February 8, 2021 Update - Past editions

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NAVIGATING GRIEF & LOSS

Cornellians have experienced much loss since the start of the pandemic. Whether someone has passed because of COVID-19 or other causes, all loss is complex, non-linear, and cannot be compared to others. Physical distancing has made it more difficult (sometimes impossible) to be with an ill or injured loved one or to grieve with others in person, among other things.

Loss at any time warrants inward and/or outward compassion. If you supervise or work with someone who is grieving a loss, you can help them by acknowledging it and being present and patient. Resist the urge to “fix” someone else’s pain. Simple, small words and gestures of support can mean a lot. As a supervisor, you can discuss their time away from work needs and options and make adjustments to workload and deadlines to help them.

The Center for Complicated Grief of Columbia University offers a number of excellent resources to help those coping with loss. If you would like to speak with someone, free counseling services for Cornell employees and spouses/partners are available and health insurance plans have behavioral telehealth options. NYProject Hope can also provide emotional help 24/7 at 1-844-863-9314.

Upcoming Community Programs

Book Discussion: Wintering: The Power of Rest and Retreat in Difficult Times (Hospicare)
March 4, 5:30-7pm. Discuss what can be learned from this book and applied to supporting oneself through grief. Call 607-272-0212 or email bereavement@hospicare.org.

Spousal Loss Support Group (Hospicare of Ithaca)
Tuesdays, March 2-30, 12-1:30 pm. A 5-week group offering men and women who have experienced the loss of a spouse or partner. Call 607-272-0212 or email bereavement@hospicare.org.

Other Grief Support Groups
PHYSICAL

COVID-19 Information
- Tompkins County offering Vaccine Virtual “Office Hour” Sessions
- Talking With Others About COVID-19 Behavior (Cornell Skorton Center for Health Initiatives)
- Frequently Asked Questions About the Vaccine
- Guide to COVID-19 Vaccinations for Ages 65 and older

Cornell Wellness & Cornell Hip Hop Collection Partner
Ben Ortiz has been the curator of the collection for the last ten years and is also known as DJ ha-MEEN, on the music scene. Cornell Wellness has collaborated with Ben and the Hip Hop Collection, to bring more music and movement into your lives.

Hip Hop & Health – Interview with Ben Ortiz
Cornell Wellness interviews Ben Ortiz about where Hip Hop came from, how Hip Hop has affected communities’ physical and mental health, and the history of how song lyrics have had an impact on removing the stigma that surrounds health issues.

Hip Hop & Historical Roots Listening Party
Feb. 17, 3-5pm. Join DJ ha-MEEN as he spins Hip Hop music and the roots music where it all started from. Learn historical information and important facts about how these songs and lyrics impacted and expanded Hip Hop culture and community.

Dance Parties!
March 12, 6:30-8:30pm & April 16, 6:30-8:30pm. DJ ha-MEEN will be playing favorite tunes from the past to the present. Get up and move your body, melt the stress away! Sidestep while making dinner, dancing with your family, or grooving with your pet.

How do you know if you (or a loved one) are drinking too much alcohol?
Ask yourself these questions to assess whether alcohol consumption may be a concern. To request a formal assessment or resources, call the Alcohol & Drug Council of Tompkins Co. at (607) 274-6288.

Suffering from Forward Head Posture (FHP)?
FHP can lead to headaches, neck discomfort and other pains. There are basic exercises that can be done to alleviate and correct this posture. Adjustments to workstation setup may help prevent or relieve this. Request a free consultation with an ergonomic expert.

Cancer Support Group for Cornellians
Second Wednesday of each month, 11:45am-12:45pm. Open to staff, faculty, students and retirees who have had a cancer diagnosis. Contact monica@crcfl.net or rnr45@cornell.edu for details.

MENTAL

One way to calm an anxious mind: notice when you’re doing ok – TED

Let’s Meditate with Cornell Wellness
Thursdays, 9-9:30am, February 11-March 25 & April 1-May 27
**Guided Progressive Relaxation Session with Cornell Wellness**
Feb. 18, 11-11:30am

**CULTURAL**

**Cornell Wellness Celebrates Black History Month**
Now-Feb. 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, is speaking with Black staff and faculty from around campus to discuss health-related issues that are prevalent in the BIPOC community and strategies for healthy living.

**Black History Month & Future Celebration Resources**
A new page to celebrate diversity-related events (Heritage months and identity-specific days) is available for Cornellians. Learn about the history of each event, as well as resources and local events.

**Islam and Asia: A History**
Feb. 19, 4-5pm. In this live talk, Chiara Formichi, associate professor in the Dept. of Asian Studies, discusses Islam and Asia: A History (Cambridge University Press, 2020), her recent book that explores how intertwined histories and cultures have shaped both Islam and the Asian region.

**Cornell Inclusive Excellence Podcast – New season started Feb. 5!**
Episode 33: Let’s Talk… Weight | Episode 34: Let’s Talk… Microaggressions

**RELATIONSHIPS**

**Fault Lines: Fractured Families and How to Mend Them**
Recording of the talk by Karl Pillemer, the Hazel E. Reed Professor in the Dept. of Human Development.

**New Facebook Group: Cornell Adult, Senior, and Caregiver Connections**
Facilitated by Cornell Work/Life, this new group provides a forum for Cornellians in caregiving roles to connect, share, and learn about available resources. Email worklife@cornell.edu with questions.

**Bone Appétit: Is your pet’s nutrition the key to health, wellness, and longevity?**
Lecture recording with John Loftus, assistant professor, Dept. of Clinical Sciences, CVM.

**Parenting**
**Fostering Children’s Resilience**
Recording of the Jan. 28 program. Short on time? Watch these three short excerpts.

**How to Help the Pandemic Generation Thrive** (Care.com)
March 17, 1pm. Dr. Michele Borba will offer parents practical, evidence-based ways to help kids overcome adversity, be more resilient, and learn the skills they need to thrive – now and in the future.

**The Birth of a Parent: Navigating the Transition to Parenthood** (Weill Cornell Medicine)
Recording with Dr. Kathryn L. Bleiberg, Ph.D., Assoc. Professor of Psychology in Clinical Psychiatry.
ENVIRONMENTAL

**Sustainability at Home: Go Solar**
Feb. 18, 1-2pm. Considering buying into an ESCO through your utility? Want to save money by going solar? Discover how free community solar programs can save home owners and renters money.

FINANCIAL

**Scams Targeting Senior Citizens** (CCE Tompkins)
Feb. 11, 11am-1pm. Mike Danaher, NYS Asst. Attorney General, will discuss scams/frauds that may affect older adults, including how to recognize and protect others from becoming a victim.

**TCAT Spring Schedule**
Several routes will be operating on different schedules, and some will not operate at all. TCAT has built-in flexibility to add trips on high-frequency routes 10/82. [Fare and pass options.](#)

**Maplewood Housing Units Available to Cornell Faculty & Staff**
A limited number of units are available to lease at Maplewood (121 Veterans Drive). Contact Kevin Bargher, Community Manager, to understand availability and the leasing process (607-216-4022).

HELPING OTHERS

**Ithaca Snow Angels** – Give Help, or Ask for Help, with Snow Removal
Developed by Cornell students, the program relies on reporters (or areas in need of shoveling) as well as shovelers, so anyone can contribute. Learn more about this platform in this [Cornell Chronicle article.](#)

**Mac Crawl Passports on sale to support Foodnet Meals on Wheels**
Local restaurants will serve up an appetizer portion of their finest mac ‘n cheese dishes. Participants purchase Mac ‘n Cheese Crawl Passports to sample macs and vote on whose is the best.

OCCUPATIONAL

**Cornell Gig Development Opportunities**
Want to expand your skills and make new professional connections? Recently posted Cornell Gigs include COVID Administrative Support for Student Disability Services, eCornell Course Operations, and on-site positions. Visit the website for details.

**So you want to work at the Cornell library?**
Feb. 10, 4-5pm. Hear from insiders about careers in librarianship. Speakers come from different educational backgrounds—including art history, business administration, English literature, and social work—and they will share insights about what led them to their current positions at Cornell.

LISTENING & LEARNING

**Cornell Soup & Hope Series**
Feb. 11, 12:15-12:45pm. George P. Ferrari, Jr., CEO of the Community Foundation of Tompkins County will talk about how he chooses to be hopeful in the face of life’s difficulties.
**Birds of Stewart Park with Dr. Stephen Kress**  
Feb. 17, 7-8pm. Learn about the more than 100 bird species that frequent Stewart Park in a lively presentation with stunning images and audio recordings.

**Mars 2020 Landing Watch Party**  
Feb. 18, 2:30-4:30pm (touchdown expected at approximately 3:53 pm EST). The Mars 2020 mission, with the Perseverance rover and the Ingenuity helicopter, will land at Jezero Crater next week.

**Play Virtual Scattergories**  
Feb. 23, 12:15-1pm. Take a break with Cornell Recreation Connection for their new "Game of the Month Gathering" open to staff, faculty, and retirees.

**Cornell Concert Series: Regina Carter**  
Feb. 24, 7pm. For GRAMMY-nominated artist Regina Carter, the violin isn’t simply an improvisational vehicle; it’s a passport to unexpected realms.

**Red Cross Online Classes**  
Offers virtual courses (for a fee) on topics such as: Babysitting Basics, CPR & First Aid, Water Safety for Parents, and Cat & Dog First Aid.

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**MANAGERS**

**How Focusing On Your Relationships Can Help You Become a Better Leader** (Thrive Global)  
You know you can’t do it alone. Grand dreams don’t become significant realities through the actions of a single person... Authors Kouzes and Posner wrote *The Leadership Challenge* and several other books.

**6 Ways Managers Can Keep Their Remote Teams Feeling Connected** (Happify)  
It’s easy to overlook the challenges of working from home, but there are ways to reach out to your staff and help them feel connected.

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**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.