PHYSICAL

**Bike Commuting 101: Community Forum and Q&A**  
Oct. 6., 12:00pm. School is back in session and so is Tompkins Bike Network! Bike Walk Tompkins and Way2Go are hosting an online forum and Q&A that will focus on tips and tricks of bike commuting to & from work and school, especially around Tompkins County.

**Warm Wednesdays**  
Oct. 6, 1:30pm. Join SNAP-Ed Nutrition Educator Sarah Curless on her weekly Zoom class adventure making arguably the most comforting food of all time: soup! Learn tips for how to plan, shop, prepare, and save money.

**Free Outdoor Performance of Charlie Brown Musical**  
Oct. 7-10, various times. *Running to Places Theatre Company* (R2P) brings a family favorite to life, “You’re a Good Man, Charlie Brown.” The youth community theatre company will present the show outdoors at the *Just Be Cause Center* at 1013 West State St.

**Managing Weight Gain**  
For many of us, the pandemic has brought on a tremendous number of challenges that have caused a lot of stress, anxiety, etc. – and weight gain. Listen to this short snippet from the Wellbeing@Work Interview Series, where Michelle Artibee & Erin Harner discuss some useful tips for managing your weight gain.

**Finger Lakes Festival of Lights**  
Become immersed in a world of fantasy and light against an awe-inspiring natural backdrop at Grist Iron Brewing Company. Family friendly and open through November. Use code “CORNELL” to get 25% off tickets.

**Ithaca Fall Guide**  
Looking for fall family friendly fun? The Ithaca Times Fall Guide shares local corn mazes, apple/pumpkin picking, farm fun, and best leaf viewing parks/trails in the area.
MENTAL

Notice & Respond: Assisting Students in Distress 1.0 – 2021-2022 Edition
This online program was developed specifically for the Fall 2021 - Spring 2022 academic year to help Cornell faculty, staff, and graduate student Teaching Assistants to recognize and respond to students who may be experiencing distress. Enroll in this Canvas course here.

Soup & Hope Recordings
Soup & Hope offers resources to help you with self-awareness, hopefulness, and agility in dealing with life's challenges. Revisit the talks given by previous speakers-- and see their favorite soup recipes!

Mental Health Mindfulness 101
Meetings starting Oct 4, 3:00pm. A peer self-help mutual support group sponsored by Finger Lakes Independence Center which uses the basics of mindfulness to assist its members towards bettering their mental health. For more information email Jeff Boles or call 607-272-2433.

Give yourself permission to be creative (TED)
Actor Ethan Hawke examines how courageous expression promotes healing and connection with one another -- and invites you to discover your own unabashed creativity.

Screen/Life Balance Survival Kit
Contains survival guides for a Device-Free Dinner and a 24-Hour Digital Detox, plus a custom-designed lock screen image for your phone.

CULTURAL

Book Discussion: "How Does It Feel to Be a Problem? Being Young and Arab in America" by Moustafa Bayoumi
Oct. 5, 5:15pm. Discuss this book which sheds light on the repercussions of Islamophobia on Arab and Muslim Americans by exploring the lives of seven twentysomething Brooklynites living in post 9/11 America.

On José Montoya
Oct. 7, 4:00pm. Ella Maria Diaz, associate professor of Latina/o Studies and Literatures in English, will discuss her recently published book on the life and work of this prominent artist, educator, and leading figure of the Chicano movement.

LGBTQ+ CNG Welcome Back Lunchtime Zoom Gathering
Oct. 8, 12:00pm. Cornell's LGBTQ+ CNG would like to welcome back LGBTQ+ Staff & Faculty – learn about this employee resource group and build community for the semester ahead.

New Cornell Inclusive Excellence Podcast Episodes
Check out two new episodes of the Inclusive Excellence Podcast. Dr. Avery August discusses his journey into academia in Episode 53 and his perspective about why issues related to diversity, equity, and inclusion should
matter to faculty at Cornell. Episode 54 celebrates culture and identity in honor of Hispanic Heritage Month with a very special guest.

**FINANCIAL**

**2022 Cornell Child Care Grant for Faculty & Staff**
Cornell University’s Child Care Grant provides financial assistance by reimbursing you for child care expenses, including infant and toddler child care, pre-school/pre-K programs, care on school holidays, school-age summer day camps/programs, and school-age before/after school care. For more information and application visit the [website](#).

Please help us get the word out - undergraduate and graduate/professional students are not eligible for this program but may apply under a separate Cornell program exclusively for them. Information can be found at the Cornell Students with Families [website](#).

**Computer Purchase Payroll Deduction Loans**
Voluntary payroll deduction plan at The Cornell Store allows active Cornell staff and faculty to purchase certain computer needs.

**Why Nobody Feels Rich** (NPR)
Social psychologist Keith Payne says we tend to compare ourselves with those who have more than us, but rarely with those who have less. Listen to NPR’s episode on the psychology of income inequality, and how perceptions of our own wealth shape our lives.

**RELATIONSHIPS**

**Developing Talents with Dr. Temple Grandin**
Oct. 5, 5:30pm. In this webinar from the Racker Center, Dr. Temple Grandin will draw from her own experience with autism spectrum disorders and her professional career. She will speak on how to nurture and turn talents and special interests into paid work.

**October is Adopt a Shelter Dog Month**
Check out the list of available dogs at the SPCA of Tompkins County. Don’t want to adopt a furry friend but want to help the cause? Consider donating some [urgently needed items](#) to the shelter!

**OCCUPATIONAL**

**Vacation Time Reset Extended**
Employees with more than the maximum have their balances adjusted back, and in recent years the reset date has been October 15. **Effective this year, and moving forward, the vacation maximum reset date will be December 31.**
**ENVIRONMENTAL**

**Take Back the Tap at Cornell**
The water treated by the University’s Water Filtration Plant is far superior to the requirements of the Environmental Protection Agency & NY Department of Health. Use reusable water bottles at a campus filling station rather than disposable plastic bottles.

**Cornell Thrift Resources**
Cornell Thrift’s mission is to reduce campus wide waste through redistribution of reusable personal items. Visit their resources page for coupons, tips, and local thrift store locations.

**FOR MANAGERS**

**On Demand Wellness Workshops for Your Department**
Check out Wellness’ fall offerings that you can request for your team/department/unit. On Demand workshops are free and can be delivered via Zoom or in person – stretching, stress relief, recharging and more. Email wellness@cornell.edu to request one today.

**Managing Hybrid Teams & Remote Employees**
If you missed this recent discussion with panelists Beth Goelzer Lyons, Leslie Del Angel, and Scott Shultz the recording is available here.

**How Parents & Employers Can Navigate the Post-Pandemic Workplace** (Pandemic Parenting)
Dr. Malissa Clark, Associate Professor of Industrial-Organizational Psychology at the University of Georgia, and Christine Robinson, Resource Management Leader for Baker Tilly, discuss how parents can advocate for the work flexibility they need and how employers can proactively support working parents.

**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.