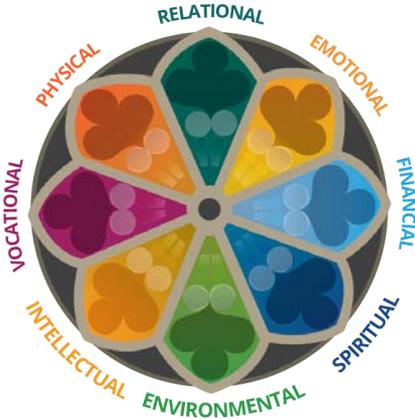


GSD Staff News

Community and Wellness Resources



Unemployment Insurance Fraud Assistance

Some employees are reporting that fraudulent claims for Unemployment Insurance have been filed with the state of Massachusetts in their names. This fraud appears to be on the increase.

Here's what you should do if you are a victim of this serious fraud:

- Report it to the [Massachusetts Department of Unemployment Insurance](#)
- Contact your [local HR office](#) to let them know and the claim will be marked as invalid by Harvard if you are still employed.
- If you have elected [Allstate Identity Protection](#) through Harvard (formerly known as InfoArmor), report it to Allstate Identity, the University's vendor for this coverage.
- Immediately contact the three major credit bureaus to place a fraud alert on your credit records: [Equifax](#), [Experian](#), and [Transunion](#)

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](#).

Employment Verification for Harvard Staff

Due to the historic low interest rates, Harvard staff are refinancing their mortgages and need employment verifications quickly. [Central Payroll](#) can handle this increase of activity and can provide an immediate response.

Need Proof of Employment:

Give the person needing proof of your employment the Harvard University Employer Code, which is 14392.

Income Verification:

Income verifications are completed by Harvard Payroll, not The Work Number. Verifiers should fax your income verification request to Harvard Payroll at 617-496-3196. Income verification requests must include a release from the employee. For any questions related to income verification, contact Harvard Payroll at 617-495-8500 and choose option 4.

Thank you!

In appreciation for all that you do, we are offering each staff member a complimentary pie through Community Servings this year in lieu of our annual thank you event in Piper. Don't forget to redeem your pie. Check your emails for a message from Community Servings (webmaster@servings.org).

Diversity, Inclusion & Belonging Anti-Racist Resources

ACTION

- [5 Ways White People Can Take Action in Response to White and State-Sanctioned Violence](#), by SURJ

FOLLOW

- [Black History Untold](#) Award-winning identity series that explores the importance of a comprehensive Black history education via revelatory stories.

READ

- [White Privilege: Unpacking the Invisible Knapsack](#), by Peggy McIntosh

WATCH

- [Our Mental Health Minute](#): A video series created by psychologists Riana Anderson and Shawn Jones to provide mental health resources for the black community.

LISTEN

- [Fare of the Free Child](#) podcast focuses on Black people, Indigenous people, and People of Color (BIPOC) families who practice unschooling and other forms of Self-Directed, decolonized living and learning.

CONVERSATION

- [How Can We Stop Prejudice in a Pandemic?](#): Recent studies reveal how knowledge helps defeats prejudice in the face of a health crisis.

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](#)



RADCLIFFE INSTITUTE
FOR ADVANCED STUDY
HARVARD UNIVERSITY

Antiracism in Higher Education: A Conversation with Ibram X. Kendi

November 18, at 4:30 PM | Register [here](#)

Join us for a discussion about antiracism in higher education with Ibram X. Kendi, the award-winning author of the New York Times bestseller *How to Be an Antiracist* (One World, 2019). Kendi, currently the Frances B. Cashin Fellow at Harvard's Radcliffe Institute for Advanced Study, will be joined in conversation by Radcliffe Institute Dean Tomiko Brown-Nagin and Harvard College Dean Rakesh Khurana, after which they will explore questions posed by current Harvard College students. Free and open to the public. To view this event online, individuals will need to [register via Zoom](#).



Center for Mindfulness and Compassion

In light of COVID-19, our Center for Mindfulness and Compassion is offering free guided daily online practices. These practices are secular and open to all. Over 20 teachers are offering sessions in mindful movement; bringing kindness to our stress, anxiety, grief and fear; supporting care giving during this difficult time, and expressing appreciation and love for each other. [View the schedule and register for classes.](#)



The ARNOLD
ARBORETUM
of HARVARD UNIVERSITY

A 281-acre preserve in the heart of Boston, the Arnold Arboretum of Harvard University stewards one of the world's most comprehensive and best documented collections of temperate woody plants, with particular focus on the floras of eastern North America and eastern Asia.

Explore [Harvard's Arnold Arboretum](#) — an open-air museum of trees — with its [self-guided tour](#), a [mobile app](#) with audio stories from historians and horticulturists, and videos and online material you can access without leaving home. Read more [here](#).

Nourishing November: Soothing Practices to Support Your Wellbeing Center for Wellness & Health Promotion



This month, we have expanded our programming to include additional yoga and mindfulness classes aimed at calming the nervous system and helping us navigate change and uncertainty during difficult times. Checkout the highlights section on our [website](#) to explore the different class options each week and join us in a contemplative practice that will help you soothe your body and mind.



It has been a challenging time, as life as we knew it has been upended by the COVID-19 pandemic. At its core, theater is a collaborative, collective experience. Even though we are no longer able to gather in the same physical space, we are committed to finding new ways to strengthen our connections and community. We know that the power of theater to cultivate our shared humanity and to heal is needed more than ever.

Join us for new performances filmed at OBERON, shows from the OBERON archives, the world premiere of a new play, and our weekly talk show The Lunch Room!

- [Virtually OBERON](#)
- [Jack and the Beanstalk!](#)
- [The Lunch Room](#)
- [Civically Speaking.](#)