



# EMPLOYEE WELLBEING at CORNELL

June 22<sup>nd</sup> Update - [Past editions](#)

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## Mid-2020 Pause to Reflect & Reset

*“We do not learn from experience... we learn from reflecting on experience.”  
John Dewey, Philosopher*

When the new year started, most of us had a vision for how the year would go. Alas, we have had to cope with an unexpected amount of uncertainty, fear, anger, and even grief/loss. Of course, there are challenges and uncertainty ahead as well.

As the halfway point of 2020 approaches, it is a good time to reflect on what has occurred thus far in our personal and work lives and consider how we'll each approach the second half of the year. Here are some questions to get you started.

### **Reflect**

1. What were my goals/priorities when I started this year? How did they evolve?
2. What challenged me?
3. What did I learn from these challenges?
4. Within the confines of coronavirus, have I used my time in a way that is consistent with my values?

### **Moving forward**

1. What are my goals/priorities for the next few weeks, months, etc.? How will I align my time to support them?
2. What is in my control, and what isn't? Of the events that are not in my control, are there things I can do to lessen my stress or anxiety about them?
3. How can/will I apply the things I've learned so far this year to the next six months?
4. What will I need from those around me (at home, work, in my community)? What will they need from me?

### **Related article:**

- [This Moment Is Our Opportunity to Change Our Relationship with Time](#) (Arianna Huffington)

## PHYSICAL WELLBEING

### Strawberry season is here!

Visit FingerLakes.com [list of U-Pick farms](#) in Cayuga, Chemung, Cortland, Livingston, Monroe, Onondaga, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, and Yates Counties. Growing berries at home? Check out this [Berry Diagnostic Tool](#), developed by Marvin Pritts, Professor, School of Integrative Plant Science at Cornell.

### Cornell Wellness Exercise Routines

It can be hard to figure out how to start, maintain, and/or enhance your level of fitness. Visit the Cornell Wellness [webpage](#) to continue your path to fitness and wellness. Learn about strength training, flexibility, balance, and running exercises that will fit the space you have available.

### Streets Alive! at Home Contest

[BikeWalk Tompkins](#) is holding a contest to inspire walking, biking, rolling, playing, and dancing in neighborhoods. The Streets Alive @ Home contest runs through July 31, 2020. Head over to the [website](#) to learn more, submit to the contest, or to nominate someone to win.

### Wild Parsnip - Don't touch!

With 5-foot tall flowering stalks of umbellate yellow flowers, [wild parsnip](#) can be found growing along roadsides, field edges and ditches across the Finger Lakes and NYS. It blooms in June and July. Don't pick the flowers or leaves! Compounds in the sap can cause a serious rash in some people. The skin will blister and form a dark red or brown discoloration that can last a year or more.



### Food Preservation Zoom Classes

Cornell Cooperative Extension Saratoga is offering a [series](#) of free food preservation classes taught by Diane Whitten, CCE Nutrition Educator and Cornell Certified Master Food Preserver. Up next:

**Friday, June 26, 11:00 am, Fermenting Vegetables:** Learn how easy and fun it is to ferment foods at home, including how to make sauerkraut and kimchi. This class will include equipment, tips and techniques for successful fermentation. Learn the health benefits of probiotic bacteria in fermented foods. [Register](#)

### Additional Resources

- [Diet and Exercise Treatment Reversed Diabetes in 61% of Patients](#) (Weill Cornell Medicine)
- [Food Assistance Programs](#) (Tompkins County)
- [Deciding to Go Out & Personal & Social Activities](#) (Centers for Disease Control)

## MENTAL WELLBEING

### #BreatheWithMe workshops by SkySchools

July 24, 8pm EST. SkySchools is offering a series of [free 1-hour restorative sessions](#) for the Black community and allies (held separately) that are facilitated by a collective of Black stress-management and wellness instructors. The sessions will help attendees explore individual journeys of trauma-relief and stress-management.

BREATHE  
WITH ME

Sessions are designed to be an open and safe space for sharing and self-care, facilitated discussion, breath work and meditation.

## CULTURAL WELLBEING

### Black Lives Matter Guide from Cornell Libraries

The intention of [this guide](#) is to provide information resources related to the BLM movement and its founding. Also, check out the [Resources for Supporting Protesters](#) guide.

### Talking to Kids About Race and Racism, a webinar by Care.com

June 24, 12-12:45pm. Dr. Beverly Daniel Tatum, a nationally recognized authority on racial issues in America and a clinical child psychologist, will explain how you can talk to and teach your kids about race, racism, and protests. [Register](#).

### LGBTQ Lunch & Learns

Planned Parenthood's LGBTQ Health & Wellness Program, [Out for Health](#) and the [Ithaca College LGBTQ Center](#) are pleased to present this online [workshop series](#), starting June 23<sup>rd</sup>, as a part of Virtual Summer of Pride 2020.

### Anti-racism Training Programs

Cornell is offering [trainings for staff and faculty](#) on the topic on anti-racism.

## FINANCIAL WELLBEING

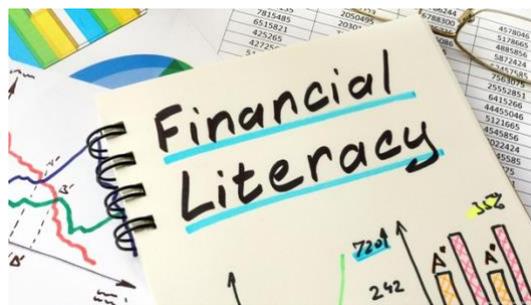
### Financial Information & Support Hotline, Cornell Cooperative Extension

The Financial Education helpline provides resources and assistance on Covid-19 specific financial related questions, as well as general information to support individuals as they manage their finances through the pandemic. Resources and information is available regarding emergency food and nutrition programs, tenant's rights, shelter and housing options and utilities assistance, budgeting, credit/debt relief, and financial literacy support. Call 607.272.2292 ext.120 - the call is free and confidential.

In a different NYS county? Check out [cce.cornell.edu](http://cce.cornell.edu) and search for your county extension office to learn about personal finance education and resources.

### Purdue University Personal Finance at edX

This free [five-week course](#) provides a deep dive into financial literacy. From a look at the time value of money to credit and insurance, you can expand your basic understanding of personal finance into the moving parts that make each part work in your favor. Taught by a professor of consumer economics, this course says it offers ready-to-use solutions for any stage of life. Note: edX offers "certificates" for many of its programs for an additional fee. You don't need to buy the certificate to access the course.



## EXPLORE & LEARN

### Summer Book Sale, Ithaca

The [Friends of the Tompkins County Public Library's Summer Sale](#) at 509 Esty St., Ithaca, opens Saturday, July 4, and runs for three long weekends. The sale is open to the public on July 4-6, 11-13, and 18-21.

### PocketSights

Check out self-guided walking, driving, and biking tours of Tompkins County! Download the free [PocketSights](#) app to access over 40 [tours](#) of Tompkins County, and countless tours around the world.

## ELDER & ADULT CARE

### Big & Mini – Helping curb senior citizen loneliness

The elderly have been among the most vulnerable to the COVID-19 pandemic—from both the virus and also the loneliness caused by social distancing and self-quarantining. With this in mind, a caring group of young adults created a group called Big and Mini, which pairs high school and college students with seniors for weekly, meaningful video chats. Know a “Big” that would benefit from this connection? [Sign up](#).

## PARENTING

### Summer Camp Information

The Tompkins County Summer Camp Guide is being regularly updated with summer 2020 information. [Check it out!](#)

- NYC – information on [virtual and in-person camps](#). Most will be virtual, though [Mill Basic Day Camp](#) in Brooklyn is opening on July 6.
- Geneva – [YMCA](#)
- Tioga County - [YMCA](#)
- Cortland County – [Lime Hollow](#), [YMCA](#)

### Cornell CUBS Camp begins July 13

Open to children ages 4-14. CUBS Pre-K (ages 4-5) will follow their own curriculum, tailored to younger kids and led by a certified Pre-K teacher. CUBS JV (ages 6-10) and CUBS Varsity (11-14) will have their own sports-based curriculum. All campers will spend as much of the day outdoors, as weather permits. The overall size of the camp has been reduced by 50 percent. Cornell working families will be given priority. [Details and registration](#).

### Ithaca Children’s Garden – Mud Week

June 27th is International Mud Day. The ICG is rolling out a whole week of muddy activities on [ICG@HOME](#). Celebrate nature through Mud Painting, Mud Magic, Muddy Science experiments, Muddy snacks... all in your backyard!



**STAY (Supportive Tutoring for Area Youth)**, a program of the Cornell Public Service Center Developed in response to COVID-19, STAY provides 1 on 1 virtual tutoring sessions for K-12 students throughout Tompkins County in an effort to support the education of students during this period of remote instruction. There are a limited number of STAY tutors and summer tutoring is available. Parents must complete [this form](#) or email Bethany Resnick, [brr7@cornell.edu](mailto:brr7@cornell.edu).

### **Cornell Community Chats for Parents**

Work/Life in Human Resources is 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)

### **Free Audiobooks for Kids and Teens**

[Audible](#) is offering free access to audiobooks for children and teens while schools are closed. Audiobooks are available in eight different languages.

### **Additional Resources**

- [Teens and COVID-19: Challenges & Opportunities](#) (Healthy Children)

## **HELPING OTHERS**

### **Women's Opportunity Center – volunteers needed**

Seeking groups/individuals to facilitate upcoming virtual panel events in Tompkins and Onondaga County. Topics: Interview Skills in Today's New Normal; Resume & Cover Letters, Financial budgeting during unemployment, Facilitate Basic Microsoft Programs or Google Suites. Contact (607)272-1520.

## **FOR MANAGERS**

### **[How to Spot When an Employee is Secretly Struggling](#)** (June 1, 2020)

By Dr. Thomas Hellwig, INSEAD Adjunct Professor of Organisational Behavior, and Caroline Rook, Lecturer in Leadership at Henley Business School

“Now, more than ever, every manager should become sensitive to the mental health of their teams, not to mention themselves. What managers need first and foremost is a set of tools to help identify when an employee is seriously struggling. They can then take appropriate steps to ensure the sufferer has access to the necessary resources, before the problem becomes so big that it's overwhelming.”

[...continue reading](#)



### **Are you concerned about the wellbeing of an employee?**

Contact the [Faculty and Staff Assistance Program](#) and/or your HR representative to receive guidance.

### **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](mailto: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.