



# EMPLOYEE **WELLBEING** at **CORNELL**

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## MENTAL

### [Cornell Mental Wellness Offerings](#)

Cornell Wellness is offering a variety of free mental wellness sessions to help you care for your mental wellbeing. No membership necessary.

#### [Golden Orb Meditation](#)

Sept. 29, 12-12:30pm via Zoom. Take a break from your day and dive a little deeper into the visual world of meditation. Allow your mind to slow and explore, while the body finds relaxation and comfort.

#### [Kick-Start to Mindfulness Practice](#)

Every Tuesday from 1-1:30pm, October 6, 13, 20, 27 (program builds on previous sessions)  
This kick-start workshop is for anyone who is interested in mindfulness or meditation but may be too scared, too busy, or perhaps too skeptical to try.

#### [InsightTimer App](#)

This app provides guided meditations from a variety of teachers and thousands of different music tracks and stories to help you sleep. Most content offered by Insight Timer is available for free. This is a reader recommended app and is not endorsed by Cornell.

#### [Survivors of relationship/sexual violence: Advocacy Center of Tompkins County offers drop-in hours](#)

Tuesdays, 11am-1pm. Stop by virtually for some 1 on 1 to get support, ask questions, or vent to a confidential resource. Click on the link above within that time window. If you need immediate assistance, call the 24/7 Hotline at 607-277-5000.

A red rectangular graphic with white text. At the top, the word "FACT:" is in white text inside a blue box. Below it, the text "Meditation can improve focus and mental health and wellness." is centered. At the bottom, the words "WORK Smarter" are in white text, with "Smarter" in a blue box. Below that, in smaller white text, it says "Get the facts at hr.cornell.edu".

## PARENTING

### [Cornell Child Care Grant for Staff & Faculty \(Application deadline: Sept. 30, 4pm\)](#)

The grant provides financial assistance by reimbursing recipients for eligible child care expenses.

### [Cornell Dependent Care Fund for Students](#)

If you interact with Cornell students, please share with them that the Student-Parent Dependent Care Fund is taking applications through Friday, October 30, 2020!

### [Holiday Bake-Off for Kids](#) (CCE Tompkins)

Oct. 17, 11:30am-3pm. The 4-H event is open to all youth, no 4-H membership required. Open to youth 5-18 years old. Cookies, breads, cakes, and gingerbread, oh my!

## AGING & CAREGIVING

### [Understanding and Responding to Alzheimer's and Dementia](#) (Cortland County area Agency on Aging)

Oct. 14, 2-3:30pm. Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Call (315) 472-4201 x227 to register.

### [Elderhood: A Community Book Discussion Group](#) (Ithaca College Gerontology Institute)

This group will meet virtually over 6 weeks (beginning Oct. 12) to discuss geriatrician Louise Aronson's *Elderhood*. In this book, the author urges us to re-examine the meaning of aging and to reframe our later decades to better prepare for and thrive in those final years. Aronson speaks to doctors and laypeople, the aged and aging, their children and their children—anyone who will be old one day, which in theory, is all of us.

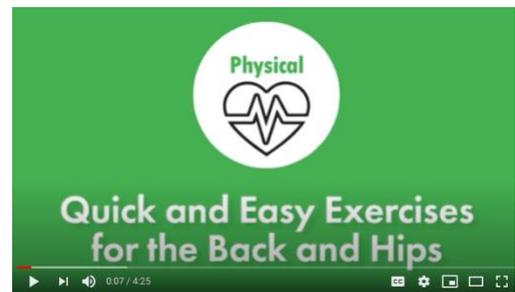
## PHYSICAL

### [Quick & Easy Exercises for Your Back & Hips](#) (Watch now!)

Feeling achy from sitting for hours on end? Do 4 ½ minutes of back and hip movements with Cornell Wellness director, Kerry Howell.

### [COVID-19 and Stroke: What Should I Know?](#) (Weill Cornell

Medicine and New York-Presbyterian)  
Sept. 29, 6:30pm – Virtual



### [Maternal Health: What You Need to Know Before, During & After the Pregnancy Journey](#) (Weill

Cornell Medicine and New York-Presbyterian)  
Oct. 13, 6:30pm – Virtual

**FACT:**

No news is good news about  
your surveillance test.  
You will only be contacted if  
evidence of COVID-19 is detected.  
Learn what to expect.

**LIVE**  
Smarter

## FINANCIAL

### [Cornell Retirement and Beyond Seminar for Contract College Employees](#)

Oct. 2, 1:30-3pm via Zoom. Planning for life after retirement should involve not only looking at one's finances; there are other considerations, including health care. Attend a seminar that outlines the changes to your benefits as you prepare to transition into retirement. [Register](#)

### [Consumer's Rights & Responsibilities in the Marketplace](#) (CCE Tompkins)

Oct. 8, 11am-1pm. In this Consumer Issues Program, NYS Assistant Attorney General Mike Danaher will discuss ways consumers can be more informed when they make their purchasing decisions. The public is invited to learn how to avoid consumer problems and what to do if a problem occurs.

## LEARNING

### [Virtual Adult Acting Circle](#) (New York Public Library)

Sept. 30, 3pm virtual. Are you a fan of the dramatic arts? Do you enjoy acting? Come to our adult acting circle! We will do some improv, do cold reads, perform scenes together, discuss acting methods, and more! Register for the meeting code.

### [A Conversation with Jeffrey Toobin](#)

Oct. 1, 11am-12pm via Zoom. Join the Cornell Institute of Politics and Global Affairs as we welcome Jeffrey Toobin, to discuss his latest work moderated by Rep. Steve Israel. Jeffrey Toobin, a staff writer for The New Yorker and chief legal analyst for CNN, is one of the most recognized and admired legal journalists in the country.

### ["The Bluest Eye" by Toni Morrison: A Community Read](#)

Authors Ta-Nehisi Coates, Tayari Jones and Edwidge Danticat and U.S. Poet Laureate Joy Harjo will join scholars from around the country to celebrate Toni Morrison M.A. '55, as Cornell University's College of Arts & Sciences hosts a livestreamed reading of her first novel, "The Bluest Eye."

### [Why They Marched by Susan Ware – Public Book Discussion](#) (Tompkins County Public Library)

Oct. 22, 6:30-7:30pm via Zoom. Selected in honor of the centennial anniversary of the 19th Amendment and looking forward to the 2020 election, Why They Marched explores the stories of nineteen women activists, many of whom have been previously overlooked, who fought tirelessly for the right to vote. Copies of the book will be provided for registered participants.

## ENVIRONMENTAL

### [Tompkins Household Hazardous Waste Drop-off](#) (Tompkins County Recycling and Solid Waste Center)

Oct. 17th, 8am-2pm. Residents must have a valid permit and have an appointment to attend an event. You will need your solid waste permit number. Only one sign-up per household per Drop Off event.

### [Water Conservation Advisory for Tompkins County](#)

As a result of the prolonged period of hot and dry weather, Tompkins County and much of the Finger Lakes are experiencing moderate drought conditions. Water Conservation Tips:

- Fix leaking faucets and toilets.
- Run dishwashers and washing machines only when full.

- Turn off the tap when brushing your teeth or shaving.
- Take shorter showers.
- Avoid watering lawns, washing vehicles and other non-essential usages.
- Be conservative about your overall daily use.

## FOR MANAGERS

### [Cornell HR Managers Forum](#)

Oct. 2, 9-10am via Zoom. Topics will include new guidelines for working remotely during COVID-19, fall trainings and program offerings, and COVID-19 testing updates.

### [Five Ways to Avoid Ineffective Meetings](#) (MIT)

An important part of wellbeing is being thoughtful and deliberate about how we spend our time individually and in groups. This article explores strategies to improve the effectiveness of meetings. In summary:

1. Match the frequency of meetings to the speed of change
2. Catalog issues that need to be resolved
3. Measure meeting productivity in decisions and problems
4. Establish a trigger rule for escalating issues
5. Be clear on the timing between work cycles

### **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](mailto: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.