



SUNY SULLIVAN

# WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

APRIL 2021

Wellness is the state of being in good health, especially as an actively pursued goal. Let's pursue this goal together!

# Purpose



The purpose of the SUNY Sullivan Wellness Program is to enhance the physical, emotional, and intellectual health of our employees and students by developing awareness through education and voluntary onsite health related programming, as well as by connecting employees/students to external resources through our benefits programs out of Human Resources and Student Activities.

Our goal is to create a culture of health that increases individual self-efficacy around personal wellness. This will ultimately improve employee/student morale, well-being and happiness, while concurrently lowering overall health care costs and improving productivity for our entire college community.



# Goals & Objectives



The SUNY Sullivan Wellness Program has several goals,

1. To increase Health Awareness and Education through:

- o Disease Management Resources
- o Seminars and Classes
- o Blood pressure screenings
- o Biometric screenings

2. To increase nutritional knowledge through cooking and nutrition classes and by providing information on healthy eating options in the school cafeteria as well as nearby restaurants and through the promotion of our community gardens.

3. To provide wellness and fitness classes that encourage employees and students to be active

4. To promote a Tobacco-free Campus



# WELLNESS WHEEL

Wellness isn't just about eating healthy and exercising. There are many aspects of our lives that affect our overall health and wellness. Each month the SUNY Sullivan Wellness Program will highlight a category of the wellness wheel below that will include activities and information relative to the topic. This month we will highlight **Environmental Wellness**.



# SUSTAINABILITY AT SUNY SULLIVAN



SUNY SULLIVAN

# **SUNY Sullivan Embraces Environmental Wellness!**

SUNY Sullivan is located on 400 acres in the beautiful Catskill Mountains. Our campus is a “living laboratory” that teaches and inspires our community to preserve the air, water, and land we all need to survive.

Here are some of the ways we exemplify how institutions and individuals can lessen their negative impacts on the environment!

## **We have academic programs in Green Building Maintenance and Management and Environmental Science!**

- We are facing serious environmental problems locally and globally, but you can be part of the solution!
- Renewable energy is one of our most important strategies to combat climate change, and is also one of the fastest growing labor markets.
- We need scientists to research and implement ways to protect our natural resources and to reverse the climate crisis.

## **We use a Geothermal System to heat and cool our campus!**

- There are 200 closed loops reaching 400 feet into the ground in our “back yard” that have allowed us to use the earth as a natural heat source or heat sink for more than 20 years.
- Quiet and efficient heat pumps, powered by electricity, transfer heat and AC throughout our buildings.

### **We harness the power of the sun with a 2.15 MW Solar Farm!**

- More than 7050 photovoltaic modules are installed on 9 acres of campus.
- More than 75% the electricity that SUNY Sullivan purchases is offset by our solar farm and wind turbine.
- In a recent survey of 52 colleges and universities, SUNY Sullivan was found to use the least amount of energy per square foot of building space.

### **We harness the power of wind with a 2.5 KW Wind Turbine!**

- In addition to feeding power into the electric grid, our wind turbine provides hands-on training for students in the Green Building Maintenance and Management Program.

### **We Compost Food Waste from the cafeteria and Culinary Program kitchens!**

- We offer scholarships to students each semester to collect food waste from the cafeteria and Culinary Department kitchens and transport it to the compost pile in the Community Garden.
- Our composting program has diverted tons of food waste from the landfill, and provides a valuable soil amendment for our gardens.

### **We have a Community Garden!**

- Our Community Garden was established in 2009 by students in our Honors Program.
- We now have 35 raised beds that are rented each growing season to students, staff, and community members, who grow an amazing array of vegetables, fruits, and flowers.

### **We host a Farm in partnership with New Hope Community!**

- Hope Farm was established in 2015 as a partnership between SUNY Sullivan and New Hope Community.
- Farmers, employed by New Hope, grow thousands of pounds of produce using organic and permaculture methods on our campus.
- The delicious, nutritious food is provided to residents at New Hope Community and to our Culinary Program.
- Thousands of pounds of produce have also been donated to local food pantries!

### **We are home to a Honey Bee Apiary!**

- Several hives of honey bees call a remote field on campus home.
- You might think that the main reason to raise honey bees is for the honey, but honey bees are important pollinators of many of our food crops!
- For more information about our apiary, follow “SUNY Sully Bees” on Facebook or “sunysullivanbees” on Instagram.

### **We have a Variety of Habitats, open to explore!**

- Our gorgeous campus is great for walking, biking, snowshoeing, birdwatching, or just sitting and enjoying the views.
- Our Sustainability Committee is working to establish, mark, and map the trails on campus.

### **We have Water Bottle Fillers and Recycling Bins throughout campus!**

- We make it easy to refill your reusable water bottles with filling fountains that have prevented the disposal of many thousands of plastic bottles.
- Single Stream recycling bins make it easy to recycle paper, plastic, glass, and metal.

### **We encourage students, staff, and the community to get involved!**

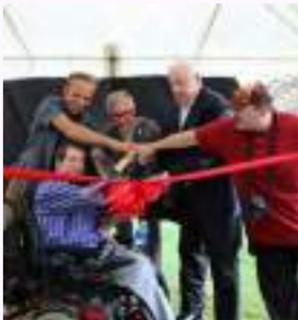
- We host events including an annual Earth Day Celebration, films, speakers, and field trips (when campus is open).
- We have a Garden Club, and have had Science and Environmental Clubs when students have initiated them.
- We have a Sustainable Theater Program, which always asks the community to lend or donate props and costumes before they purchase them.

Do you want more information, or would you like to get involved?

Contact Larry Reeger at [lreeger@sunysullivan.edu](mailto:lreeger@sunysullivan.edu) or

Kathy Scullion at [kscullion@sunysullivan.edu](mailto:kscullion@sunysullivan.edu).

# HOPE FARM AT SUNY SULLIVAN





# The Secret Therapy of Trees

By Kenneth Luck, Ph.D.

As authors Marco Mencagli and Marco Nieri point out in the introduction of their 2019 book, “The Secret Therapy of Trees,” “In the United States, over 80 percent of the population lives in urban or suburban areas.” Moreover, since the Industrial Revolution began more than 100 years ago, people and families have been migrating from a rural lifestyle to an urban one. This trend has also been spreading throughout the rest of the globe, as nations continue to urbanize.

Taking the big picture into account, however, it is important to remember that the trend from rural to urban has taken place in a very short span of time when placed within the larger context of human history.

“[T]he genus Homo has existed on Earth for 2.3 to 2.4 million years,” writes Mencagli and Nieri. And “[t]he species Homo sapiens formed just under two hundred thousand on the continent of Africa. . .” The authors go on to make the case that for almost our entire history, humans have lived in an environment surrounded by nature, and, more specifically, in an environment surrounded by trees.

“[M]an as a species has spent 99.5 percent of his evolutionary time in completely natural environments,” the authors point out.

Apart from the evolutionary context, recent research has suggested that there are therapeutic and regenerative aspects of being in a natural environment. As Mencagli and Nieri report, “over one hundred studies on the health impact of forest bathing and similar practices appear in the PubMed research database.” Some of those positive effects include the endocrine, circulatory, respiratory, digestive, and immune systems.

Part of this can be explained by a person's “. . . innate tendency to prefer natural places,” which is called “biophilia.” “The concept of biophilia represents the idea that human beings, having evolved in places on the planet rich in plant and animal species, possess a deep biological attraction to what we identify today with the generic term ‘nature.’”

What's more, when people live in close spaces, something interesting happens.

“The data also confirms a well-known biological law, found among both animals and human beings,” write Mencagli and Nieri. “[W]hen individual space is reduced, antisocial behavior increases, displays of aggression worsen, and individualism triumphs over reciprocity.”

This also includes sound pollution, which can reduce the experience of being outdoors.

Again, the positive effects are not limited to the United States and other western countries. As Mencagli and Nieri point out, “[I]n 1982 the Japanese forest service inaugurated shinrin-yoku, which is the full-immersion journey into the forest atmosphere. In English, this term is translated as ‘forest bathing trip,’ or simply ‘forest bathing,’ which can be defined as entering and ‘soaking up’ a forest environment.”

Finally, if you are feeling down, take a walk outside and soak up nature. It only takes a few minutes to gain the benefits of the therapy of trees.

# **Environmental Wellness includes being respectful, inclusive, kind and supportive to others- Ways to Reduce Interpersonal Conflict**

It can be challenging to navigate the world and the many different personalities that people bring to the table. It's likely you interact with numerous individuals in the course of a day, either at school, work, or home. Even with many of our interactions being virtual rather than face-to-face lately, you still might feel like tensions have been higher than usual due to the coronavirus pandemic and other current events. Experiencing frequent interpersonal conflict can increase your cortisol levels and stress response, affect your ability to focus and think clearly, and make your life more difficult than it has to be. Here are some tips for reducing interpersonal conflict in your daily life.

## **Be Kind and Respectful**

When you are pleasant and nice to others, they will often reciprocate. The same goes for if you are impatient or rude to someone, they often mirror that behavior back to you. When interacting with others in public, whether face-to-face or on the phone, try to keep a positive demeanor. Good manners go a long way in how people will treat you and respond to you.

## **Practice Being a Good Listener**

When conversing with others, focus on really listening to what the other person is saying rather than thinking about what you're going to say next. Often people get caught up in their own thoughts and how they are going to respond rather than giving the other person their full attention. You can show you are paying attention by repeating back some of what they said or asking questions. You can also validate the other person with supportive responses. Notice if you have a habit of cutting other people off during conversations and work on waiting until they are done speaking to respond.

## **Learn to Compromise**

In your daily interactions with others, there will be times that you are negotiating terms that might be related to making plans, how to approach a group assignment, or some other situation where decisions need to be made. You might think your way is the best way; however, there is always more than one way of doing something. Let go of having to be right and consider the other person's point of view. Try to meet others halfway and find a happy medium.

## **Know When to Leave Your Judgment Out**

We all make judgments of others at times, whether someone we know well or someone we observe out in public. Often these thoughts occur subconsciously, and we don't even realize we are judging. If you notice that you tend to judge others, especially in a critical way, work on remaining neutral. Focus on the facts, rather than judging something negatively or positively. Also, be mindful of voicing your judgments to others, which can be hurtful and is often done without knowing all the facts.

## **Give Yourself Time to Cool Off**

When you have a conflict with someone in your life, think before you act or speak. Give yourself some time to cool off and think about how you want to approach the issue. If the other person is insistent on having a discussion that you're not in the right frame of mind to have, then tell them you can't discuss it now. If you try to resolve a problem in the heat of the moment when you are upset or angry, this typically only makes the matter worse.

# KINDNESS *calendar*

1

Encourage others to share kindness, share this calendar

2

pick up some litter

3

help set the dinner table

4

offer to do a job for someone

5

help with the laundry

6

help clean up

7

tell your friend why you like them

8

compliment someone

9

open a door for someone

10

smile in the hallway

11

do something special for someone in your life

12

do a chore around the house

13

tell someone how much you appreciate them

14

help cook dinner

15

go outside and feed the birds

16

donate canned food to your local food bank

17

do something to be kind to yourself today

18

offer to take a neighbor's dog for a walk

19

forgive someone you've had issues with in the past

20

take a break from all digital devices today

21

write down all the positive qualities about yourself

22

take some supplies to a local animal shelter

23

litter pluck on the delaware river

24

bake cookies for your neighbor

25

thank someone in your life you may have taken for granted

26

help someone before they ask

27

clean up a hiking trail

28

write a thank you note

# Strategies to Enhance Your Environmental Wellness

By Paul Clune



Environmental Wellness is about creating a safe, supportive, inclusive and sustainable community that recognizes the impact of personal and social environmental decisions.

## **Surround yourself by supportive family, friends, and resources**

- Form study groups with peers and support each other with course work and assignments
- Make an attempt to meet your professors in office hours, advisors, and other learning resources
- Spend time with friends and family

## **Be cautious about your personal security when drinking and out with friends:**

- Be aware of who is around you and leave with the same people you came with
- Buy your own drinks and keep your drink in sight at all times
- Keep condoms and other contraception with you when you go out

## **Live an eco-friendly lifestyle on a daily basis**

- Use transit and leave your car at home when you can
  - Click here for information about "[Move Sullivan](#)"
- Recycle plastic, paper and glass containers
- Print less, try reading online or sharing reading materials with classmates

## **Eat locally produced food**

- Try to purchase food and beverages that are grown and produced locally as an alternative to imported products

For more information visit:

<http://www.sfu.ca/students/health/resources/wellness/environmental.html>

# Smoking/ Vaping & Environmental Wellness

People often think about how smoking and vaping can harm physical health, but they also have a very negative impact on the environment.



"Cigarette smoking causes environmental pollution by releasing toxic air pollutants into the atmosphere. The cigarette butts also litter the environment, and the toxic chemicals in the residues seep into soils and waterways, thereby causing soil and water pollution, respectively."

Vaping and E-Cigarettes create three forms of waste that are bad for the environment: plastic waste, hazardous waste and electronic waste. These wastes come from the production, continued use and disposal of the product.

SUNY Sullivan is a tobacco free & vape free campus! Take the steps to quit smoking today to improve your own health and the environment!

## Resources to Help You Quit Smoking!

### Quit Lines:

- American Cancer Society (Quit for Life)

866-QUIT-4-LIFE (866-784-8454); 24 hours a day, 7 days a week (except Thanksgiving, Christmas, and July 4)

- American Lung Association (Lung HelpLine & Tobacco QuitLine)

800-LUNGUSA (800-586-4872)

- National Cancer Institute (Smokefree.gov)

NCI's telephone quitline: 877-44U-QUIT (877-448-7848); TTY 800-332-8615; 8 AM to 8 PM ET, Monday through Friday (English and Spanish)

### Support Groups & Programs

- [Truth Initiative: Become an EX](#)
- [American Lung Association: Freedom from Smoking](#)
- [Nicotine Anonymous](#)
- [QuitNet](#)

### Mobile Apps:

- National Cancer Institute: QuitPal App
- LIVESTRONG:MyQuitCoach
- CDC: QuitSTART



## J ROCK YOGA ON YOUTUBE



Whether you are new to yoga or advanced, this channel is for you!! A new video is uploaded every week!!



## GARDEN WITH US

**JOIN US ON CAMPUS THURSDAYS  
AT 2PM!**

Learn about the fruits and vegetables being grown and how you can plant your own. Ask questions, help harvest and weed or simply enjoy the fresh air and views!! Email [kscullion@sunysullivan.edu](mailto:kscullion@sunysullivan.edu) with questions

\*Masks are required

Gardening is a weather permitting activity!



## WALK WITH US!

**JOIN US ON CAMPUS THURSDAYS  
AT 12PM!**

Join us on campus for a socially distanced, mask-free, brisk 2 mile walk on Thursdays led by Dave Pollack.

Meet in the front of campus outside of the E building by the Flag Pole!

# YARDS FOR YEARDLEY KICK-OFF!

Are you ready to enjoy some spring weather? Need a reason to get outside between classes or your lunch break? Join us starting today, April 1st through May 3rd, to spread awareness of healthy relationships by tracking your yards walked.

## HOW:

- 1. Download the free Adidas Running app to your phone**
- 2. Create your profile**
- 3. Join SUNY Sullivan's Yards for Yeardeley Team by accessing [this link](#)**

**The participant with the most yards tracked will win a prize!**

**For more information visit [JOINONELOVE.ORG](http://JOINONELOVE.ORG)**



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# YARDS FOR YEARDLEY

## LET'S WALK FOR LOVE!

**Who:** Attention SUNY Sullivan students, staff, and faculty!

**What:** Participate in SUNY Sullivan's Yards for Yearley event as part of the OneLove organization's goal of promoting healthy relationships on and off-campus. Start tracking your yards for a month-long campaign to help One Love MOVE 1 BILLION yards forward for healthy relationships!

**Why:** To honor Yearley Love, or to honor someone close to you, or maybe you are passionate about healthy love! Share your why on social media with #YardsForYearley #MoveForLove & tag @Join1Love

**When:** April 1st - May 3rd

**Where:** Anywhere that works for you! Inside your house, on your treadmill, exercise bike, or anywhere you can walk, run, cycle or roll at a safe social distance.

**Also:** Look out for weekly leaderboard updates and resources on healthy relationships sent out on Sullivan Student Activities social media and via email.

Have any questions about the event?  
Email [learningcommons@sunysullivan.edu](mailto:learningcommons@sunysullivan.edu)



SUNY SULLIVAN

# EARTH DAY '21

Presented by the Sustainability and Wellness Committees



SUNY Sullivan from the air.

## **Memorial Tree Planting for James Sammann**

**12-12:30 p.m.**

Join us as we plant a Shadbush tree (Autumn Brilliance Serviceberry) in honor of James, in the courtyard near the C Building, followed by light refreshments in the garden.



**SUNY SULLIVAN**

***SUNY Sullivan students and employees are invited and encouraged to attend!***

.....  
**About the Day:**  
.....

*There will be raffles and giveaways. Prepackaged light refreshments will be available.*

*Participants will be asked to bring their own water so as not to distribute plastic water bottles on Earth Day.*

*Tables and chairs will be set up in the community garden. Attendees can bring their lunch or snacks to enjoy in between sessions/tours.*

*Bathrooms can be accessed in the Lower E building.*

**For more information**

**Contact:**

**Kathy Scullion**

**KScullion@SUNYSullivan.edu**

**SCHEDULE OF EVENTS**

12:30-12:50 pm - Sustainability Tour with Larry Reeger or Trail Walk with Tim Redman

12:50-1:10 pm - Community Garden and Hope Farm Tour with Kathy Scullion and Megan Greene

1:10-1:30 pm- Recycling & Compost Overview with Sullivan County Recycling Coordinator Bill Cutler

1:30-1:50 pm- SulliBees with Kathy Scullion

2:00-2:20 pm Sustainability Tour with Larry Reeger or Trail Walk with Tim Redman

2:20-2:40 pm Community Garden and Hope Farm Tour with Kathy Scullion and Megan Greene

2:40-3:00 pm Recycling & Compost Overview with Sullivan County Recycling Coordinator Bill Cutler

3:00-3:20 pm SulliBees with Art Riegal

From 12:30 to 4:00 pm- Visit community partners' tables, including **Catskill Mountainkeeper, Sullivan County Recycling, and Sullivan County Audubon.**

Plant seeds to take home with the farmers from **Hope Farm (New Hope Community).**

Visit the SUNY Sullivan Garden

Club table for gardening tips and to support the annual Seed Sale.



SUNY SULLIVAN

COMMUNITY LEARNING  
FREE ONLINE SERIES



Upper Delaware Council  
LAND • WATER • PEOPLE

Presents

## Local River, National Significance: Partnering for Management of the Upper Delaware Scenic & Recreational River

On November 10th, 1978, the United States Congress designated a 73.4- mile stretch of the Upper Delaware River from Hancock, NY to Mill Rift, PA, including the entire western edge of Sullivan County, as a component of the National Wild & Scenic Rivers System.

Today, the Upper Delaware Scenic & Recreational River is a unit of the National Park Service (NPS), managed through a partnership of NPS and the Upper Delaware Council (UDC). NPS and UDC work together to preserve and enhance the Upper Delaware region's outstandingly remarkable scenic, recreational, geologic, fish & wildlife, historic, and cultural values.

NPS Chief of Interpretation Ingrid Peterec and UDC Resources & Land Use Specialist Shannon Cilento will discuss both organizations' roles in the management of the river and its resources, the history of the partnership and region, current projects, and ways SUNY Sullivan students, staff and the greater Sullivan County Community can get involved to protect, preserve and enhance the Upper Delaware River.

Date offered: Wednesday, April 7th

Where: Via Zoom

Time: 2:30pm- 3:30pm

[Click here to register!](#)

The SUNY Sullivan Wellness and Sustainability Committees  
invite you to a Litter Pluck on the Delaware River

# VOLUNTEERS NEEDED!

Friday, April 23rd 9:00am- 12:00pm

## Why is keeping the river clean important?

Did you know that the Delaware River supplies drinking water for 13.3 million people every day? 100% of Philadelphia's drinking water and 50% of New York City's drinking water comes from the Delaware River Watershed, making it one of the largest sources of drinking water in the country!

A recent study showed levels of microplastics in every sample taken from the river which comes from pollutants around the area.

Let's do our part to protect the drinking water and the wildlife that inhabit the river!

Visit [upperdelawarecouncil.org](http://upperdelawarecouncil.org) for more information!

## A Day of Service:

Join us as we partner with the Upper Delaware Council to clean the Ten Mile River Launch along the Delaware River in the Town of Tusten.

Equipment will be provided, wear boots, comfortable clothes and a mask.

Hike the Tusten Mountain Trail or take tour of the Narrowsburg Union when we are finished!

RSVP to Maura at  
[wellness@sunysullivan.edu](mailto:wellness@sunysullivan.edu)



Upper Delaware Council  
LAND • WATER • PEOPLE



SUNY SULLIVAN

COMMUNITY LEARNING  
FREE ONLINE SERIES



Presents

## Nutrition and Wellness in the Catskills

Yes, we all "know" what we should do to be healthier--like eat more vegetables, drink more water, eat less junk food, and exercise on a regular basis. Yet for many of us, there is a big difference between knowing what is good for us and actually incorporating these behaviors into our daily lives. For some people, a dose of inspiration and motivation can help change our state of mind and build the willpower to begin to make healthier personal choices.

This class aims to be a catalyst for you to start or continue taking positive action in your own life, no matter where you might be in the journey. Eugene will present both conceptual knowledge and also practical life hacks that will help make those healthful changes incrementally more doable.

This class will also help you learn how "food can be medicine," discover our bodies' innate and extraordinary healing abilities, develop a healthful reverence toward an allopathic medical system, and open your eyes to some of the intricate nuances of food and our food system. It will also provide you with easy, straightforward solutions that can increase your general well-being.

The class will be guided by you and other participants, with the advice, guidance and insight based on the emails and questions sent in by the group members. Remember that this class is not intended to treat, prevent or diagnose any illness-- rather we aim to help you make general changes to help you along your health and wellness journey.

Date: Wednesday, April 14th

Where: Via Zoom

Time: 6:30pm-7:15pm

[Click here to register!](#)

Questions? Email [wellness@sunysullivan.edu](mailto:wellness@sunysullivan.edu)



SUNY SULLIVAN

COMMUNITY LEARNING  
FREE ONLINE SERIES



Presents

# Suicide Prevention Training

## QPR

### Question. Persuade. Refer.

Sullivan County currently has the highest suicide mortality rate in the Hudson Valley. Through this free 90 minute training you can become a QPR Gatekeeper trained to recognize the warning signs of suicide.

This one-session workshop held via zoom is 60 min instruction, 30 min Q&A designed to teach suicide warning signs and QPR's three life-saving skills:

- Question...the person about suicide
- Persuade...the person to get help and,
- Refer...the person to the appropriate resource.

Dates offered: April 19th, May 17th

Where: Via Zoom

Time: 4:00- 5:30pm

[Click here to register!](#)

This training is being presented by Jenny Sanchez  
Mental Health Program Manager at Sullivan 180  
Questions? email [jsanchez@sullivan180.org](mailto:jsanchez@sullivan180.org)

LET'S GET COOKING WITH HAILEY!

HEALTHY SEASONAL RECIPES

## ZUCCHINI BLUEBERRY BAKED OATMEAL

This easy breakfast can be made in advance to have throughout the week. The recipe is from The Natural Nurturer.

### Ingredients:

2 cups rolled oats

1 ½ teaspoons ground cinnamon

¼ teaspoon ground nutmeg

1 teaspoon baking powder

¼ teaspoon salt

1 cup of milk of choice

1/3 cup maple syrup or honey

2 eggs, room temperature

1 teaspoon vanilla

1 ½ cup blueberries

1 cup grated zucchini

1 ½ Tablespoons melted coconut oil, divided





## Instructions:

1. Preheat the oven to 375°F. Grease an 8x8 baking dish with ½ Tablespoon of coconut oil.
2. In a medium bowl, combine oats, cinnamon, nutmeg, baking powder, and salt. Mix to combine.
3. Add eggs, milk, vanilla, rest of the coconut oil and maple syrup/honey to bowl. Stir to combine.
4. Fold in 1 cup blueberries and zucchini. Top oatmeal with the remaining ½ cup berries.
5. Spread into the prepared baking dish and bake for 40-45 minutes. Oatmeal is done baking when the top is golden.
6. Enjoy warm topped with yogurt, sliced bananas, extra berries, whipped cream, or alone. Let cool completely and store in fridge for up to 4 days.

### Tips:

To make it completely vegan, you can sub the equivalent flax eggs for the regular eggs.

# JOIN OUR COMMITTEE!!

We are always looking for members to join our committee!! Students and employees are welcome!

If you are interested in helping us expand our wellness program and offerings, email us at [wellness@sunysullivan.edu](mailto:wellness@sunysullivan.edu)!!

If you have ideas or suggestions we want to hear from you!