



Photo by Dr. Kenneth Luck



SUNY SULLIVAN

WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

OCTOBER 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.



Cancer Whispered and I Finally Listened

By Christina Buckler

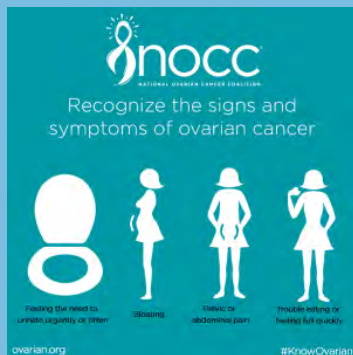
It was a beautiful autumn day on October 9th, 2014 as I was driving home on the highway weeping and pleading out loud, "Please don't make me leave my daughter." I had just left my doctor's office after she informed me that the Computed Tomography (CT) scan I had the previous day showed obvious signs of ovarian cancer in my body. I was 32 years old and in complete disbelief.

Just three years prior the same doctor shared the exciting news that I was pregnant with my daughter. I thought about how happy I was when I left the office that day. I had so many future plans for birthday parties, family vacations, holidays, and all of the things I looked forward to experiencing with my child, who was only two years old at the time. When I was diagnosed with cancer, suddenly I allowed this dark cloud to move in and frighten me into thinking that she would experience all of those events without me to share them with her. The thought of it all completely devastated me.

I arrived home later that day to my husband waiting for me in the driveway. I can vividly remember hugging him tight while the tears were streaming down our faces. That was undoubtedly the worst day of our lives. Luckily we were not left in the dark for long. I received a call shortly after arriving home, to set up a consultation appointment with Women's Cancer Care in Albany the next day.

At that appointment, I met my angel, Dr. Heidi Godoy, my gynecological oncologist. She sat down with my husband, my Mom, and me and explained that I had a decent size tumor in my ovary, which turned out to be 12 centimeters (almost 5 inches) in size, and they were going to handle it aggressively by performing an extensive surgery the following week. To end that conversation she said six beautiful words that we all needed to hear, "I promise that you will be okay." And she was right. Nearly seven years later, I am extremely fortunate and elated to say that I have no evidence of the disease. Sadly, not all stories end this way. I've seen different forms of cancer take the lives of three beautiful people since my diagnosis and that is the reason I am sharing this very personal story. I experienced lower abdominal discomfort that came and went for approximately a year before I finally saw a doctor. One of the few statements I can remember my doctor saying to me when she delivered the bad news was "I am so glad you came in for your annual exam." So please be diligent and see your doctor if your body is telling you something is wrong. Early detection is key. Do it for the family and friends that need you in their lives.

Visit [National Ovarian Cancer Coallition](#) for additional information.



The Great Outdoors!

SUNY Sullivan has a beautiful "backyard" which includes a Community Garden and an organic farm. Come see (and taste!) what is growing.

Learn about the Garden Club, or how to volunteer on Hope Farm. You might go home with some delicious produce!

Contact Kathy Scullion, kscullion@sunysullivan.edu, with any questions.

**Garden Club Meets on
Thursdays at 2pm**



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.

Join us on Monday 10/18 & 10/25 at 12pm!

Renewable Energy Campus Tour!

Professor Larry Reeger will lead an outdoor, socially distanced, renewable energy tour on the SUNY Sullivan Campus. We will explore the 500 Ton Geothermal System, 2.5kW Wind Turbine, 3.0 kW Solar Array, 2.150 MW Solar Farm. An extended tour of the SUNY Sullivan Community Garden, High Tunnel, Hope Farm, and Apiary is also available based on interest.

Date: Friday, October 15th

Time: 9:00 AM

Meet up location: SUNY Sullivan in Parking Lot #1 on the sidewalk

Please email Larry Reeger if you plan to attend and include your best contact information (cell phone number, email address). The tour is weather dependent and you will be contacted if it is canceled. Please wear proper shoes or boots for walking in wet grass.

lreeger@sunysullivan.edu





LET'S BE AWARE

We can fight breast cancer together

LEARN THE SYMPTOMS,
CONDUCT A SELF EXAM AND GET
A CHECK UP TODAY!

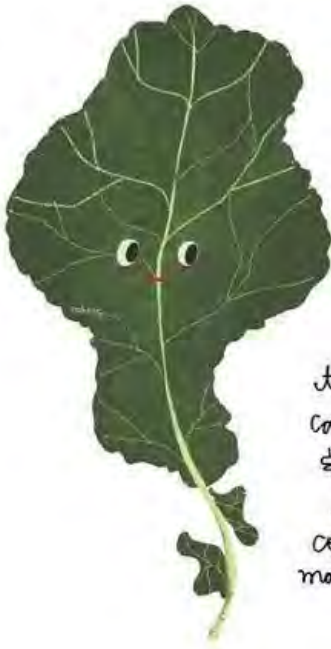
VISIT [NATIONALBREASTCANCER.ORG](https://www.nationalbreastcancer.org) FOR
MORE INFORMATION

The COVID-19 Pandemic has caused many people to miss their mammograms. Do not wait, schedule your appointment today!

If you don't have insurance, you may still be able to get screened. The New York State Cancer Services Program offers free breast cancer screening for eligible, uninsured New York residents in every county and borough. [Click here](#) for more information!

***SUNY Sullivan offers up to 4 hours of paid leave per year to FT employees for preventive screenings with Medical Documentation!
Don't wait, schedule your appointment today!**

CELEBRATE NATIONAL KALE DAY!!



my name
is kale.

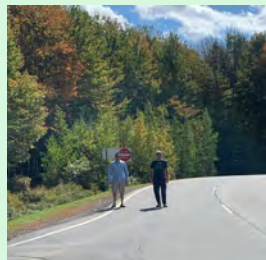
I am one of the
healthiest vegetables on
the planet. I have fiber,
calcium, vitamin B6, C, K
& A. I am also a good
source of minerals
copper, potassium, iron,
manganese and phosphorus!!

October 6th was National Kale Day!
There's still time to celebrate by
trying this delicious
Cheesy Kale Chip recipe!

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, with any questions.

Join Dave Wednesdays at 12:45pm!



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

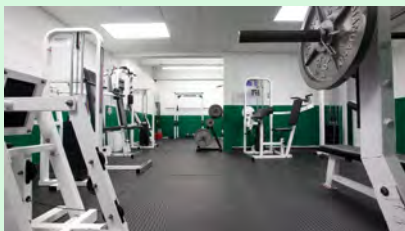
Thursday: 8:30am- 10:00pm

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.

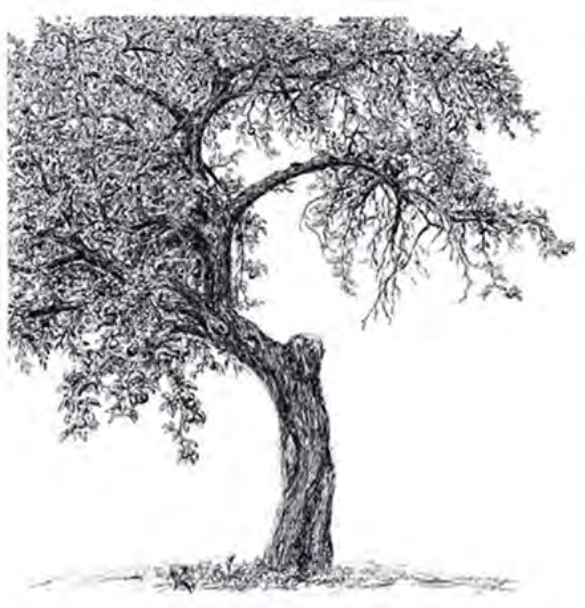
Like CPR, QPR works to increase an at-risk individual's chance of survival. People trained in QPR are taught to recognize the warning signs of suicide, which include depression, expressions of hopelessness, and talk of suicide. They are then taught how to respond.

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.



The Big Apple Crunch!



Participate in the Big Apple Crunch!

Join millions of New Yorkers around the state and crunch into a New York grown apple to celebrate New York food and New York farms!

Schools, college campuses, hospitals, businesses, and individuals all over the state will be taking the “collective crunch” into a New York grown apple on Thursday, October 21 at 2:00 p.m.

Eugene Thalmann M.S, CNS, CDN, Food and Agricultural Advisor for Catskill Mountainkeeper will join us to talk Nutrition and Wellness. Join us to get some helpful tips!

Date: Thursday, October 21st

Time: 1:30 to 3:30 p.m.

Location: SUNY Sullivan Community Garden

Stop by to crunch an apple and make some cider!



Wellness Wednesdays!

Each month we will be hosting an event with our community partners that will highlight different aspects of wellness! This month we are excited to invite Bee Moser, Nutritionist for SNAP- Ed New York Hudson Valley at Cornell Cooperative Extension Sullivan County for a cooking workshop!



**“ How to Eat Healthy on A Budget.
Save Time. Save Money. Eat Healthy”**

Join us in the Community Garden with Bee Moser for a cooking demonstration using ingredients fresh from the garden and staple pantry items available in the SUNY Sullivan Food Pantry!

The first 25 participants will receive a giveaway bag with pantry staple items that can be used to make additional recipes at home!

Date: Wednesday, October 20th

Time: 11:30am

Location: Community Garden



Cornell Cooperative Extension
SNAP-Ed New York, Hudson Valley Region

NOW OPEN



LOCATED IN B105
WEDNESDAYS &
THURSDAYS
12:00PM- 3:00PM

For more info:
foodpantry@sunsysullivan.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



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

10/20, 11/17, 12/15, 1/19

Where: Via Zoom

Time: 5:00- 6:00pm

[Click here to register!](#)

Participants who attend every session will be entered in a raffle to win a free Legal Document Package prepared by Attorney Roberta Chambers!



SUNY SULLIVAN

COMMUNITY LEARNING FREE ONLINE SERIES

In partnership with



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: 5:00pm-5:45pm

[Click here to register!](#)

Questions? Email wellness@sunysullivan.edu



Sullivan County Farmers Markets

Narrrowsburg- Saturdays 10:00- 1pm

Located at the Union

7 Erie Avenue

Callicoon Sundays 11:00- 2pm

Located Outdoors

Callicoon Creek Park

A. Dorrer Drive

Jeffersonville- Sundays 10:00- 1pm

4906 NY-52

Near the Jeffersonville Bake Shop

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!



FEARLESS!
RECLAIMING OUR SAFETY

DOMESTIC VIOLENCE AWARENESS MONTH
Workshops + Events in Orange and Sullivan Counties

THE CLOTHESLINE PROJECT

OCTOBER 1

Orange Gov. Center
Goshen, NY
10:00 am - 3:00 pm

OCTOBER 7

Fearless! Office
Newburgh, NY
10:00 am - 3:00 pm

OCTOBER 11

Galleria at Crystal Run
Middletown, NY
10:00 am - 3:00 pm

OCTOBER 13

Cornerstone Family Healthcare
Newburgh, NY
10:00 am - 3:00 pm

OCTOBER 20

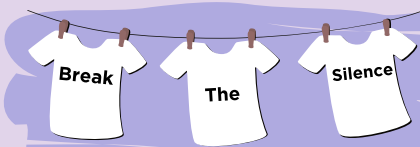
Sullivan Gov. Center
Monticello, NY
10:00 am - 3:00 pm

OCTOBER 21

Veteran's Memorial Park
Port Jervis, NY
10:00 am - 4:00 pm

Fearless! **Virtual Clothesline**
Partnering with
Garnet Health Medical
10:00 am - 3:00 pm

Fearless! **Virtual Clothesline**
Partnering with
Garnet Health Medical
10:00 am - 3:00 pm



VIRTUAL AND IN-PERSON WORKSHOPS

OCTOBER 4

Relationships: Digital Age
Fearless! Office
Newburgh, NY
12:00 pm - 2:00 pm

OCTOBER 6

Escalation Workshop
Virtual (registration required)
10:00 am - 12:00 pm

OCTOBER 8

LGBTQ+ and DV
Fearless! Office
Newburgh, NY
10:00 am - 12:00 pm

OCTOBER 9

Film Screening
Newburgh Free Library
Newburgh, NY
2:00 pm - 5:00 pm

OCTOBER 12

DV 101 Workshop
Virtual (registration required)
10:00 am - 12:00 pm

OCTOBER 14

Relationships: COVID-19
Fearless! Office
Newburgh, NY
12:00 pm - 2:00 pm

OCTOBER 19

LGBTQ+ and DV
Fearless! Office
Newburgh, NY
10:00 am - 12:00 pm

OCTOBER 21

Relationships: COVID-19
Virtual (registration required)
10:00 am - 12:00 pm

OCTOBER 22

Film Screening
Virtual (registration required)
10:00 am - 12:00 pm

OCTOBER 25

DV 101 Workshop
Fearless! Office
Newburgh, NY
12:00 pm - 2:00 pm

OCTOBER 26

Relationships: Digital Age
Virtual (registration required)
10:00 am - 12:00 pm

OCTOBER 27

Escalation Workshop
Fearless! Office
Newburgh, NY
10:00 am - 12:00 pm

FOR MORE INFORMATION AND TO REGISTER:
www.fearlessnv.org/dvam



PURPLE THURSDAY
OCTOBER 21ST



Questions about our events or workshops:

Kristen Detheridge, Communications and Marketing
kdetheridge@fearlessnv.org | 845-562-5365 ext 101

Jasmine Carmelitano, Education Manager
jcarmelitano@fearlessnv.org | 845-562-5365 ext 131

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!!

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