Jan. 25, 2021 Update - Past editions

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Hope & Kindness

Consider asking how you can generate an act of kindness or hope toward yourself or another person today. Your kindness might help you, or someone else, find hope in difficult times.

Cornell Appreciation Portal
Consider using the portal to recognize or thank a fellow Cornell employee. Remember, it’s never too late to express gratitude or recognize someone. Consider all that occurred in 2020 and give a hat tip to someone who made a difference in your work or life.

Cornell Soup & Hope Series
This annual winter series serves up heart-warming stories of hope during the coldest months at Cornell. The series begins Feb. 4 from 12:15-12:45pm with Hei Hei Depew, Chair of the Employee Assembly.

PHYSICAL

COVID-19 & Vaccine Webinar: The Latest Information
Jan. 26, 12-1pm. Get the latest updates about the pandemic and vaccine distribution in NY State, preventing the spread, and tips for staying healthy.

Virtual Adaptive Fitness Class (NYC Parks)
Feb. 3, 10-10:40am. Virtual classes are 30 minutes long and all exercises can be done without equipment. There will be exercise options for people who are standing and sitting.

Active Family Strategies – Getting Started
Ruth Merle Doyle, Assistant Director of Cornell Wellness, offers these suggestions for being an active family.

Articles
- Creative Ways to Fit Quick Bursts of Movement Into a Busy Day (Thrive Global)
• For An Exercise Snack, Try The New Standing 7-Minute Workout (New York times)
• How Loneliness Increases Pain (Psychology Today)

CULTURAL

January 27 is International Holocaust Remembrance Day
Cornell Botanic Gardens - Goldsworthy Holocaust Memorial
The installation, which honors victims of the Holocaust, is on permanent loan from the Museum of Jewish Heritage. Learn about this exhibit and visit the gardens.

999: The Extraordinary Young Women of the First Official Jewish Transport to Auschwitz by Heather Dune Macadam (New York Public Library)
Jan. 27, 5 - 6pm. A book discussion about the 999 young, unmarried Jewish women who were tricked on March 25, 1942 into boarding the train that became the first official transport to the Auschwitz concentration camp.

February is Black History Month
Cornell Wellness Celebrates Black History Month
Feb. 1-28. Join Cornell Wellness as we celebrate the culture and traditions of our African-American brothers and sisters. Nutrition & General Health Outreach Educator, Jeremy Stewart, will speak with a number of Black staff and faculty from around campus to discuss health-related issues that are prevalent in the BIPOC community and strategies for healthy living. Register to get an email each day featuring various interviews and resources.

MENTAL

Positivity: Reworking the Mind For A More Optimistic Thought Process
Feb. 2, 12-1pm. Learn the tricks of the positive person and how to incorporate them into your life, so you too, can look at life on the brighter side. Presented by Keri Johnson, Cornell Wellness.

Perfecting Your “No-Guilt” No (Care@Work by Care.com)
Feb. 17, 12pm. Saying no can be uncomfortable but it’s absolutely necessary to avoid burnout and help remain focused on important goals. Learning how to say an effective and appropriate “no” is one of the most vital skills, yet research shows this is one of the most under-utilized tools, especially for women.

Headspace Guide to Meditation on Netflix
Whether you want to build a meditation practice or learn more about the science behind it, this new Netflix series makes it simple (must have a Netflix subscription to view).

Grief Support Groups
The pain of losing a spouse, parent, child, or other family member can be profound and the pandemic presents additional challenges and nuances to death, grief, and loss. It can help to talk with others in a facilitated discussion group. Tompkins & Cortland County | New York City | Geneva & Rochester | Buffalo
COVID-19 Peer Support Space for Survivors (Black Emotional Mental Health Collective). Feb. 4, 7-8:30pm. This Peer support group focuses on supporting black and brown people who have survived or lost loved ones due to COVID-19

It’s a new year, but we’re in the ‘messy middle’ of the pandemic. Here are 5 ways to cope. (Washington Post)

RELATIONSHIPS

Fault Lines: Fractured Families and How to Mend Them
Jan. 29, 4-5pm. What makes family estrangement so painful? Why do these rifts arise in the first place, and how can we overcome them? Join a live, virtual Chats in the Stacks talk with Karl Pillemer, the Hazel E. Reed Professor in the Department of Human Development.

Cornell Preparing for Baby Series
Begins March 2. The 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.

For Adolescents & Families: Vaping Info Session (Weill Cornell Medicine)
Jan. 29, 5pm. Join addiction psychiatrist Dr. Jonathan Avery, adolescent medicine physician Dr. Lisa Ipp, and pediatric pulmonologist Dr. Elizabeth Fiorino for a conversation and Q&A about this popular trend.

Fostering Children’s Resilience in Times of Uncertainty
Jan. 28, 12-1pm. We will discuss the value of psychological flexibility, strategies for caregiver self-care, building routines, and the protective aspects of unstructured play (for both adults and children).

How to Reconnect with Friends You Lost Touch With Last Year (Thrive Global)

FINANCIAL

Wall Street Journal Subscription
Cornell employees are eligible for a free subscription to the Wall Street Journal.

Cornell Retirement & Beyond Seminars
Endowed Employees – Jan. 27, 1:30-3pm - Register
Contract College Employees – Jan. 27, 10-11:30am - Register

Employee Education Benefits – an Employee Assembly Panel Discussion
View the recorded session to learn about CULearn, the Employee Degree Program, the School of Continuing Education, and eCornell benefits and resources.

Homebuyer Education Classes (Ithaca Neighborhood Housing Services)
Wednesdays, Feb. 3-24, 6:30-8:30pm - OR - Thursdays, Mar. 4-25, 6:30-8:30pm. Learn how to become a successful homeowner. Down payment and closing cost assistance is available to first-time buyers. Service area include Cayuga, Chemung, Cortland, Schuyler, Seneca, Tioga, & Tompkins Counties.
ENVIRONMENTAL

Sustainability at Home – Renewable Heat
Jan. 28, 1-2pm. Increase the warmth of your home while reducing heating costs, including air- &
ground-source heating pumps, heat pump water heaters, and wood & pellet stoves.

ADA Garden Design
Feb. 8, 12-1pm. This workshop will review best practices to make your garden accessible to all. Learn
how ADA (Americans with Disabilities Act) standards can be used to design an accessible garden.

OCCUPATIONAL & CORNELL HISTORY

How to Run a Brilliant Remote Workshop (LinkedIn Learning)
Get advice, techniques, and frameworks to help you develop and run effective remote workshops.

Rock Your LinkedIn Profile (LinkedIn Learning)
Learn how to create a LinkedIn profile that brings your personal career story to life.

Great Cornell Concerts of the ’70s: Music and Memories
Jan. 31, 7pm. Join Cornell historian Corey Ryan Earle ’07 as we slip back to the 1970s—to the days
when vinyl was king and where Barton and Bailey Halls were the places where it happened.

Persevering Through The Epidemic: Cornell and Typhoid in 1903
Feb. 2, 7:30pm. Join Corey Ryan Earle ’07 for this discussion of Cornell in 1903 and how the university
managed the most significant public health challenge in its history before COVID-19.

Any Person, Any Image
Feb. 9, 2-3pm. Access a curated assembly of illustrations and photos from Cornell’s digitized special
collections. Receive basic pointers about editing these images so you can use them to customize &
personalize your own art projects.

MANAGERS

Forget Positive Thinking: How Sweatpants Managers Can Stay Motivated (Wall Street Journal)
Can’t open the article? Cornell employees are eligible for a free subscription to the Wall Street Journal.

Cornell Managers Forum: Video Clips & Slides from Jan. 15
Topics included advancing diversity, equity, and inclusion, New York Paid Sick Leave, training offerings,
and an update on the functional reviews.

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.