Videos

Please check this page frequently for new videos to support Cornell employees during the COVID-19 pandemic.

[MARY OPPERMAN]

**VPCHRO ADDRESS APRIL 22, 2020**

Mary Opperman expresses gratitude to staff in recognition of Office Professionals Day, acknowledges "Cornell Kids@Home" the virtual version Bring a Child to Work Day, and give thanks to the essential workers in the Cornell University College of Veterinary Medicine.

**VPCHRO ADDRESS MARCH 18, 2020**

The first in an ongoing series of Video Addresses to provide information and guidance, includes the announcement of a new webpage for COVID-19 Workplace Guidance: hr.cornell.edu/covid19
VPCHRO ADDRESS MARCH 24, 2020

Includes discussion of virtual forum from the Employee Assembly, eCornell open forum for managing remote work, and a thanks for employees, remote and still on campus.

BENEFITS

TELEMEDICINE FOR ENDOWED EMPLOYEES

Video message from Gordon Barger, Senior Director, Benefit Services and Administration, regarding telemedicine, teletherapy, prescription delivery, and pharmacy resources during COVID-19 pandemic for Endowed employees.

TELEMEDICINE FOR CONTRACT COLLEGE EMPLOYEES

Video message from Gordon Barger, Senior Director, Benefit Services and Administration, regarding telemedicine, teletherapy, prescription delivery, and pharmacy resources during COVID-19 pandemic for Contract College employees.
CORNELL MENTAL HEALTH SUPPORT

Jasmine Jay, Lead Clinical Administrative Assistant, shares insight on self-care and mental health services available to Cornell employees.

REMOTE WORK

PARENTING AND FAMILY LIFE WITH DIANE BRADAC

Diane Bradac, Work/Life Consultant in Human Resources, talks about the stressors parents are facing and some resources that are available to help.

WORKING MINDFULLY WITH ARI MACK

Ari Mack, Organizational Development Consultant announces details of the "Working Mindfully" workshops.
NEW OFFERINGS FROM CORNELL WELLNESS

Kerry Howell, the Director of Cornell Wellness spends a few minutes highlighting some of Cornell Wellness' newly rolled out offerings.

REMOTE WORK ADVICE FROM NEELY TANG

Neely Tang, Cornell Business Librarian, has worked remotely for Cornell the past 7 years. Neely offers Cornell employees two tips to support their wellbeing during COVID-19. More tips and resources are available at hr.cornell.edu/covid19

ERGONOMICS TIPS FOR THE HOME OFFICE

Creating effective work spaces Zoom presentation with Michelle Artibee, Director of Workforce Wellbeing, and Todd Baker of the Musculoskeletal Injury Prevention Program (MiPP)
Managing and Supporting Remote Teams

An important webinar tailored specifically to Cornell managers and supervisors. Cornell experts and managers of remote teams share practical tools and advice and answer questions. Learn about remote work best practices for management, communication, supporting team wellbeing, and valuable resources available to Cornell employees.

COMMUNITY

ADVICE FROM A VETERAN WITH JERAMY KRUSER

Jeramy Kruser, Systems Administrator with CIT and Marine Corps veteran, offers tips, advice, and words of encouragement.

Helping Others During COVID-19

Michelle Artibee, Director of Workforce Wellbeing at Cornell University, shares ways that individuals can make contributions to support others in need, including the Emergency CARE Fund.