



EMPLOYEE WELLBEING at CORNELL

July 6th Update - [Past editions](#)

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PHYSICAL WELLBEING

[U-Pick Raspberry Farms](#)

Find farms in S. Cayuga, Schuyler, Tioga and Tompkins Counties.

Tip for... Keeping Mosquitos Away

If you're hanging out on a porch with electricity, set up a fan. Mosquitoes are weak flyers, which is why they surround us when the air is stagnant.

Tips for... Keeping Cool While Wearing a Mask

Skip wearing makeup, bring a spare to swap when damp, and time trips to beat the heat if at all possible.



[Finger Lakes Independence Center \(FLIC\) Loan Closet](#)

The equipment closet is open for borrowing adaptive/assistive equipment in Ithaca such as wheelchairs, walkers, "hip kits," crutches, shower chairs, etc.

Kayak, Canoe, and Paddle Board Rentals in Tompkins County

- [Paddle-n-more](#) (Myers Park – Lansing & Taughannock State Park – Trumansburg)
- [Puddledockers](#) (Ithaca)

MENTAL WELLBEING

[Youth Grief Camp 2020](#)

(Hospicare & Palliative Care Services of Ithaca)

The virtual camp (July 20-24) will focus on supporting youth who are grieving the death of a loved one, as well as their caregivers. All activities begin at 10am and last for 30-60 mins. Activities include crafting, story hour, discussion, and circus arts. Participate in some or all activities and offerings! For more information or to register call 607-272-0212 or email bereavement@hospicare.org.

[Black Emotional and Mental Health Collective \(BEAM\) Heart Space Session](#)

July 8 and 22, 7pm. A virtual space for Black healing. Vent, connect, meditate, sing, and/or share.

[Burnout Prevention and Treatment](#) (HelpGuide)

If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. Learn what you can do to regain your balance and feel positive and hopeful again.

[The Happiness Lab](#)

In "The Happiness Lab" podcast, Yale professor Dr. Laurie Santos take listeners through the latest scientific research and shares some surprising and inspiring stories about happiness.



Articles & Resources

- [Brain Hacks for ADHD Minds at Work: How to Focus](#) (ADDitude)
- [Make Stress Work For You](#) (Kari Leibowitz and Alia Crum, NYT)
- [To Build Resilience in Isolation, Master the Art of Time Travel](#) (NYT)

CULTURAL WELLBEING

[Inclusive Excellence Podcast Series: Blackness at Cornell](#)

The special series features a number of Black Cornell faculty and staff discussing how they define Blackness and Black identity. The [first episode](#) in this series features [Jeremy Stewart](#), nutrition and general health outreach educator for Cornell Wellness.

[Allyship: How Can I Support My Black Colleagues Right Now?](#)

July 9, 10-11:15 am (+more). This program delves into allyship and what it means to be an ally. Participants will look at what anti-racism means and how to engage meaningfully in advancing equity in our work and daily lives.

[Why Are People Protesting?](#)

July 16, 10-11:15am (+more). This program provides a historical context for the current reaction to recent killings of black people in America. Participants will look at what institutional racism is, how it manifests and what the impact is on the greater community.

[How Does Racism Affect Health?](#) (Psychology Today)

Anthony Ong, professor of human development, College of Human Ecology, explains how experiencing discrimination or mistreatment regularly can affect health and wellbeing.

FINANCIAL WELLBEING

[Managing Your Finances Through Covid-29](#) (CCE Tompkins)

Offered every Thursday through September 3 from 5-6:15pm. While enduring a financial crisis may be challenging, you can regain your financial stability. In this program, participants will learn strategies about increasing income and tools to maximize current resources.

Cornell Retirement & Beyond Seminars

Planning for life after retirement should involve not only looking at one's finances; there are other considerations, including health care. Attend a virtual seminar that outlines the changes to your benefits as you prepare to transition into retirement.

- Endowed – July 27, 1:30-3pm - [Register](#)
- Contract College – July 27, 10-11:30am - [Register](#)

Free Subscriptions for Cornellians (Cornell Libraries)

[Wall Street Journal](#) & [Financial Times](#)

Food Support

- [Free Summer Meals for Youth 18 & Under](#) - Dryden, Groton, Ithaca, Lansing and Trumansburg School Districts are offering FREE summer meals for youth aged 18 and under.
- [Senior Farmer's Market Nutrition coupons now available](#) (Tompkins County Office for the Aging)
- [Cornell Food Pantry](#) – Summer hours: Tues/Thurs 4-7pm, Wed/Fri 10am-1pm.
- [Full list of food assistance programs](#) (CCE Tompkins)

Articles & Resources

- [How to Cope with Financial Stress and Anxiety During Troubling Times](#) (CNBC)
- [20 Ways to Lower Your Electric Bill](#) (Rocket Homes)

LISTEN, LEARN, & GROW

[Cornell Language Resource Center – Italian, Russian, Spanish, and Turkish Conversation Hours](#)

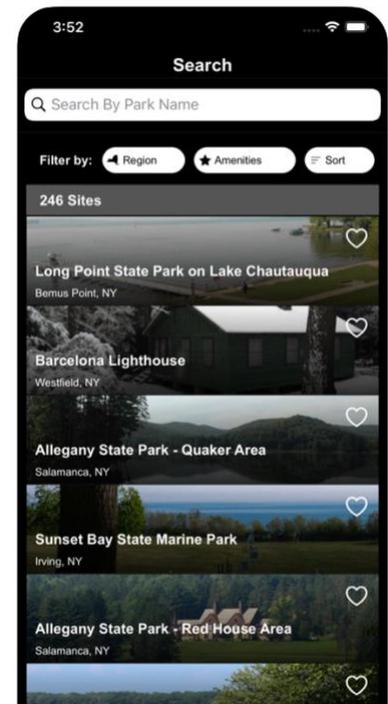
Conversation Hours are led by speakers of the target language and offer an opportunity to use a language you are learning, outside of class, in an informal, low-pressure atmosphere. Faculty/staff welcome.

[Cornell Lab of Ornithology Webinar: All About BirdNET: How to ID birds by sound](#)

July 9, 12:00 p.m. Baffled by a bird sound? Learn how to use the [BirdNET](#) program to help put a name to some of the birds you hear but don't see.

New York State Parks App

NYS Parks launched a free mobile app, [New York State Parks Explorer](#). This app provides visitors and prospective visitors helpful information about the variety of destinations, activities and adventures available throughout the Empire State's state parks and historic sites.



PARENTING

[Cornell Guide to Navigating Child Care](#)

Work/Life in Human Resources has compiled information for parents about navigating child care, including information about group family child care, informal care, nannies/babysitters, and much more. Check out [the guide](#) to learn about options. You may also view the PowerPoint [slides](#) from a recent presentation focused on summer child care.

[TCPL to Offer Yoga for Teens](#)

Tompkins County Public Library will offer Yoga for Teens with Cassie of Blackbird Studio, on Tuesdays, July 7, 14, 21 & 28, from 3-3:30 pm. This free yoga series is inclusive and ideal for all levels of experience, and will focus on the basics of yoga flow and stretch.

[TCPL Early Communication and Signs for Babies and Families](#)

Learn about ways to connect with your children through songs, signs and books with Tompkins County Public Library. The program is ideal for children up to 18 months and their caregivers. It will be online weekly July 6th - 27th. Class videos will be posted each week and may be watched anytime.

[Text4Caregivers – New York Developmental Disabilities Planning Council](#)

Being a special needs caregiver is learning about strengths you didn't know you had, and dealing with fears you didn't know existed. Parent to Parent of NYS has created a free support service that will distribute timely and relevant self-care and stress-management support through text messaging. As a caregiver, you take care of others; this service exists to remind you to take care of you.

[Bright Horizons Free Webinars](#)

Expanding Little Palates – July 10, 3pm

Major Milestones in Early Childhood – July 13, 3pm

Articles & Resources

- [Parent Guilt is Natural. Parent Shame is Toxic.](#) (Fatherly)
- [Free Parenting Webinar Recordings](#) (Common Sense Media)
- [Smiling Mind's Families Program Toolkit](#) (a family activity guidebook to cultivating mindfulness through play and conversation)

ENVIRONMENTAL WELLBEING

Explore Composting At Home

While working in the local community the past few months, [The Master Composters of Tompkins County](#) have found many people are enjoying finding new ways of composting at home. Summer is a great time to start: get creative in the backyard with [Get Your Green Back](#), fork 'em over with [Food Scrap Recycling](#), start a [worm bin](#), or learn more at the [CCETC Resources Page](#). There are additional resources at the [TCPL](#), a local [Facebook group](#), and you can always call the Rot-Line at 607-272-2292x124 for help with questions.

Take the “Plastic Free July” challenge!

This is a global movement to help millions of people be a part of the solution to plastic pollution.

ANIMALS

- [Top Ten Summer Safety Tips for Dogs](#) (Pet Health Network)
- [How to Make a Pet First Aid Kit](#) (ASPCA)

HELP OTHERS

Donate Seed Money (CCE Tompkins)

The "Seed Money to Help People Grow Food" program includes three different outreach efforts designed to empower community members to grow their own food: Resilience Garden Kits, Solidarity Gardens, and Seed-to-Supper Training. [Read more and consider giving.](#)

FOR MANAGERS

- [How to combat 'leadership burnout'](#) (Human Resources Director - Asia)
- [8 Life And Leadership Lessons from Arianna Huffington](#) (Forbes)

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 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.