



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

Nov. 30, 2020 Update - [Past editions](#)

## Grow Your Big Red Community

### **Request a Cornell Pen Pal with Big Red Writes!**

During the cold months and social distancing, spend some time getting to know a fellow Cornellian!

Cornell employees, retirees, students, alumni and K-12th grade children of employees are all eligible to request a pen pal (from a specific constituency, if preferred). Pen pals may choose email or USPS mail to correspond. [Learn more and request a pen pal today!](#)



### [Midday Music for Organ](#)

Dec. 2, 12:30pm. Annette Richards performs music for Advent and Christmas from Anabel Taylor Chapel.

### [Cornell Family Cookbook](#)

Recipes, tutorials, nutrition classes, and more. Share your favorite family recipe and enjoy those posted by other Cornellians.

### [Cornell Global Mixers](#)

Become friends with Cornellians around the world! Started as a platform for alums to connect, Cornell Global Mixers has expanded to anyone with a Cornell affiliation. Upcoming virtual mixers: Dec. 12, 9-10pm & Dec. 27, 2-3pm

## PHYSICAL

### [Take a 10 min. Survey About Time Spent in Nature and Enter to Win a \\$50 Grocery Gift Card](#)

Help Cornell researchers understand the role that nature or natural outdoor environments play in the health and wellbeing of Cornell staff and their families.

### [Employee Assembly Staff Forum: Cornell Health](#)

Dec. 1, 12-1pm. Join the EA, Director of Medical Services Dr. Anne Jones, Director of Occupational Medicine Dr. John Clarke, and VP and Chief Human Resources Officer Mary Opperman to learn about the current status of COVID-19 on campus, how to stay safe over Winter Break, and COVID Testing.



### [COVID-19 Supplemental Testing for Cornell Faculty and Staff](#)

Faculty and staff who are not currently approved to be on campus, and therefore not part of surveillance testing, may choose to participate in supplemental testing. To do so, log into the [Daily Check tool](#) and click on “Supplemental Testing.” This will allow you to schedule a time at an [off-campus location](#): Collegetown, downtown Ithaca or East Hill Plaza.

### [Scoliosis: What are the treatment options?](#) (Weill Cornell Medicine)

Dec. 2, 5pm via Zoom. Dr. Michael Virk (Neurosurgery) will be hosting the session, which will feature Dr. Kai-Ming Fu (Neurosurgery), and Dr. Daniel Pak (Pain Management).

### **For Cancer Patients & Caregivers:** [Fighting the ‘Infodemic’ of Misinformation](#) (Weill Cornell Medicine)

Dec. 8, 4-5pm. Antonio DeRosa, Program Lead, Decision Navigation + Patient Support, at Weill Cornell Medical College, will provide important tips and strategies for navigating the plethora of information about COVID-19 and how it relates to cancer patients.

## FINANCIAL

### [Document Shred](#) (Tompkins Trust Company)

Dec. 5, 9am-12pm, East Hill Plaza Parking Lot, Ithaca. Protect your identity and your finances by properly disposing of paper records.

### [Do you need a home energy audit?](#) (NYSERDA)

Learn what it involves, companies that perform them, and financial assistance options.

### [Energy Savings Tips for Winter](#) (CCE Tompkins)

Turn Your thermostat down five degrees. Each degree you lower saves about 2% on your bill. Read to learn about other ways to reduce utility costs in the winter.

### [Cornell Employee Emergency CARE Fund](#)

The fund offers grants of between \$200-\$1,500 to employees who have experienced a sudden financial hardship.



### [Temporary parking accommodation for A permit holders](#)

A-Lot permit holders may park in specific alternate areas now through Feb. 7, 2021.

### [Little-Known Grants and Loans for Veterans and Their Families](#)

(Next Avenue)

## MENTAL

### [Mental Wellness Challenge](#)

Dec. 1-11. Spend eleven days with Cornell Wellness focusing on bringing more mental wellness into your days. You will be given an activity or experience to try that will help you be more positive, healthy, and resilient. Complete all eleven days to explore the meaning of mental wellness.

**Watch: [Burnout - Causes, Symptoms, and Treatment](#)**

In this three-part series, Cornell wellbeing experts Dr. John Clarke, Kerry Howell, Jeremy Stewart, and Michelle Artibee discuss the realities of burnout and how to both prevent and treat it.

**Watch: [Working from Home with ADHD](#)**

Casey Benson, FSAP Counselor, interviews Keri Johnson, Wellness and Fitness Specialist, about the challenges of working from home with ADHD (Attention Deficit Hyperactive Disorder) and resources.

**[Support through the Seasons - Navigating Grief and the Holidays](#)** (Hospicare of Ithaca)

Grief can manifest in many ways, and it's important to acknowledge its impact on our physical and emotional health as the holidays progress. To RSVP call 607-272-0212 or email [events@hospicare.org](mailto:events@hospicare.org).

- **Winter Solace Community Memorial:** Dec. 6, 7pm. All in our community who are grieving are welcome to stop by for a time of remembrance during the busy holiday season.
- **Coping with the Holidays:** Dec. 9, 5:30-7pm. Holiday time can be difficult after the death of a loved one. Learn about ways to take care of yourself and honor your feelings.
- **Yoga for Grief:** Jan. 7, 5-6:15pm. Start the new year with self-care! Enjoy a gentle and peaceful yoga practice with Jody Kessler. No experience necessary.

**[Cornell Pet Loss Support Hotline](#)** - 607-218-7457

The hotline is staffed by volunteer veterinary students who have undergone extensive training with professional grief counselors.

**[Solo on the Holiday? Reach Out.](#)** (New York Times)

## CULTURAL

**[ONEcomposer: An Interview with Karen Slack, Soprano](#)**

Dec. 6, 4pm via Zoom. ONEcomposer is a commitment to the celebration of musicians whose contributions have been historically erased. Soprano and opera superstar Karen Slack joins the Sunday Speaker Series to discuss her career as a singer, entrepreneur, and star of the opera stage.

**[KidsLive! Author Program with Simran Jeet Singh](#)** (New York Public Library)

Dec. 9, 3:30pm. Singh is the author of the new picture book, "Fauja Singh Keeps Going: The True Story of the Oldest Person to Ever Run a Marathon". Simran will share what it was like to grow up as a Sikh child in Texas, what his life now is like, and what inspired him to write this book!

**[Dorothy Cotton Jubilee Singers Virtual Concert](#)**

Dec. 20, 3pm. The jubilee singers are dedicated to the legacy of Dr. Dorothy Cotton, the Education Director working with Dr. Martin Luther King and others in the American Civil Rights movement of the 1960's. Since 2010, the multi-generational chorus has shared the power of the Negro Spiritual. Free with pre-registration - donations encouraged.



## HELPING OTHERS

### [Ithaca Elementary Outdoor Gear Project](#)

Local outdoor classroom spaces will be underutilized if students do not have the gear they need to stay warm and dry, year-round, in all kinds of weather. The short-term goal is to raise funds to outfit 1,200 in-person learners with warm, waterproof boots, high-quality ponchos (to fit over winter coats), as well as snow pants for our highest-need schools.



### [Cops, Kids and Toys](#)

Cornell University Police Department is collecting donations through Dec. 8. Drop new, unwrapped toys in bins at Barton Hall and [other off-campus locations](#), or consider making a [monetary donation](#).

## OCCUPATIONAL

### [Time Confetti and the Broken Promise of Leisure](#) (Behavioral Scientist)

Ashley Whillans, assistant professor at the Harvard Business School, explores the fragmentation of time and the goal of working toward time affluence.

### [8 Tips to Help You Stay Focused and Engaged During Video Calls](#) (Thrive Global)

## LISTENING & LEARNING



### [Inclusive Excellence Podcast – Episode 29: Family Life & Wellbeing](#)

Hosts Anthony Sis and Toral Patel from the Dept. of Inclusion and Workforce Diversity speak with Michelle Artibee, Director of Workforce Wellbeing, about family life and individual/team wellbeing. Listen to their vulnerable and intimate conversation about what individuals and families are facing – and how to help.

### [The Benefits of Having a Sense of Purpose](#)

A sense of purpose is integral to the human experience, says Anthony L. Burrow, Cornell associate professor of Human Development. “Purpose is a forward-looking directionality, an intention to do something in the world,” he says. “It’s different than a goal, which can be accomplished. Wanting to be a father is a goal because it is achievable. But to be a great father is more of an intention than an achievement. On some days, one might come closer to the ideal than others, but it is never a completed task.” [Continue reading...](#)

### [Cornell Adult University Winter Session: A Season to Study](#)

Many participation options available, including weekdays, weekends, and evenings. Learn to evaluate wines, about digital photography, hip hop, brains, and so much more.

### [Cornell Staff Spotlight: Craig Wiggers](#) (Cornell Chronicle)

Read Craig’s inspirational story about self-exploration through biathlon training and writing.

### [Learning to Fly with Tommy web series](#) (History Center of Tompkins County)

Learn about the history of aviation in Tompkins County, the silent film industry, and America in the early 1900’s.

## PARENTING

### [Child Physical Health and Development During COVID-19](#)

Dec. 4, 10-11am. Dr. Jeffrey Snedeker, Pediatrician with Northeast Pediatrics of Ithaca, will explore how caregivers can help children and families stay healthy and thrive throughout the remainder of the pandemic, and address some of the more pressing questions regarding health and development.



### [Supporting Your Tween and Teen's Mental Health During COVID-19](#)

Dec. 11, 12-1pm. Marisa Matsudaira of Family & Children's Services of Ithaca will discuss teen behavior and development, how parents can build a connection with their teen/tween in today's environment, and how to support them through their sometimes difficult behavior.

### [Free Tutoring through New York Public Library](#)

New York Public Library [card holders](#) (all residents of NY State are eligible) can receive virtual one-on-one tutoring in subjects of math, science, reading/writing, social studies, and foreign language.

#### Recent Webinar Recordings:

- [Guiding Our Children Through Crisis: Mental Health Strategies for COVID-19](#) (eCornell)
- [Reimagining the Holidays: Making Memories During the Pandemic](#) (Pandemic Parenting)

## ELDER & ADULT CARE

### Alzheimer's Association presents: Effective Communication

Dec. 2, 2-3pm. Learn how communication takes place when someone is living with Alzheimer's, how to decode the verbal and behavioral messages delivered by someone with dementia, and strategies to help you connect and communicate at each stage of the disease. Call (315) 472-4201 x227 to register.

### [Senior Planet: Free virtual events](#)

Wellness classes, tech skills, and other workshops – free to those 60 and older.

#### Recent Webinar Recording

- [Palliative & Hospice Care](#)

## MANAGERS

### [How to Foster Resilience and Prevent Burnout](#) (Center for Creative Leadership)

“There will always be times when you need to pick up the pace of work and ask everyone to sprint. But to prevent burnout, these high activity times need to be balanced with periods of recovery. The key for any organization or individual to be sustainable and competitive over the long term is *balance*.”

#### About the Wellbeing Update:

Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program about campus and community resources, programs, and events. Explore [past editions](#) or email [wellbeing@cornell.edu](mailto:wellbeing@cornell.edu) to ask questions/suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.