



# EMPLOYEE WELLBEING at CORNELL

Sept. 22, 2020 Update - [Past editions](#)

## CULTURAL

### [National Hispanic Heritage Month](#)

This annual celebration occurs from Sept. 15 to Oct. 15 each year. It celebrates the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The day of Sept. 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

### [Cine con Cultura 2020 Latinx American Film Festival](#)

Fourteen films in Spanish and Portuguese have been brought to Ithaca for the annual celebration. The festival is a collaboration between the Cornell Latino Civic Association, Cornell Cinema, Cultura Ithaca!, Cinemapolis, and the LGBTQIA Center and FLEFF at Ithaca College. Visit the website for film schedule.



### [The Cornell Latino Living Center – Café con Leche Series](#)

- [Anti-Blackness Within Non-Black Communities of Color](#) - Sept. 25, 6:30pm
- [The World Is Not Okay: Caring for yourself and one another](#) - Oct. 9, 6:30pm

## RELATIONSHIP CHANGES & CHALLENGES

### **Divorce & Separation**

Navigating separation or divorce can be painful, difficult, and/or isolating. Such a significant life change can make it difficult to focus at home and at work. In today's environment of COVID-19 there may be different challenges. If you are struggling, speaking with a [Faculty and Staff Assistance Program](#) (255-2673) counselor may be helpful.

[Cornell Benefits – Divorce or Domestic Partner Separation](#) - If you are getting a divorce or dissolving a domestic partnership, you will need to update your benefits.

### [Finger Lakes Women in Transition: Navigating Separation and Divorce](#)

Sponsored by the Mental Health Association of Tompkins County. Seminars, social gatherings, and other resources available to participants.

## Divorce & Separation - Resources & Articles

- [New York Court System - Basics of Divorce](#)
- [NY State Council on Divorce Mediation](#)
- [Divorce, Co-parenting, & COVID-19: Challenges and Opportunities](#) (NYU Langone Health)

## Other Family Relationship Changes/Challenges

### [Family estrangement a problem 'hiding in plain sight'](#) (Cornell Chronicle)

In his recently launched book, author Karl Pillemer - Professor of Human Development, Cornell College of Human Ecology, explores the stigma of estrangement and steps to reconciliation.

### [Ithaca Recent Empty Nesters – New Community-based Support Group](#)

Initial meet and greet is scheduled for Sept. 24, 7-8pm

## PHYSICAL

### Tips for Sleep & Cell Phone Use

*Cornell Wellness #sleephygiene series – Part II*

Phones are amazing computers that fit into the palms of our hands. Some of us use them to read, track our sleep, create to-do lists right before bed, and/or as an alarm. Given this, Cornell Wellness staff won't tell you to leave your phone outside the bedroom. You can, however, use it thoughtfully to reduce negative impact.

- While winding down, switch your phone to silent or priority (modify settings so that you still hear rings from specific callers if needed)
- Place your phone screen side down on your nightstand or dresser so that you won't notice the screen when lit up.
- If you're using your phone to read before bedtime, switch your phone to night mode for [less disruption from the blue light](#).
- Limit browsing websites or engaging with social media platforms if you find they make you irritated or anxious. They'll still be there when you wake up!

### [A Dentist Sees More Cracked Teeth. What's Going On?](#) (New York Times)

Stress and poor posture can lead to clenching and grinding of the jaw, which can damage teeth. Learn how to prevent this during the day and while sleeping.

### [Flu Vaccine Clinics](#)

Cornell's clinics will occur through Oct. 24. Sign up for a timeslot in advance. Free for staff and faculty.

## VETERANS

### [Virtual Commemoration of POW/MIA Recognition Day 2020](#) Video

Join the Cornell Veterans Colleague Network Group, Team RWB Ithaca, the Tompkins County Department of Veterans Services, and Cornell ROTC in a virtual commemoration of POW/MIA Recognition Day 2020. Hear the thoughts and remembrances of members of the Vietnam Veterans of America – Chapter 377 as we show our POW/MIA brothers and sisters that they are not forgotten.

## ADVANCE CARE PLANNING

### [Advance Care Planning Webinar Series](#) (Hospicare)

Take a “deep dive” into important aspects of planning for the future and end-of-life. Participants can register for one, two or all three sessions.

- Sept. 22, 4-5:30pm: Health Care Planning and End-of-Life Planning
- Sept. 29, 4-5:30pm: Estate and Financial Planning
- Oct. 6, 4-5:30pm: How to make Tough Decisions and Have the Conversations

## ENVIRONMENTAL

### [Reusable Takeout Containers](#) (Cornell Dining)

The reusable container has a one-time charge of just \$7.50. When you bring it back rinsed on your next visit, you can swap it for a freshly washed and sanitized reusable container for your next meal.

### [Building a Bold New Community to Address the Shorebird Crisis](#) (Lab of Ornithology)

Sept. 24, 12-1pm. Shorebird population declines represent the world’s number one conservation crisis facing birds today.

### [Media that Matters: Natural History Filmmaking that Makes a Difference](#) (Lab of Ornithology)

Sept. 25, 12-1pm. Learn what goes into making a natural history film. Event will include a link to a free family-friendly activity with tips about how to create your own natural history film at home!

## HELPING OTHERS

### [Moment of Movement: Giving Our Youth a Flying Start](#)

Sept. 26, 9-10am. Join this virtual event and workout to raise \$100,000 for United Way of Tompkins County and the Ithaca Youth Bureau. Funds will be used to help families facing child care challenges. Donate today and give our youth a flying start!



### [United Way of Tompkins County \(UWTC\) – Week of Caring](#)

Now through Sept. 24. The UWTC welcomes the donation of shelf-stable food, household essentials such as toiletries and cleaning supplies, school supplies, and pet food and supplies. A comprehensive list of all participating locations and hours can be found at the website.

## PARENTING

### [Child Care Grant for Cornell Staff & Faculty](#) – Application period open, *deadline Sept. 30*

The grant provides financial assistance to staff and faculty who meet eligibility requirements by reimbursing recipients for child care expenses. Visit the webpage for grant details and to apply.

### [Child’s Play: Online Classes and Events to Keep Kids Busy at Home](#) (EventBrite)

Struggling to entertain your children while trying to work from home? Eventbrite offers a plethora of online classes and fun activities to help keep the kids busy.

[Virtual Prenatal Yoga](#) (Cornell Wellness - membership required)

Thursdays, 9-10am. This class can help alleviate discomforts of pregnancy, and gain strength and flexibility in a safe and dynamic way. [Register](#)

[Ithaca Kids Night](#)

Sept. 24, 6-6:40pm via Zoom. College of Human Ecology students are hosting a virtual "Ithaca Kids Night" event for children in grades K-2. Students will lead activities for children to participate in.

[4-H Raptor Club – Part of Cornell Cooperative Extension](#)

This is a unique opportunity for students of aged 8-18 to learn and complete projects involving birds of prey. An interest meeting will be held Sept. 26, 2-3pm. Your child doesn't have to be in Ithaca to join! Message the club [via Facebook](#) to express interest.

## MANAGERS

[Building Work-Life Boundaries in the WFH Era](#) (Harvard Business Review)

### **About the Wellbeing Update:**

Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program. Explore [past editions](#) or email [wellbeing@cornell.edu](mailto:wellbeing@cornell.edu) to ask questions, request assistance, or suggest a resource. Visit [HR Resources](#) for more details. Resources shared do not indicate an endorsement by Cornell University.