Videos

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

- Visit the [Working at Cornell YouTube](#) channel for more videos and playlists.
- Full-length videos of COVID-19 Staff Forums are available on the [Employee Assembly website](#).

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

SPECIAL BENEFIT CONSIDERATIONS UNDER COVID-19

Gordon Barger, Senior Director of Benefit Services and Administration, discusses some updates to benefits including the CARES Act, Flexible Spending Accounts, Discount Programs, and a Legal Resource Library.
MANAGING YOUR FINANCES THROUGH COVID-19


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
CORNELL WORK & FAMILY PANEL DISCUSSION: PARENTING & CHILD CARE AMID COVID-19

Join us for a panel discussion about what Cornell families are navigating, child development during this time, and what is known thus far about the future of child care and summer camps. Panelists: Mary Opperman, Vice President and Chief Human Resources Officer; Sue Dale-Hall, Chief Executive Officer of the Child Development Council; Melissa Perry, Family Services Director, Child Development Council; Diane Bradac, Work/Life Consultant, Human Resources; Facilitated by Michelle Artibee, Director of Workforce Wellbeing, Human Resources.

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.

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.

WELLNESS

WORKING MINDFULLY WITH ARI MACK

Ari Mack, Organizational Development Consultant announces details of the “Working Mindfully” workshops.
MASKS AND MASK MAKING

Dr. Anne Jones, Medical Director of Medical Services for Cornell Health discusses proper use of masks and cloth face coverings, and resources available for making cloth masks.

ISOLATION, QUARANTINE, AND SOCIAL DISTANCING

Dr. Anne Jones, Medical Director of Cornell Health discusses the necessity and differences between Isolation, Quarantines, and Social Distancing.

FOUR MAIN CRITERIA FOR REOPENING

The Cornell University Employee Assembly hosted a fourth COVID-19 Virtual Staff Forum on April 29, 2020. Experts from across the Cornell community answer employee questions. Anne Jones, Director of Medical Services for Cornell Health, discusses the four main criteria to consider for reopening communities. View the full Forum video here: https://vod.video.cornell.edu/media/4...

COMMUNITY

We are Cornell.
WE ARE CORNELL

Glorious to view... Cornell isn't a place, it's the people. No matter what the future brings, we are Cornell.

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.