Prior to the pandemic, it was estimated that 1 in 4 women and 1 in 7 men would experience domestic or intimate partner violence at some point in their lifetime. Nationally and locally, hotlines and shelters have reported a significant rise in the number of individuals seeking help during COVID-19.

What is domestic violence?
The willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one person against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary; however, the one constant component is one person’s consistent efforts to maintain power and control over the other.

Who is affected by it?
Everyone and anyone. Domestic violence affects people regardless of age, education level, economic status, sexual orientation, gender, race, ethnicity, religion, disability, or any other form of identity. Trauma associated with domestic violence can have long-lasting and multi-generational impacts.

Take a Stand
To help raise awareness of this important issue and resources that are available to help, Cornell recognizes National Domestic Violence Awareness Month (DVAM) and will participate in New York State’s Go Purple Day on Thurs., Oct. 21. All employees are invited to show support by doing the following...

- Wear purple on Thursday, October 21
- Download and use the Zoom background
- Give to the Cornell Employee Emergency CARE Fund which offers financial support to employees in crisis, including domestic violence situations
• **Pledge** to stand against domestic violence by completing this [Pledge Form](mailto:worklife@cornell.edu) (share your pledge if you are comfortable doing so – post in your office, on social media, email to worklife@cornell.edu)

• **Bookmark** Cornell’s Domestic Violence Resource Page

• **Managers** - bookmark Cornell’s Guide to Domestic Violence at the Workplace

**Concerned about someone?** Be an ally by listening without judgment. Ask what the person needs and how you can help, share resources, and let them drive the decision making.

**Need help?** Call the Tompkins County domestic violence hotline at 607-277-5000, New York State hotline at 800-942-6906, text 844-997-2121, or chat privately with an advocate at opdv.ny.gov. Cornellians may also get help through the free Cornell Victim Advocacy Program.

**Questions about DVAM?** Contact Work/Life in Human Resources at worklife@cornell.edu.

### MENTAL

**NEW!** [Restorative Talking Circles for Employees](mailto:Register here)

*Does it seem the world has moved forward but you’re feeling left behind?*

*Would you like to be a part of small group to collectively process experiences and share reflections of the last year and a half?*

*Do you want to feel more restored but are unsure where to start?*

If you answered yes to any of these, consider participating in an upcoming Restorative Talking Circle (RTC).

**What is an RTC?**
Talking circles originated with First Nations leaders to ensure that all individuals were heard and respected. In these talking circles, each person is equal and belongs. RTGs, as we have designed them, provide a way for Cornell employees to reflect and deepen their sense of community connection through small group sharing and storytelling. They offer an arena for processing and naming the myriad of experiences, struggles, and triumphs that are felt as we continue navigating COVID-19, campus transitions, and more.

**Upcoming Opportunities:**
Each circle will meet three times for one hour each session. Attendance is limited to 8-10 participants. Register here.

- Mondays, November 1, 8, and 15, 1-2pm (via Zoom)
- Thursdays, November 4, 11, and 18, 4-5pm (via zoom)
- Fridays, November 5, 12, and 19, 12-1pm (in Day Hall, Room 163)

“We do not learn from an experience. We learn from reflecting on an experience.” John Dewey
Releasing the Sense of Control Guided Meditation
Oct. 26, 12pm-12:45pm. This guided meditation allows you to get in touch with the feeling of needing to be in control. It will allow you to open up, while becoming aware of the underlying emotions and thoughts that create these controlling needs.

Metalworking Our Memories (Hospicare of Ithaca)
Nov. 7, 4:30-6:00pm. Location: Held at The Metal Smithery, South Hill Business Campus, 950 Danby Road, Suite 30, Ithaca. This workshop is offered as a collaboration between Hospicare and The Metal Smithery. It offers adults, age 18 or older, who are grieving the loss of a loved, an opportunity to process their grief and memorialize their loved ones through metalworking.

PHYSICAL

Prenatal Wellness Chat- A Focus On Fitness & Nutrition
Oct. 20, 12-1pm. Discuss healthy food choices to support pregnancy, adjusting your movement plan to accommodate your changing body, and how to set yourself up for a healthy early parenthood.

Spine Time: Acupuncture (Weill Cornell Medicine)
Oct. 20, 5pm. Find out how acupuncture works on your back pain at the next episode of Spine Time, the free webinars from the experts at the Weill Cornell Medicine Center for Comprehensive Spine Care.

Burn Prevention and First Aid (Weill Cornell Medicine)
Oct. 25, 11am-12pm. While accidents occur, many burn injuries are preventable. Learn ways to mitigate risk and steps to take if an injury occurs.

Breast Cancer Awareness Month Workshops and Events (NewYork-Presbyterian, Weill Cornell Medicine)

RELATIONSHIPS

Cornell Caregiver Support & Education Network Meeting
Oct. 19, 2021, 12-1pm. This meeting will focus on elder care resources and sharing of experiences.

Legal and Financial Planning for Incapacity and Long-Term Care (Tompkins Co. Office for the Aging)
Oct. 29, 10:30-12pm. Learn about the different types of long-term care and payment options. Presenters will briefly cover power of attorney and guardianship. To register call 274-5486.

FINANCIAL

Cornell University has partnered with Fidelity and TIAA to host a series of webinars to help you prepare for your future!

Turn Your Savings into Retirement Income (Fidelity)
Oct. 20, 2pm. If you’re planning to retire within the next few years: Learn the benefits of a retirement income plan, factors to consider when transitioning your savings into income, and ways to develop a retirement plan that suits your goals and lifestyle.
Making it Easier for You: Online tools and resources (TIAA)
Nov. 2, 10am, Nov. 16, 2pm. Save time, manage your money, and feel empowered by learning and using the latest digital enhancements.

Five Money Musts (Fidelity)
Nov. 11, 2pm & Nov. 23, 10am. If you’re just starting to think about how to manage your money: Learn about five basic money concepts to help you start your financial journey on the right foot.

OCCUPATIONAL

Becoming an Entrepreneur: The Different Paths to Founder and CEO (eCornell)
Oct. 20, 1pm. Get insight from successful founders and CEOs managing companies representing a variety of business models. Learn the different types of businesses you can launch and grow; the pros and cons to starting a small business, franchise, or high-growth startup; and tips for launching your own business.

Aligning Your Values with Work, Life, and Everything In Between (LinkedIn Learning)
Having more alignment in your life is a proven way to feel more balanced, motivated, and passionate about how you spend your time. This course, taught by communications coach and entrepreneur Christina Vo, navigates how to align your values throughout all avenues of your life.

Podcasting Like A Pro (3-Session Series)
Oct. 20, 4:30-5:30pm. Learn how to become a podcaster and produce professional-sounding podcasts. This 3-session workshop introduces the basics of podcast production, from the initial creative process to recording, editing, and hosting an audio podcast.

Weekly Tips Courses (LinkedIn Learning)
These weekly tips-based courses provide productivity-boosting tricks, cool hidden features, need-to-know functions, and advanced content on subjects. Each tutorial is a short, self-contained lesson guaranteed to give you new insights.
- Excel
- Presentations
- Productivity

FUN ACTIVITIES in OCTOBER

Cornell Halloween Happenings 2021 Photo Contest
This year’s categories will be for funniest, scariest, best carving, cutest critter, and most original. Entries will be open through October 22nd.

Cornell Fall Employee Celebration
Oct. 29. Order free tickets to watch Cornell Football vs. Princeton at 7pm. Stop by the Employee Celebration tent to receive a gift - a choice of a meal voucher from Cornell Dining or a $10 voucher to the Cornell Store. Plus, other freebies! Visit the website for details and latest spectator guidance.

Watch: How to Pick Out a Great Pumpkin
Whether you’re looking for an ornamental pumpkin, a pie pumpkin, or a warted pumpkin, Steve Reiners, a professor in CALS, can help you make the perfect selection.
The history and impact of racial disparities in parks and greenspaces has typically received little attention in American public life. We believe understanding the history and impacts of racism in the parks and greenspaces in our communities can only serve to improve the positive benefits of green spaces to all people. With this goal in mind, this list is intended to serve as an information resource for faculty, staff, students, extension educators, outdoor advocates, volunteers, and community leaders.

FOR MANAGERS


How to Eliminate Burnout and Retain Top Talent (Gallup)

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.