



SUNY SULLIVAN

# WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

SPRING 2022

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 and Occupational Wellness**.



# SUSTAINABILITY AT SUNY SULLIVAN



## Green Building Management

Get a close up look at our sustainability lab, wind turbine, solar panels, community garden, student-run composting system and much more!



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## 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.

We recently adopted the United Nations Sustainable Development Goals (SDGs) as the basis for our Campus Sustainability Plan. The SDGs are ambitious and broad, encompassing environmental, as well as social, emotional, economic, and physical wellness.



Here are a few of the ways that SUNY Sullivan exemplifies how institutions and individuals can contribute to Environmental Wellness and to achieving Sustainable Development Goals.

## **We have academic programs in Green Building Technology 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 are currently updating the heat pumps throughout campus to improve their operation and efficiency.
- We are currently replacing the windows on campus to conserve energy.



## **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 have a Campus Food Pantry!**

- Our recently expanded Food Pantry is located in Room B105
- The Pantry is available to SUNY Sullivan students and staff
- Walk-in hours are Tuesdays and Wednesdays from 12:00 to 3:00 p.m.
- The Pantry features fresh produce from Hope Farm and the Community Garden in season.



## **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, including the SUNY Sullivan Food Pantry!





## **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, a Swap/Thrift Party, clothes and book exchanges, films, speakers, and field trips.
- We have a Sustainability Committee and a Wellness Committee that collaborate frequently on projects like litter plucks, cooking classes, walks and snowshoeing.
- 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).**

# EARTH DAY CELEBRATION

Wednesday, April 27<sup>th</sup> | 10:00 am - 2:00 pm



**10:00 am**  
**Seelig Theatre**

“Environmental Action and Justice in Sullivan County”  
presentations by Sullivan Renaissance and Catskill Mountainkeeper



**10:00 am to 2:00 pm**  
**E Lobby**

Tabling by local Environmental and  
Sustainable Development Organizations

**Courtyard**  
Farm Animals



**10:50 am, 11:40 am, and 1:00 pm**

Choose between an Ecology Walk on the Woodland Trail or  
a Sustainability Tour of the Geothermal, Wind, and Solar Systems  
and Hope Farm



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# VOLUNTEERS NEEDED!

Friday, April 29th 9:00am- 12:00pm

## SUNY Sullivan Litter Pluck!

Route 52, the main road that leads to our beautiful campus, needs our attention! SUNY Sullivan enrolled in the Adopt a Highway program to help do our part in keeping Sullivan County beautiful! Join us as we clean up a 2 mile stretch along Route 52 beginning at the entrance of the college and heading towards Liberty.

Equipment will be provided. Wear boots, comfortable clothes and work gloves if you have them!

Meet at the college at 8:45am in Parking Lot 1.

Complimentary refreshments will be provided after the clean up!

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



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## Earth-Based Spirituality: Where Nature and Spirituality Meet



By Kenneth Luck, Ph.D.

As spring begins to transition into summer in the Northern Hemisphere, the time may be right to pause and reflect about nature and what it can teach us. And, with that in mind, one way to do this is to take a brief look at earth-based spiritual practices. These practices, “Wicca,” in particular, are some of the oldest spiritual traditions in the world, and these spiritual paths emphasize the intersection of nature and aspects of the human condition.

As mentioned above, Wicca, which is one of the most prominent and oldest of the earth-based spiritual paths, focuses on self-development, holistic food, and social justice. Also, as noted by author Ann-Marie Gallagher, “Because Wicca is a religion that does not have a doctrine or a set central priesthood, sacred texts, or set of rules, the responsibility for learning and growing within the chosen spiritual path is placed upon the individual.”

Although Wicca is complex and can not be reduced to a specific set of rules, it does, however, contain a storied history, most of which lies outside of the scope of this article.

One important emphasis that can be found within Wicca remains “The Year’s Wheel.”

“Our ancestors acknowledged the human relationship with the Earth’s seasonal round by marking particular points in the year’s turning with celebrations,” Gallagher writes. “The remnants of many folk customs indicate the importance placed upon human interconnectedness with nature.”

So, as May comes to a close and the month of June approaches, Wicca may offer a chance to celebrate the season. Wicca recognizes “eight sabbats”—eight celebrations throughout the year that coincide with nature-related events, such as the summer and winter solstices and the autumn and spring equinoxes.

“Of the eight festivals that witches celebrate through the year, four of them are based directly on the astronomical events produced by [the earth’s] 23.45-degree tilt: the winter and summer solstices and the spring and autumn equinoxes,” writes Gallagher.

One of the most recent sabbats, “Ostara” (the spring equinox, which occurs each year around March 21/22), and “Beltane,” which occurs on May 1, both celebrate the coming of the light. Other celebrations continue throughout the summer and autumn until the end of the calendar year. In the Northern hemisphere, “Yule,” which happens usually around December 21/22, was described by the 16th-century poet John Donne as “the year’s midnight” and is a time of darkness.

Whether celebrating one of the eight sabbats or just taking a walk in the woods, Wicca and other earth-based spiritualities offer individuals an opportunity to reflect upon themselves as well as the wider planet.

#### References:

Gallagher, A. M. (2014). *Wicca for Everyday Living*. Bounty Books, London, UK.

# 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

## Occupational Wellness:

Occupational Wellness is the ability to achieve a balance between work and leisure in a way that promotes health, a sense of personal satisfaction and is (for most people) financially rewarding.

People who do what they want to do in life and is comfortable and content with their work, their education and leisure plans are in a healthy state of occupational wellness.

Our attitude and ability to effectively deal with work, school, and career goals greatly affect wellness, performance, interactions with others, and overall success.

### Signs of Occupational Wellness

- Engaging in motivating and interesting work and classes
- Understanding how to balance your work, school with leisure time
- Working in a way that fits into your personal learning style
- Enjoying time with your co-workers, other students, faculty and staff
- Working independently and with others
- Feeling inspired and challenged at work and in your classes
- Feeling good at the end of the day about the work you've accomplished

### Improving Occupational Wellness

- Don't settle, keep motivated, and work towards what you want
- Increase your knowledge and skills to accomplish your goals
- Find the benefits and positives in your current job
- Enjoy what you do, do what you enjoy
- Create connections with your co-workers, students, faculty and staff
- Write out goals, create a plan to execute them, and then start working on your plan
- Look for something new and/or talk to a career counselor if you feel stuck or unhappy



## Tips to Help Sullivan Generals with Occupational Wellness

### For students

Connect with a member of  
our Counseling Center  
[learningcommons@sunysullivan.edu](mailto:learningcommons@sunysullivan.edu)

### For faculty/staff

Employee Assistance Program; FREE,  
CONFIDENTIAL help for you, your  
household members, and  
dependents up to age 26 who don't  
reside with you.

Help with mental health, addiction,  
personal, legal, financial and career.  
1-800-252-4555;

Master and Doctoral level counselors  
available 24/7.

Unlimited Telephonic Counseling.  
Face to Face;

3 visits per year per issue.  
[www.higherdeap.com](http://www.higherdeap.com)

### Sources:

[https://www.unomaha.edu/  
student-life  
pinterest.com](https://www.unomaha.edu/student-life)

## Boost Your Productivity.

### Get a Good Night's Sleep



Even though only 1 - 3% of people can operate  
on 5 - 6 hours of sleep per night, approximately  
1/3rd of Americans attempt to do so.

### Stop Multitasking

Only **2%**  
of people are able to  
successfully multitask.



Productivity is  
reduced by  
**40%**  
when multitasking.

### Change Your Mood



Optimistic salespeople outsell  
pessimistic salespeople by

**56%**

### Don't Filter E-mails

Researchers have discovered  
those who didn't organize their  
e-mails found them faster than  
those who filed them in folders.



### Replace Bad Habits with Good Ones

**40%**  
of the actions we  
perform daily are habits.

Changing a habit  
takes an average of  
**66**  
days.

## MYTH



Missing a day in your new habit  
makes NO difference. Believing this  
myth will make it that much  
harder for you to restart if you  
fall off the wagon.

### Use Checklists

Checklists should include time  
estimates for each task. Add  
up your tasks to make sure you  
haven't unintentionally scheduled  
20 hours worth of work for  
the following day.



### Sources

<http://bakadesuyo.com/2012/09/10/6-things-that-will-make-you-more-productive/>  
<http://goodis/parts/don-t-fall-asleep-at-the-wheel-successful-entrepreneurs-have-lives/>

## **Time to Renew New Year's Resolutions**

Spring is the perfect time to renew your New Year's resolutions -- or to make new ones.

By Tom Valeo

Reviewed by Louise Chang, MD

Like millions of other Americans, you probably made some New Year's resolutions regarding your health. Maybe you wanted to lose some weight, or exercise more, or quit smoking.

And like the vast majority of Americans who made such resolutions, you probably haven't met your goal. Polls have found that by springtime, 68% of Americans who made a New Year's resolution have broken it. After one year, only 15% claim success.

But don't despair. The secret to self-improvement is persistence, not perfection. Spring is the perfect time to renew your resolutions -- or to make new ones.

"People do it all wrong," says Robert Butterworth, PhD, a clinical psychologist in Los Angeles. "The worst time to make New Year's resolutions is on New Year's Eve. We're exhausted after the holidays. We're stressed out. The weather is bad. Everybody is talking about it and watching what your resolutions are."

Still, at least half of Americans make New Year's resolutions, which is why health clubs, diet programs, and smoking-cessation clinics spend so much on advertising at the end of the year; they know millions of people on Dec. 31 are going to resolve to lose weight and get fit.



## Springtime Advantages

Spring, however, is a better time to set such goals, according to Butterworth.

"The weather is getting better," he says. "It's a less stressful time; we feel more energized."

Spring is also an ideal time to reassess your resolutions and modify your strategy for success, according to psychologist Stephen Kraus, PhD. Kraus is the author of *Psychological Foundations of Success: A Harvard-Trained Scientist Separates the Science of Success from Self-Help Snake Oil*.

"I do it quarterly," Kraus says. "One of the goals my wife and I set this year was to get back into meditation. We got off to a pretty good start in January, but one thing led to another and we fell out of the habit. Now we're coming up to the end of March -- the end of the first quarter. So it's time for us to look at our goals and make plans for the second quarter. And we're going to recommit ourselves to that goal."

Ultimately, Kraus says, success depends on two things -- desire and the right strategy. The trick, therefore, is to renew your desire to achieve your goal and keep modifying your strategy until you succeed.

## 5 Keys to Reaching Goals

The best way to pursue success, Kraus believes, is to focus on five techniques.

- Adopt a realistic vision of success. "No one can safely lose 50 pounds in a month," Kraus says. "Yet these and other unrealistic expectations about weight loss abound."
- Adopt an effective strategy. "Focus on relatively short-term goals," he says. "Instead of focusing on losing so many pounds over the coming year, tell yourself, 'I'm going to eat vegetables four times a day and do at least 20 minutes of cardio a day for the next two weeks.' A lot of research shows the benefits of such short-term goals."
- Renew your commitment. "I think if there's a problem with resolutions it's that people don't make them often enough," Kraus says. "Once a year is not enough for you to step back and take a look at your life and say, 'this is working well,' or 'this is not working well.' Do this at least quarterly, and better yet, once a month."
- Don't despair. "People are much more likely to overlook their success and to beat themselves up over setbacks," Kraus says. "Instead of saying, 'I did pretty well for two weeks so I'm going to forgive myself for this one little setback,' people start to think, 'I've failed.' That sets them up for the snowball effect where one little setback snowballs into a complete collapse."
- Learn from your mistakes. "As if the failures in the first four steps weren't bad enough, a lot of people then repeat the entire process," Kraus says. "They return to their unrealistic vision, pursue the same strategy without modifying it, and give up when things go badly. That's why by March, all those gyms and health clubs that filled up with new members in January are pretty much back to normal."

## Long-Term Strategy vs. Short-Term Fix

Diane Vives, owner of Vives Training Systems in Austin, Texas, tries to avoid working with clients who have made New Year's resolutions because their enthusiasm wanes so quickly.

"New Year's resolutions are a short-term fix, not a lifestyle change," said Vives, a strength and conditioning specialist certified by the National Strength and Conditioning Association. "They create a false sense of urgency. People tend to be more successful when they make the decision at some other time of the year."

To help her clients remain motivated, Vives tries to break down their long-term goals into weekly goals.

"For example, if the long-term goal is weight loss, I help them create weekly goals regarding their weight and percentage of body fat. Or maybe we'll focus on preparing for a 5K race in the community."

Ultimately, the best advice about getting healthy is, "just do it ... and keep doing it."

"Set well-defined and achievable goals, and then focus on participation rather than performance," said Cedric Bryant, PhD, chief exercise physiologist at the American Council on Exercise. "People should make exercise like punching a clock -- they should focus on doing things on a regular basis. Don't worry about reaching your target heart rate. Just focus on doing so many minutes of exercise a day for 30 consecutive days. Develop the habit of being physically active, and then readjust your efforts."



## SUNY Sullivan & Occupational Wellness

Make your wellness a priority! SUNY Sullivan supports wellness in the workplace through our wellness policy, program & monthly newsletter.

The field house is available to employees for use, utilize the cardio room, weight room or indoor track! Take a walk on one of our beautiful trails, the Woodland Trail or the Solar Stroll! Sign out a pedometer and track your steps, create a new goal for yourself each week or month!

SUNY Sullivan is a tobacco and vape free campus! Studies have shown that smoking in the workplace decreases productivity and increases sick days of smokers which can lead to poor occupational wellness. SUNY Sullivan offers free Smoking Cessation Programs! The Freedom From Smoking course is available, contact [pjones@sunysullivan.edu](mailto:pjones@sunysullivan.edu) for more information. Quit kits and additional information are also available in our Health Services Office.

Higher Ed EAP is free to all employees and offers a wide range of resources!  
[Click here to sign up!](#)

SUNY Sullivan offers tuition assistance! Contact Human Resources for more information!

Free Community Learning Classes with various partners that offer classes such as Nutrition & Wellness, QPR Suicide Prevention Training, Legal Document Training and more! Ask for access to our video library of various classes that have been recorded & watch them whenever you'd like!



# Resume Writing

Here is a list of website articles that help with  
writing your resume!

Remember to continue to check your SUNY  
Sullivan Email for Job Postings!

[How to Write an Early Career Resume](#)

[Tips for Creating a Great Resume](#)

[10 Resume Writing Tips to Help You Land a Job](#)

[How to Write a College Student Resume](#)

[College Student Resume Example and Writing Tips](#)





# Sullivan County Farmers Markets



Shopping locally is a great way to reduce your environmental impact!  
Sullivan County has Farmers Markets all over the county, most of which  
begin to open in May! #shoplocal #supportlocalfarmers

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

Jeffersonville - Sundays 10:00- 1pm

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, Free Summer  
Meals for Children & More!

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

# 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 April 1st to April 29th, 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 participants with the most yards tracked will win a prize!

For more information visit [JOINONELOVE.ORG](https://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 Yeardeley event as part of the OneLove organization's goals of promoting healthy relationships on and off-campus. Start tracking your yards for a month-long campaign to help OneLove MOVE 1 BILLION yards forward for healthy relationships!

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

**When:** April 1st - April 29th

**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 SUNY Sullivan's Student Activities email.

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



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# **WELLNESS PROGRAM**

**TAKE A BREAK!!**

**REGROUP, REFRESH & RECHARGE**

Join Professor Pollack for

## The Backpack Walk!

Professor Pollack is training for a high altitude trek in Nepal! You can train along with him by using weighted backpack!



**Join us weekly for a 1-2  
mile group walk ON-  
CAMPUS at 9:00am on  
Thursdays!**

**Meet by the Flag Pole  
outside of the E Building**

**Thursday, April 14**  
**6pm**  
**Fieldhouse**



# ***Students vs Faculty/Staff***

***Stop by the Student  
Activities Office to  
get signed up to  
play!***

***A little friendly  
competition is never a bad  
thing! FUN for everyone!***



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## 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 13th & May 11th

Where: Via Zoom

Time: 5:00pm- 5:45pm

[Click here to register!](#)

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



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## COMMUNITY LEARNING 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 120 minute training you can become a QPR Gatekeeper trained to recognize the warning signs of suicide. You will receive a QPR Gatekeeper Certificate, a page of local Sullivan County mental health resources, a Community Resource Guide, and a 42 page QPR booklet containing all of the information covered in the training.

This one-session workshop is 90 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.

Date: May 3, 2022

Where: SUNY Sullivan Campus- Upper Hermann Conference Room

Time: 4:00-6:00pm

[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).

Participants must be fully vaccinated against COVID-19 to attend this in-person session.

Proof of vaccination is required.



## LET'S GET COOKING!

Here is an easy and healthy recipe shared by Frank Sinigaglia! We hope you enjoy it!

Step 1: In a large mixing bowl break up (2-3) broccoli crowns (remove the stems so you only have the florets in the bowl)

Step 2: Add (1) can of drained and rinsed dark red kidney beans

Step 3: Add (1) cup of olive oil

Step 4: Squeeze (2-3) lemons on top of the other ingredients (use a strainer so the seeds don't get into the mix

Step 5: Add (4-5) minced garlic cloves

Step 6: Stir.....really get all of those ingredients and flavors to marry

Step 7: EAT UP.....it is guilt free and delicious.....and you can eat as much as you want!!

\*Helpful Tip! You may adjust the recipe to your liking so it is more, or less 'garlicky', or 'lemony'

## 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!