



SUNY SULLIVAN

WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

FALL 2020

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





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!!



WALK WITH US



A VIRTUAL GROUP WALK!

Join us every Wednesday at 12pm for a virtual group walk via google meets! Download the app on your smart phone & accept the calendar invite in SulliMail & follow the link!



GET FIT!

VIRTUAL BOOTCAMP!

Whether you're trying to maintain your physique or improve your overall fitness, this at home workout is perfect for you. With certified trainer, Meaghan Mullally-Gorr, you'll be able to access free pre-recorded workouts through a private facebook group. Complete the workouts whenever or wherever you want!

Email Maura Caycho
mcaucho@sunysullivan.edu to join!

LET'S MOVE!

2 MILE WALK AROUND CAMPUS

Join us on campus for a socially distanced 2 mile walk on Thursdays at 1pm led by Dave Pollack. Meet in the front of campus outside of the E building!



LET'S GET GARDENING! COMMUNITY GARDEN

Gardening is great for your physical and mental health!!

Join Kathy Scullion in the Community Garden & Hope Farm!



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!!

Thursdays at 2pm

Email kscullion@sunysullivan.edu with questions

*Masks are required

*Campus Walks & Gardening are weather permitting activities!





SMILING MIND



FREE MEDITATION & MINDFULNESS

Mental Health is integral to living a healthy balanced life.

Download the **free** SmilingMind app for mental health resources for children and adults. This app is scientifically proven to,

- Reduce stress with just 10 minutes per day
- Boost compassion & resilience
- Reduce negative emotions



COMMUNITY LEARNING CLASSES

SUNY Sullivan is proud to collaborate with Sullivan 180, Garnet Health, and Sullivan Renaissance to offer free online Community Learning classes available on your computer or phone.

Click [here](#) to [register](#) to reserve your space today

KICK THE HABIT!



SUNY Sullivan is a Tobacco & Vape Free Campus! Stop by the Health Services office or email Nurse Jones at pjones@sunysullivan.edu to get a free "quit kit" and information on smoking cessation!



NYS Smokers' Quitline has many valuable **free** resources. There is support for everyone, whether you are a smoker yourself or supporting a loved one on their journey to quit. Click [here](#) to access their website!



Coming Soon!
Free Smoking Cessation
Classes for SUNY Sullivan
Staff & Students!

Download the "Smoke Free-Quit Smoking Now" free app to help keep you motivated through tracking how long you've been smoke free, how much money you've saved, log your cravings and much more!!



LET'S GET COOKING
WITH HAILEY!

HEALTHY SEASONAL RECIPES

STUFFED ACORN SQUASH

With fall just around the corner this recipe is sure to get you in the fall mood. I found this great recipe on Pinterest and I wanted to share it with you all. It is by Edyta from www.eatingeuropean.com!

Squash is a great fall/winter vegetable that many people love. There are many different kinds of squash, the one in the recipe today is Acorn squash, because it resembles an acorn, another aspect of fall. Acorn squash is harvested in the early fall through winter.

This recipe can be made vegetarian or vegan! You can swap the meat for lentils or quinoa and you can eliminate cheese for a vegan cheese option.

Pro-Tip: Save the seeds and try to grow your own acorn squash! Follow the link [here](#) for instructions on how you can do this!

STUFFED ACORN SQUASH

This recipe takes about an hour and a half to make in total and serves two. The ingredients you will need are as follows.

- 1 large Acorn Squash, this will be cut in half to act as your bowl for the stuffing
- 1 pound of ground turkey, or chicken if you would like
- ½ of a large yellow onion, or 1 whole small yellow onion, chopped
- 1 celery stalk, chopped
- ¼ cup of dried cranberries
- ½ apple, peeled and chopped
- ½ teaspoon of dried thyme
- 1 tablespoon of plain bread crumbs
- 3 tablespoons of Parmesan cheese, grated
- 1 teaspoon of concentrated chicken stock, this is optional but add to the flavor
- ¼ teaspoon of garlic salt
- 3 tablespoons of olive oil
- Salt and pepper to taste

To prepare, please follow the steps below

1. Preheat the oven to 400°F
2. Cut the bottom and top of the squash so that it has a flat surface on both sides
3. Cut the squash vertically down the middle
4. Scoop out all the seeds with a spoon
5. Brush both halves of the squash with olive oil, sprinkle with garlic salt and pepper
6. Put the squash in the oven and roast for 50 minutes to an hour
7. While the squash is roasting, add one tablespoon of olive oil to a preheated skillet on medium heat
8. Add the ground meat of your choosing to the skillet, season with salt and pepper and cook until the meat is thoroughly cooked
9. Remove the cooked meat from the pan
10. Add more olive oil to the pan you used
11. Then add the chopped onions and dried thyme and cook until onions are translucent, which takes about 15 minutes
12. Add celery, apple, and cranberries to the onions and cook for another 3-4 minutes
13. Add the cooked meat back into the pan
14. Add the chicken concentrate, salt and pepper and cook for another 3 minutes
15. Add the breadcrumbs and the Parmesan cheese
16. Stir everything well
17. Once your squash has been roasted, take it out of the oven and add your stuffing mixture
18. Place everything back into the oven and bake for an additional 15 minutes
19. Take it out and enjoy!

A MESSAGE FROM HUMAN RESOURCES

Parent Survival Tips as School Begins

It can be a struggle for parents/guardians/family members who find themselves juggling work responsibilities and overseeing the students' studies. As children return to their schooling—whether remotely or in the classroom—parents/guardians/family members will need some survival skills to stay sane.



Here are some tips from HR professionals country wide!

- Batching tasks in advance that facilitate smooth days of co-working/co-learning to minimize administrative distractions. For example, planned-in-advance food preparation that allows for healthy grab-and-go meals/snacks to forestall hurried less healthy "drive-thru" choices during transitions. Improves productivity, sustains mental & physical energy, and reduces longer term health risks in both adults and youth. <https://www.theleangreenbean.com> is one of many resources available on the web!
- Be patient with your children, the school district and teachers. Make sure you are signed up with all of the notification systems and find a friend or two who can keep you in the know.
- Ensure that the student has a well-organized training path that includes all necessary tools and resources. Create a working/learning environment that will spark their desire to learn and do more. Follow up with them often and give feedback. Allow them to teach you a few things, too. And, of course, make learning fun and impactful! <https://www.powerhomeschool.org/articles/create-learning-environment-home/>
- Teach your kids to sign up to bring paper plates to the party, at school, not cupcakes!
- One day at a time is the best way to survive! Set realistic goals.
- Just breathe. Everything's going to be okay.
- Use your Human Resources Department as a Resource!

EMPLOYEE WELL BEING

Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burn out. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace, and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

SUNY Sullivan's Wellness Committee will be sending monthly communications to provide guidance to our employees.

If you or someone in your household needs help, there are many resources available, many listed below. Please reach out to the Human Resources Department for additional information on these resources.

If you feel you or someone in your household may harm themselves or someone else:

- [National Suicide Prevention](#)

Toll-free number 1-800-273-TALK (1-800-273-8255)

[The Online Lifeline Crisis](#) is free and confidential. You'll be connected to a skilled, trained counselor in your area.

If you are feeling overwhelmed with emotions like sadness, depression, or anxiety:

- [Disaster Distress](#) Call 1-800-985-5990 or text TalkWithUs to 66746

If you need to find treatment or mental health providers in your area:

- [Substance Abuse and Mental Health Services](#)

Mental Health Resources

- [CDC Coronavirus \(COVID-19\) Stress and Coping](#),
- [American Psychological Association](#)
- [National Alliance on Mental Illness](#)



*If you are concerned about leaving your home to receive medical care or your ability to access care, The Empire Plan will cover initial telehealth visits **at no cost to you** during the state and federal emergency periods. Contact Stephanie Smart ssmart@sunysullivan.edu for the documents to assist you in getting enrolled with LiveHealth!

JOIN OUR COMMITTEE!!

We are always looking for members to join our committee!!

If you are interested in helping us expand our wellness program and offerings, email Maura Caycho at mcaucho@sunysullivan.edu!!

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

