



# EMPLOYEE WELLBEING at CORNELL

February 22, 2021 Update - [Past editions](#)

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

## PHYSICAL

### [Optimizing Your Space for Exercise](#)

Feb. 24, 12-1pm. Do you live in a small apartment? Are all the rooms in your house accounted for? Learn how to create workouts that best utilize the space you have.

### [Seize the Winter! Virtual Commuter Winter Event](#)

March 1-5. Let's move more and re-establish boundaries between work and life. Challenge yourself to carve out time before and after your work to move your body. Receive pro tips along the way.



### [Cass Park Ice Skating Rink \(Ithaca\) Open](#)

Skaters need to [pre-register](#) for session times and follow other COVID-19 health practices.

 Follow [Cornell Wellness on Instagram](#) for winter wellness inspiration

## MENTAL

### [Soup & Hope with Martin Stallone, MD](#)

Feb. 25, 12:15pm-12:45pm. Martin Stallone, MD, CEO of Cayuga Health System, will talk about how he chooses to be hopeful in the face of life's difficulties.

### [Winter Reflections Mindfulness Meditations Sessions](#)

Fridays, Feb. 26, March 5, 12, 19, from 11am-12pm. Spend some time getting cozy and focused inside while it is still cold and wintery outside.

### **Offerings from Hospicare of Ithaca**

#### [Book Discussion: Wintering: The Power of Rest and Retreat in Difficult Times by Katherine May](#)

March 4, 5:30-7pm. This event will include an interactive discussion of the book and what can be learned from it and applied to supporting oneself through grief.

### [Spousal Loss Support Group](#)

Tuesdays, March 2, 9, 16, 23 & 30, 12-1:30pm. A 5-wk group offering people who have experienced the loss of a spouse/partner the opportunity to process their loss in a supportive and confidential setting.

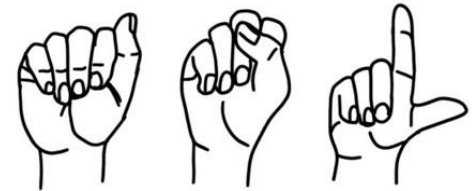
## CULTURAL

### [Sporting Blackness: Race, Embodiment, and Critical Muscle Memory on Screen](#)

Feb. 23, 4-5pm. In a live, virtual Chats in the Stacks talk, Samantha N. Sheppard discusses the implications and meanings of race and representation in sports media.

### [American Sign Language Conversation Hour \(Beginning\)](#)

Feb. 23, 4:30-5:30pm.



### [Black in S.T.E.M. Wikipedia Edit-a-Thon](#)

Feb. 25, 4-6pm. Join this edit-a-thon to highlight under-recognized contributions in science, technology, engineering, and math by people in the African diaspora.

### [Nice Jewish Rapper: Drake's Detachable Judaism & Racialized Masculine Mobility](#)

March 3, 5-6:15pm. This talk analyzes how Drake smooths contradictory masculine tropes and examines how Drake's style of masculinity channels wider ideological debates.

## RELATIONSHIPS

### [Cornell College Mentors for Kids](#)

This mentorship program matches elementary school children with trained (and background checked) Cornell student mentors and provides virtual activities that inspire growth and confidence.

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

Hosted by Maddie's® Shelter Medicine Program, these clinics are held the first Fri. of each month and provide free spay/neuter and vaccinations for INTACT outdoor and feral cats of Cornell employees.

## ENVIRONMENTAL

### [Zoom Class: Creating Your Permaculture Paradise](#) (CCE Tompkins)

Feb. 23, 6-8pm. Join Permaculture expert Sean Dembrosky of Edible Acres and Jennie Cramer from CCE Tompkins for a primer on how to get started to create your home permaculture paradise.



### [2020 Vision, A Black Walden Pond & Other Musings](#)

Feb. 25, 6-7:30pm. Author Dr. Carolyn Finney will share her work on African Americans and environmental issues to consider this moment of racial reckoning and the creative responses to environmental and social challenges that are emerging.

## FINANCIAL

**Tax filing resources from the New York State Tax Department**

Taxpayers with income of \$72,000 or less in 2020 can complete and submit their federal and NY State income tax returns [online for free](#) and qualify for [virtual tax assistance](#) from a Tax Department expert.

### [Home Improvement Scams](#) (CCE Tompkins)

April 8, 11am-1pm. Mike Danaher, Consumer Fraud Attorney from the New York State Attorney General's Office, will present information on what typical home improvement scams look like, how to avoid them, and what to do if they happen to you. No registration necessary.

## SPIRITUAL

### [Cornell United Religious Works - Care Groups](#)

Find support for your spiritual wellbeing through a CURW Care Group. These small groups, facilitated by CURW chaplains, will help you give and receive spiritual support and care.

## OCCUPATIONAL

### [Community Building: Engaging in Difficult Conversations](#)

How do we engage in difficult conversations, in a respectful and productive manner, especially when we share differing perspectives? Join the EA and Cornell leaders for this important discussion.

## FOR MANAGERS

### [Request Cornell Wellness Programs for Your Department](#)

Seeking a way to focus on wellness with your team? Cornell Wellness staff are available to deliver workshops on various topics to your department, unit, or division. Spring 2021 offerings include:

- Wellness Tips to Consider During Cold Weather
- 7 Essential Movements For People Who Sit All Day
- Maintaining Resilience Through Personal Choices
- 4 Quick Ways To Enhance Mental Wellness

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