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# CFAES News

**April 1, 2020**

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### **Staying well and calm in the midst of the COVID-19 storm**

**Wednesdays, 12:30 - 1:00 p.m. | April 8 - May 27**

This eight-week, online series will equip faculty, staff and students to build important knowledge and skills to sustain their well-being as we experience the impacts of the COVID-19 pandemic. Each session will be delivered by experts and will be accompanied by a skills-building activity that encourages participants to put into practice what they are learning from the content presented. The skills learned will build participant strengths to last well beyond the pandemic. Participants from Ohio State will earn YP4H points for joining at least seven of these sessions!

1. Stress Buster: Using Cognitive-Behavioral Skills to Allay Anxiety & Depression
2. Staying Physically Active While Home: Tips and Tricks
3. Be Here Now: Mindfulness Works!
4. Sleep Soundly During the COVID Pandemic: You Can Do It!
5. Physical Distancing and Loneliness: How to Stay Socially Connected
6. Building Resiliency Skills: A Necessity in the COVID-19 Epidemic
7. Eating Healthy In Stressful Times: Why it Matters
8. Gratitude and Positivity: A Dynamic Duo in the Midst of the COVID-19 Storm

Learn more and register at: [u.osu.edu/keepcalmcovid19](https://u.osu.edu/keepcalmcovid19)

### **Helpful Tips for Working from Home**

- Establish your routine. Work your normal hours. You can feel discombobulated if you don't keep your schedule.
- Your commute may have been a time to decompress. With your commute gone, use that time to take a walk or do something else to let go of work.
- When your workday is over, turn it off. Do something else. Get away from screens. Do things that can help you recharge. Once you have heard or

watched your fill of the news, turn it off.

- It might be helpful to put on your normal work clothes or choose a style that you want to wear every day.
- Set up a workstation that is separate from your living space or facing a different direction.
- Take stretch breaks. Go outside and get fresh air.
- Take your lunch hour away from your desk. Eat healthy foods at normal mealtimes.
- You probably aren't going to be as efficient as usual. This is not the time to be your own worst critic.
- Spend time with people that you can connect with, but also give your family space to recharge.

### Upcoming Event

- Virtual Group Fitness Classes: <https://wellness.osu.edu/buckeye-wellness-programs/buckeye-wellness-classes>

### Web Resources

- Strategies to stay strong, remain active and keep well during the COVID-19 pandemic: <https://wellness.osu.edu/covid-19-resources/stay-strong-active-keep-calm-covid-19>
- Keep Well-Well-being Resources for Employees: <https://hr.osu.edu/coronavirus/keepwell/>

### Food Safety and COVID-19

- <https://producesafety.osu.edu/covid-19>
- <https://www.usda.gov/coronavirus>
- <https://cfaes.osu.edu/news/articles/chow-line-food-safety-and-coronavirus>

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### Do you have a 3D Printer?

A University-wide effort is being coordinated to assess who all has a 3D printer. Those who may be able to use them in assisting in the production of PPE (Personal Protective Equipment) gear for local health professionals – please contact Michael Chakerian ([chakerian.1@osu.edu](mailto:chakerian.1@osu.edu)).

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### Workday Timeline Extended

Due to impacts of the COVID-19 outbreak on the university community, Ohio State leaders have extended the initial Workday implementation timeline by six

months. The university community must be focused at this time on patient care, online course delivery and other critical services. Enterprise Project leaders are developing a plan to accommodate new deployment dates in December 2020 and January 2021. Ohio State's Workday Student implementation, slated to begin in 2023, remains unchanged. [Learn more.](#)

If you questions on Workday, please contact one of the [CFAES Enterprise Project Change Ambassadors.](#)

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### **Update Your 9-1-1 Location Infor for Skype**

While working from home and not using the university network, be sure to update the Skype for Business "Set My Location" setting with your home address. Your location information within Skype for Business can be used to feed the **Emergency 9-1-1** system so that emergency services know how to find you. Updated location information may need to be re-entered each time your computer is rebooted.

Read Step-by-Step Instructions - [https://osuitsm.service-now.com/selfservice/kb\\_view.do?sysparm\\_article=kb05129](https://osuitsm.service-now.com/selfservice/kb_view.do?sysparm_article=kb05129)

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### **Annual Research Conference Canceled**

Given the rapidly changing events and travel restrictions occurring as a result of the COVID-19 pandemic, the Annual Research Conference scheduled for April 21st has been canceled. During these unprecedented times, the safety and wellbeing of our CFAES community is our top priority.

On a positive note, the Office for Research and Graduate Education awards CFAES scientists who have made outstanding research contribution in the advancement of sciences and technologies relating to food, agriculture, family, and/or the environment. **Please join us in congratulating the 2020 Faculty Award Recipients!**

Junior Faculty Researcher—Dr. S. Mažeika Patricio Sullivan

Senior Faculty Researcher—Dr. Monica Giusti

Innovator of the Year— Dr. Luis Rodriguez-Saona

William E. Krauss Director's Award—Joonbum Lee

**Poster Competition Update:** Thank you to everyone who submitted a poster to the 2020 CFAES Annual Poster Competition. All poster submissions will be judged as originally planned, with winners announced in April. We are working

out details to offer a shortened virtual event on Friday, April 24 with additional details to come. Please contact Kayla Arnold.1065 with any questions.

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### CFAES Master Plan Open Forums

The CFAES Master Plan Open Forums that were scheduled for Tuesday, March 31, 2020 have been postponed. These forums were being held in two locations, one on our Wooster Campus and the other on the Columbus Campus. More information on the rescheduled dates and times will be forthcoming. Virtual options are being considered and we look forward your participation.

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### Cybersecurity 4 You

New activities have been released on the [Cybersecurity 4 You](#) awareness platform! As you **LEARN**, you will **EARN REWARDS** like exclusive Ohio State merchandise, tech gifts or security tools. **With these new activities, you can now earn enough points to reach Level 4**, with more premium prizes available as you move up through the levels.

Personalized for you, these short articles, podcasts and videos provide quick actions you can take to protect your digital life. Sign in today at [c4u.osu.edu](https://c4u.osu.edu) and check it out!

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### Cybersecurity - Working Remotely

A new page has been designed to provide easy security tips for folks working remotely. Highlights include:

- 5 things to do first to secure your home office/computer
- **Improved instructions on how to change a password while not on campus**
- How to secure your home internet
- What data should be accessed but should not be saved on a personal device

Learn more at: <https://cybersecurity.osu.edu/cybersecurity-you/develop-safe-habits/working-remotely>

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### COVID-19 Telework and Online Learning Support

In an effort to respond to organizational needs related to COVID-19 and our transition to telework and online teaching and learning, the Extension Learning

and Organizational Development unit will be creating and curating resources here: <https://lod.cfaes.ohio-state.edu/covid-19>. Check back for daily updates.

Day, Date, & Time	Event	Instructors/Facilitators
Wednesday, April 1 1:00 – 2:00 p.m.	<b>Facebook 101:</b> With over 1.5 billion users, Facebook is the most used social media platform on the planet. In this session, we'll explore the basics of Facebook page management while offering tips and tricks for maximizing engagement.	Danae Wolfe
Thursday, April 2 1:00 – 2:00 p.m.	<b>InDesign 101:</b> InDesign 101 – InDesign is the premier graphics application for designing flyers, brochures, fact sheets, books and ebooks. This tutorial will walk through the core components of InDesign, including using the tool bar, placing and arranging photos and text, adding and deleting pages, using guides and changing display modes.	Cassie Dietrich
Friday, April 3 1:00 – 2:00 p.m.	<b>Canva 101:</b> Creating great social media graphics doesn't need to be complicated. In this session, we'll explore Canva as a simple and free tool to create branded graphics for social media and more.	Cassie Dietrich and Danae Wolfe

You do not need to register for any of these sessions. Simply show up and engage. Sessions will be recorded if you cannot make these dates and times. Log into this Zoom room for all sessions: <https://osu.zoom.us/j/634938327>

### Deadline Extended for Outreach and Engagement Grants

The Office of Outreach and Engagement will be providing grant funds through a competitive process to university faculty and staff to support program, performance, exhibition impact assessment, public policy review/development, professional development programs and professional conference or workshop participation. The deadline to apply has been extended to **April 5**. Grants up to \$10,000 are available. [Learn more.](#)



### Email Wellness Challenge

**April 6 – May 18, 2020**

Sign up for the Ohio State University Extension, Live Healthy Live Well 6-week Email Wellness Challenge. Two weekly e-mails will be sent directly to you from an OSU Extension Family and Consumer Sciences Professional.

During this six-week challenge you will consider ways that “time” affects your life. You will be encouraged to fill your plate ½ full of vegetables and fruits for two meals each day. For activity, you will aim for 30 minutes of movement at least 5 times a week. You will focus on strategies to improve sleep. You will also explore ways to enhance your work/life balance and enjoy more “me” time.

[Learn more.](#)

For more information, contact Lisa Barlage, [barlage.7@osu.edu](mailto:barlage.7@osu.edu) or Michelle Treber, [treber.1@osu.edu](mailto:treber.1@osu.edu)

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### Solve Climate by 2030: A Teach-in at Ohio State on April 7

Ohio State is joining a national conversation, [Solve Climate By 2030](#), which seeks to engage more than 100,000 students across the country in dialog about state and local climate solutions. Any Ohio State class or individual can join the “Ohio Power Dialog,” a webinar featuring Ohio climate experts who will discuss three ambitious but feasible things that need to happen in our state soon if we are to get on track to solve climate by 2030.

The three featured speakers are State Climatologist Bryan Mark, geography and Sustainability Institute affiliated faculty; Mark Shanahan from New Morning Energy LLC, which provides policy, financial and technical advice to advanced energy projects; and Alicia Smith from Freshwater Future, covering environmental justice as it pertains to climate change. This event will be held from **5 to 7 p.m. April 7** online using Zoom and can be used as a classroom assignment. Questions? Contact [Karina Peggau](#), education and outreach program coordinator at Byrd Polar and Climate Research Center.

Register:

<https://docs.google.com/forms/d/12ToagppF8t15ntwFaUvyqYlquXdMmy-2MedBE61ouaQ/edit>

<http://www.solveclimateby2030.org/>

<https://www.bard.edu/cep/>

email: [peggau.1@osu.edu](mailto:peggau.1@osu.edu)

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## **Engaging in Gardening Activities Despite Physical Limitations**

**Thursday, April 9th from 11:00-12:00pm**

**Location:** Zoom (link will be sent the day before the webinar)

This webinar is free and open to the entire OSU community. Registration required. [Register here.](#)

The CFAES Office of Diversity, Equity, and Inclusion is hosting a webinar on how to engage in gardening activities despite physical limitations. In this webinar, Laura Akgerman, Disabilities Services Coordinator for Ohio AgrAbility and Ohio State University Extension, will address a variety of physical limitations, especially ones that impact mobility, movement, strength, range-of-motion, and energy/fatigue. Learn good habits, techniques, tools, and Universal Design solutions to continue gardening with a disability, arthritis, low vision, or other age or health related conditions including how medications can affect sensitivity to sun exposure, dehydration, and energy levels. Special attention will be given to decreasing the risk of secondary injury; working smarter, not harder; and modifying your garden and the way you work to fit your ability, now and in the future. You do not have to stop gardening just because you have physical limitations! Registration required.

**Presenter:** Laura Akgerman ([Akgerman.4@osu.edu](mailto:Akgerman.4@osu.edu)) is the Disability Services Coordinator for Ohio AgrAbility and Ohio State University Extension. She is a two-time Ohio State University Alum, with degrees in English and Rehabilitation Services. She presents workshops on Gardening with Arthritis, Farming with a Disability, AgriTourism, and other disability related issues for Ohio AgrAbility and OSU Extension. She grew up outside Sunbury Ohio, was active in 4-H in Delaware county, and occasionally worked with her Dad and brother at Cherryhill Aquatics, the family waterlily nursery.

Please direct all questions to Dr. Leo Taylor(.3408), Program Director for Diversity, Equity, and Inclusion in the College of Food, Agricultural, and Environmental Sciences.



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**Webinar: An Overview of the OSU Employee Assistance Program (EAP)****Friday, April 10th from 1:00-2:00pm****Location: Zoom** (link will be sent the day before the webinar)

This webinar is free and open to the entire OSU community. Registration required. [Register here.](#)

The CFAES Office of Diversity, Equity, and Inclusion is offering a webinar about services provided through the Ohio State Employee Assistance Program (EAP) that can help staff and faculty manage stress resulting from the COVID-19 pandemic.

Are you struggling to adapt to all of the recent abrupt and dramatic changes? Are you experiencing anxiety, depression, financial stress, legal concerns, or other issues that are negatively impacting your well-being or productivity? The Ohio State University Employee Assistance Program (EAP) provides a large and diverse suite of free resources and services to help OSU staff and faculty cope with a variety of challenges. During this webinar, Suzanne Vickers from the EAP will provide an overview of the services available through the EAP including: counseling, legal assistance, change management, child and elder care resources and referrals, change management, financial counseling, and online resources. There will be time for questions following the presentation.

Please direct all questions to Dr. Leo Taylor(.3408), Program Director for Diversity, Equity, and Inclusion in the College of Food, Agricultural, and Environmental Sciences.

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**Daily Record: Best of the Best**

Voting is now open for your favorite local businesses and the Shisler Conference Center, Fisher Auditorium, Secrest Arboretum and OARDC are all in the running! Head over to the Daily Record website and vote for the **Shisler Conference Center and Fisher Auditorium as your favorite Event Venue**, as well as the **Secrest Arboretum and OARDC as your favorite local attraction**. You can vote everyday

between now and April 13<sup>th</sup>. Last year the Shisler Conference Center received second place by only 3 points, this year we'd love to be the Best of the Best!

<https://the-daily-record.gatehousecontests.com/2020-Wooster-Community-Choice/gallery?group=345077>

**Submit content to CFAES News**

CFAES News content requests should be emailed to Lora Vest [vest.62@osu.edu](mailto:vest.62@osu.edu). Please include a brief statement of importance of the content for faculty and staff.

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