



EMPLOYEE WELLBEING at CORNELL

Nov. 9, 2020 Update - [Past editions](#)

Veterans Day is Nov. 11

New York State is home to nearly 900,000 veterans, including 88,000 who served in Afghanistan or Iraq, 30,000 active-duty military personnel, and 30,000 National Guard and Reserve Personnel. Below find information about events and some resources related to veteran wellbeing.

[Cornell Student Veterans Tell Their Stories: Panel and Discussion](#)

Nov. 13, 6:00 pm via Zoom. A panel of student veterans, one from each of the four branches of the U.S. Armed Forces, will share their experiences in and out of uniform. Followed by a Q&A/discussion facilitated by Wayne Johnson, U.S. Navy veteran and PhD Candidate at the Cornell JGSM.

Resources for Veterans

- [Cornell Veterans Colleague Network Group](#) (VCNG)
- [NYC-based Veterans](#)
- [Geneva/Ontario County Veterans](#)

Veteran Mental Health Resources

- [Mental health information](#) – Veterans & Active Duty
- [U.S. Veteran's Affairs](#) – Resources for veterans and loved ones
- [Veterans Crisis Line](#) – Call, chat, text

Honor Veterans

- [Find A Veteran, Post A Tribute](#)
- [New York City Veterans Day Parade](#) - Watch live on Nov. 11, 12:30-2 pm.
- [Cornell campus memorials](#) – take a virtual tour to learn about Cornell veterans

Help Veterans

There are many ways to help a veteran in need. For example, older or disabled veterans may be unable to do fall yard cleanup or snow shoveling safely. Tompkins County is aware of individuals who need assistance and is seeking volunteers to help (email cbullis@tompkins-co.org). For more ways to help, check out [these articles](#).



CULTURAL

[CU Wind Symphony: Haitian Music Lecture Series](#)

Nov. 10, 12 pm virtual. Join the CU Wind Symphony for a video lecture series focused on Haitian music, Vodou, and the racialization of Haiti and Haitian religion in the U.S.

[White Kids: Growing Up with Privilege in a Racially Divided America](#)

Nov. 10, 1:25-2:15 pm via Zoom. Learn about white racial socialization as a process that stretches beyond white parents' explicit conversations with their white child.

MENTAL

[Guided Progressive Relaxation Session](#)

Nov. 19, 11-11:30 am via Zoom. Feel tension leaving your muscles as Kerry Howell, Cornell Wellness staff, guides you through a 30-minute progressive muscle relaxation session.

[Transgender Day of Remembrance Vigil](#)

Nov. 19, 7 pm. Join the Cornell LGBT Resource Center, IC Center for LGBT Education, Outreach, and Services, and the Ithaca Transgender Group for a virtual observance of the 2020 Day of Remembrance.

Cancer Resource Center of the Finger Lakes: Cancer as a Chronic Disease Support

Held virtually on the 1st & 3rd Thursday of each month at noon for those who are living with cancer as a Chronic Disease. To join, email monica@crclf.net.

PHYSICAL

[Cornell Wellness - Sleep Challenge](#)

Nov. 16-20. Want to improve your sleep throughout the winter? This challenge is for you.

[What Does it Mean to Age Successfully: Myths & Realities](#) (Weill Cornell Medicine and Cornell Tech)

Nov. 16, 4-5 pm via Zoom. This session will discuss recent findings about what it means to age successfully and review basic information about "population aging."

[Take a Deep Breath: Improving Your Lung Health in the Era of COVID-19](#) (Weill Cornell Medicine)

As we continue navigating our lives in the era of COVID-19, it is important we also consider how to take care of our lungs to prevent other non-cancer pulmonary (lung) illnesses.

- Nov. 16, 6 pm: COVID-19 and Your Lungs
- Nov. 17, 6 pm: Breathe Easier: Reducing Your Risk of Lung Disease
- Nov. 18, 6 pm: Is Lung Cancer Ever A Curable Disease with Treatment?

[Cornell Employees Working Remotely - Ergonomics Tip Video: Workstation Considerations](#) (4 min)

[Plan a Locally Sourced Thanksgiving Meal](#) (CCE Tompkins)

FINANCIAL

[Charitable Giving Update](#)

Nov. 12, 11 am-1 pm via Zoom. In this Consumer Issues Program, NYS Assistant Attorney General Michael Danaher will present about charitable giving, scams, and things to consider when donating.

[Cornell Retirement and Beyond Seminars](#)

Attend a virtual seminar that outlines the changes to your benefits as you prepare for retirement. Endowed - Nov. 19, 1:30-3. Contract College – Nov. 19, 10-11:30 am.

[Tips for Heating with Wood Efficiently](#) (CCE Tompkins)

If properly used, wood is an excellent fuel source. From raw material to combustion, it's hard to beat seasoned split wood as a renewable and inexpensive way to heat our homes and businesses. But if done improperly... [continue reading](#)

ENVIRONMENTAL

[Exploring Nature Through Sound and Music](#)

Nov. 12, 12-1 pm via Zoom. Cornell Lab of Ornithology's Center for Conservation Bioacoustics presents.

[New Cayuga Waterfront Trail website](#)

[Compost Your Pumpkin](#)

PARENTING

[Guiding Our Children Through Crisis: Mental Health Strategies for Caregivers](#)

Nov. 16, 10-11 am virtual. Join Dr. Dana E. Crawford, pediatric and clinical psychologist, for an eCornell Keynote discussion about child mental health and well-being in these trying times.

NEW! [Cornell COVID-19 Employee Hardship Fund for School-age Child Expenses](#)

To help with increased expenses, Cornell has established a COVID-19 Employee Hardship Fund for School-age Child Expenses.

[Mentoring Program for Children of Cornell Employees](#)

College Mentors for Kids matches elementary school kids with Cornell students for weekly virtual activities that inspire growth, confidence, and brighter futures. Enroll [online](#) or email collegementors@cornell.edu.



[Essential Employees: New York State CARES Act Child Care Scholarships Available](#)

The U.S. government has provided NY with \$20 million worth of child care scholarships to be distributed to eligible essential employees from now through Dec. 31, 2020 or until funds are depleted.

MORE LEARNING

[Designing Public Spaces for Young People: Processes, Practices, and Policies for Youth Inclusion](#)

Nov. 10, 4:30-5:30 pm via Zoom. Learn from Janet Loebach about the value of youth-inclusive environments and ideas about how researchers, planners, and leaders can involve youth.

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. Published roughly every other week. Visit [HR Resources](#) for more details. Information shared does not indicate Cornell endorsement.