



SUNY SULLIVAN

WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

NOVEMBER 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



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 Financial Wellness!





FINANCIAL WELLNESS

Financial Wellness is your relationship with money and your ability to manage your resources and live within your means.

Money plays a vital role in our lives and not having enough of it affects our health as well as academic performance. Financial stress is found to be a common source of stress, anxiety and fear among people.

This time of year becomes even more stressful for many of us as we prepare for the holidays. Whether you are trying to figure out how you can afford holiday gifts or how to provide a nice holiday dinner on a tight budget, we are here to help!



Every Friday for the month of November we will be sending out an email called **Financial Fridays** that will contain helpful tips and resources to help you plan and have fun this holiday season without stressing about your financial situation. Additionally, we will provide helpful hints on how to plan for years to come!

If you are interested in learning how to save \$1378.00 in a year, without feeling strapped, creating a sustainable budget, or learning how to figure out how much money you will need to retire comfortably, make sure you check out our **Financial Fridays** email!





A MESSAGE FROM HUMAN RESOURCES



Did you know??

According to the latest data from the U.S. Bureau of Labor Statistics, Benefits, on average, make up 32% of civilian employees' total compensation in 2020. (By their definition, SUNY Sullivan employees are classified as civilian employees.)

What is Total Compensation?

The pay you receive for the work you perform is known as your salary. Total compensation includes your base salary as well as the value of any benefits received in addition to your salary. Some of the benefits most commonly included are; paid time off (vacation, sick, personal, holidays), medical and dental insurance, tuition assistance, and retirement plans.



Why is this important to you?

SUNY Sullivan wants you to know that we are not only invested in your overall health, but also your future! The annual benefits fair is one way we try to support you in your knowledge and awareness of benefits available to you as a SUNY Sullivan employee.

Even though the benefits fair might be over, the IT department has created a link on the [Human Resources Section](#) of our website, for your convenient access to benefits/vendor information. Our vendors will provide information to you on many topics including; health and dental insurance, retirement savings, and many supplemental insurances to protect your paycheck and livelihood when emergencies strike!

Will your pension and Social Security be enough for your retirement needs?

In an effort to provide you with the tools to better prepare to meet your finance and retirement goals, AIG, TIAA, VOYA, and NYS Deferred compensation all have financial advisors available for personalized virtual one-on-one meetings for SUNY Sullivan employees for the month of November. Information on how to register for one of these meetings is available through the link above or by contacting the Human Resources office.





ORIGAMI 101

LEARN BASIC ORIGAMI

Origami excites other modalities of learning. It has been shown to improve spatial visualization skills using hands-on learning. Take a break from your work & join us on November 17th at 4pm!



WALK WITH US



A VIRTUAL GROUP WALK!

Join us every Wednesday at 12pm for a virtual group walk via google meets! Grab a friend or family member, walk outside or on a treadmill! Download the app on your smart phone & follow the [link!](#)



GET FIT!

LIVE 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 live workouts** at 7:00am on Tuesdays and Thursdays held through a private facebook group. Complete the workouts live or whenever or wherever you want, no equipment necessary! Email Maura Caycho at mcaycho@sunysullivan.edu to join!

LET'S MOVE!

2 MILE WALK AROUND CAMPUS

Join us on campus for a socially distanced, mask-free, 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

Gardening is a weather permitting activity!





SELF CARE SERIES

WITH THE LEARNING COMMONS

Time Out From Your Studies & Your Worries & Tune In To Taking Care of You

WEEKLY
WEDNESDAY
30 MINUTE SELF
CARE SESSIONS

12 - 12:30 PM

Week #1 Guided Imagery (9/30)

Learn how to access your happy place

Week #2 The Animal Connection

(10/7)

How animals enhance our lives

Week#3 Journaling (10/14)

Discover techniques to utilize this powerful self-care tool

Week#4 Yes I Can (10/21)

Learn how you can change those negative self-defeating thoughts into positive Yes I Can ones

Week#5 Stressed spelled backwards is desserts (10/28)

Have an opportunity to practice various stress reduction techniques

Week#6 Music (11/4)

Speaks to how music has the power to soothe the soul

Week#7 Anger (11/11)

The misunderstood emotion...learn how to make it work for you and not against you

Week#8 Communication...it's a two way street (11/18)

Discover the art of communicating

Week#9 Drawing (12/2)

Learn how this technique may help you to express emotions that are difficult to put into words... artistic talent is not a requirement

Week#10 Health Benefits of Laughter (12/9)

Discover how laughter reduces stress and that's no joke

**CLICK HERE TO JOIN THE GOOGLE MEET:
MEET.GOOGLE.COM/JFT-IQBO-THT**



SUNY SULLIVAN

COMMUNITY LEARNING FREE ONLINE SERIES

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

Beginners All Level YOGA

All you need is your mat, a towel or blanket! Get moving!

SUNY Sullivan is presenting this class in collaboration with Sullivan 180.



INSTRUCTOR: MARLENA BENJAMIN



Mind-Body Medicine Group

A Mind-Body skills group can change your life with techniques that can be integrated into daily life. Expect an experience that is participatory and supportive while being structured and educational. It is a shared experience for these stressful times, and for all times, learning stress reduction and coping skills.



SUNY Sullivan is presenting this class in collaboration with Sullivan 180.

INSTRUCTOR: Mike Waddie, MD, PhD

**BEGINNING THURSDAYS, OCTOBER 1
@ 4:00 PM | REGISTER TODAY!**

(Times and content may change without notice)

**SUNDAYS, OCTOBER 25TH - DECEMBER 13TH
5:30 PM-6:30 PM | REGISTER TODAY!**

SHOW STOPPING SIDES

Join Chef Diana Harkin of Earth First! Cookery for a virtual cooking class where participants will learn to create sides, salads, and shortbread done shopping. But what the spotlight from the bakery at your holiday meal. This class will also highlight menu planning, taste tests, and kitchen techniques that will help you in minimizing the stress of cooking for your family.



INSTRUCTOR: DAYNA HALPRIN

**SATURDAY, NOVEMBER 14
1:00 PM-3:00 PM
REGISTER TODAY!**

NOVEMBER IS THE MONTH OF GRATITUDE

TAKE THE 30- DAY CHALLENGE!

Gratitude is defined as "the quality of being thankful; readiness to show appreciation for and to return kindness" Scientific research has proven that consciously implementing an attitude of gratitude into our regular routine changes the molecular structure of our brain making us feel healthier and happier! Challenge yourself by practicing 30 days of gratitude! Read the Harvard Health Publishing article "[Giving Thanks Can Make You Happier.](#)"

a month of gratitude

01. Say thank you to someone when they least expect it.	02. What skill are you grateful you have?	03. Send a quick note to a family member letting them know how thankful you are for them.	04. What are you grateful for regarding your job? Make a list.	05. Think of three challenges you're grateful for and what positive things you learned.	06. What foods are you most thankful for? You eat, don't overeat! It's to eat - food thank.
07. What musician, the right words, or your most treasured list? Reflect on why.	08. Imagine close or virtual strangers each give you a compliment.	09. If you had a really positive experience at a business, write a kind review.	10. Get your feet on a chair, a small gift (even a coffee pot).	11. Call a friend and catch-up.	12. What exercise are you most thankful you're able to do? Do it!
13. Do something kind for yourself.	14. Send a letter thanking someone in your life.	15. Think about the material things you're thankful for. Make this list as long as possible.	16. Write up and let your first thought be something positive.	17. Volunteer to do something you wouldn't normally do.	18. Leave a little of your apartment in a public place.
19. Everytime you want to complain, stop it and let an affirmation.	20. Give someone a hug.	21. Think of three moments you're most thankful for, if it involves someone, stand with them.	22. Share positivity with someone.	23. Spend some time taking care of yourself. Take a bath, stretch, nap, do what your body is most needs and.	24. Leave someone a compliment.
25. Bring instant gratification to work by doing an good amount everyone how thankful you are for them.	26. Get a friend or family member to give you a compliment. Remember to thank them for sharing that compliment.	27. Do a random act of kindness.	28. Find someone to thank to do a favor for someone who's been helping you ask.	29. Write your favorite letter or drawing and do take a moment to share it to someone you love or someone who's been helping you.	30. Challenge yourself to start making what you're grateful for more often and spreading gratitude outside of the month.

It's the little things in life...

[Click here](#) to download the 30 day challenge

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!



November 18th is Truths "National Day of Action" We are all invited to take part in our upcoming Moment of truth, scheduled for November 18th starting at 7pm EST. Truth is lining up a dynamic list of speakers which will include our truth activists, social influencers and our elected supporters. Please save the Digital Date! And Check out Moment of truth on November 18th at 7pm EST [Click Here!](#)



Free Smoking Cessation Classes for SUNY Sullivan Staff & Students!

STAYING HEALTHY THROUGH THE HOLIDAYS!

HELPFUL TIPS FROM PROJECT ZERO

Just like that-winter and the Holiday Season is upon us! While the joy of Holidays, family, friends, food...all are welcoming, the threat of added pounds looms its head. Here are just a few tips on how to both enjoy the holidays, and be smart with what we consume!

Sodium

- Limit your Sodium. Did you know that many of your favorite holiday dishes may be packed with sodium? Breads and rolls, poultry, and canned soups are three common foods that can add sodium to your diet. When shopping for ingredients to prepare your holiday meal, compare the labels and choose options with the lowest amount of sodium.
- Savor the Flavor. Use herbs and spices, like rosemary and cloves, to flavor instead of salt or butter.
- Rinse Away. When using canned beans or veggies, drain and rinse in a colander to remove excess sodium.

Turkey

- Outsmart the bird. Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories and fat is to take off the skin.
- Keep portions in check. A serving size of meat is 3oz, about the size of a deck of cards. So be conscious of how much you put on your plate, and pass on that second helping. If you're also having another meal, like ham or lamb, take smaller portions of each.
- Watch out for the grave train. Turkey usually comes with gravy, which can add excess fat, calories and sodium. Limit gravy to a tablespoon, and keep it off other items, like the dressing.

Dressing

- Call it what it is. Dressing is intended to be a complement to your meal, not an entrée. To keep calories and excess fat in check, aim for ¼ cup (or almost half a scoop with a serving spoon).
- Judge it by it's cover. If the dressing is filled with fatty meats like sausage and pork, looks greasy or buttery, or is made with white bread or sweet rolls, it may be best to pass. Better options would be dressings that have whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts), and lots of veggies and fruits.

Casseroles

- What's in it? Holiday casseroles can be filled with fat, sugar or sodium. Your best bet is to limit yourself to a small spoonful of casserole and fill the rest of your plate with a serving of lean protein along with roasted or sautéed veggies and tossed salad instead.

Desserts

- Treat yourself right. The best way to enjoy an occasional sweet without losing control is be sampling a selection or tow, rather than having full servings. For example, have one bit of pie, half a cookie or one small square fudge. Find a friend or family member who will stick to the sampling rule with you.
- Use the buddy system. By splitting up a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win, Cookies, dinner/holiday parties, drinks, fun, festive...it all goes hand and hand-yes? Well, yes, but we can modify our fun.





LET'S GET COOKING
WITH HAILEY!

HEALTHY SEASONAL RECIPES

VEGETABLE BEEF SOUP

Winter=Soup, I found this recipe from kimsgravings.com. It is a *soup-er* simple recipe and perfect for winter. This could also be made vegetarian or vegan by swapping the beef chunks and beef broth for lentils and veggie broth.

Ingredients:

1 pound boneless beef chuck roast, trimmed and cut into bite-size pieces

3 medium carrots, cut into $\frac{1}{2}$ inch thick slices

1 medium onion, chopped

$\frac{1}{2}$ teaspoon of salt

$\frac{1}{2}$ teaspoon dried thyme

1 bay leaf

2 (14.5 oz) cans of diced tomatoes, not drained

1 cup beef broth or water

2 small potatoes, peeled and cut into $\frac{1}{2}$ inch cubes

$\frac{1}{2}$ cup frozen peas

Fresh parsley sprigs, optional

Instructions:

1. Brown the beef first: In a large skillet, heat 1 tablespoon of olive oil over medium high heat. Add the beef and sprinkle with 1 teaspoon salt and pepper. Brown the beef on all sides, allowing it to develop nice coloring on all sides. Once the beef is lightly browned (not all the way cooked) remove and put in the slow cooker.
2. In a 3 ½ to 4 quart slow cooker, combine beef chunk pieces, sliced carrots, cubed potatoes, and chopped onions. Sprinkle with salt and thyme. Add bay leaf, tomatoes, and beef broth or water. Stir until all ingredients are combined.
3. Cover; cook on low for 8 to 10 hours or on high for 4 to 5 hours.
4. Remove and discard the bay leaf. Stir in peas and garnish with parsley.

If you do not have a slow cooker follow the instructions below for stove-top.

1. Heat 1 tablespoon olive oil in a large skillet over medium high heat. Season the beef with salt and pepper. Place half of the beef in the skillet in one layer. Cook for 3-4 minutes per side or until browned. Transfer browned beef to a plate, cover to keep warm. Repeat the process with the remaining beef.
2. Add the onion and carrots to the skillet. Cook for 4 to 5 minutes or until softened. While that is going, get a large soup pot heating up.
3. In the large pot, add the carrots and onions, beef, tomatoes, broth and seasonings. Bring to a low simmer.
4. Simmer for about 60 minutes or until the beef is tender.
5. Add the potatoes to the pot and cook for an additional 20 minutes or until tender.
6. Stir in the peas. Cook for 5 more minutes. Season to taste with salt and pepper.
7. Discard the bay leaf, garnish with parsley and serve.



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!

