



EMPLOYEE **WELLBEING** at **CORNELL**

July 14th – 24th Update - [Past editions](#)

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Tutors, Babysitters, Nannies & Teachers Needed!

Cornell families are seeking a variety of in-home and virtual child care and education options for their children during this uncertain time. Work/Life is collecting information about individuals seeking work as a caregiver or educator. Please share widely.

Tutors & Teachers (Pre-K to 12th Grade):

If you are interested in tutoring or teaching remotely or in-person, complete this [information form](#).

Child Care Providers (Babysitters):

If you are interested in caring for children, please create a profile at [Care.com](#) (ages 18+ years) or complete this [information form](#) (ages 14-17 years).



Contact Diane Bradac, Cornell Work/Life Consultant, at worklife@cornell.edu with questions. Note: A Parent Inquiry Form will be included in the next Wellbeing Update.

MENTAL WELLBEING

[The 12 Best Ways to Spend a Mental Health Day](#) (Talkspace)

“Everyone has their own way of embracing self-care and addressing their mental health. It’s important for your mental well-being and can provide a valuable reset that leaves you more positive and productive going forward.” Therapist Jor-El Carabello offers these recommendations for making the most of your day off.

[Don’t let Micro Stresses Burn You Out](#) (Harvard Business Review)

“Stress comes to us all in tiny little assaults throughout our day — what we call “micro-stresses.” And it’s coming from sources you might never have considered. The volume, diversity, and velocity of relational touch points we all experience is beyond anything we have seen in history.”

This article recommends: 1) Isolating and acting on two to three micro-stresses, 2) Investing in relationships and activities that keep the less consequential micro-stresses in perspective, and 3) Distancing or disconnecting from stress-creating people or activities.

PHYSICAL WELLBEING

[Why Rest and Recovery is More Important Than Ever Right Now](#) (Thrive Global)

Jen Fisher, Chief Well-being Officer at Deloitte explores the importance of rest and recovery amid a public health crisis, economic uncertainty, and civil unrest. She advises “Claiming your right to rest” in a society that in general, doesn’t know how to rest well.

City of Ithaca Parks Update

Open: City Park Playgrounds, Tennis/ Pickleball Courts, City Park Green Spaces, Open Air Pavilions, Cayuga Waterfront Trail, Skate Park, and Stewart Park Splash Pad is open daily from 11 am-7 pm.
Closed: Basketball Courts and Athletic Fields.

[Harmful Algal Blooms \(HABs\) Update](#) (Tompkins Health Department)

Multiple suspicious blue-green algae blooms, known as [HABs](#), have been reported in the Tompkins County portion of Cayuga Lake and monitoring is continuing. These blooms may be small in size and confined to specific areas of the shoreline and bays.

Is your garden overflowing with produce?

Contribute to a [Friendship Donations Network Neighborhood Food Hub](#)

Hubs are located throughout Tompkins County, individuals can drop off extra produce and/or take what they will be able to use. Ithaca locations:

- Cellar Door Park, 1661 Trumansburg Rd, Lot 4, Saturday and Sunday 8 am–12 pm. **Give & Take hub*
- Tompkins Community Action, 701 Spencer Rd, Monday–Friday 9:30 am–4 pm. Donations accepted for Tompkins Community Action food pantry and supportive housing programs.
- Village at Ithaca, 401 W. Seneca St, 24/7 **Give & Take hub*
- 311 Wood St, 7 days/week 8 am–8 pm **Give & Take hub*
- YMCA, 50 Graham Rd, Monday & Friday 11 am–5 pm **Give & Take hub*

Note: [Paddle-N-More](#) was included in the last Wellbeing Update as an area business for renting kayaks, canoes, and paddle boards. Apologies for the typo in the link - enjoy the water!

LISTEN, LEARN, & GROW

Cornell School of Continuing Education – Virtual Lectures

Panel Discussion on the Impacts of COVID-19 - [Register](#)

July 15, 2:00 p.m. The coronavirus has left an indelible imprint on the fabric of society and scholarship. Join our panel of Cornell faculty from diverse fields as they share their perspectives and predictions for a future with COVID-19.

A Taste of Wine Science - [Register](#)

July 17, 4:00 p.m. Kathy Arnink will discuss what we notice about wines as we taste them. How do these flavor chemicals develop and how can winemakers influence their concentrations and impact the experience of wine consumers?

[Grassroots Fans: Listen to Your Roots at Home](#)

July 16-19. Four days of music curated from the Grassroots Festival Audio Archive! Check out the band schedule and listen to your favorites and other artists!

[Allyship: How Can I Support My Black Colleagues Right Now?](#)

July 22, 2-3:15pm. This program delves into allyship and what it means to be an ally. Participants will look at what anti-racism means and how to engage meaningfully in advancing equity in our work and daily lives.

[Why Are People Protesting?](#)

July 28, 2-3:15pm. This program provides a historical context for the current reaction to recent killings of black people in America. Participants will look at what institutional racism is, how it manifests and what the impact is on the greater community.

PARENTING

[NEW Cornell Facebook Group for Parents](#)

This Work/Life sponsored group is geared toward Cornell parents who would like to connect with other families and share resources and strategies for parenting during COVID-19. Cornell netID required.

[Cornell HR Learning Resources](#)

There is an array of learning resources available online for families right now. This page summarizes some of the most popular and reputable sources focused in areas such as STEM, Language, Arts, Wellbeing, Physical, and more.

[Tompkins County Mask Makers Seeking Teens](#)

If your child (age 11+) likes to sew or craft and wants to make masks to donate to our community, Tompkins Mask Makers has a program for them this summer.

Cornell School of Continuing Education – One-time Virtual Programs

Bioengineering 1 - [Register](#)

Ages 13–15. July 20, 12:00 p.m.

Presidential Elections 1 - [Register](#)

Ages 13–15. July 23, 1:00 p.m.

Sustainable Agriculture 1 - [Register](#)

Ages 9–12. July 21, 1:00 p.m.

Creepy Crawlers 1 - [Register](#)

Ages 9–12. July 24, 12:00 p.m.

Scriptwriting 1 - [Register](#)

Ages 13–15. July 22, 12:00 p.m.

SPOUSE/PARTNER RELATIONSHIPS

[New Test Offers Clarity to Couples Struggling to Conceive](#) (Cornell Chronicle)

“Infertility affects 10% to 15% of couples globally, and while often viewed as a women’s health problem, men contribute to around half of the cases. Now, a male fertility test based on Cornell research could help predict which men might need treatment and which couples might have success with different forms of assisted reproduction.”

[Missing the Partner You See 24/7](#) (NYT)

“In our 15 years as a couple, we have never spent so much time in the same space as we have the last four months, but we have a hard time actually connecting...”

ELDER/ADULT CARE

[Visiting Residents of Nursing Homes & Long Term Care Facilities](#) (NYS Dept. of Health)

Nursing homes and long term care facilities in New York will be allowed to resume limited visitations for facilities that have been without COVID-19 for at least 28 days. Residents in these facilities will be allowed two visitors at a time, and the visitors must undergo temperature checks, wear face coverings and socially distance during the visit.

ENVIRONMENTAL WELLBEING

eCornell Keynote - [OUR CHANGING MENU: Climate Change and the Foods We Love and Need](#)

July 15, 1pm. Presented by Michael Hoffman, Professor Emeritus. Climate change is rapidly making the business of growing our food less predictable and riskier. This conversation will cover how the changing climate is affecting our globally interconnected and interdependent food supply—just about everything on the menu is changing.

FINANCIAL WELLBEING

[INHS Still Accepting Applications for COVID-19 Rental Assistance](#) (Ithaca Voice)

Ithaca Neighborhood Housing Services' (INHS) COVID-19 related loss of income rental assistance program is still accepting applications. Residents can apply to receive up to three months of rent relief if they experienced a COVID-19 related loss of income and fall within the household income limits.

FOR MANAGERS

[Managers Are at an Increased Risk for Stress and Burnout – Here’s How to Fight Back](#) (Thrive Global)

“Instead of spreading yourself too thin, attempting to switch between tasks, and meet every demand of your team, block off focused work time, or as Su calls them, “power hours,” on your calendar each day. Su says scheduling these 90-minute blocks on your calendar will help you protect windows of time where you need to engage in tasks where clear thinking and focus are required.”

OTHER

Department of Motor Vehicles (DMV) Reservations Now Needed

Reservations only are available in all regions already in [Phase 3 of the New York Forward reopening plan](#). Reservations are only available for limited types of transactions that cannot be done online or by mail or drop box. Go to the [Office Locations page](#) on the DMV website. Check out a [list of transactions that can be completed online](#).

About the Wellbeing Update:

Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program. Explore [past editions](#) or email wellbeing@cornell.edu to ask questions, request assistance, or suggest a resource. Visit [HR Resources](#) for more details. Resources shared do not indicate an endorsement by Cornell University.