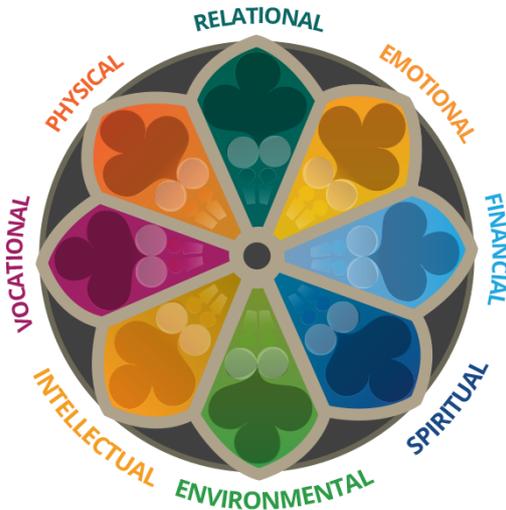


# GSD Staff News

## Community and Wellness Resources



### SAVE THE DATE

Save Friday, April 17th, 1 - 2 pm for another all-staff [Zoom session](#). Don't forget to [submit questions here](#) by Wednesday, April 16th.

### GSD COVID-19 Pulse Survey for Staff

Please complete this anonymous [survey](#) to help us better understand your experience working at the GSD during the COVID-19 emergency. Your feedback will help improve our support of staff during this unprecedented time.

### FSA and HSA Eligible Expenses

Under the federal CARES Act law signed on March 27, 2020, there are several changes effective for expenses incurred on or after 1/1/2020. Click [here](#) to learn more. Also, please note that due to the coronavirus emergency, the deadline to file for reimbursement for a 2019 FSA has been extended to June 1, 2020.

### GSD Producing PPE for Boston Hospitals

As featured in [The Harvard Gazette](#), the GSD Fabrication Lab began production of personal protective equipment (PPE) for local area hospitals on April 5, delivering its first run of 90 face shields to Brigham and Women's Hospital (BWH) just days later and expects to have produced components for about 1,000 face shields by the end of the week. Read more at [news.harvard.edu/gazette](#) or [gsd.harvard.edu/news](#).

### Financial

Financial wellbeing means being mindful of your financial decision making. Financial health comes from living within your means, differentiating between needs and wants, and managing short-term and long-term financial goals. Click [here](#) to learn more.

#### Harvard University Employees Credit Union

HUECU is committed to meeting the needs of our members during this challenging time. The COVID-19 pandemic has had far-reaching impacts in our lives. Many members of our community have experienced financial hardship as a result. HUECU is working on several fronts to provide relief and individualized assistance to every impacted person. Click [here](#) for some of the solutions we're offering members to help with the impact of COVID-19 including 0% APR hardship loans for HUETW members.

### #MoreJoyHarvard

Wednesday 4/15 | 12:00 - 12:45 pm Please Register [here](#)

#morejoyharvard is a cross-school employee team focused on bringing more joy to Harvard. Our team was awarded a 2019 President's Administrative Innovation Fund grant, and we are pleased to announce the live online launch of our effort next week on Wednesday April 15 from 12:00 noon to 12:45. The project was initially focused on creating Joy in the Workplace, but the challenges of the last month have of course brought us many new reasons to focus on joy, and many new ways to explore the intentional creation of joy.

The launch will feature a Zoom visit by Richard Sheridan. Rich, CEO and Chief Storyteller at Menlo Innovations, is a successful entrepreneur and author of two best-selling books: Joy Inc.: How We Built a Workplace People Love and Chief Joy Officer: How Great Leaders Elevate Human Energy and Eliminate Fear.

Please register by clicking on the [PDF](#) above or the link [here](#).

\*Shout out to Peggy Burns and Bonnie Campbell for being apart of the #morejoyharvard PAIF Team

### Applause Award

The GSD Reward and Recognition Committee is currently accepting Applause Award nominations for **February, March and April**. Please complete this [form](#) and email it to Lisa Plosker to nominate a staff member who you feel deserves special recognition for their work here at the Graduate School of Design! The Reward and Recognition Committee is made up of the most recent recipients of the annual GSD Dean's Award for Employee Excellence, and an ex-officio from human resources.

Please note that present and past committee members are not eligible for the Applause Award as well as staff who have received the Applause Award within the past 2 years. Staff must also be employed with the GSD for 1 year - please check with HR on hiring dates.

To view our past winners of both the Dean's Award and the Applause Award, please visit: [gsd.harvard.edu/resources/staff-awards-recognition/](#)

Sincerely, The GSD Reward & Recognition Committee Hal Gould, Tim Hoffman, Pilar Raynor Jordan, Rachel Vroman & Lisa Plosker

## Colleagues in Kitchens Getting Coffee



**Together with the Staff and Community Committee**, our colleagues Lindsey Cimochoowski and Shiona Sommerville are pleased to introduce **Colleagues in Kitchens Getting Coffee**.

**Colleagues in Kitchens Getting Coffee** is GSD's take on Jerry Seinfeld's roving talk show "Comedians in Cars Getting Coffee" (now on Netflix), see trailer on YouTube. However, in lieu of driving around aimlessly and visiting a local coffee shop as per the original series – because this would be socially irresponsible on so many levels – we'll chat from our kitchens, showcasing GSD's commitment to carbon neutrality and our unique coffee brew method of choice (tea drinkers also welcome!).

Each week, we'll pair up two, volunteer staff members for a 30-minute, 2-way, Zoom interview, with a staff member being interviewed by their colleague (for about 15 minutes) and then reversing the interviewer and interviewee roles (for another 15 minutes). We invite all colleagues to join in the kitchen to listen in on the conversation. Sample questions include: What superpower or talent would you most like to have? What is your favorite movie? Have you taken up any new hobbies while stuck at home? (Lindsey and Shiona have a playbook of possible questions to share with volunteers.) Playing off the "in kitchens getting coffee" theme, we'd like to ask that staff host their calls in their kitchen, at their dining table, or in their living room, sharing a coffee/tea drink of choice.

**We are welcoming volunteers for a future week! Please email Lindsey and Shiona with your interest so they can pair you with a colleague you've yet to meet or with whom you've yet to have a coffee conversation.**

**Please join us this week on Thursday, April 16 from 10:30 - 11:00 am for our premiere, Episode 1: Upping your At-home Coffee Game**, featuring Lindsey and Shiona, in their kitchens, getting coffee. Click [here](#) for the Zoom link.

### When to Wear a Mask

The CDC now recommends wearing a mask in some cases – a physician explains why and when to wear one. Read more [here](#).

### High Anxiety

Feeling like there's so much that you could be doing or should be doing since you're at home all day? Here's a wonderful article from the Chronicle of Higher Education on [Why You Should Ignore All That Coronavirus Productivity Pressure](#).

### Things Keep Getting Scarier. He Can Help You Cope.

A clinical psychologist and author whose books have sold over a million copies, Jack Kornfield is one of America's true mindfulness pioneers, a man who helped popularize the once-exotic practices he learned more than 50 years ago when he began training as a Buddhist monk. Read more [here](#).

### Stop Trying to Be Productive

The internet wants you to believe you aren't doing enough with all that "extra time" you have now. But staying inside and attending to basic needs is plenty. The main gist: "Know that you are not failing. Let go of all of the profoundly daft ideas you have about what you should be doing right now. Instead, focus intensely on your physical and psychological security." Read more [here](#).

### Socialize Remotely

The Office of the Vice Provost for Advances in Learning is pleased to share [Socialize Remotely](#), a University-wide platform designed to connect and catalyze cross-School online campus life. Since Harvard has transitioned to remote teaching, working and learning, Schools have rapidly adapted to offering a diverse set of remote campus life activities, and Socialize Remotely is here to bring people together across Schools to benefit from those efforts. You will find everything from yoga classes to timely gatherings like a [Pandemic Ethics talk with Michael Sandel](#). You can also post your own events directly to the site. Please see this [1-page overview](#) that describes what Socialize Remotely is and how it works.