



WellNYS Everyday

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:
oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

October 2023

Get to know your community.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTHLY WELLNYS DAILY TO-DO'S

November Give a compliment to someone today.

December Start a new habit using the two-minute rule.

October

Get to know your community.

Once you've completed the To-Do, check the box!



WellNYS
Everyday

- 1. The October monthly WellNYS Daily To-Do is to get to know your community. Join us on Wednesday, October 11th at 12:00 noon for the wellness webinar, Ways to Support Your Community. To register go to <https://meetny.webex.com/webblink/register/r4a8c29d899e55dd71e2ffa0c3c10009a>.
- 2. Name three things you enjoy about the community you live in. Can you find one resource/event that is happening in your community that you did not know about?
- 3. Explore your local parks and recreational areas. Take note of tennis courts, walking paths, basketball and pickleball courts, streams to kayak, and places to sit and ponder. New York State has over 180 parks and many of these parks may be in your community. Go to: <https://parks.ny.gov/recreation/trails/trails-in-state-parks.aspx> and click on a park in your community.
- 4. Support local businesses. Local stores, professional services, and restaurants are often owned and run by members of that community. Which restaurants, specialty shops, or bookstores for example, would you recommend to someone visiting your area?
- 5. Do you have a town hall or city hall in your community? It all depends on the size of the municipality. If you do not know, type the name of your community into an internet search engine. The town hall or city hall is the center of all government agencies within the town.
- 6. Be a good neighbor by taking the time to introduce yourself and begin building those relationships. Neighbors can keep an eye on your property while you are away, let your pets outside if you get home late, and even take in your packages if it rains! This month, make it a goal to meet at least one of your neighbors.
- 7. Election Day is one month from today, on November 7. The deadline to register to vote is October 28, 2023. Do you know where you need to go in your community to vote? For more information go to: <https://www.elections.ny.gov/VotingRegister.html>.
- 8. This is Columbus Day weekend and the perfect time to view the foliage. Take a city bus ride or drive your car down a new road in your town. The road less traveled may be just a short distance away from where you live.
- 9. Libraries are not only a place to lend you books, but also a community hub. Check out your local library for book clubs and community meetings. Get to know your local library and all the benefits it may offer.
- 10. When moving into a new community with young children, one of the first places to visit is where you will register them for school. You will need proof of residency, a birth certificate, immunization records, and previous school records. If you already have children in school, ask about the PTA or how you can volunteer in the school community.
- 11. Moving to a new area and want to stay active? Go online and look up where there are local health clubs, recreation centers, bike trails, and playgrounds.
- 12. Joining a walking or running club is a great way to get to know people in your community. Go to Physical Activities Around New York State-Running and Walking at: <https://oer.ny.gov/physical-activities-around-new-york-state-running-and-walking> and click on your region and find a club.
- 13. Participate in a community clean-up initiative! Put on some work gloves and take a plastic bag to pick up litter. It's simple, fun, and a free activity that can have incredible results for the community.
- 14. Instead of staying home to watching a trivia show on television tonight, venture out to a local restaurant that offers weekly trivia games. Ask a few friends to join you for a fun night of questions and answers. You may even win a prize.
- 15. Smile and wave to your neighbors. Your smile may be a lasting impression and could turn to small talk or a meaningful conversation to get to know your neighbors.
- 16. Does your city/town have a social media page? If so, it could be a place to learn about what's happening locally.
- 17. Get to know your community better by volunteering at the library, school district, food banks, animal shelters, or with local not for profits.
- 18. Many local communities have volunteer fire departments. To learn how to become a firefighter, go to: <https://makemeafirefighter.org/> for more information.
- 19. Do you know or have you met your NYS assembly member? Click on the following link for a list of members and their contact information: <https://nyassembly.gov/mem/>.
- 20. Is there a community garden or common greenspace in your community? If you live in an apartment and are looking to start a community greenspace, call your town hall.
- 21. Want to make a difference with your voice and ideas? Join a homeowner's association, run for town/city council or your school board.
- 22. Does your town celebrate any holidays with a parade? It may be Memorial Day, Flag Day, or a holiday parade and tree lighting. Check with your city hall or town hall website for more information.
- 23. Senior centers need volunteers to help with shopping and errands, event set-up, computer assistance, driving, or many other tasks. If you have extra time, check-in with your local senior center and ask how you can be of assistance.
- 24. Have stuff you want to get rid of? Organize a block-wide garage sale. Survey the neighbors to see if anyone is interested in participating. Advertise on social media and put-up local signs. Afterwards, hold a potluck party to bring all the neighbors together.
- 25. Join a community group. Look for local clubs to join or a sports team. By joining these groups, you can connect with like-minded individuals in your community.
- 26. Kickball, pickleball, volleyball, and softball are all team sport leagues that are held in various communities. If you are interested in joining, do an Internet search with the name of the sport and your community to see if there is an active league.
- 27. If you didn't live where you currently live, what community would you like to move to? Why would you want to move there? Thinking about this may just help you identify what's important to you!
- 28. Many communities are well-known for their county fairs. Here is a listing of the 2023 county fairs: https://www.nyfairs.org/fairs_by_date.htm. Go to the same website in January to learn of the upcoming dates for 2024.
- 29. Use your local public areas such as parks, trails, and green space. More than likely, the space was donated by someone in the community.
- 30. When a new neighbor moves in next door, here are five ideas of what to bring them: a subscription to a local newspaper, a perennial plant that would thrive in their garden, take-out menus to local restaurants, or a prepared meal to pop in the oven.
- 31. Happy Halloween. Today many children will be roaming their neighborhoods dressed up in costumes to trick or treat. How are you celebrating this year? Are you handing out candy or walking with a child this year?

Number of days completed