May 17, 2021 Update - Past editions

- Mental
- Cultural
- Financial
- Relationships
- Environmental
- Occupational
- For Managers

PHYSICAL

**Tompkins County Vaccination Clinics**
- May 18, 8:15am-3pm – Walk-in clinic for 18+ years old (Johnson & Johnson) – 40 Catherwood Road, Shops at Ithaca Mall
- May 19, 8:15am-3pm – Appointment needed clinic for 12+ years old (Pfizer) – Dryden High School Gymnasium, 118 Freeville Road
- May 22, 9am-4pm – Appointment needed clinic for 12+ years old (Pfizer) – 40 Catherwood Road, Shops at Ithaca Mall

**Other Locations:** New York State | NYC | Cortland | Schuyler | Chemung | Tioga | Cayuga | Ontario

**What To Know About Skin Cancer & Melanoma** (Weill Cornell Medicine)
May 19, 6:30-7:30pm. Tune into this webinar to hear from Weill Cornell Medicine dermatology and oncology experts. Learn about skin cancer prevention, screening and treatment, and latest advances.

MENTAL

**Family & Friends Program** (NAMI Finger Lakes)
May 22nd, 11-1pm. Do you have a loved one with a mental health condition that you’d like to learn how to support? Learn about diagnoses, treatment and recovery, effective communication strategies, the importance of self-care, crisis preparation strategies, and resources.

**Watch now: The Importance of Empathy** (Care@Work by Care.com)
Our work colleagues can make a huge difference in helping us get through tough times. The problem is, so many of us are too burned out right now to offer our coworkers the support they need. Dr. Kelsey Crowe offers resilience building strategies and take us through a vigorous “empathy workout” that will help you learn how to support the people you care about most.

**Ways to Deal With Stress In Post-Pandemic Life** (SELF)
There are things we can do to manage stress and anxiety that we may be experiencing as the pandemic evolves. Consider trying one or more of the suggested strategies:
1. Focus on what’s in your control
2. Make a bucket list of things you’re excited to do again
3. Accept how your life may have changed quite a bit during the pandemic
4. Reintroduce activities slowly

CULTURAL

**Diversity Includes Disability: Take the Survey**
Whether you consider yourself an individual with a disability or not, we invite you to voluntarily self-identify your disability status by answering a short, less than five-minute survey. By self-identifying, you help Cornell more accurately determine the diversity of our workforce and ensure individuals with disabilities are supported and represented.

**Spilled (Soy) Milk Film Discussion with Director** (Tompkins County Public Library)
May 25, 12-1pm. Professor and Director Changhee Chun will show excerpts from the film, which highlights the rich diversity of Asians & Asian-Americans in Ithaca, NY.

**Roxane Gay, Cornell Commencement Speaker**
Author and cultural critic Roxane Gay – whose writing explores feminism, race, body image, her own life, contemporary social topics, and fiction – will deliver the virtual Convocation address on Friday, May 28 at 8:30 p.m., streamed on live.alumni.cornell.edu.

**Dorothy Cotton Jubilee Singers Spring Concert: A Celebration of Social Justice for All People**
June 6, 3pm. Featuring a variety of African American sacred music from the negro spiritual to the “old-time” gospel.

FINANCIAL

**Cornell Retirement and Beyond Programs**
Contract College: May 26, 10-11:30am. Endowed: May 26, 1:30-3pm. Planning for life after retirement should involve not only looking at one’s finances; there are other considerations, including health care.

**Commencement Volunteers Needed**
Please read Vice President Mary Opperman’s email message sent on Sat., May 15, for details about volunteering during commencement weekend (May 28-30) and the one-time payments of $200 (less applicable taxes) per event being offered this year.

**Women & Wellness Presents - Mortgages: What you need to know** (Tompkins Financial Advisors)
May 19, 10am. Does mortgage lingo leave you feeling lost and overwhelmed? Learn key terminology used in the lending process and what to know if you are considering adding investment property.

**Coming in June!** **Child Care Grant for Faculty & Staff** - Mid-cycle application period
**RELATIONSHIPS**

**Under the Influence: Putting Peer Pressure to Work**  
May 18, 2-3pm. Learn how peer influences alter the policy choices we face under COVID-19 and climate change, and how we can better harness the power of contagion for good.

**Grief Support Group – Virtual (3 weeks)**  
Mondays, June 7, 14, and 21, 3-4:30pm. Are you grieving the death of a loved one? Join Cornell Work/Life and Hospicare of Ithaca for a three-week group designed to help attendees process their loss in a supportive and respectful virtual setting.

**Separation Anxiety in Pets (AARP)**

**OCCUPATIONAL**

**Getting Started with Microsoft Teams**  
May 18, 1-2pm. This intro course will show the fundamentals of Microsoft Teams, how to get a team up and running, and start having conversations.

**Cornell Recreation Connection Game of the Month: Pictionary**  
May 18, 3:15pm. Open to staff, faculty, and retirees.

**ENVIRONMENTAL**

**Campaign for Clean Heating (Town of Ithaca)**  
May 20, 7pm. Learn about free assessments for energy improvements, access to vetted installers, and financial incentives available to low- and moderate-income households for insulation and air sealing, energy efficient heat pumps, and heat pump water heaters. Sign up with HeatSmart to get a free assessment for home energy improvements.

**FOR MANAGERS**

**Managing Career Burnout (LinkedIn Learning)**  
In this course, instructor Emilie Aries (CEO, Bossed Up) breaks down how to identify your burnout triggers and steps to navigate your situation and get help.

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