

# GSD Staff News

## Community and Wellness Resources



### **Benefits Open Enrollment for 2021**

November 10-19, 2020

As always, Open Enrollment is your chance to review your Harvard benefits and make sure you're taking advantage of your options—medical, dental, and vision, as well as long-term disability, life insurance, legal plans, and identity theft protection. And remember—if you want a Flexible Spending Account for 2021 to help pay for medical costs and/or caring for a dependent, you must make an active choice during the Open Enrollment period. For more details, visit the [2021 Open Enrollment website](#).

### **Authentic Inclusion Drives Innovation**

Sponsored by the University Disability Resources, the Office of Diversity, Inclusion and Belonging, CWD Talent Acquisition & Diversity and HHR Affirmation Action.

October 21, 10 a.m. | [Registration required](#)

You are invited to this celebration of the 30th anniversary of the ADA featuring Frances West, IBM's first Chief Accessibility Officer. Frances believes that "human diversity is at the core of disruptive innovation. It calls for holistic actions across all parts of an institution to respect an individual human's ability to make a difference not in spite of, but because of their difference." This event will be live captioned.

### **Remote Work Ergonomics** **Harvard Environmental Health & Safety**

Working from home, like any office, can have benefits and barriers. The biggest barrier to successfully working from home is designating a space - physically and mentally - that helps establish boundaries for yourself and others. Below is more information and resources.

- [Commit to Working Well from Home](#)
- [Creative Office Pavilion: Ergonomic Solutions for the Home Office](#)
- [Red Thread/Steelcase: Working From Home Ergonomic Office Equipment](#)
- [Remote Workstation Ergonomic Tips](#)
- [Stretch and Flex: Not Physically Demanding Tasks](#)
- [Telecommuting Ergonomics Fact Sheet](#)

### **Diversity, Inclusion & Belonging Anti-Racist Resources**

National Hispanic Heritage Month is a period from September 15 to October 15 in the United States. Below are Latinx resources.

#### **ACTION**

- [Hispanic Heritage Foundation](#) is an award-winning nonprofit that identifies, inspires, prepares and positions Latino leaders.

#### **READ**

- Huff Post - [LATINX HERITAGE MONTH 2020](#)
- [The House of the Spirits](#) by Isabel Allende

#### **LISTEN**

- [Latinx Therapy](#), by Adriana Alejandre, LMFT | Conversations about Mental Health Myths and Wellness

#### **FOLLOW**

- [Latinx Parenting](#): Social justice and int'generational healing for Latinx familias

#### **WATCH**

- [The Kids Are Not Alright: The Mental Health Crisis Affecting Latina Teens](#) by Vice

#### **CONVERSATION**

- [9 Phrases Allies Can Say When Called Out Instead of Getting Defensive](#)

### **Anti-Racism Resources for the Workplace**

The Center for Workplace Development (CWD) has assembled a list of resources to learn how to understand and dismantle racism in the workplace, and support Harvard's mission to "be the world's recognized leader in sustainable inclusive excellence by fostering a campus culture where everyone can thrive." Read more [here](#).



KGA has assembled sources of information about COVID-19. Videos on, Managing and Supporting Others Who are Grieving, Grief in the Time of COVID, and Worry and Anxiety During the Age of Coronavirus. View and learn more [here](#).

### **Daily Guided Meditations** **Center for Wellness & Health Promotion**

Join us for a drop-in meditation! No experience necessary.

[Daily Zoom Meditation](#)

Tue/Wed/Thu

12:15 pm - 12:45 pm ET

Password: meditate

[Tuesday from 8:00pm - 8:30pm ET](#)



### **Annual Fitness Benefit**

Use your \$150 annual fitness benefit from [HUGHP](#) or [BCBSMA](#) for everything from gym memberships to weight-loss programs to—for this year only—online fitness classes or new or used home exercise equipment purchased before December 31, 2020.

### Harvard Training Resources on Zoom and Microsoft Team

The [Harvard Training Portal](#) is the University's platform for professional development. Live training is offered through Zoom and is led by Harvard University Instructors. Below are just a few offerings available:

- [Zoom: Getting Started](#)
- [Zoom for Schedulers](#)
- [Using Microsoft Teams](#)
- [Using OneDrive](#)



[LinkedIn Learning](#) @ Harvard (formerly Lynda.com) provides Harvard students and employees with over 15,000 on-demand courses on computer software, business, and creative skills from industry experts. Here are some of the offerings you can find in LinkedIn Learning:

- [Microsoft Teams Tips & Tricks](#)
- [Learning Zoom](#)
- [Tips for Working Remotely](#)
- [Learning Adobe Creative Cloud](#)



### Community Spaces for Affinity Groups

Tuesdays, Wednesday & Thursdays, 5:00 - 6:00 pm EDT  
Zoom link provided to [registrants](#)

DIB Leadership Council members are collaborating with practitioners from Counseling and Mental Health Services (CAMHS) to host Community Spaces for Affinity Groups starting next week. These spaces are part of a larger effort to support members of our community who are experiencing heightened anxiety in response to current events. Spaces will be hosted by affinity groups, allowing individuals with intersectional identities to attend multiple days. Register to attend Community Spaces for Affinity Groups. Register [here](#).

### Who Is 'Latinx' For?



The term "Latinx" is a hotly contested term in the community. Gender nonbinary and LGBTQ Latinxs say it's a gender-inclusive and neutral term to refer to individuals and the community. Learn more [here](#).

### What You Can Do Before Election Day



With Election Day right around the corner, we answer a question on everyone's mind—What more can I do in these final few weeks? In this episode, we offer suggestions on top actions you can take right now to make a difference before November 3rd. We also sit down with Krystal Ortiz, a director of NEWCO Strategies, who shares insight about strategic election-related volunteering options. Listen [here](#) to learn more.

### Welcome to the New Modern Love



Modern Love is a weekly column, a book, a podcast – and now, in its 16th year, a television show – about relationships, feelings, betrayals and revelations.

Love will sound a little different premiering Wednesday, October 14. Hosted by Daniel Jones and Miya Lee. Each week, they'll bring you their favorite stories, conversations with the authors and a few surprises and new episodes every Wednesday. Listen [here](#).

### COMIC: You're Wearing It Wrong! A Face Mask Safety Refresher

There are a lot of mask options out there. And their effectiveness can vary widely. By NNPR, here's a refresher on which ones are safer – and how to wear them properly. Read more [here](#).

