



SUNY SULLIVAN

# WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

SEPTEMBER 2021

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

# Purpose

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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.



# **Preparing Our Minds and Hearts for the Upcoming New School Year**

## **Doing the Work of Reflection**

**By Nancy DeLauro**

Socrates, the famous Greek philosopher believed that the purpose of life was both personal and spiritual growth. One of his many famous quotes is "An unexamined life is not worth living." The intention of this particular writing is to draw meaning from the past year which certainly created many challenges for students and staff alike. We are certainly not the same people; envisioning what we learned and how we can apply that knowledge of self to this new semester can help us move forward. Please read and consider the questions below as a warmup exercise and preparation to do the work of introspection and self-reflection.

Do you notice any changes about yourself from a year ago? How do you nourish yourself? How do you blow off steam? How do you make difficult decisions? Do you identify with a force or a protector that is available regardless of whether you have a particular faith? Where do you draw comfort and strength when faced with struggles? Who and what are you grateful for in your life? Can you let offenses go and practice forgiveness?

We faced our own mortality in the face of this past year. Many of us lost loved ones, dear friends and perhaps were even sick ourselves during the pandemic. Is there one thing we can meditate on each day, hope for, pray for to help prepare ourselves in the face of continuing challenges this coming school year?

In the nursing program at SUNY Sullivan instructors ask students to do wholistic assessments on their patients. This process is designed to not only meet physical health needs but to be receptive to a patient's cultural traditions. In the environment of science and medicine it perhaps can come as a surprise to students to consider the patient's spiritual care. Whether the students themselves believe in a Divine power or not many of their patients will. Scientifically, seeing patients wholistically, can make a measurable difference in their recovery.

How do we enter the new school year with our best selves? A rather accessible way is by taking an account of our own character, our personal ethics, and virtues. Practicing this awareness helps us to improve our way of living. Following ethical ways of living raises all of us up. What ways do our thoughts and feelings hinder that practice? This accounting work can be done through prayer, writing, or meditation.

Benjamin Franklin, author, inventor, and statesman studied science and math, philosophy, and the European Enlightenment period. He thought it important to develop his own list for character development. He made a list of 13 personal virtues to improve upon. Several examples of these included practicing justice, order, cleanliness, humility and tranquility. He chose thirteen as the number fits well into the calendar year. Mr. Franklin then charted on himself daily to see how he improved in these areas.

I invite you to compose your own written list for self-development, a list of observed qualities, those traits, or those aspects of your inner life that you believe you can improve upon. Can you identify your weaknesses and personal strengths, consider mental habits that keep you fearful or anxious? Where can you benefit from change?

Self-introspection can lead us to discover something new about ourselves or perhaps something that is hidden; it hopefully leads us to become better versions of ourselves.

Best wishes to students, staff, and faculty for success and personal enrichment this new year!



you've  
GOT  
this!

Resources:

Code of Ethics for Nurses with Interpretive Statements, 2001, Silver Spring, MD

Benjamin Franklin's Book of Virtues, 2016, Applewood Books

# The Great Outdoors!

## Tour the SUNY Sullivan Community Garden and Hope Farm!

SUNY Sullivan has a beautiful "backyard" which includes a Community Garden and an organic farm. Come see (and taste!) what is growing in September. Learn about the Garden Club, or how to volunteer on Hope Farm. You might go home with some delicious produce!

Meet by the Hope Farm gate behind B Building (near the wind turbine). Contact Kathy Scullion, [kscullion@sunysullivan.edu](mailto:kscullion@sunysullivan.edu), with any questions.

Community Garden:

Thursday, 9/23, 2:00pm

Thursday, 9/30, 1:00pm



## Take a Walk on the Nature Trail!

SUNY Sullivan has a peaceful trail that winds through the woods near the B Building Parking Lot. Take a break to experience some of the natural surroundings on campus, and get a little exercise too!

Meet by the yellow metal gate in Parking Lot 1.

Contact Kathy Scullion, [kscullion@sunysullivan.edu](mailto:kscullion@sunysullivan.edu), with any questions.



## Take a Solar Stroll!

SUNY Sullivan is proud to have a 2.15 MW solar farm on our campus! That's more than 7050 photovoltaic panels on 9 acres of land. Join us for a walk around the solar field, which will take us past our geothermal heating and cooling system's pump house, Hope Farm, and the baseball field.

Meet by the wind turbine, behind B Building. Contact Kathy Scullion, [kscullion@sunysullivan.edu](mailto:kscullion@sunysullivan.edu), with any questions.

Solar Stroll:

Friday, 9/17, 12:00pm

Nature Trail:

Monday, 9/13, 12:00pm

Friday, 9/24, 2:00pm



## Power Walk!

Join Dave Pollack for a brisk 2 mile power walk from the front of campus down to Rt 52! Masks are not required, please practice social distancing!! Meet by the flag pole at the front of the courtyard. Contact Dave Pollack, [dpollack@sunysullivan.edu](mailto:dpollack@sunysullivan.edu), with any questions.

**Join Dave Thursdays at 1:30pm!**



## Exercise in the Paul Gerry Field House!

The Cardio Room and Fitness Room are available to current Students, Faculty and Staff!

Sunday: 2:00pm-10:00pm

Monday: 8:30am-10:00pm

Tuesday: 8:30am-10:00pm

Wednesday: 8:30am-10:00pm

Thursday: 8:30am- 10:00pm

Friday: 8:30am- 10:00pm

Saturday: 1:00pm- 8:00pm



\*Days and Hours are subject to change







## Free Suicide Prevention Training!

### QPR Training – Question, Persuade, Refer

Question, Persuade and Refer, or QPR, is an evidence-based emergency mental health intervention for people at risk of suicide. The goal of QPR is to recognize a suicide crisis, interrupt it and direct the person to appropriate care.

Like CPR, QPR works to increase an at-risk individual's chance of survival. People trained in QPR are taught to recognize the warning signs of suicide, which include depression, expressions of hopelessness, and talk of suicide. They are then taught how to respond.

The course takes only an hour. You just may save a life one day.

### Take the Free Training

The 1-hour QPR training is free to all SUNY students, faculty, and staff. To sign up [click here](#):

1. Enter "SUNY" in the "Organization Code" field.
2. Create an account using your @ suny.edu email address.
3. Follow the instructions to complete the training.

# September is a Season

By Kenneth Luck, Ph.D., Assistant Professor of Media Arts

*Harmony, change, and balance* – these are but some of the words that may come to mind when you think of September.

September is the time of summer's end, the Harvest Moon, and the Autumnal Equinox. The equinox is that special day when daylight and darkness are in balance, albeit for a brief moment, which occurs only twice a year. From there, in the Northern latitudes at least, we will experience a retreat of daylight until darkness reaches its zenith at the Winter Solstice, December 21, or, "the year's midnight," as the 16th-century poet John Donne called it, before sunlight gradually and eventually creeps back into our lives and into the calendar.

But for now, the month of September and all that it represents seems like the perfect metaphor for our recent collective experiences because this month marks not only a time of transition from summer to fall, but it also marks the transition from remote learning, uncompromisingly nudged on by the COVID-19 pandemic, to a return to campus and in-person learning at SUNY Sullivan.

That makes this year's Autumnal Equinox, with its theme of balance and transition, seem a little more special, a little more significant.

Historically, of course, when humans were more tied to the land, when societies and economies were agrarian based, the seasons remained paramount. Folklore and myths emerged from the year's seasons and cycles dating back to the mists of pre-history. The Autumnal Equinox is a time to take stock; it is the time of the harvest. And although, nestled in our post-industrial comfort, Americans no longer look to the land as we once did to mark time, maybe we can still learn the lessons that September still has to teach us. The equinox is, after all, one of the oldest harvest celebrations in Europe.



Photo by  
Dr. Kenneth Luck

Hal Borland, a 20th Century naturalist and essayist and a personal favorite, had this to say: “September is more than a month, really; it is a season, an achievement in itself,” he writes. “It begins with August’s leftovers and it ends with October’s preparations, but along the way it achieves special certainties and satisfactions.”

Elsewhere, we can look to present-day Earth-based spirituality, such as in Wicca and Neo-Paganism, to shed light on the meaning of the equinox. There, practitioners celebrate “Mabon,” (pronounced “MAY-bone” or “Mah-boon”) named after a Welsh sun god, apparently revered by both the Romans and the Celts. (In ancient Rome, the Autumnal Equinox “marked the infamous Festival of Dionysus, the God of Wine, whose party lasted for as many days as the revelers could remain upright.”) So, if the Winter Solstice is “the year’s midnight,” then Mabon is “the year’s sunset,” as described by author Ann-Marie Gallagher. And sunsets have a dual meaning; they are at once beautiful and sad. Beautiful because the sun’s light transforms the sky on certain days with a color palate of pink and lavender, scarlet and golden hues as it descends – and sad because, well, it cues darkness to take center stage, which can feel like a void.

Of course, nothing will ever convince the summer fundamentalist, who believes that summer is the only time of year worth celebrating, to appreciate and enjoy September. In fact, for them, September is really a time to mourn summer’s end. But for those of us remaining, the Autumnal Equinox may be an opportunity for soul searching and to practice balance and change in our lives.

So, celebrate this September as its own season.



Photos by  
Dr. Kenneth Luck

#### References:

- Borland, H. (1979). Twelve moons of the year. Alfred A. Knopf, New York, NY.  
Gallagher, A.M. (2005). Wicca for everyday living. Bounte Books. London, UK.  
McCoy, E. (1994). Sabbaths. Llewellyn Worldwide. Woodbury, MN.

NOW OPEN

# SUNY SULLIVAN FOOD PANTRY

Located in room B105



WEDNESDAYS &  
THURSDAYS  
12:00PM- 3:00PM

For more info:  
dwaller-  
frederick@sunysullivan.edu

## Open to the entire SUNY Sullivan Community!

SUNY Sullivan and the Episcopal Diocese of New York are honored to announce the creation of our newly expanded Pantry.

We welcome ALL members of our SUNY Sullivan community as hunger has NO boundaries.

Our mission is to reduce hunger in our campus community by providing food, offering nutrition education, sharing access to critical resources, and instilling hope.

Through a network of partner agencies, we will provide access to quality and nutritious food and related supplies.

Stop by for all of your food and toiletry needs!



## ***SUNY SULLIVAN FOOD PANTRY***

Here are the non-food items we seek:

Soap (liquid and bars)

Full size toothpaste

Full size shampoo

Full size conditioner

Toothbrushes

Razors

Diapers (any size)

Feminine hygiene products

Paper towels and toilet paper

Laundry detergent and dryer sheets

Other non-food items



Located in B105

Stop in!

Wednesdays and Thursdays 12:00 p.m - 3:00p.m.



For more information, please contact Deb  
at [dwaller-frederick@sunysullivan.edu](mailto:dwaller-frederick@sunysullivan.edu)



# Sullivan County Farmers Markets

Monticello- Mondays 10:30- 1pm

Located behind Ted Stroebele

10 Jefferson Street

Liberty- Fridays 3:00-6pm

Located behind Parks & Rec

119 N Main Street

Narrowsburg- Saturdays 10:00- 1pm

Located at the Union

7 Erie Avenue

Livingston Manor- Sundays 10:00- 2pm

Located on Main Street

[Click here for a schedule of local farmers markets!](#)

Sullivan 180's Community Resource Guide includes  
information on Food Pantries, Free Meals & More!

[Click here](#) to access the complete guide!

# *A message from Human Resources...*

## **COVID-19: Resilient Educator Toolkit MORE RESILIENT TOGETHER THROUGH THE CORONAVIRUS PANDEMIC**

SUNY Sullivan's EAP provider has partnered with Resilient Educator to provide the following resources to support educators during the COVID-19 pandemic. Click on the links below to access each article. There is also a FREE 90 minutes, self-paced course that you have access to!

The COVID-19: Resilient Educator Toolkit equips educators with actionable strategies and advice to use immediately for themselves and in working with and supporting students, parents, and families during these difficult times. Amidst chaos and through adversity, these rich educator wellness and self-care resources can support and nurture educators to become more resilient together.

Higher Ed EAP [click here](#) for the full article!

### **STAY CALM**

For Teachers: Staying Calm Amidst Chaos

### **BE INFORMED**

For Teachers: Practicing Mindful News Literacy

### **SELF CARE**

For Teachers: Building Resilience Starts with Self-Care

### **STAY HEALTHY**

For Teachers: Building Resilience Through a Strong Mind-Body Connection

### **CREATE A PLAN**

For Teachers: The Reassurance of Routines





### MAINTAIN BALANCE

For Teachers: Maintaining Balance in Time of Uncertainty

### STAY MOTIVATED

For Teachers: How to Stay Motivated During Tough Times

### THINK POSITIVELY

For Teachers: I Know It's Hard...but Stay Positive

### EMBRACE CHANGE

For Teachers: Embrace Life's Change with Resiliency

### MOVE FORWARD:

For Teachers: One Step At A Time

### TEACHING AND LEARNING THROUGH COVID-19

Teaching Through the Coronavirus Pandemic is a free 90-minute, self-paced course on the stresses and trauma specifically caused by responses to COVID-19, such as quarantine and social distancing. It also provides strategies to help educators and their students remain strong during the pandemic – and beyond.

[Click Here to Register!](#)

Visit Higher Ed EAP for more information and valuable resources!!





SUNY SULLIVAN

COMMUNITY LEARNING  
FREE ONLINE SERIES

In partnership with



Presents

## Legal Document Training Series

Sullivan 180 Community Health Champion, Attorney and Registered Nurse, Roberta Chambers Esq., will offer free classes on various topics to help people prepare for medical and estate planning. These trainings will help people to better understand the necessary documentation needed in order to ensure your final wishes can be carried out. These classes will provide a general overview and general templates for participants.

Each session will focus on one of the following topics:

- Health Care Proxy and Do Not Resuscitate Instructions (DNR).
- Powers of Attorney and Living Will
- Will
- Trusts
- Medicaid Planning

Dates offered: Monthly on the 3rd Wednesday  
9/15, 10/20, 11/17, 12/15, 1/19

Where: Via Zoom

Time: 5:00- 6:00pm

[Click here to register!](#)



COMMUNITY  
LEARNING SERIES

In partnership with



Presents

## September Strength Series: Training Your Body and Mind

The September Strength Series will consist of a 45 minute metabolic resistance training workout followed by a 15-minute lesson on a fitness- related topic. Metabolic resistance training is an efficient and effective way to get your strength training and cardio in one session. You'll leave feeling strong, confident, and full of energy. Top it off with a little bit of new knowledge and you'll be ready to take charge of your health!

Dates offered: September 7th, 14th, 21st and 28th.

Where: Via Zoom

Time: 6:00pm- 7:00pm

[Click here to register!](#)

This training is being presented by Maggi Fitzpatrick  
Calo Fitness

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





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: Monthly on the 2nd Wednesday

Where: Via Zoom

Time: 6:30pm-7:15pm

[Click here to register!](#)

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

# LET'S GET COOKING WITH HAILEY!

## HEALTHY SEASONAL RECIPES

### BRUSCHETTA CHICKEN

This yummy and simple recipe is from the food blog,  
That Low Carb Life.

#### Ingredients:

##### For the Chicken

- 4 chicken breasts, about 6 oz. each
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 cloves of garlic, minced
- 1 tsp. Italian seasoning
- ½ tsp. salt
- ¾ cup of shredded mozzarella cheese

##### For the bruschetta

- 1 ½ cups of cherry tomatoes, halved
- 3 cloves of garlic, minced
- ½ small red onion, chopped
- 1 tsp. balsamic vinegar
- 1 tsp. olive oil
- ½ cup chopped basil
- ½ tsp. salt





## Instructions:

1. Add the chicken breasts to a 9x13 baking dish
2. Add the oil, balsamic vinegar, garlic, Italian seasoning, and salt to a small bowl and whisk to combine. Pour over the chicken and turn to coat.
3. Let the chicken set for 10 minutes while the oven heats to 425F degrees.
4. Place chicken in the oven and bake for about 25-30 minutes or until chicken reaches internal temp of 165F degrees.
5. While the chicken is baking, add all of the ingredients for the bruschetta to a bowl and toss to combine.
6. When chicken is cooked through, remove from the oven and top with the mozzarella.
7. Pour the bruschetta over the chicken and return to the oven for 5 minutes to melt the cheese and warm the tomatoes.
8. Serve immediately and refrigerate any leftovers.

## **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!