



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

August 24, 2020 Update - [Past editions](#)

FOR MANAGERS

[Supporting the Caregivers on Your Team](#) (Cornell Work/Life)

Sept. 1, 11-12:00 or Sept. 3, 1-2:00. Cornell families have been coping with tremendous disruption to their work/life experience since March. In this program, we will explore the complexity of these challenges and how to prepare for the disruptions that may impact caregiving plans and work this academic year. Learn strategies for evolving how and when work gets done to the betterment of the whole team, and the nuances of various forms of workplace flexibility.

FUN & LEARNING

[Virtual 4-H Duck Race & Compost Fair, Ithaca](#) (CCE Tompkins)

Sept. 13, 12-2:00pm. Purchase a duck chance or a flock of five for an opportunity to win prizes. The race will give participants the opportunity to join in the fun from the safety of their home.

[Rochester-area based employees: Annual Chicken Barbeque](#) (CCE Monroe)

Sept. 1, 1-4pm. 2449 St Paul Blvd. Cornell CCE Monroe County will be holding our famous Cornell Chicken BBQ on SUNDAY, September 9, 1pm-4pm. Tickets are \$12 a meal!

PARENTING

[Cornell Community Chat for Parents: Coping with Uncertainty, Self-Care and Stress Management](#)

Aug. 25, 2-3pm. Join us for an informal discussion about the challenges Cornell families are navigating, sharing unique ideas and experiences, and learning about resources and approaches for family life.

[NYC-based Parents: Preparing for the 2020-2021 School Year](#) (CCE Suffolk)

Aug. 25, 10-11am. The only thing we know for certain about the 2020-2021 school year is that it will be different than any other. While it may be difficult to plan for the unknown, there are things parents can do now at home to better prepare their children for whatever version of school they will have this fall. During this program, suggestions on how to prepare children for a return to school, virtual learning at home, or a combination of the two will be offered. Contact Kerri Kreh Reda, kkr5@cornell.edu

[Hiring a Nanny or Teacher? Learn to create healthy/fair agreements](#) (Domestic Employers Network)

Sept. 1, 8:15pm. Join this dialogue for hiring families, nannies, and teachers to get a better understanding of the new employment trends that are arising and how to establish a healthy and fair agreement that looks out for the wellbeing of all parties.

FINANCIAL

[Tenant/Landlord Rights and Responsibilities](#) (CCE Tompkins)

Sept. 10, 11am-1pm via Zoom. In this special Consumer Issues Presentation via ZOOM, New York State Assistant Attorney General, Michael Danaher, will speak for 45 minutes to 1 hour, covering a range of tenant-landlord issues as well as specific CoVid-19 tenant-landlord issues. Then from 12:00-1:00pm, he will then take questions that have been submitted via the Zoom chat box.

[NYC-Based Employees: Money Matters Workshops](#) (New York Public Library)

NYPL offers a variety of free financial education programs ranging from budgeting basics to mutual fund and investing. This is in addition to children's story hours, book clubs, career programs, etc.

ADULT CAREGIVING

[Understanding Alzheimer's and Dementia](#) (Cortland County Area Agency on Aging)

Sept. 10, 2-3pm via Zoom. This program covers the basics of Alzheimer's and dementia, explores the relationship between Alzheimer's disease and dementia, examines what happens in a brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, and offers helpful Alzheimer's Association resources. Call (315) 472-4201 x227 to register.

CULTURAL

[Life Every Voice: 250 Years of African American Poetic Traditions](#) (Schomburg Center for Research in Black Culture)

Sept. 17, 6:30-9pm. Library of America, in partnership with the Schomburg Center for Research in Black Culture, presents the launch of Lift Every Voice, a nationwide celebration of the 250-year-long African American poetic tradition. The celebration is anchored by the publication of the anthology, African American Poetry: 250 Years of Struggle and Song, edited by poet and Director Kevin Young.

[How to raise kids to be actively anti-racist](#) (Care.com)

Aug. 25, 12-12:45pm. The Rev. Dr. Jennifer Harvey, award-winning author, educator, and activist, will offer guidance on how to have constructive, age-appropriate discussions with children about race and racism. This live webinar – the second in a special series on talking to children about racial issues – will be hosted by Care.com CEO Tim Allen and will include a Q&A session.

PHYSICAL

Did you pick up the smoking habit recently?

As tension increases, it can be a trigger to return to old habits. If this has happened to you and you're thinking about quitting, [contact Ruth Merle-Doyle](#), Cornell Wellness staff, for a free virtual (by Zoom or phone) [tobacco/smoking cessation session](#). Not only will quitting be positive for your health it will also save you substantial coin.

MENTAL

[Your 'Surge Capacity' Is Depleted](#) (Medium)

[Coping with Grief During COVID-19](#) (Tompkins County Public Library & Hospicare)

Aug. 25, 4-5pm. This one-hour webinar will address the ways COVID-19 has affected our lives and will provide a chance for reflection and discussion of how we can cope with the many kinds of grief we are experiencing right now.

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.