU Library's Cornell Hip Hop Collection will give an overview of the materials in the Hip Hop archives, as well as a few examples of other types of research material that can be found in the Division of Rare and Manuscript Collections.

Cornell Dining & Building Care Celebrate Cornell Wellness Days

Staff were visited by BC Bear and Cilantro, traveling Big Red bears spreading wellbeing tips and initiating some exceptional “Dad joke” telling. Thank you to the hard-working staff in these groups for keeping our campus community fed and healthy!

What we’re watching: [What Frogs in Hot Water can Teach Us About Thinking](#) (TED) Adam Grant, organizational psychologist, explains how sometimes our intelligence traps us and that the smarter we are, the more likely we fall victim to an “I’m not biased” bias.



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.