



JUNE 2020

EMPLOYEE



NEWSLETTER



A Note from our Executive Director

As we head into the third month of COVID-19 we are getting a clearer understanding about how we will emerge from pandemic protocols as a campus, state, and nation. SUNY campuses are working on flexible plans that will allow each to reopen in ways that are appropriate and safe for their region. Each plan will

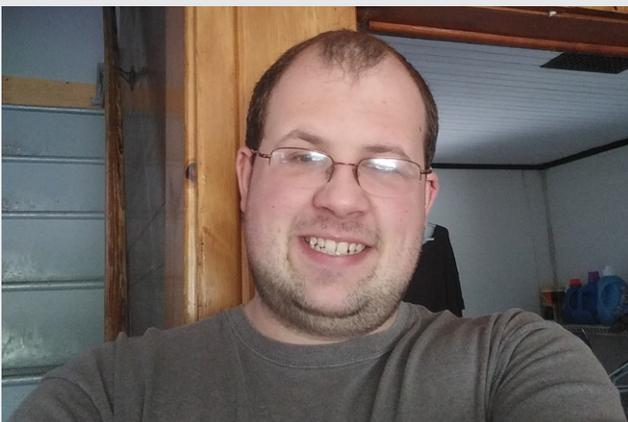
take into account three main scenarios: full density, reduced density, and no density. Campus subcommittees are outlining how all aspects of campus operations would look in each of the three scenarios, and CAS is working on policies and protocols that will fit within the campus plans.

The preferred approach and current plan for our campus is for full density to be in place for the resumption of classes on August 31st. It would mean normal occupancy of residence halls and in-person instruction, but would also include new policies and protocols to ensure the health and safety for all, such as distancing practices in accordance with federal, state, and local guidelines. Retail and restaurant/café operations would be in place with adjustments as necessary to ensure the safety of employees and the community we serve.

Reduced density would involve a lower occupancy of residence halls and shifting to hybrid models of online and in-person instruction. The extent to which reduced density will be in effect will depend on many factors, including recommendations from government agencies. Accordingly retail and restaurant/cafe operations would be in place but with reduced availability. As an example, dining areas may be reduced in seating capacity, or in-person service would shift toward online ordering and take-out protocols.

No density would mean no on-campus residency, and fully online instruction. In essence the final months of the spring semester were "no density". In-person services will be suspended or limited to appointment-only support models and based on necessity of the service for health, safety, or welfare considerations. A no-density scenario is expected to be the least likely to become reality in the fall; nevertheless we must plan for it out of an abundance of caution.

Mat Felthousen



Peer Message by Richard Johannes

During the time I've been home, I help my family out with chores around the house such as doing the dishes, running the dishwasher, doing the laundry, mowing the lawn, vacuuming the living room, and cleaning the bathrooms. I also got a Nintendo Switch™ Lite. I play it during my spare time when I don't have chores to do. I used to have a cat; his name was Frosty, but he moved on to a different place. My favorite memory from working at MJ's was the time I worked at the Ice cream bar and sold Ice cream and milkshakes to customers, and my other favorite memory has to be working on the line with my coworkers during the lunch period. There are a lot of things I miss about the campus, like seeing everyone at MJ and ordering my lunches on Fridays. I miss work because I like seeing my coworkers and meeting new people. I look forward to seeing everyone at the college again once we reopen.

Richard Johannes

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



Life's Reflections

by Erin Geiger

It's five years since I started my journey at Big Tree Inn. When I started, I had no real plan of staying long term, as I had no idea what I wanted to do. I was a stay-at-home mom for almost nine years. Being there for my kids and family was a top priority, and I needed a job that would honor that. I lacked confidence and lost a bit of who I was. I prayed for a place that I could be myself, a place I could fit in and where I could make a difference. Big Tree

Inn became a perfect fit. Over the last five years, I had some crazy experiences. I worked hard to challenge myself, stepping out of my comfort zone multiple times, sometimes on a daily basis. I had people question my abilities, which made me push even harder to prove that I can do anything I set my mind to. Everything I accomplished and experienced has helped me get to where I am today.

At one point, I felt I should have chosen a job that was more meaningful. I could never be a doctor or nurse as I'd pass out. When I started to look within, I realized I missed the point completely. It's not about putting people in a guestroom, answering the phone, or creating a banquet event order. It's about treating people with kindness and respect. It's about leaving people in a better condition than you found them. It's listening to the parent whose child is struggling in college who is scared and unsure what to do, but comes back to you and says thank you for caring. It's giving the grandma and kids hot cocoa in front of the fireplace after a long emotional day of putting a loved one in hospice. Allowing the friends who haven't seen each other in forever to stay a little while longer because their stories and laughter fill your heart. These are the things that you don't see. The select few co-workers who you connect with that become family and sneak into your heart. They make you laugh, tease you, lift you up, and inspire you to be a better person.

These are the things that I have missed the most over the last couple of months. If this time during the Corona Virus has taught me anything, it's to never take my life, and it's simple routines for granted again. Life can be hard and unpredictable. I'm not sure what the future holds, but I'm ready to make the most of it, to commit to the promise I made to myself, to live this life to the fullest, and that includes my job! As one of my favorite sayings goes, "today is a good day to have a good day!"

Erin Geiger



Thank You CAS

from Casey Parsons

I just want to let CAS know how much the weekly food donation has been so much appreciated. There has been a wide variety of offerings each week. It has been a help during these unfortunate times that we are all going through. Especially now, with the significant grocery price increase. We enjoy the meals provided or making things from the ingredients we are given. Again, thank you to CAS for this added feature during these difficult times. I love my job with CAS and am hopeful and looking forward to being back to work come Fall.

Casey Parsons



Mental Health by Chef Ilana Cahill

I'm stressed, what do you recommend?

Stress is a bear. When it comes on, it takes over. Sometimes it begins as soon as you wake up; sometimes it comes on later in the day. When it gets to its peak, try to recognize how you are feeling and remember it will pass. Try your best to refrain from negative actions. Instead, force yourself to do something that you are good at that also challenges you. In doing this, you will naturally give your ego a boost and in turn lessen the stress. For me, that's yoga. Some days I can't wait to get on my mat and others I have to force myself into my stretchy pants. Yoga requires consistent deep breathing and focus so even on my worst days it offers some relief. No matter how crappy I feel when I start, I feel better when I finish. The stress is not completely gone, of course, but it has lost its edge. Moving through a yoga flow also takes up time. Often by the time I finish up, shower and change back into my pjs (I have no other outfits nowadays) I have received a call from a friend or an email or text and I am reminded that life is not so bad. It's perfectly normal to feel stressed, especially right now. The only thing we can control is our reaction.



Something else to keep in mind, your funny bone is still intact and I'd say one of the strongest bones

in your body. Use it! Watch a funny movie. Listen to some comedy. Call a friend who makes you laugh. There is no lack of bad news and serious subjects in the world. There's also no lack of humor and it's up to us to find it these days.

I'm bored, do you have any suggestions?

There are a bunch of healthy ways to deal with your boredom. Writing helps me. I keep a journal and write little essays on the computer. I don't do anything with these essays but occasionally go back and read them. If nothing else, it's an interesting reflection of my state of mind at the time. I also have been getting into baking. Most likely, you currently have everything you need in your pantry right now to whip up a cake. Baking is deliberate and requires attention. It also takes up quite a bit of time between measuring, mixing, baking, cooling and topping your sweets. Added bonus, you get to eat your concoctions once they're done, which is pretty great! Maybe you can pick a confection to master and continue working on its nuances. Document your progress. Once you have mastered it, and this whole thing is over, I would be happy to share it with you! If baking isn't your thing, try another activity. Maybe you're a talented painter just waiting to burst on the scene. It couldn't hurt to try.

I can't sleep, what do I do?

I can recommend one thing when you are having trouble shutting down...wait and breathe. I find that when I can't sleep the frustration and anxiety of waking up fatigued only adds to the trouble. It's easy to let your thoughts race at night and to focus on the need for sleep. Spoiler alert: everything that is bugging you will still be there for you to worry about in the morning. Recognize what is bothering you and decide to deal with it the next day. Shift your attention to your breathing. Focus on long and steady inhales and exhales. Try to make them symmetrical, breathing in for 4 seconds and out for 4 seconds. When your mind starts to wander, bring yourself back to your breath; inhale, exhale, inhale, exhale. Your breathing is your highest priority...so just breathe.

Physical Health by Dr. Heather Carrera



I'm gaining weight, what can I do?

Stay active! I've been walking my dogs 1–2 hours every day. It's something they look forward to and remind me to do every afternoon, so it's hard to say no! Walking outside also lifts your mood, and squashes your appetite, so you're less likely to overeat.

I'm bored, what can I do?

We've been making use of our bonfire pit in the backyard—it's a great way to spend an evening after you've already been inside all day looking at screens. There's also nothing more relaxing than staring into a fire.

I've been eating a lot of fast food, what do you eat in a day?

Keep your food colorful! Make tacos with red tomatoes, purple cabbage, and green cilantro as toppings to make sure you're getting a variety of antioxidants and nutrients.



Employee Birthdays

2	Dale Eldridge	CSC
9	Mya Simmons	Letchworth
11	Rosann Galluzzo	Letchworth
12	Michael Kelly	Red Jacket
22	Justin Pike	Red Jacket
22	Anthony Schmeiser	Letchworth
24	Clarence Mitchell	Facilities
24	Mallory Giambra	Marketing
25	Daniel Anzalone	Letchworth
26	Tylor Gee	Fusion
27	Kenneth Barnhardt	Facilities
28	Joshua Wilber	Facilities
28	Dalton Ronci	Letchworth

QuaranTHEME Fun!

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 June:
Favorite Superhero or Villain
Send your pictures to: cashr@geneseo.edu

Calm is Contagious

Coping strategies in the moment to get you through:

[osu-stress-calm »](#)

SENSIBLE EATING

Reduce the amount of caffeine and stimulants you may be consuming. Schedule and take lunch and snack breaks. Eat the RAINBOW and keep a nutritious, balanced diet. Keeps healthy foods on hand, along with water and gum.

PUSH PAUSE

Take breaks and walk outside. If your concentration is off, take a break and do something that calms and centers you. Being cooped up inside can intensify isolation feelings. Identify a designated stop and start time for your workday and follow it.

RELAXATION

Deep breathing is one of the most effective relaxation techniques. It can be performed anywhere, anytime. Breathing helps reduce the stress in the moment. Visit: www.go.osu.edu/justbreathe.

Repetitive activities can also be calming, such as cleaning and organizing, playing solitaire, art expression. Take a minute to yourself, even if it is just one minute.

EXERCISE

Practice chair yoga, take a quick walk, do some jumping jacks in place.

COMMUNICATE

Tell someone how you're feeling and ask for help. Tell others when you are reaching your limit. Debrief after a difficult situation. Stay in touch via phone, social media, email, facetime.

REMIND YOURSELF

You are brave and empathetic enough to withstand this distressing time and you make a difference to each person you help. Affirm that you can and you will get through this.

Live Stream Yoga

Chef Ilana Cahill invites you to her **free** 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

Medicinal Herbs by John Lapp

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

In my last article, I provided some basic background on herbs. I forgot to mention one important item that my editor provided—this article is a personal opinion piece. Before attempting to use any herb for medicinal purposes, you **MUST** consult with your doctor. The phytochemicals in plants are natural drugs and can interact with medications. If you want to get preliminary information on what drug interactions can occur prior to consulting with your medical practitioner, go to: druginfo.nlm.nih.gov/drugportal/, [webmd.com](https://pubmed.ncbi.nlm.nih.gov/) or [drugs.com](https://www.drugs.com/). Many herbs and supplements are listed as well as their interactions. Now, on to more herbal information.

I hope you picked an herb and began to learn about it. You probably encountered terminology that was foreign. As with any new topic we explore, whether it be fishing, quilting or golf, there is terminology, and herbal medicine is no exception. You may have shuddered when you saw Latin. It is something to get used to with herbs, and it unmistakably identifies the plant. Now it is time to pick an herb.

Let us go with a culinary herb—something familiar and generally found at greenhouses and farm markets. I am selecting Rosemary for its familiarity and herbal benefits. The only thing you need for growing it are composted (organic) soil mixed with sand, a container (preferably terra cotta) and a sunny location. Do not let your eyes glaze over or your mind wander as I describe what is usually written in articles when researching an herb.

Rosemary (*Salvia rosmarinus*, or *Rosmarinus officinalis*) is a member of the mint family (Lamiaceae or Labiatae), a tender, woody perennial with fragrant, needle-like evergreen leaves and blue, purple, pink or white flowers, native to the Mediterranean region. In the warmer USDA growing zones (7-11) it is grown as a perennial, but is an annual here in Western New York (USDA zones 5-6). It is best propagated by stem cuttings, since seeds germinate very slowly. Rosemary grown in the ground does not transplant well.

In the garden, Rosemary prefers full sun (6+ hours of daylight), and good, well-drained sandy or sandy loam soil with pH being slightly acidic or neutral. Water evenly throughout the growing season but do not overwater. Companion plant with beans, cabbage, carrots and sage. Regularly fertilize with an organic fertilizer every couple of weeks. Harvest the tender tips as needed throughout the growing season. This will help the plant to bush out, but do not harvest more than 1/3 of the plant at a time. Pest diseases include aerial blight, bacterial leaf spots and several types of root rot.

At the end of the season, cut back and dry the plant, by hanging upside down in a cool, dry place or use a food dehydrator on a lower heat setting. Store in airtight containers in a cool, dry area.

Culinary uses include dishes with fish, seafood, pork, game, poultry, lamb, stews, sauces, vinaigrettes and soups. Preparations include an essential oil used topically and in aromatherapy, an infusion in vinegar, honey, wine or alcohol based tincture and dried leaves used as a spice or in a tea. Medicinal and health benefits include compounds that are antioxidant, anti-inflammatory, assist with dyspepsia, and neutralization of food-borne pathogens like *Listeria monocytogenes*, *Bacillus cereus*, and *Staphylococcus aureus*. Nutritional benefits include vitamins A, B-6, Folic Acid and C, with minerals Calcium, Iron, Magnesium, Potassium and Zinc.

The main chemical constituents are alpha-pinene, beta-pinene, myrcene, 1,8-cineole (eucalyptol), camphor, camphene, carsonic acid, rosmarinic acid, labiatic acid, ursolic acid, p-cymene, linalool, gamma-terpinene, alpha-terpineol, thymol and borneol. Drug interactions include interfering with Anti-coagulant drugs, ACE Inhibitors, Diuretics, Lithium and diabetic conditions.

I know that is a lot to chew—I actually derived the content from multiple sources and have left out material that is related to current research as well as common names and other minor topics. You will develop a method of recording information consistently and pertinent to you, to help with referencing each herb you study. This will become apparent as you see how other sites categorize the facets of the herb.

As always, feel free to reach out to me (lapp@geneseo.edu), or Dr. Heather Carrera (carrera@geneseo.edu), our Nutritionist.

Children at Home? FREE Kid-Friendly Activities

As many of us remain under stay-at-home orders, you may be looking for activities to do with your kids. The American Red Cross has some free activities on how to keep your children engaged while teaching them something valuable at the same time.

The Pillowcase Project (8-12 years old): Download resources like My Preparedness Workbook, posters and activity sheets in English and Spanish for kids to learn about home fire prevention and safety and other emergency such as tornadoes, hurricanes, floods, earthquakes and more.

Prepare With Pedro (4-8 years old): A complement to The Pillowcase Project, these materials are designed for kindergarten to second grade students. You can download storybooks in English and Spanish as well as a disaster preparedness activity book.

Monster Guard: Prepare for Emergencies App (7-11 years old): This is the first mobile app created by the Red Cross that's designed specifically for kids. They'll follow Maya, Chad, Olivia and all the monsters as they teach each others to prepare for emergencies in a fun and engaging game.

[Learn More »](#)

Shining Star—ANGELA O'GEEN

By DeDe Soper



I was displaced when Books & Bytes closed down due to the Milne library closing. I was placed in Letchworth Dining Hall, where I had no idea how to make their smoothies and pizza. The employees are wonderful and everyone made me feel welcomed.

Letchworth is so much different than Books & Bytes, but Angela took me in and helped me in every way, as did everyone else at Letchworth. Angela comes into work every day with a smile on her face and says good morning to every person. That is not always easy to do with the weather and the travel to get to work, in New York. Angela went out of her way to help me feel comfortable at Letchworth. She had more confidence in me than I had in myself, with some of the jobs there. I can not thank Angela enough for being there and doing a job that is not always easy. I would like to say thank you, Angela, for being you and for helping out the lost soul from Books & Bytes. I have gained a few great friends from Letchworth, so thank you to everyone.

DeDe Soper

Employee Shout Outs

Congratulations
**PAM
CONNOR**

CAS would like to congratulate Pam Connor on a well deserved promotion to Associate Executive Director & Business Officer for CAS!

Congratulations
**LINDA
GLEASON**

CAS would like to congratulate Linda Gleason on her new position as Lead Training Barista at Starbucks. She started her new role at the end of March! Welcome to Starbucks, Linda!

Essential Workers Can Obtain Free Child Care Through State Scholarships



Child Care Council Inc. to connect income-eligible workers with scholarships

During the COVID-19 crisis, income-eligible essential workers in Monroe, Livingston and Wayne counties can apply to Child Care Council Inc for scholarships to pay for the full cost of child care.

To qualify, families of eligible workers must have an adjusted gross income at or below 300 percent of the federal poverty level, which amounts to an annual income of \$78,600 for a family of four. Essential workers using a licensed or registered child care provider will receive a scholarship for the cost of care while New York state is on PAUSE, as long as the funds to support it are available.

The child care funding allocation for essential workers comes to the state from the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act, which has provided New York state with \$163.6 million in emergency relief to the child care system. New York state is using a portion of this funding to provide free child care for eligible essential workers.

"Child Care Council applauds Governor Andrew Cuomo and his administration for developing a plan to provide child care to essential workers at no cost," said Barbara-Ann Mattle, CEO, Child Care Council Inc. "Access to affordable, quality child care is a barrier for working parents during the best of times, and even more so during this crisis. The CARES Child Care Scholarship will ensure that children of the essential workforce are protected and cared for as they continue to serve the community."

Eligible essential employees can apply for a scholarship by contacting Child Care Council at CARES@childcarecouncil.com or 585.654.4720.

Council staff will contact applicants within one to two business days to gather more information and help identify a participating child care program or work with their current registered or licensed child care provider. The Council will use the collected information, including a signed verification letter from their employer, to establish that they are an essential employee, enroll them in the CARES Child Care Scholarship and ensure that the child care program gets paid.

Parents and providers also can access more details through the following:

Parent Application: This informs parents that the application will be considered complete once the online application and the required supplemental documentation is submitted to Child Care Council. It indicates that the scholarship is currently available through May 1, 2020, and/or as long as the funding remains to support the scholarship. [Learn more »](#)

For parents that currently receive subsidy from DSS to pay for child care, this scholarship can cover the parent co-pay. Parents should apply for the CARES Act Scholarship, and then contact their local Department of Social Services to get a letter stating their current co-pay.

Provider Information Profile (PIP): This Program Information Profile is an application for providers to accept CARES Scholarship recipients and payments. After completion of this profile, providers will be contacted by Child Care Council with further information about how they can participate in the program. [Learn more »](#)

Working From Home and Feeling Disconnected from Routines? What to Do?

The National Alliance on Mental Illness

Structure can help us feel more stable. When work routines change, it may help to create other routines that mirror what you'd usually do. Having a morning ritual can be a good way to start your day. Try activities that are healthy for your body and mind, like a walk (if you can), exercise, meditation, journaling, and eating breakfast.

Create structure around working from home:

- Dedicate a space to work with few distractions
- It may be helpful to dress in your work clothes
- Prioritize self-care activities during the day, take breaks, move your body, and have lunch
- Schedule times for work and times for breaks
- When working from home, it can be easy to work longer than usual. Instead, create a clear boundary between your work time and your after-work time.

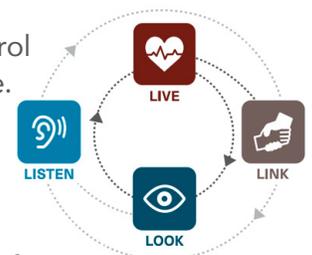
Not spending in-person time with colleagues can be challenging. This can be especially isolating for people with mental health challenges and people living alone. While nothing can fully replace seeing people in person, technology can be extremely helpful. When speaking with colleagues, consider using video, rather than just audio or emails/IM'ing.

Talk with your work colleagues about subjects other than work or COVID-19. Have virtual coffee breaks or virtual walks together. These breaks can mimic the casual interactions you'd usually have in person.

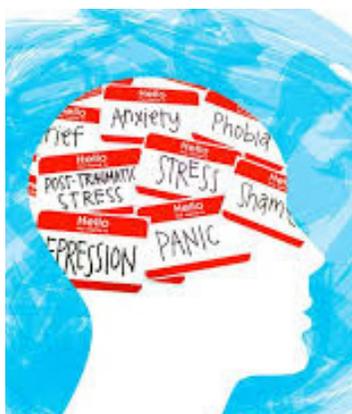
FREE Online Mental Health First Aid Course

We are close to three months into the COVID-19 pandemic, and while we cannot control much in this crisis, we can take action to help manage the challenges of day-to-day life. That's why the American Red Cross has developed a free Mental Health First Aid for COVID-19 course that can be taken online in less than one hour.

The course is designed to help anyone impacted by COVID-19 to build resilience and lend support to others during and after this time. Topics, developed with the expertise of the Red Cross Scientific Advisory Council and the Canadian Red Cross, include recognizing stress as well as caring for yourself while supporting your family and coworkers. We encourage you to take advantage of this free course—and share it with others.



[Learn More »](#)



How Are You Really?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. One in four people experience a mental health condition at some point in their life. Read stories of personal experiences with mental health challenges by Whoopi Goldberg, Chris Cuomo, Kendall Jenner, and many others on The Mental Health Coalition's website at thementalhealthcoalition.org/how-are-you-really/. You yourself could share your personal story and connect with others going through similar experiences.

My Better Benefits

In NY State, restaurants/food services and hotels/accommodations are scheduled to begin reopening in phase 3 of the state's plan. Phase 4 includes arts, entertainment, and recreation. There are no firm dates for these phases to be implemented at this point, but the earliest likely date for Phase 3 would be mid-June and Phase 4 at the beginning of July. My Better Benefits continues to stay in touch with the amusement parks, water parks, theaters, sports, and other venues throughout this pandemic. They will update their web site as information is made available.

Delta Sonic oil change operations are open at all locations. Delta Sonic car washes in New York are open to unlimited members only. All detail shops are presently closed. Oil changes purchased on the My Better Benefits website are \$23.00.

Hershey Park announced opening plans for early June but no specific date as of this writing. Disney and Universal Orlando theme parks and hotels in Florida remain closed while select venues at Universal's City Walk in Orlando are now open.

Sahlen's Six Hours of the Glen, originally scheduled for June 25–28, is rescheduled for the weekend of October 1–4. Discounted tickets are available on the My Better Benefits website.

The Finger Lakes Wine Festival, originally scheduled for July 10–12, is postponed to 2021 (i.e., they cancelled it for this year).

The My Better Benefits first FUN WEEK at Seabreeze, originally scheduled for June 25–July 2, will be rescheduled to a later date in the Summer, if possible. The August Fun Week with specially-priced Seabreeze tickets, August 3–9, is presently scheduled to go on as planned. Seabreeze is postponing pricing decisions on their Good-Any-Day tickets for the 2020 season awaiting the announcement of an opening date.

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



Using UR Medicine EAP When the Problem Isn't Yours

Reach out to your Employee Assistance Program for help with personal problems that aren't directly your own, but still affect you. Examples include mental illness that affects a relative, a close friend experiencing homelessness, a loved one or a friend you fear is at risk for self-harm following a tragic incident, etc. The employee assistance program can be a resource even if the problem isn't directly your own.

EAP@urmc.rochester.edu | 585.276.9110 or 1.888.764.3456
496 White Spruce Blvd. Rochester, NY 14623 | urmc.rochester.edu/EAP

NYS Unemployment Insurance

If you have questions about your unemployment insurance claim, or having trouble filing a claim, you should contact the Telephone Claims Center at 888.209.8124 during their currently expanded hours of operation:

- Monday - Friday 8:00 AM – 7:30 PM
- Saturday and Sunday 7:30 AM – 8:00 PM

Due to enormous call volume, there may be considerable wait time. Please be patient.

If you are a hearing impaired individual who is being assisted by another person, call the Telephone Claims Center at 888.783.1370; however, if you use TTY/TDD, call a relay operator first at 800.662.1220, and ask the operator to call the Telephone Claims Center.

Please note that the TCC staff cannot help you with issues related to your NY.gov account, such as difficulty logging in, changing your personal information or resetting your password. For NY.gov assistance, please call 800.833.3000.

Pandemic Unemployment Assistance (PUA)

Pandemic Unemployment Assistance (PUA) is a federal program that was included in the Coronavirus Aid, Relief and Economic Security (CARES) Act. The program provides support for Americans who are unable to work due to the Coronavirus pandemic, but do not qualify for traditional Unemployment Insurance (UI).

Through the CARES Act, if you qualify for PUA, you will also be eligible to receive:

Up to 39 weeks of PUA benefits. with an additional \$600/week until 7/31/2020.

The best way to apply is online at www.labor.ny.gov. DOL has a streamlined application that allows you to apply for either traditional Unemployment Insurance or PUA, depending on their eligibility. You do not have to complete a separate application for PUA.

CAS

NYS Employer Registration No.

8 6 0 6 7 1 3

Federal Employer Identification No.

1 6 0 7 6 8 2 6 0

Big Tree Inn

NYS Employer Registration No.

4 6 1 5 7 8 3

Federal Employer Identification No.

0 4 3 6 6 3 5 4 3

Composting Is Easier Than You Think!

Last year during our August training, Chef Ilana Cahill spoke to us about composting and its importance to our environment. Have you since considered composting? It is easier than you think!

Compost is a nutrient-rich decomposed organic material, known as “black gold” to gardeners, that you can add back into soil like fertilizer to help plants grow. Food scraps and yard waste together currently make up more than 33 percent of what we throw away taking up space in landfills and releasing methane, a potent greenhouse gas.

Composting requires four basic ingredients:

- Browns - This includes materials such as dead leaves, branches, twigs, cardboard egg cartons, and shredded newspaper.
- Greens - This includes materials such as grass clippings, vegetable waste, fruit scraps, corn cobs, crushed egg shells, tea bags, and coffee grounds.
- Water
- Oxygen

***Note:** Materials that should not be composted are meats, bones, fish scraps, oil, fat, grease, dairy products, diseased plants, or pet waste. Think twice before adding onions and garlic, as it is believed that they repel earthworms which are vital to your garden.



For compost, you need an equal amount of browns and greens to create a healthy mix. The brown materials provide carbon for your compost, the green materials provide nitrogen, and the water provides moisture to help break down the organic matter. Sprinkle water over the pile regularly, so it has the consistency of a damp sponge. If you are able to squeeze a little drip of water from the compost at the center of your pile, you're right on track. Your compost will begin to smell if you do not have the right combination—maybe your pile might be too wet or you might need to readjust your ratios of greens and browns.

Find a dry, shady spot in your yard and a bin (approx. 3'x3') that sits right on the bare ground so worms and other insects can crawl in from underneath. You will want a bin that latches or closes tightly to keep out critters. Place a pile of sticks or straw at the very bottom of the bin to help aerate the pile. Then start layering on your food scraps, yard waste, and other compostable materials in a lasagna type fashion. Be sure to lightly water each layer. The top layer should be covered well (4-6") with brown material to avoid your compost piles from being overrun by flies or other pests. Give it a stir every week or two, and that is it!



Image & Instructions from burpee.com



Jar Butterfly Feeder

Attract important and colorful pollinating butterflies to your garden with this easy-to-make jar feeder

What you need:

- A glass jar with lid (a spaghetti sauce jar)
- Twine or string
- Hammer and nail
- A washer
- Colorful silk flowers
- Sugar
- Sponge
- Hot glue gun
- Beads

1. Thoroughly wash and dry the jar and remove the label. Using a hammer and nail, puncture a hole in the center of the lid.
2. Cut a piece of the sponge to be $\frac{1}{4}$ inch thick and 1 inch long.
3. Insert the 1 inch piece of sponge into the hole you punctured in your lid so there is about a $\frac{1}{2}$ inch of sponge on the other side. If you have trouble squeezing the sponge through, use the nail to push it through to the other side. The sponge should snugly fit in the hole.
4. Cut two pieces of string or twine so that they are about 55 inches long. With the glass jar turned upside down, wrap each string around the base of the jar and double knot. The two knots should be opposite of each other.
5. Now that you have 4 strings extending from the jar, take 2 strings that are diagonal from each other and tie a double knot about halfway up the jar. Add beads as you go for decoration.
6. Repeat step #5, adding more beads, and now you should have knots at the top of the jar. This macrame-style structure will hold your jar.
7. Tie the 4 strings together and attach the washer.
8. Using the hot glue gun, attach silk flowers to the top of the jar to attract butterflies.
9. Make the butterfly food by mixing together 10 parts of water to 1 part sugar. Heat this mixture until the sugar dissolves. Allow it to cool thoroughly.
10. Add the food to the jar and hang from a tree branch or a shepherd's hook.

Local Food Pantry List

<p>Honeoye Community Food Pantry UCC Church 8758 Main Street, Honeoye, NY 585.721.0009</p>	<p>The Honeoye Community Food Pantry is an all-volunteer organization supported by the generous contributions of Honeoye-area residents and organizations. The pantry is open on the first Saturday of the month from 9:00 -10:30 AM</p>
<p>Lima Food Pantry 7329 E Main Street, Lima, NY 585.582.6787</p>	<p>Currently offering "delivery only" system. Those requiring food should call for delivery. Will deliver on M, W, or SA mornings. Provides a three-day meal food box/basket once a month. Required Documentation: Proof of address.</p>
<p>Geneseo/Groveland Food Pantry 31 Center Street, Geneseo, NY 585.991.8220</p>	<p>Call from the parking lot during normal times. Hours: TU, TH 10:00 AM – 2:00 PM & W 4:00 PM – 6:30 PM. Provides a three day supply of food. Proof of residence in Geneseo Central School District required; SNAP card requested.</p>
<p>Conesus/Webster's Crossing Food Pantry 6210 South Livonia Rd, Conesus, NY Conesus Town Hall 585.346.5581 (Jean Sparks)</p>	<p>Call anytime except Sunday. Provides an emergency food cupboard. No formula, baby food or diapers supplied. Food picked up at Conesus Town Hall provides foods for approximately a week. May be delivered in an emergency only.</p>
<p>Avon Food Pantry 108 Prospect Street, Avon, NY 585-358-1671</p>	<p>Closed but still providing deliveries. Call to arrange food to be delivered. Deliveries take place TU and TH. Required Documentation: Proof of address.</p>
<p>Nunda Food Pantry Keshequa School District Nunda Government Center 585.476.5954</p>	<p>Hours and days vary, call for information. Provides an emergency food cupboard. Food given once monthly. Food can be picked up on certain Saturdays at the Nunda Government Center. Delivered on an emergency basis.</p>
<p>Catholic Charities of Livingston County 102 Main Street, Mt. Morris, NY 585.658.4466 ext.13</p>	<p>Come to the door to receive a box according to family size. Deliveries for those homebound. Hours: TU, TH 9:00 AM – 12:00 PM, W 1:00 PM–3:00 PM. Food for three days. Proof of residency required.</p>
<p>Livonia Food Pantry 4213 S Livonia Rd, Livonia, NY Livonia Fire Department 585.346.6470</p>	<p>Provides an emergency three day supply of food. Clients pick up food at pantry. Delivery to shut-ins. Hours: TU, SA 10:00 AM – 12:00 PM. Required Documentation: Photo ID, Utility bill</p>
<p>Hemlock Food Pantry 4705 S Main Street Hemlock, New York 14416 585.245.4651</p>	<p>Visitors pull your vehicle up to the building and wait for a team member to bring out food. Please load into your own vehicle. Hours: Thursdays 10 AM – 12 PM. May obtain food every 30 days (will provide more on individual basis if needed). 5–7 days of food supplied at a time.</p>
<p>Dansville Ecumenical Food Pantry 41 Elizabeth Street, Dansville, NY 585.335.9030</p>	<p>Three days of food available once per month. Hours: M, W, F 9:00 AM – 11:30 AM. Proof of Income (DSS letter, Social Security letter, pay stubs). Proof of residency. No documents required if first time emergency.</p>
<p>Cal-Mum Council of Churches Second Baptist Church 957 George Street, Mumford, NY 585.509.4770</p>	<p>Provides a 7-10 day supply of food for those in need. Hours: 4th TU of month at 6:00PM-8:00PM. Appointments can be made in emergency situations. Required Documentation: ID, proof of residence.</p>
<p>Leicester Food Pantry 161 Main Street, Leicester, NY Leicester Evangelical Presbyterian Church 585.245.3448</p>	<p>Call for an appointment or delivery. Hours: M, W, F 3:00 PM – 5:00 PM. Delivery available for those who are homebound. Call for emergency assistance after hours.</p>
<p>Pavilion Community Food Pantry Pavilion United Methodist Church 11115 East Park Street, Pavilion, NY 585.584.3108 or 585.584.3815</p>	<p>Call for an appointment. For residents of the Pavilion & Wyoming Central School Districts. The pantry will be distributing food by pickup. Requested groceries are bagged to be picked up at the handicap entrance of the church.</p>
<p>Batavia Emergency Food Pantry Community Action 5073 Clinton Street Rd, Batavia, NY 585.343.7798 ext. 114 or ext. 116</p>	<p>Service Area: Genesee County. Emergency food is available for pickup at the back door. Hours: TU, TH 10:00 AM – 2:00 PM; please call ahead to ensure availability. Proof of income and ID required.</p>
<p>Caring About Perry (CAP), Inc. 6 North Main Street, Perry, NY 585.237.5924</p>	<p>Provides free food and personal care items when available. Hours: TU – FR 1:00 PM-5:00 PM, SA 10:00 AM – 3:00 PM. Names and birth dates required.</p>
<p>Warsaw Food Pantry United Church of Warsaw 10-22 South Main Street, Warsaw, NY 585.786.3868</p>	<p>Provides food pantry services to residents of Wyoming County. Hours: M & F 9:00 AM – 11:00 AM, TU 11:00 AM – 1:00 PM; last Mon of each month, 5:00 PM – 7:00 PM. Wyoming County residents call and ask to be transferred to the Food Pantry. Provide proof of residence (i.e. electric bill, photo ID).</p>

Spring Recap

Community Tailgate

CAS hosted a Community Tailgate event before a SUNY Geneseo Men's Ice Hockey game on January 4. The event featured traditional tailgate foods, including cheeseburgers, chili dogs, and fries, and offered attendees the opportunity to take photos with Victor E. Knight. Raffle tickets were available for purchase, and a variety of local businesses donated prizes. All raffle proceeds went toward adaptive bikes for KidStart, an Arc of Livingston-Wyoming Counties program designed to support families and the community.



We are excited to announce that we were able to raise \$270 for the adaptable bikes from all of the proceeds raised during this event. Thank you to everyone who came out and donated!



Made with Love

To celebrate the season of romance, CAS hosted the Made with Love event at Red Jacket Dining Complex. Guests indulged in delicious fare including fried oysters and bacon-wrapped chicken thighs (inspired by Hawaiian and Caribbean cuisine), Middle Eastern and Asian vegan-friendly options, decadent desserts including tiramisu and chocolate fondue. Many participated in a cookie decorating contest and prizes were awarded for the most-festive treat. Students lined up to have their photos taken with their loved ones in our hand-made photo booth. Attendees raved about the food offerings and loved spending time with the special people in their lives.



Andrew Sass

CAS employee Andrew Sass was featured in an article from the Arc of Livingston-Wyoming Counties for his commitment to diversity. Andrew came to SUNY Geneseo five years ago to enhance his social and educational skills, despite living with a disability.



Communicating with people hasn't been the easiest for Andrew due to a pervasive speech disorder that is part of his disability. However, he never allowed his life hurdle to get in the way of his success. About a decade ago, Andrew made the decision to move to Upstate New York from Long Island to be a part of SUNY Geneseo L.I.V.E.S. program. L.I.V.E.S. stands for Learning Independence, Vocational, and Educational Skills, and is a useful resource for many people.

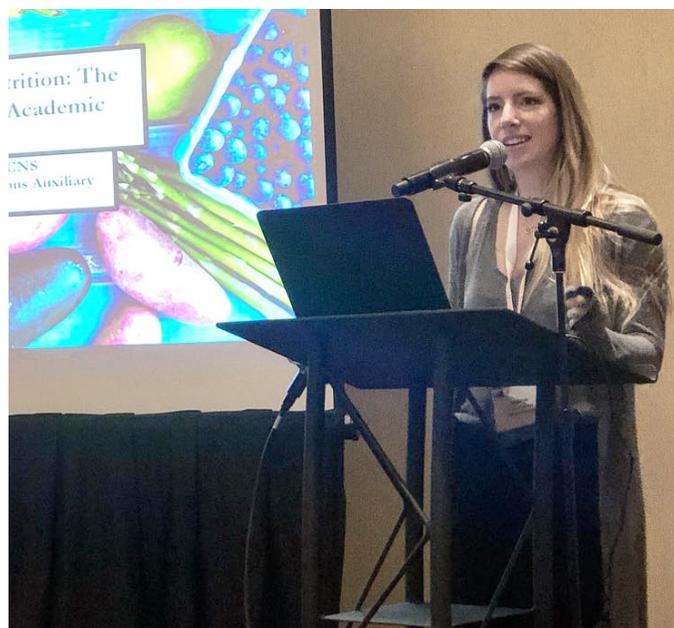
Upon coming to the Geneseo area, Andrew moved into an Arc-operated group home with seven other

people. After living there for some time, he made the decision to move out on his own. He first lived with a roommate and then moved to a single-person unit, where he currently resides.

After graduating from college, Andrew became a teacher's assistant at a day care and now can be found in Letchworth Dining Complex. Jeff Thomas from Arc of Livingston-Wyoming says Andrew really enjoys his position with CAS. "Andrew says that he loves his job ensuring that the Letchworth Dining Hall is clean and well stocked. But he especially enjoys interacting with customers, getting to know them, and learning about their diverse lives and backgrounds".

Andrew is a recent recipient of our diversity award, which recognizes individuals for embracing diversity within the workplace and the college community. He consistently goes out of his way to talk to students when he is working the dining room and so many of them seek him out to see how he is doing.

Thank you, Andrew, for all you do for CAS and the campus community!



Dr. Heather Carrera Presents at SASA

Dr. Heather Carrera, CAS Nutrition and Wellness Manager, gave a presentation on 'Integrative and Functional Nutrition: The Key to Healthy Student and Academic Success' during the annual SASA Conference. This conference is for fellow auxiliary services and provides them with vision, leadership and professional management resources. Great job, Dr. Heather!



Red Jacket Dining Complex Leadership Energy and Environmental Design (LEED)



Red Jacket Dining Complex has received a gold certification in Leadership Energy and Environmental Design (LEED) by the U.S. Green Building Council (USGBC). The USGBC is a member-driven non-profit whose mission is to transform the way buildings and communities are designed, built, and operated to enable an environmentally and socially responsible environment that improves the quality of life.

After a year-long renovation, Red Jacket re-opened in the fall of 2018. Upon re-opening, Red Jacket received a Silver LEED rating. Thirty-one percent of the materials used in the construction of the building was recycled, and sixty-five percent of waste collected during the renovation was recycled and diverted from the landfill. We worked with local furniture makers, Urban LumberJax and Staach, to furnish the dining and seating areas. The building features energy-efficient LED lighting, heating, cooling, and plumbing.

Since opening in the fall of 2018, additional steps were taken to bring the building from a Silver rating to the Gold rating. Facilities Director Clarence Mitchell says, "CAS strives to become LEED certified as it aids with energy conservation, a major sustainability goal. Our employees at Red Jacket reclaim most of the unit's waste rather than sending it into a landfill. We have our employees use our in-house pulper, which grounds up waste and dewateres the food that has been discarded. This process leaves our trash bins a lot lighter than they were at the end of meal services." In addition, Red Jacket operates a trayless dining system, collects compost, and works with local food vendors.

Red Jacket joins Letchworth Dining complex, our other dining location that has received LEED certification. This is another step forwards in our, and SUNY Geneseo's, commitment to sustainability.