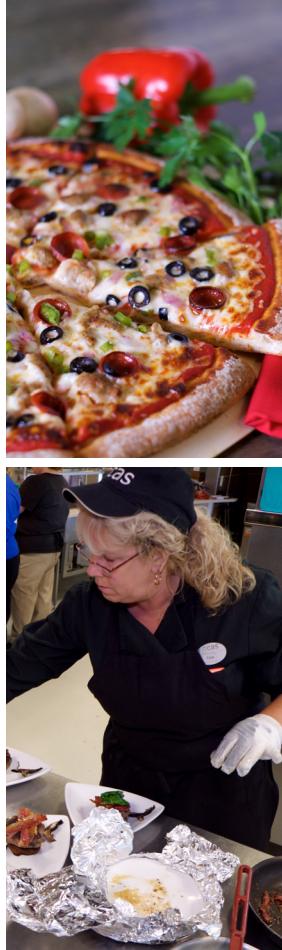




APRIL 2020

EMPLOYEE



NEWSLETTER



SHARING YOUR WORKSPACE?
Send us Your Photos | See Page 8

A Note from our Executive Director



On behalf of the CAS Executive team, we hope that you and your loved ones are healthy and coping well with the many impacts of COVID-19. We greatly appreciate all of the work that has gone into the past few weeks. We would like to convey how much we value how the CAS community has come together to support one another, as well as campus. Gestures such as sharing recipes, preparing and delivering food baskets, and starting fitness challenges are all important examples of helping our community navigate the months ahead.

In this monthly newsletter, you will see more examples of the community coming together, as well as information on resources that are available to you. We want to hear from you - how are you doing, how can we help, and what are some of the creative things you are doing to adapt to our temporarily distanced world? Best wishes to all, and we look forward to seeing everyone together again in the future.

Food Basket Pickup

Campus Auxiliary Services is providing food baskets for all CAS and Big Tree Inn employees who are not actively working as a result of the global COVID-19 situation. Food basket distribution continues weekly through May 29, 2020.



Basket locations are as follows:

Tuesday	1-2 P.M.	Tops	Avon
Wednesday	1-2 P.M.	MJ Loading Dock	Campus (no building entry)
Wednesday	1-2 P.M.	Sav-A-Lot	Dansville
Thursday	1-2 P.M.	Sav-A-Lot	Mt. Morris
Thursday	1-2 P.M.	Shur Fine	Livonia

For the safety of all employees, we ask that you remain in your car and baskets will be placed in vehicles for a no-contact delivery system. However, if you have a medical condition that puts you in a high-risk category and/or you are not comfortable leaving your home, please do not come to the delivery location yourself. Let us know in advance if you would like a family member or friend to pick up a basket on your behalf. Please call Jonna Anne at 585-314-1615.

Human Resources is available to help should you have any questions or concerns during this difficult time.

Please reach out to us at 585-245-5021

CAS Employees Giving Back

Featuring Tina Cook

Every day people live their lives by a schedule, with the same routine. What happens when, suddenly, your entire schedule gets turned upside down?

Tina Cook takes advantage of this time in some meaningful and enjoyable ways. If anyone knows Tina well, cooking is her first love, which is one of the reasons she loves working as a Chef Assistant for Campus Auxiliary Services. Secondly, she enjoys helping people.

Tina volunteers her time with Your Centers Home Care on Main Street in Dansville. There she lends her skills in the kitchen cooking meals that are distributed to local members of the community who are in need of assistance.

Additionally, she enjoys extra time at home and takes time to cook for her family more. One of her favorite recipes is gluten free, coconut lime rice. It is one of her daughter's favorites.

Try it for yourself!

Coconut Lime Rice

1 c. jasmine rice
¾ c. coconut milk
1 c. water
1 lime zested
1 tsp fresh lime juice
4 tsp minced fresh cilantro
salt/pepper to taste



Image courtesy of Tina Cook.

1. Rinse rice till it runs clear (gets rid of some starch so rice isn't so sticky).
2. Combine rice, coconut milk, water, and pinch of salt. Bring to boil then simmer and cook partially covered over low heat until liquid is absorbed (about 12-15 min).
3. Remove pan from heat. Fluff rice with fork and stir in lime zest juice and cilantro. Season with salt and pepper.

Shrimp

Peel raw shrimp leaving tail on. Set up 3 bowls: 1 with beaten egg, 1 with flour, & 1 with bread crumbs.

Dip in flour, then egg, then crumbs (for extra crunchy can double dip in egg and crumbs again) I don't double dip. Gluten-free bread crumbs work great for those with celiac. Deep fry in hot oil for 3-4 min tossing it over so both sides get nice & golden brown.

She would love to hear what you think of it. Send us your thoughts at cashr@geneseo.edu and we will share them with Tina.



My Better Benefits

Now through April 26th you can save when you either enroll as a new member or renew your membership at BJ's. New members can enroll for just \$24 for 12 months (regularly \$55—you save \$30). Renewing members pay only \$40 (you save \$15), plus you receive a '13th' month of membership for free. After April 26th, this offer won't be available until July 1-21st, so don't wait. This offer is not available in stores. Log on to mybetterbenefits.org and download the form!

If there's someone confined to their home who needs a bit of brightening to their day, why not send them flowers? Regardless of the occasion—Easter, Mother's Day, Sweetheart's Day, Administrative Professionals Day, National Nurses Day - MBB members save up to 25% floral deliveries nationwide. Place your order online, and your arrangements are put together and delivered by local florists—keep the economy humming!

My Better Benefits has partnered with Amazon for members to enjoy coupons on thousands of items each month, directly applied when you purchase through their website. Recently, members enjoyed a \$25 coupon on a \$49.99 Amazon Firestick—a 50% savings!

Log on to mybetterbenefits.org today to see what other great offers there are. Use our company ID #20206132.

Chipotle Lime Chicken

Eight 6-oz portions

4 lbs	Boneless chicken thighs-skinless	1 tsp	Sugar
¼ C	Lime juice	2 Tbsp	Vegetable oil
2 each	Chipotle peppers in adobo	½ each	Red onion, diced
4 each	Garlic cloves	1 Tbsp	Cumin
¼ Tbsp	Salt	½ Tbsp	Oregano

- Trim off excess fat from chicken thighs.
- Puree all ingredients (except chicken) in blender or food processor.
- Pour marinade over chicken thighs and store for 4 hours or overnight.
- Mark marinated chicken on flame broiler (if not marking on broiler put in 400 degree oven) and cook in oven for 18-20 minutes or until internal temperature reaches at least 165 degrees.

Chef's Recipes

Check Out Our Recipe Blog

wp.geneseo.edu/recipes/

'I believe that good food and proper cooking is the key ingredient to good health. No matter what we gain in life in terms of success, no matter how rich or poor, regardless of the accolades that come our way—I feel our health is what truly counts.'

From the kitchen of Wilson Castillo

Employee Assistance Program (EAP)

UR Medicine EAP services are provided to Campus Auxiliary Services employees and their family members at no cost. Some of the common reasons employees and their family members use UR Medicine EAP include:

- Depression and anxiety
- Grief and bereavement
- Family, marriage, and other relationship issues
- Domestic violence
- Drug and alcohol issues
- Eating disorders
- Child and adolescent issues
- Financial support
- Illness or disability

UR Medicine EAP professionals will evaluate you or your family member's reason for contacting EAP and recommend the appropriate support. EAP counselors can meet with you via secure video conference (see website below to learn more about EAP Telehealth). EAP services are kept private and are not shared with your employer or others without the written consent from you or your family member.

EAP can be contacted by calling toll free 1-888-764-3456, by visiting their website at: urmc.rochester.edu/EAP, or by emailing: eap@urmc.rochester.edu.

In an Emergency:

UR Medicine EAP professionals are available 24/7 for consultation during an emergency or a personal crisis.

Please contact the UR Medicine EAP Clinician On-Call at 585-276-9110.



EAP Live Webinar

April 21, 2020 | 9:30 A.M.

Please join us Tuesday, April 21st at 9:30 A.M. for a virtual orientation of your Employee Assistance Program (EAP) benefits!

You may join this presentation on a computer, tablet, or by phone with the link provided below. Once you join, you will be able to see the presenter and presentation. If you are calling in, we will make sure that audio is available for you to receive all of the information.

Since EAP services extend to those in your household, you are welcome to "attend" with your family members present. You are invited to ask questions.

The EAP clinicians want you to be aware of their services, especially during this COVID-19 pandemic.

We encourage you to download the free Zoom APP if you plan to use your phone or tablet.

Meeting URL

<https://urmc.zoom.us/j/9511468315>

Join by Telephone

1-646-876 9923

Meeting ID

951 146 8315

Hosted by

Lacy M. Morgan-DeVelder, MS, LMFT

Things to Do – Virtual Tours

Visit the San Diego Zoo

Many people count on the company of their furry friend at home, but others rely on visits to the outside world to view them. San Diego Zoo is offering live webcam viewing of pandas, penguins, and giraffes, to name a few.

Log onto zoo.sandiegozoo.org/live-cams to view the following:

- Baboon Cam
- Penguin Cam
- Panda Cam
- Polar Bear Cam
- Ape Cam
- Koala Cam
- Giraffe Cam
- Owl Cam
- Elephant Cam
- Tiger Cam
- Condor Cam

Check it out and let us know what you think by sending us an email at cashr@geneseo.edu.



Outback Koala Cam at San Diego Zoo



Giant Pacific Octopus Georgia Aquarium

Other Virtual Tours

In addition to San Diego Zoo, there are other virtual trips you can take. Here are a list of some others:

Georgia Aquarium

georgiaaquarium.org/webcam/beluga-whale-webcam/

Monterey Bay Aquarium

montereybayaquarium.org/animals/live-cams

Yosemite National Park

virtualyosemite.org/

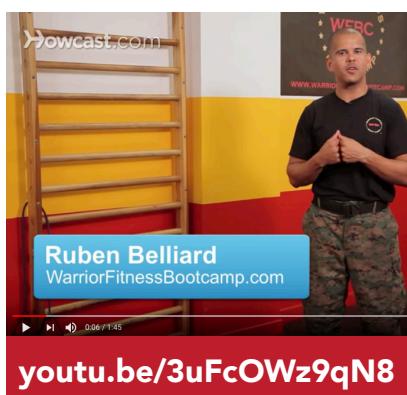
Yellowstone National Park

nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Rochester Museum & Science Center

(at home science experiments & activities)

<https://rmsc.org/component/k2/item/732-at-home-science?Itemid=1>



Dr. Heather's 30-Day Burpee Challenge!

Hello Friends! Looking for a way to stay active during this crazy time?! My household is starting a simple, down and dirty fitness challenge for the month of April, and I'm inviting all of you to join me! You don't need any equipment, and it can be done anywhere, and time. It's a 50 burpee a day challenge for 30 days. It starts April 1st and finishes April 30th.

You can break up the burpees however you like, as long as you do 50 a day. You can do these alone or as a family! Here's a how-to video if you've never done them (you can omit the push-up if you're a beginner). Let me know if you decide to join me and we can keep each other motivated!

CAS Employee Birthdays

2	Mike Graves	Letchworth
4	Candice LaJUett	Letchworth
9	Katherine Lefler	Human Resources
11	Christina Luongo	Mary Jemison
12	Traci Phillips	Student Association
15	Brandon Detlef	Red Jacket
16	Shawn Burnham	Red Jacket
17	Tammy Willis	Mary Jemison
19	Jackie Hatfield	Mary Jemison
23	Kacie Haynes	Marketing
25	Amy Milligan	Business Office
27	Debbie Buchanan	Business Office
27	Zach Gibson	Letchworth
30	Brian Johnson	CSC



Peer Messages

Miss you all! We are so fortunate that life is not too different for us here, we are used to being home, with the exception of me going to work! We have good neighbors, family, and friends keeping their distance while checking up on us. As you know me, I am always talking about my goats, so how can I not have a couple of photos?

Whenever the kids decide to come into the world, I will have more!

Best,
Barb Adams



Want to send a message to the team in next month's newsletter? Send us your story and let us know how you are doing

cashr@geneseo.edu

TAKEOUT

Now offering family-style meals in addition to our current menu options.

Open Daily 4:00 P.M. - 8:00 P.M.
585-243-5220 | bigtreeinn.com



WHO DO YOU SHARE YOUR WORKSPACE WITH?

SEND US YOUR PHOTOS
AND WE WILL SHARE.

cashr@geneseo.edu



Meet
BOMBAY
with Jonna Anne

Meet
**OPI (OPHELIA)
& GEORGE**
with Mat Felthousen

Meet
MACHU PICCHU
with Larry Mancuso

Meet
CHRYSTAL
with Joann Augusto

Meet
SPENCER
with Mallory Giambra

Which one of these pets doesn't belong to a CAS employee?

Answer: There is no pet goat.