



EMPLOYEE WELLBEING at CORNELL

Weekly Update - May 26th
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Spring is finally in full force, giving us plenty of opportunity to soak in the sights, sounds, and/or smells of nature! As we all enjoy the season, it is important to continue practicing social distancing and wear masks or face coverings when we cannot maintain six feet of distance from others.

HONORING THE PAST, SHARING WISDOM FOR THE PRESENT/FUTURE

[Take a Virtual Tour of Veteran's Memorials at Cornell](#)

Cornellians who have served in the U.S. Military in times of war are honored by a number of memorials across campus. Browse the website compiled by the [Cornell Veterans Colleague Network Group](#) (VCNG) to learn about the various locations and those honored.

Help Collect the Advice of Elders for Getting Through a Crisis

Researchers at the Cornell Institute for Translational Research on Aging have been collecting lessons for living from elders for many years. In their original study, the [Legacy Project](#), they collected advice from over 1,500 elders. Following the Legacy Project model, they are gathering advice from elders who lived through a period of time of intense difficulty, trouble, or danger, to share wisdom to help others through COVID-19.



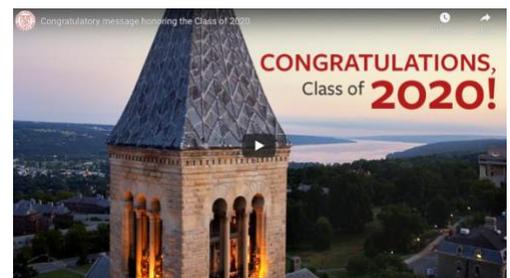
This is an opportunity to have powerful conversations with the elders in your family and community – to learn from them and help them share their wisdom with others. If appropriate, encourage children to also participate in the discussion.

Visit the [Cornell Crisis Advice Project](#) for details about conducting interviews and how to collect and share advice in writing and/or video.

ICYMI: President Martha E. Pollack congratulates and offers wisdom to Class of 2020 - [Watch video](#)

“I’ve always noticed that the most successful and happiest people I’ve ever known share two characteristics: one, is that they find ways to spend their lives focused not on themselves, but on other people; and two, is that they’re able to cope with and adapt to change.”

“Cornell is more than just a place. It is an ethos, a community, and it is who we are, wherever we are.”



FINANCIAL WELLBEING

[Advance Care Planning Workshop](#)

June 16, 4-5pm via Zoom. Sponsored by Tompkins County Public Library and Hospicare. Hosted by Dr. Lucia Jander and the Hospicare interdisciplinary team, the workshop will cover the importance of advance care planning; guidance in filling out Health Care Proxy, MOLST and other important forms; and how to start the conversation with families and loved ones. Registration required.

[Press Bay Friendship Food Pantry](#)

Mondays, 3-5pm. Free/open to all each week. Located at 110-1 W. Green Street in Ithaca. Customer choice model – bring your own bags and volunteers will place items in your bags after you choose.

PHYSICAL WELLBENG

Save the date! Cornell Wellness' Pick A Healthy Habit Challenge - June 8-28

Join Cornell Wellness for a 3-week event to foster a healthy, sustainable habit to improve your physical wellbeing. You will not need to be a Wellness member to participate. More information and registration coming next week.

[Join a Local Community Supported Agriculture \(CSA\)](#)

Local CSAs are a great way to maintain access to fresh, healthy vegetables all while supporting the Tompkins County agricultural economy. Support your local farms and get produce delivered to your doorstep or a safe pickup spot by joining a local CSA.

HIGHLIGHTS FROM LIVING ALONE DURING COVID-19

During a recent program geared for those who live alone, participants shared what they are doing to care for themselves, connect with others, and to create more boundaries. Fun highlights include:

1. Buying the same ingredients for a recipe that other individuals do (in other households) and share the results/have a virtual dinner party
2. Learning new bird songs with [Cornell's BirdNet](#)
3. Singing [Quarantine Karaoke](#) on Facebook
4. Using the video chat app [Houseparty](#) for a weekly game night with family
5. Enrolling in ["The Science of Wellbeing"](#) – a free Coursera created by Yale University
6. Participating in [Syracuse Trivia](#) via Zoom on Wednesday nights
7. Writing and mailing and notecard to a family member, friend, or colleague every day
8. Listening to new music
9. Writing a play about their experience
10. Tailgating dinner at a park with others, maintaining social distancing
11. Shutting off the wireless mouse and turning it upside down at the end of the day

HELPING OTHERS/POSITIVE NEWS

Mutual Aid Food Sharing Cabinets in Need of Donations (Ithaca)

Mutual Aid of Tompkins County has organized blue food pantries that individuals can host or contribute food/supplies to. To view a full directory and engage in Q&A about contributing, visit the

[website](#) and [Facebook page](#). Shelf-stable non-perishable food and items such as deodorant, soap, tooth paste, and sanitary items are needed as well. Questions? foodsharing@mutualaidtompkins.com

[Cornell Orchestra students mentor young musicians remotely](#) (College of Arts and Sciences)

“We are just a group of students who love what music has brought us, and we want to help our mentees have the same experience,” said Hannah Faulwell ’22, one of the mentors. “A little bit of individual attention goes a long way, especially when the goal of that attention is purely to inspire.”

[Opportunities to Volunteer Beyond Ithaca](#) (Cornell Public Service Center)

PARENTING

[Parents of High-School Age Children: Summers of Service - 2020 Internship Opportunities](#)

The Summers of Service Program provides paid summer internships of \$1,600 each for Tompkins County high school students. Internships will give high school students the opportunity to learn about the health and human services sector. Applications due no later than June 1st at 9:00 AM.

[Parental Resilience – Safe, Strong and Connected](#) – 2-Part Cornell Workshop Series

May 26th, 1-2:00 pm & May 28th, 9-10:00 am. With the cancellation of school, lack of childcare and camps and confusing re-opening plans for school, families have tough decisions moving forward with planning for June-Aug (and maybe beyond). Juggling quality time with children, relationships, work and home responsibilities under one roof 24/7 is a predicament for most working parents.

Part I: May 26th, Cornell Cooperative Extension's Anna Steinkraus, Family & Community Development Program Coordinator and Elizabeth Wolff, Family & Community Educator, will discuss safety, resilience, and social connections.

Part II: May 28th, Diane Bradac, Cornell's Work/Life Consultant, will provide updates on child care, summer opportunities, and school - discussing pros and cons of various options and the logistics of finding and arranging care.

Article: [How COVID-19 Will Shape the Class of 2020](#) (TIME Magazine)

MANAGING YOUR TIME & PERSPECTIVE

[Time Management While Working Remotely](#) June 3; 11 am - 12 pm or June 25; 1-2 pm

Learn about tips and tools to set you up for success during this unique time.

[Navigating Change](#) June 3; 1-2 pm or June 22; 11 am – 12 pm

The world and the Cornell community are experiencing extraordinary amounts of rapid change. Explore the five responses to change and share strategies that will help you navigate these uncertain times.

ENVIRONMENTAL WELLBENG

[Cornell announces moratorium on fossil fuel investments](#) (Cornell Chronicle)

“The Cornell University Board of Trustees voted May 22 to support a decision by its Investment Committee to institute a moratorium on new private investments focused on fossil fuels and to grow its investments in alternative energy technologies.”

Article: [How Sleep Can Make You a Stronger Leader](#) (Center for Creative Leadership)

About the Weekly 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.