

EMPLOYEE



Provided by Tammy Disalvo



Provided by Tina Cook



NEWSLETTER

LIVE STREAM YOGA

with Chef Ilana Cahill | Page 4





A Note from our Executive Director

As I considered what to share for this newsletter, it occurred to me that April 25th marked the two-month anniversary of my start date. That seems impossibly short, given all that has happened since. I know the same holds true for everyone reading this- we all have gone through life changes as a result of COVID. It has been remarkable to see the many positive stories of service and support that have come from what is otherwise an extraordinarily difficult time. Because I have not had the good fortune of meeting most of you yet, those stories tell me a great deal about the CAS community, and I am proud to be a part of it.

Geneseo, as with all Higher Education institutions, is actively working to determine how it will resume operations once restrictions are eased. It is too soon to predict what the fall

will look like, but it is likely that some aspects of social distancing will remain in effect into the fall semester. Committees have been formed to look at all aspects of campus life to make sure that campus reopens in a way that is safe, while also retaining the core qualities of the Geneseo experience that attracted students here in the first place. CAS is an integral part of that experience and is involved in those planning efforts.

In closing, please know that Geneseo, as a flagship in the SUNY system and in a region that is less affected by COVID, is in a good position to meet the upcoming challenges. That is not to say that it will be easy; it is to say that the caliber of the school and its people are tremendous advantages. I appreciate all your efforts to date, and into the future, in returning Geneseo to normalcy.

Mat Felthousen

YouTube

LET'S MAKE ICE CREAM

Watch it on YouTube »

Learn how to make homemade ice cream with **Jonna Anne, Mat Felthousen, and Larry Mancuso**



MOTHER'S DAY BRUNCH PRIX FIXE MENU

May 10, 2020 | 10 A.M. – 4 P.M.

Meals include appetizers to share, house salad, choice of entree, and rustic berry tart desserts.

Build your own bloody marys and mimosas. Ask about drink special details.

Visit us online for the full menu. Take out only. Accepting pre-orders through May 8th.



BIG TREE INN

bigtreeinn.com | Geneseo, NY | 585-243-5220

Employees Staying Strong

by Colleen Andress

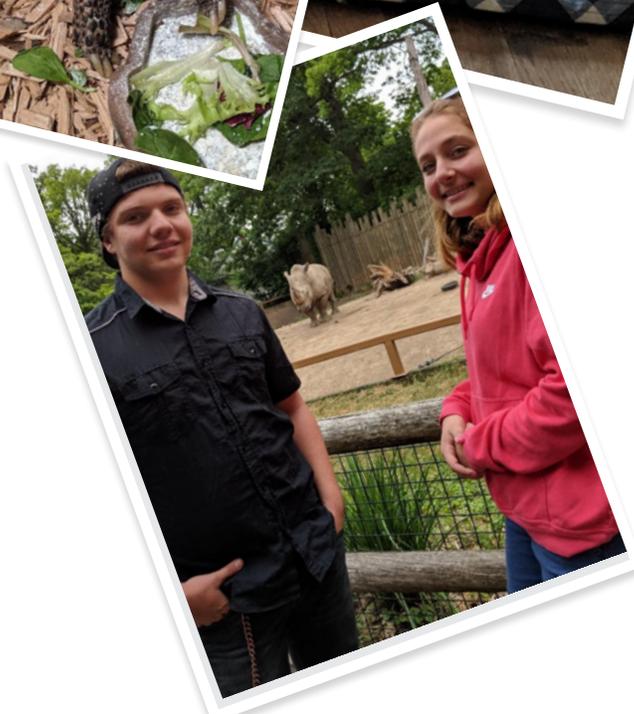
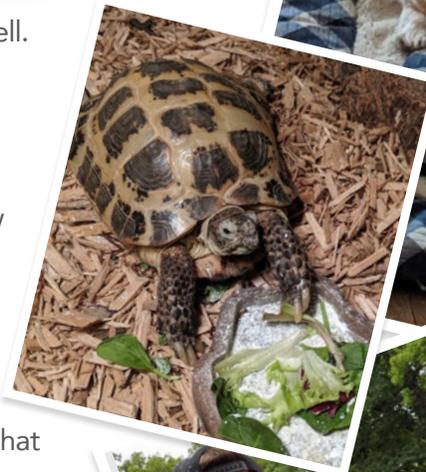
I was asked to write something telling you about what I have been doing, well here I go! My legs feel good from not standing and working so hard at work, but now I have numbness in my caboose from relaxing. To take care of the numbness someone has to do the dishes. I realize that I would love a dishwasher now, but sorry tree huggers—I love my paper plates and cups. Plus every day is laundry day! Where does it come from? There are only four of us, I will be putting a new washer and dryer on the list with the dishwasher. I have some advice when cleaning, be careful when using chemical products, accidents might happen and the smell will knock you out. I realize I do not want to cook any more. Between three meals a day and snacks; who said we need three meals? Really?!

To talk a little bit about my family, well, we are doing well. Online school has not been what it is all cracked out to be. My two kids, Kaleena and Kole, are both powering through it. Kaleena is trying to finish her junior year at St. Bonaventure and Kole is a senior in high school. My husband is still working (praise the lord) because I know we can get on each other's nerves. On the bright side, I have completed at-home projects while he has some time off from work. For my own sanity, I go on walks with my two dogs, Dixie and Smoke. I also give them baths as well as my pet turtle, George. They all think it's great that I am home, but what they don't know is that they will need animal therapy when I go back to work.

My CAS family, I miss you all and I hope everyone is well. I do not know about you guys, but for me I hope there will be training in August. They should call it "work and how to do it," I am going to need it. I hope everyone is staying safe and healthy! Stay strong everyone and we shall meet again... (in August)

Love you all!

Colleen Andress



Boredom Busters

NASA STEM Activities

Activities range from building foam rockets to solving space station emoji puzzles. Parents can download coloring sheets and books for younger kids.

nasa.gov/stem-at-home-for-students-k-4.html

Discovery Education

Free Virtual Field Trips—complete with companion guides and hands-on learning activities. For example, kids can explore polar bears and the tundra or take a look behind the scenes of the Johnson Space Center in Houston, Texas.

discoveryeducation.com/learn/tundra-connections/

Take a trip to Mars

Explore the surface of Mars on the Curiosity Rover. The site is in the middle of an update, but the 360° mode offers a great digital view.

accessmars.withgoogle.com/

Farm Sanctuary

This sheep barn camera is at the Farm Sanctuary in Watkins Glen, New York. They have a virtual tour of the farm showing some of their other animals.

youtube.com/watch?v=-xfGkgU9T2A&feature=youtu.be

Explore Africa with African Wildlife Cam

Learn more about the wildlife of Africa by checking out this African wildlife cam situated by a busy watering hole.

explore.org/livecams/african-wildlife/olifants-river

For the Kiddos

Highlights Kids Magazine

Fun games, recipes, crafts, and activities.

highlightskids.com/

Virtual Reality Video

Featuring the top 5 roller coaster rides.

youtube.com/watch?v=hNAbQYU0wpg

Get Up and Get Moving!

Go Noodle

Encourages kids (and families!) to get moving, whether that's dancing, meditating, or just jumping around!

gonoodle.com/

Fit Kids

Providing access to a curriculum that kids and adults can use to get active at home.

fitkids.org/homeworkouts



Live Stream Yoga

Chef Ilana Cahill invites you to her weekly, live-streamed yoga class on Zoom. Her one-hour class focuses on building strength and flexibility. As a participant you can move at your own pace and listen to your body while going with the flow. Each class ends with a special meditation.



Zoom Classes are held every Friday at 4:30 p.m. If interested, join via the Google invite, or contact Human Resources to register:

cashr@geneseo.edu



Employee Birthdays

2	Lindsey Czworka	Letchworth
2	Dianne Krenzer	Student Association
3	Marissa DioGuardi	Catering
6	Joann Augusto	Executive Office
9	Michael Farley	Facilities
10	Christine Pratt	CSC
12	Joshua McKenzie	Red Jacket
14	Kate Rebban	Student Association
15	Dr. Heather Carrera	Wellness & Nutrition
16	Marshall Forbes	Letchworth
16	Jessica Rodger	Letchworth
16	Keith Rosengren	Letchworth/RJ
17	Shawn Walczak	Facilities
22	Linda Gleason	Starbucks
26	John Lapp	IT
28	Sandra Gascon	Mary Jemison
30	Andrew Sass	Letchworth
30	Jeff Schlageter	CSC

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to the shape



Wearing cloth face coverings is required in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies.) This is recommended by the CDC and is currently a requirement of the state of New York.

Sewn cloth face coverings and no sew coverings fashioned from household items at low cost patterns are available on the CDC website at: [cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf)

QuaranTHEME Fun!

To make self-quarantining/ social distancing a little more fun, we're doing a themed dress-up photo in May, June, and July.

Dress up with your family (or by yourself) and send us a picture. We will put the pictures in the next month's newsletter. So come-on, let's see what you've got!!!



**Theme for May:
Wacky Hat and/or Outfit!**
Send your pictures to: cashr@geneseo.edu



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

Peer Message

Ashley Adrian

Introducing Kolton Oliver Volk, the best thing that has ever happened in my life! Came into this world on February 21, 2020 at 7:23 p.m., weighing in at 5 lbs 5 oz and 17 ½ inches long! He is perfect with no problems and scoring perfectly on all his tests!

A Message from Kolton, himself...

Mommy, my gram and I got to go see all mommy's friends at work before this virus got too bad! I loved meeting and seeing all the people and seeing where she works. All the coworkers just loved me! Gabriel, one of the student workers, was so excited to meet me! He said "I cant believe he's a tiny, little, alive human being!" Everyone just couldn't get enough of me! Thank you everyone for welcoming me with warming love into the world!

Ashley Adrian

Vegan Chili

Gluten-friendly, vegan, dairy free

"This chili is a super easy, healthy, comforting meal to make. Full of plant-based protein and fiber from beans, veggies and tofu. In this bowl lies everything I want in a good batch of chili. It's a one-pot wonder. Top with fresh avacado, cilantro, or sliced jalapeno, and serve with sliced lime and cornbread."

From the kitchen of Chef Charlie Metzger



Chef's
Recipes

Check Out Our
Recipe Blog

wp.geneseo.edu/recipes/

Medicinal Herbs by John Lapp

IMPORTANT: Please consult with your physician. This is a personal opinion piece.

Medicinal herbs have been around for centuries and are still used in many countries all over the world. Traditional Chinese Medicine (TCM) in China and nearby countries, Ayurvedic medicine in India, folk medicine in Europe, and the native people of Polynesia, Africa, and Latin America use medicinal herbs. Plant derivatives have been used in allopathic (Western) medicine, with examples being aspirin, quinine, and morphine. At one point, the United States had its Pharmacopeia of plant medicines. In 1978, The German Commission E was established and did extensive studies on herbs prescribed in Germany and throughout Europe, publishing monographs from 1984 through 1994, which are still considered valid.

I became interested in medicinal herbs and wild plant foods at 14 years old, when I wanted to learn about survival techniques and living off the land—before it was called “prepping”. It was difficult back then because the books had line drawings of plants with no color plates for identification. When I reached 18 and went off to college—life got in the way. I didn't truly revisit herbs until about eight years ago.

I fully immerse myself in medicinal herbs as an adjunct to allopathic medicine. In part, it's due to my background, which is in Environmental Studies, Geosciences and Chemistry. I enjoy digging into and absorbing information to fully understand the plants, including geographic origin, phytochemicals (chemical constituents), climate and soil types, as well as propagation techniques.

However, for those interested in starting out, you don't need to go into depth. You only need an interest in growing herbs. Many people grow culinary herbs, but are not aware (except some chefs) that Parsley, Sage, Basil, Rosemary, Oregano and Thyme have medicinal properties. I suggest picking an herb that interests you, and beginning there. Learn what the plant looks like; is it annual, biennial or perennial? What does it need for soil, sun and moisture, and nutrient requirements? Do research on its properties and what parts to harvest. Since you are growing something you will use to help your overall health and well-being, I strongly suggest you buy heirloom or organic non-GMO seeds and plants.

If you have questions and do not know where to turn, you may contact me (lapp@geneseo.edu), or Dr. Heather Carrera (carrera@geneseo.edu), our Nutritionist. She is also very well versed in herbs and their connection to medicine.



Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program can help you with heating and utility costs and certain essential heating equipment repairs. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.



You may be able to get Home Energy Assistance if:

- You receive temporary assistance
- You receive food stamp benefits
- Your income is at or below current guidelines
- You receive Supplemental Security Income (SSI)

HEAP may be able to help you if you heat your home with:

- Electricity
- Propane
- Natural Gas
- Wood/Wood Pellets
- Oil
- Kerosene
- Coal
- Corn

You may apply for HEAP online at mybenefits.ny.gov. Applying online is easy; applications are received by the agency right away, and allow the applicant to track the application and benefits. It is very important for you to keep current on your utility bills.

Interviews can be done over the phone as long as a HEAP application has been filed either through www.myBenefits.ny.gov or in paper form with the agency.

You should not wait until you are out of fuel to apply for HEAP. Let them know when you are low on fuel (less than a quarter tank). Non-utility fuel companies may charge a delivery fee if they deliver “off route” because you are out of fuel. This charge is deducted from your HEAP grant, so you will receive less fuel from your HEAP grant.

If you have a shut-off notice on your natural gas or electric, contact them prior to being shut-off. If your service is shut off, the company does not have to accept the HEAP grant to turn it back on.

Livingston County residents who are unable to apply online may call Department of Social Services at 585.243.7300. For more information and income guidelines, log onto otda.ny.gov/programs/heap/#income-limits



RELIEF FOR WORKERS AFFECTED BY CORONAVIRUS ACT

WHAT YOU NEED TO KNOW AND DO ABOUT THE CARES ACT

The federal CARES Act was signed. Insurance (UI) benefits and Pandemic need to know.



RELIEF FOR WORKERS AFFECTED BY CORONAVIRUS ACT

Pandemic Unemployment Assistance (PUA)

Pandemic Unemployment Assistance (PUA) provides payment to workers not traditionally eligible for unemployment benefits (self-employed, independent contractors, workers with limited work history, and others) who are unable to work as a direct result of the coronavirus public health emergency.

COVID-19 SCENARIOS	COVERED	NOT COVERED
Diagnosed with COVID-19 or with COVID-19 symptoms and seeking diagnosis	✓	
Member of household has been diagnosed with COVID-19	✓	
Providing care for family or household member diagnosed with COVID-19	✓	
Primary caregiver for child unable to attend school or another facility closed due to COVID-19	✓	
Unable to reach place of employment due to an imposed quarantine or because advised by medical provider to self-quarantine due to COVID-19	✓	
Scheduled to commence new employment and cannot reach workplace as direct result of COVID-19	✓	
Became major breadwinner because head of household died from COVID-19	✓	
Quit job as a direct result of COVID-19	✓	
Place of employment closed as a direct result of COVID-19	✓	
Self-employed / Independent Contractors / 1099 filers / Farmers -- and affected by COVID-19	✓	
Seeking part-time employment but affected by COVID-19	✓	
With insufficient work history and affected by COVID-19	✓	
Otherwise not qualified for regular or extended UI benefits and affected by COVID-19	✓	
Individuals that can telework with pay		X
Individual receiving paid sick leave or other paid leave benefits (regardless of meeting a category listed above)		X

[**labor.ny.gov/ui/pdfs/pandemic-un-](http://labor.ny.gov/ui/pdfs/pandemic-un-employment-assistance-act.pdf)

MORE INFORMATION:
See Frequently Asked Questions About UI
labor.ny.gov/ui/coronavirus-faq.htm
To apply for UI benefits file on these days:
Filing for UI benefits is based on your last r
A - F file on Monday | G - N file on Tues
Missed your day? File on Thurs-Fri-Sat

RELIEF FOR WORKERS AFFECTED BY THE CORONAVIRUS ACT

Pandemic Unemployment Assistance (PUA)

Pandemic Unemployment Assistance (PUA) provides payment to workers not traditionally eligible for unemployment benefits (self-employed, independent contractors, workers with limited work history, and others) who are unable to work as a direct result of the coronavirus public health emergency. Click below to download informational sheets.

- [Pandemic-unemployment-assistance »](#)
- [UI flowchart »](#)

Legislative Changes That May Impact Your Flexible Spending Account

Due to the growing need for change in response to COVID-19, government officials continue to consider options to help provide relief for Americans. The Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law recently which included a change that expands the list of eligible expenses for certain spending accounts. This new bill allows you to use certain spending account funds to purchase more items with less restrictions such as Tylenol, Claritin, Tamiflu, etc.



Which Spending Accounts Does This Impact? This section of the CARES Act applies to:

- All health savings accounts (HSAs)
- All medical flexible spending accounts (FSAs)
- Some health reimbursement accounts (HRAs)

If you have any questions about these changes, please contact the Lifetime Customer Service Department at 800.327.7130.

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

Monday – Thursday
8:00 a.m. – 5:00 p.m. (EST)

Friday
9:00 a.m. – 5:00 p.m. (EST)

WORKSPACE BUDDIES

SEND US YOUR PHOTOS AND WE WILL SHARE.

cashr@geneseo.edu

Meet **PATCHES & SOCKS**
with Catherine Cieri

Meet **CASPER WINSTON (BEEF)**
with Katherine Lefler

Meet **BOBO & CHANCE**
with Tammy DiSalvo

Meet **SAMMY & MAX**
with Andrew Sass

Meet **MORTICIA & LUNA**
with Keith Rosengren

Meet **ZELDA**
with Barb Adams

Meet **GRACIE**
with Dwayne Claud

Meet **TIPPY**
with Julie Poklinkowski

My Better Benefits

At 1800flowers.com you'll find the freshest flowers, beautiful plants, gourmet gift baskets, delicious snacks and treats, and more stunning selections to surprise your mom on Mother's Day! Deliveries are by local florists using "non-contact" methods. Order online at 1800flowers.com and save 20% by using the promo code MBB20.

Have a child's birthday coming up during this pandemic? Melissa & Doug Educational Toys are great for all ages! From puzzles to puppets, plush to play food, magnetic activities, music and more are available on Melissaanddoug.com. Melissa & Doug has something for everyone, with nearly 1,000 unique and exciting products for children of all ages! Recieve 15% off your first order when you sign up to receive Melissa & Doug's newsletter. Always free shipping on orders of \$49 or more every day.

Verizon offers more plans than ever before. Plans that allow you to mix, match, and save on the nation's preferred 5G network. Offering new unlimited plans starting from just \$35 a month.

Log onto mybetterbenefits.org today to view all the great offers. Use ID #20206132.



Defensive Driving Program

Online Class, Free to CAS Employees

The Defensive Driver class through Selective Insurance is a 4-hour course. The course is their most comprehensive online program. It contains defensive driving strategies that address the most dangerous driving situations and unsafe driving behaviors and attitudes. The course features adaptive curriculum—content tailored to the participant's profile, including age, gender, driving behaviors and attitudes, vehicle, and geographic location, based on a series of responses to questions asked throughout the course. Employees are encouraged to check their automobile insurance policy to see if it provides an insurance discount for participation in this class.

**To register, email cashr@geneseo.edu
Human Resources will follow up with log-in instructions.**

**Clean an
area of your
room
or house
each day**

#GENESEONUTRITION



Here's a Tip for Staying Healthy

From our CAS Nutritionist,
Dr. Heather Carrera

Pick an area of your house or room to clean and organize each day. By the time the quarantine is over you'll be done with your spring cleaning!

Check out more nutritional posts on social media.



@cassunyeneseo

Levison Award Nomination Date Extended

Submit your nominations by May 15, 2020

Each year, Campus Auxiliary Services awards members of the College or CAS' professional, non-teaching staff with the Levison Award of Excellence. This award was established to recognize those members who have been employed at either organization for more than seven years and who have consistently exhibited exemplary leadership skills and service contributions, have acted as a role model and mentor for others, and have been leaders on the campus not only in their job, but by actively participating widely in the campus community and the community beyond.

CAS is looking to recognize an individual based on the following criteria:

- **Performance** – Consistent high level of performance that results in a recognizable and meaningful impact on the organization (CAS and/or College)
- **Commitment** – Continuous involvement in supporting the mission of the organization (CAS and/or College) and achieving results that serve as a role model to other members of the campus community
- **High Standards** – Exemplary and consistent demonstration of personal qualities such as integrity, dedication, professionalism, and leadership
- **Contributions** – Specific examples of achievements that further the mission of the organization (CAS and/or College)



This recipient will have the honor of receiving the Levison Award of Excellence. They will receive a medallion and a check in the amount of \$250 from CAS. Nominations are to be submitted no later than May 15, 2020. For more information, visit our website at geneseo.edu/cas/levison-award You can find the nomination form here.