



Photo: All three nestlings fledge at Cornell June 12-15 ([Twitter](#) & [YouTube](#))

June 15th Update - [Past editions](#)

Jump to:

- [Mental Wellbeing](#)
- [Anti-Racism Resources](#)
- [Physical Wellbeing](#)
- [Babysitters Needed](#)
- [Parenting](#)
- [Helping Others](#)
- [Community Involvement](#)
- [Financial Wellbeing](#)
- [Adult/Elder Caregiving](#)
- [Intellectual Wellbeing](#)

“I know how you feel...”

Cornell employees have been sharing with our teams the challenges they are experiencing with sensitive conversations at home and at work. This often includes conversations about grief and loss, politics, social distancing, workplace matters, and a recent increase in discussions about race.



Sometimes in our effort to build connection and understanding, we can inadvertently steer the focus away from someone who just wants to be heard. In a Sept. 2017 TED Ideas article, [Why we should all stop saying “I know how you feel,”](#) author Celeste Headlee explains, “Often subtle and unconscious, conversational narcissism is the desire to do most of the talking and to turn the focus of the exchange to yourself.”

Headlee offers suggestions on how to be a more considerate conversation partner, primarily by focusing on offering supportive responses instead of shift responses (which turn the focus back to yourself), being empathetic, and engaging in a conversational game of catch. As we have discussions at home and at work, it is important to be present, listen closely, and practice the art of supportive conversations.

MENTAL WELLBEING

Five-Finger Relaxation Technique

This technique is great for lessening anxiety, relaxing and building confidence. It only takes a few minutes to learn, and is actually very powerful. To begin, get in a relaxed position, close your eyes, breathe slowly and deeply.

1. Touch your thumb to your index finger. Recall a time when your body felt a **healthy fatigue**, like how you felt sinking into a chair after a day of hiking, playing tennis, swimming.
2. Touch your thumb to your middle finger and think of a time when you had a **loving experience** – when you felt a strong sense of closeness or connection.
3. Touch your thumb to your ring finger and recall the **nicest compliment** you ever received. Listen. Take it in. Try to really accept it now. By accepting it you are showing your high regard for the person who said it.
4. Touch your thumb to your little finger. As you do, reflect on the most **beautiful place** you have ever been. Let yourself soak in the environment – the colors, light, breeze, sounds, texture and smells. Allow yourself to stay in this place and dwell there for a while.



Source: University of Nebraska-Lincoln

[NYS COVID-19 Coping Circles](#)

Coping Circles are free six-week support and resilience groups, held by video or phone, facilitated by licensed mental health professionals. All Coping Circles will talk about managing stress, finding support, and enhancing resilience. Coping Circles will be held in Summer 2020. Facilitators are NYS-licensed independent mental health professionals. Multiple languages available.

ANTI-RACISM TRAINING & RESOURCES

Cornell is collaborating with a number of offices and departments to offer [trainings for staff and faculty](#) on the topic on anti-racism. Click on the title of each training to sign up.

[Why Are People Protesting?](#)

June 16; 2-3:15pm | June 19; 9-10:15am | June 23; 10-11:15am

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

June 17; 10:30-11:45am | June 19; 1-2:15pm | June 22; 10-11:15am

[Urban Policing: What's underlying the tension between black communities and police departments?](#)

June 17; 2-3:15pm | June 18; 9-10:15am | June 22; 2-3:15pm

A Congressional Conversation on Race and Justice in America

June 15, 5-6:30pm via Zoom. Join the Institute of Politics and global Affairs as they delve into perspectives by Members of Congress on policies which have brought us to the present crises including economic, law enforcement and justice inequities; as well as meaningful solutions. Open to the Cornell community, prior [registration is required](#).

[Raising Antiracist Kids – Empowering the Next Generation of Changemakers](#)

June 18, 5pm. With Ibram X. Kendi and Derecka Purnell. Admission ranges from Free-\$25.

Additional anti-racism resources:

- [Resources for Engaging in Conversations About Race and Anti-Racism](#) (Office of Faculty Development and Diversity)
- [Take Action Against Racism](#) (From the University Faculty, Office of the Dean)
- [Free eBooks about Anti-racism and Racial Justice](#) (Cornell University Press)
- [How to Build an Antiracist World](#) (TED Talk) with author and historian Ibram X. Kendi

PHYSICAL WELLBEING

[Adult Bicycling Classes](#) (Bike Walk Tompkins)

Do you need a learn to ride session or want to work on your basic bike skills? Do you want an orientation to skills for safe riding in traffic? Bike Walk Tompkins is offering individual adult bike skills sessions instead of group classes. Sign up here for a private session for individuals or two people residing in the same household. Free to \$25. [Information for NYC-based employees.](#)

[Cayuga Health Sampling Site](#)

Hours: M-F, 8:30AM - 4:00PM; Sat., 8:30AM - 12:30PM. To pre-register, call Cayuga Health at 607-319-5708 or visit the website. 2-1-1 is open from 8:30am–5pm to schedule rides to/from the Sampling Site. Find New York State testing sites outside of Tompkins County [here](#).

[Veggie Gardening 201](#) (Cornell Cooperative Extension)

June 24, 6:30-8pm, via Zoom. Attendees will learn about succession, companions, and interplanting.

Additional resources

- [Hikers urged to enjoy gorge trails, natural areas safely](#) (Cornell Chronicle)
- [How People with Cancer Can Stay Safe as States Reopen](#) (American Inst. for Cancer Research)

BABYSITTERS NEEDED

Do you know a caring individual looking for work? Full and part-time babysitters are in high demand!

Ages 18+

Potential caregivers ages 18 and older are encouraged to post a profile at Care.com and apply for positions posted by parents. Get started by going to [Care.com](#) and selecting “Find Jobs.”

Ages 14-17

Potential caregivers ages 14-17 years old are not permitted to create a profile at Care.com, thus we are encouraging teens to inform us of their availability and we will attempt to help Cornell families and teens connect (note: teens will not be screened nor are they endorsed by Cornell). [Learn more.](#)

PARENTING

Cornell Parents: Finding & Adapting to Summer 2020 Care Options

June 19, 1-2pm via Zoom. Participants will learn about existing campus/community resources (and how to best use them), what is known thus far about child care and summer camps for this summer, and strategies for managing work and family. Presented by Diane Bradac, Work/Life Consultant & Michelle Artibee, Director of Workforce Wellbeing, Cornell University. [Register](#)

Cornell Community Chats for Parents

Parents are faced with ongoing and new challenges, including concerns about health and safety; limited childcare options; the end of the school year; summer camps closed (or with their status in limbo); and – for some parents – the need to return to full time work on campus. At this stressful time, all of us are searching for reliable information, resources, and ways to plan for an immediate future that remains uncertain. We are offering the opportunity for parents of children in specific age groups to connect with one another to brainstorm, share ideas, and explore options. [Registration required](#). Log into CULearn and search for the course numbers listed.

- Wed, June 24 at 2:00 pm, parents with children ages 0-5 (HR3047-VLT-2020.06.24)
- Wed, June 24 at 3:30 pm, parents with children ages 6-12 (HR3047-VLT-2020.06.24.2)
- Thurs, June 25 at 9:00 am, parents with children ages 13-18 (HR3047-VLT-2020.06.25)

Tompkins County Summer Youth Employment

Beginning on July 1st, this program provides fun, educational summer work experiences for youth ages 14-20 in Tompkins County. Participants will have support and guidance from youth staff and participate in workshops on work readiness, labor laws, health and safety (including how to limit exposure to COVID-19), financial literacy, resumes and cover letters, interview prep, and more. Interested teens and young adults ages 14-20 can read more and apply [here](#).

STAY Tutor Program

Supportive Tutoring for Area Youth (STAY) provides 1 on 1 virtual tutoring sessions for K-12 students throughout Tompkins County to support the education of students during this period of remote instruction. Parents interested in having their student matched with a Cornell tutor should fill out this [form](#) or email Bethany Resnick, K-12 Program Coordinator at brr7@cornell.edu with questions.

Support Group for Parents with Special Needs Children

The Finger Lakes Independence Center is looking for parents of special needs children who may have found it hard to attend in person meetings in the past and are interested in a Zoom support group. Please contact Chelsea Hill at the Finger Lakes Independence Center at 607-272-2433 or Chelsea@fliconline.org for more information.

HELPING OTHERS

[Upcoming Blood Drives](#) (Red Cross)

There is an urgent need for blood and platelets. Donors can receive COVID-19 and antibody testing. Donate blood before 6/30 and get a \$5 gift card to Amazon.

COMMUNITY INVOLVEMENT

Absentee Ballots for Election Day

Governor Andrew M. Cuomo has signed legislation extending the deadline to submit absentee ballots until the day of the election. To be counted, primary ballots must be postmarked by June 23rd.

FINANCIAL WELLBEING

[Ithaca Tenants Union – Housing Hotline](#)

A resource for Ithaca residents seeking free legal advice about their rights and options. Students and pro bono attorneys collaborate in answering tenants' legal questions. Email the hotline at ituhousinghotline@gmail.com or call 607-301-1560. Cornell Law School and Engaged Cornell are participating in this collaboration.

ADULT/ELDER CAREGIVING

Medicare Basics Presentation from Lifelong

June 30, 4-5:15pm via Zoom. Medicare Basics is an introduction to the federally administered health insurance program that provides coverage to persons 65 and older, and persons under 65 who are disabled. The presentation will cover the ways someone can receive their Medicare benefits, how Medicare works with other health insurance, and financial-assistance options. [Join Zoom Meeting](#) - Meeting ID: 976 4191 7278, Password: 266114

Ithaca College Pandemic Resources for Older Adults

Students at Ithaca College created [resources and how-to's](#) for older adults to stay connected during the pandemic: food delivery, video calling, Netflix, meditation, spirituality, books, museums and more. Also check out the [technology resources](#) created by Ithaca College Occupational Therapy faculty and staff.

INTELLECTUAL WELLBEING

Book and Binge Bundles for Kids, Teens, Families & Adults (Tompkins County Public Library)

Visit <https://tcpl.org/YS-book-bundles> to learn more about bundles for younger readers and families and <https://www.tcpl.org/binge-bundles-for-adults> to learn more about binge bundles for adults.

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.