April 21, 2021 Update - Past editions

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Cornell Wellness Days are April 23 & 26. Check out the webpage and the Wellness Menu for ideas if you need a little inspiration.

ENVIRONMENTAL: Earth Day is April 22

Spring Migration Webinar: Get Ready for Great Birdwatching
April 22, 12:00pm. Hosted by the Cornell Lab of Ornithology. Each spring, billions of birds fly northward, making April and May among the very best months to be a birdwatcher in North America.

2021 Earth Day Online Trivia (CCE Tompkins)
April 22, 7:00-8:30pm. Test your collective climate knowledge while enjoying an evening of laughs and a chance to win prizes from local businesses.

Eco-Explorers: Pollinator Hike (Cayuga Nature Center)
May 2, 10:00-11:00am. Hike through the upper trails to search for early pollinators and learn about different plant and pollinator relationships, and how they interact with the world around them.

Spring Garden Fair & Plant Sale
May 14 & May 21, 2:00-3:00pm - seniors, 3:00-7:00pm - public. Heirloom vegetable transplants, annuals, herbs, baskets, flowering shrubs, roses, fruit crops, trees, evergreens, and perennials.

MENTAL

At this stage of the pandemic, it is still very normal to experience anxiety – though it may stem from different things. In this Los Angeles Times column, Are you anxious about reentering the post-COVID world? Maybe you have ‘cave syndrome’, the columnist explores what some (especially those working remotely) may be feeling – heightened fear and anxiety about social interactions and leaving home.

It’s important to be aware of these feelings and strategies for navigating them as we move forward in our work and personal lives. Dr. Sandro Galea, Dean and Professor of the Boston University School of Public Health, explores the role of fear in shaping our response to threats and steps we can take to mitigate the fears we have in Navigating Fear During COVID-19: On balancing reason and emotion.
**Movement for the Mind Spring Challenge**
May 3-14, 2021. 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. Registration open through April 30, 2021.

**Blog:** [Easy Ways to Take Mindfulness Outdoors](#) (by Ruth Merle-Doyle, Cornell Wellness)
Practicing mindfulness can offer you similar benefits to being outside, and when you combine the two, it can be magical. The challenge can be finding ways to get started. Tacking intentional mindfulness moments onto regular, ritual outside time can be... [continue reading]

**Planning Time Away from Work for Your Effectiveness & Wellbeing**
May 13, 9:00-10:00am or May 21, 1:00-2:00pm. Cornell employees are invited to learn about the basics of burnout and its connection to time away from work, creative approaches to time away that are aligned to today’s realities, and best practices for planning time off with your supervisor and colleagues.

**Watch:** [Every Day is a Gift – a Conversation with Senator Tammy Duckworth](#)
Hosted by the Cornell Institute of Politics and Global Affairs

**Take a Mental Break** - Check out the [Cornell Hawk Cam](#)! Big Red and Arthur have three eggs they are carefully watching over. Or check out the [ospreys, albatross, petrels, kestrels, and owls](#)! Made available by the Cornell Lab of Ornithology.

**CULTURAL**

**Grounding and Centering Care with Meditation & Gentle Movement**
Thursdays through May 11, 12:00-1:00pm. The sessions are designed through an equity and social justice lens, centering the needs of the Black, Indigenous, and People of Color (BIPOC) community.

Register soon: [Cornell Inclusive Excellence Summit](#)
April 27 & 28. Session topics include “Exploring the Value of Psychological Safety at Work,” “The Intersection of Mental Health and DEI,” “Fumbling Toward Equity: Building Mindsets and Relationships to Support Antiracist Action,” and many others.

**Ageism and its Consequences** (Weill Cornell Medicine)
May 17, 1:00-2:00pm. Nimali Jayasinghe Ph.D., voluntary faculty of WCM Dept. of Psychiatry, will explore the medical, social, and existential challenges that can accompany aging.

**A.B.E. All Black Everything Arts Festival** (Ithaca-based)
May 19-22. The All Black Everything Arts Festival (ABE) is a four-day virtual festival that highlights and celebrates American culture through its Black American arts and artists.

**PHYSICAL**

**Beginner Group Bike Rides** (Finger Lakes Cycling Club)
Starting April 29. Are you looking to gain confidence for road riding or looking for a more mellow ride with others? Meet at 6:00pm in Stewart Park's East parking lot, by the Waterfront Trailhead. Bring a mask. info@fingerlakescycling.org

Vaccine Information
- **Update on COVID-19 Vaccines: Empowerment through Information** (Weill Cornell Medicine) - April 28, 6:30-7:30pm. Virtual seminar and Q&A on the vaccines.
- **COVID-19 Vaccine Card: What You Need to Know** (New York Times) - What you should (and should not) do with your card.
- **Vaccine etiquette: A guide to politely navigating this new phase of the pandemic** (WA Post)

**FINANCIAL**

**Estate Planning Webinar with Cornell Law School**
April 30, 12:00-2:00pm. Estate planning is thinking about and documenting what matters most to help safeguard your health and finances. The process includes designating people for certain decision-making roles and reflecting what matters most if you’re unable to speak for yourself.

**Friends of the Library Book Sale**
May 1-3, 8-10, & 15-18. Bring home new entertainment for little money and support the library. Over 250,000 gently used books, DVDs, CDs, puzzles, and games. Prices start low and drop each weekend.

**RELATIONSHIPS**

**Finding Forgiveness: Healing After the Loss of a Parent** (Hospicare of Ithaca)
May 13 & 20, 7:00-8:30pm. The focus of this two-part workshop, facilitated by Mara Alper, is to help adult children heal through forgiveness after the loss of a parent.

**Watch: Pet Behavior & The Pandemic**
Cornell behavior specialists Dr. Katherine Houpt and Dr. Kate Anderson, discuss separation anxiety, socialization, and offer suggestions to help ease your pet’s transition to the new normal.

**Dog and Cat Drive Thru Rabies Clinic in Tompkins County**
April 24 and May 22, 10am-1pm. Preregistration required.

**Cornell Kids@Home**
Bring A Child to Work Day is virtual this year! Join faculty and staff in programs and activities throughout the month. Participate live or at your leisure.

**Tompkins County Summer Camp Guide**
A searchable database of camps in the local area.

**FOR MANAGERS**

If you are a supervisor, you (should have) received an email on April 19 from Vice President Mary Opperman and Associate Vice President Angela Winfield. The email was about leading during traumatic
and triggering times. Please read it closely and familiarize yourself with the resources offered, particularly the recommendations guide.

**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.