

All Hands Agenda

March 2020

UC ANR in Action

Why We Meet

Updates

Leadership Corner
Celebrate

Learning

Wellness

Please 1) use the Q&A feature for questions and 2) use the chat for sharing.

Please use one device to allow others to participate (although we now have a limit of 1,000)



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Corona Virus – and Penguins?

- <https://www.youtube.com/watch?v=FHp2D3jtgzU>



UC ANR

All Hands Meeting

3rd Thursday 1.30-2.30 pm

March 2020



Why We Meet

- UC ANR in action
 - Celebrate - what we do/people
 - Inspire, laugh, build a sense of team
- Updates
- Learn



WE ARE PART OF SOMETHING BIGGER

YOUR EFFORTS MATTER



Let's
do this.

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Some of us will stay on after for an extended Q&A and discussion



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UC ANR in action

Principles of Community

How many principles? 9

#2 - Work together to achieve
common goals and mutual
understanding



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Updates

An Overview

– Glenda

HR Update

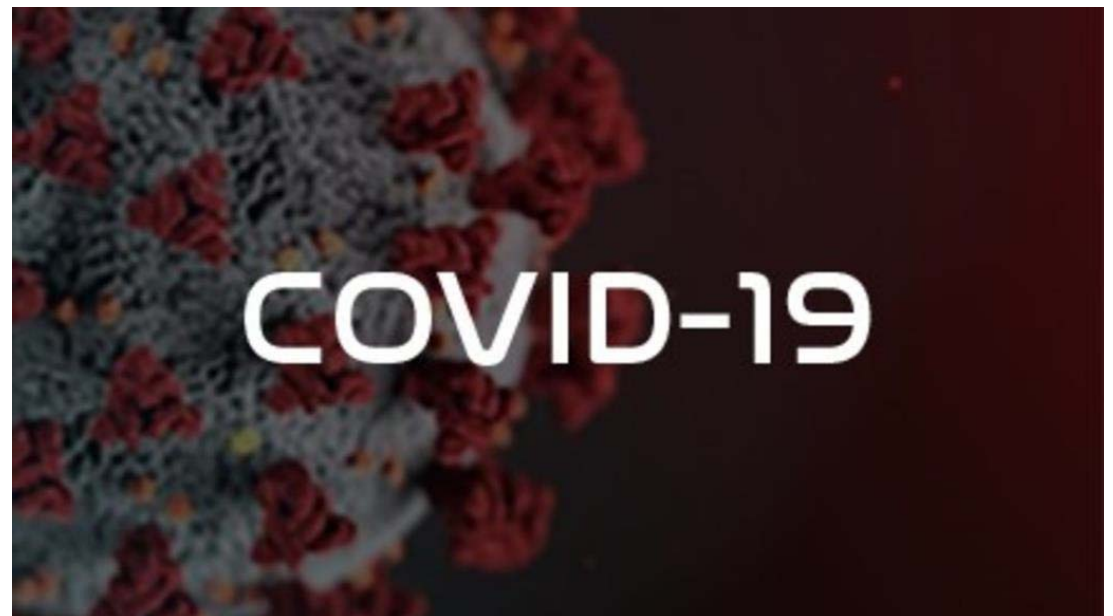
– John

Operations

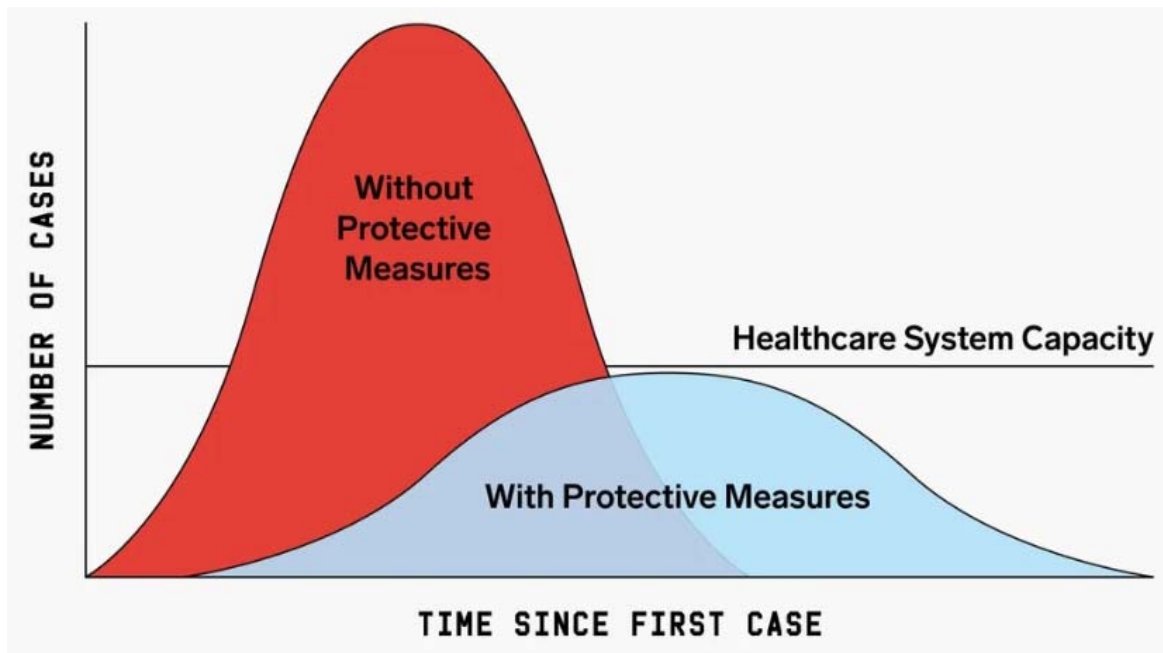
- Tu

The Opportunity

- Wendy



It's All About Flattening the Curve!



- ✓ **Social Distancing is Critical Right Now**
- ✓ **Take Care of Yourself, Your Family and Your Community**

Supporting our people (John Fox)

- Paid Administrative Leave for those unable to work due to COVID19
- Timing of Staff ePerformance and Academic merit and promotion/annual evaluations
- Tips and tools for teleworking

Support for Telecommuting

- UC ANR IT teams on standby to support employees

IT Support Zoom line:

Dial: 669-900-6833

Meeting ID: 908 346 0196

<https://UCOP.zoom.us/j/9083460196>



- Sree Mada, Chief Information Officer, available to address escalated issues: smada@ucanr.edu

<http://ucanr.edu/covid19>

- Hub for info related to COVID-19
- Includes help sheets on:
 - [Home Office Safety](#)
 - [Tips for Managing Work While Telecommuting](#)
- Visit regularly for latest info

Go Back 4-H Safety Master Gardener Safety Master Food Preserver Safety OCBS Offices ANR REC's

Current Health Alerts

COVID-19

Situation Summary	CDC Recommendations	ANR Guidance for Office Locations & Programs
Travel Information	Program-specific Guidance	Telecommute / Remote Work Guidance
Mental Health Resources	Additional Resources	

Updated March 14, 2020

CDC Situation Summary

CDC and state public health officials are closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus (termed "COVID-19") that was first detected in Wuhan, China. More than 125,000 infections have been reported worldwide and as of March 11, 2020 WHO characterized COVID-19 as a global pandemic. The CDC has reports community spread in multiple states in the U.S., including several communities in California. For more information about the illness severity and risk assesment, review the current CDC situation summary.

Support for Telecommuting



Good habits mean effective remote working

- Maintain regular work hours
- Communicate with your community partners and program participants
- Supervisors keep in close contact with employees; clarify priorities and expectations for telework period
 - Empathy and support!

ANR@Work Survey: March 17 – April 4



Peas participate! We value your input

- **All academics and staff** are invited to provide feedback about their experience working at UC ANR and help us improve our work environment
- Optional chance to win one of **FORTY \$75 you gift cards**
- Look for unique invitation email on March 17 – please **don't delete it!**
- Responses are **anonymous**, including if you enter the drawing

Operations - Tu



Find the opportunity Wendy Powers



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UC ANR remains open!



- While we are working differently, the importance of our work remains unchanged
- Amidst the chaos and uncertainty, seek opportunities
 - To improve things in the future
 - Preparedness
 - Program delivery
 - How we connect
 - How we coordinate



Some topics are timely

- Safe food preparation and preservation
- Cooking with kids
- Home finances
- Coping with stress
- Zoom training
- Making good videos
- Many others.....



Californians may be looking for a new hobby

- Do we have things shovel-ready or near ready?
 - CalNat materials?
 - 4-H curricula?
 - Master Gardener content?
 - Volunteer management training?
 - Remote CalFresh trainings?
- Faculty all across the country quickly moved to remote delivery. Can we do the same? Can we work with public television?
- Where you have remote delivery trainings available, share with your colleagues!



Now may be the time to do things you haven't had time to do

- Write that paper or grant application (even if there isn't an open call for proposals)
- Work on that online curriculum
- Take the training you've been putting off
- Get caught up on emails and other work
- Think, plan, strategize
- Be creative!!!

This isn't us!



We can help others maneuver through this difficult time

- In addition to empathy and social responsiveness, we can provide technical assistance
- Existing examples include Facebook Live, Instagram, virtual client calls, What's App, Zoom mobile app
- Help Master Gardeners set up specific “call-in” times
- Help local Farm Bureau organize Zoom meetings
- Teach small farmers or clientele how to Zoom to customers, etc.

Virtual resources

- eXtension releases virtual.extension.org, Resources for Extension Professionals Working Online, a means through which Extension educators and administrators can share with their Cooperative Extension colleagues various resources and guides about teaching and working virtually. To share resources with eXtension, email to contact-us@extension.org.

Other resources

- ECOP's Health Director is assembling a state-by-state list of outward-facing Extension websites dedicated to the COVID-19 pandemic that contain resources for public consumption. Summary of be posted by eXtension!
- [UC ANR Learning and Development site](#)
- [UC ANR Emergency Management site](#)

Share your ideas!

- With your colleagues and supervisors
- With Statewide Program and Institute Directors
- With the leadership team (unit directors, Vice Provosts, AVPs, VP)



Updates- Celebrate

**In the midst of challenges,
UC ANR continues to find
innovative ways to make a
difference in California –
please share examples**



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Learning - Wellness

Keeping well in the midst of change



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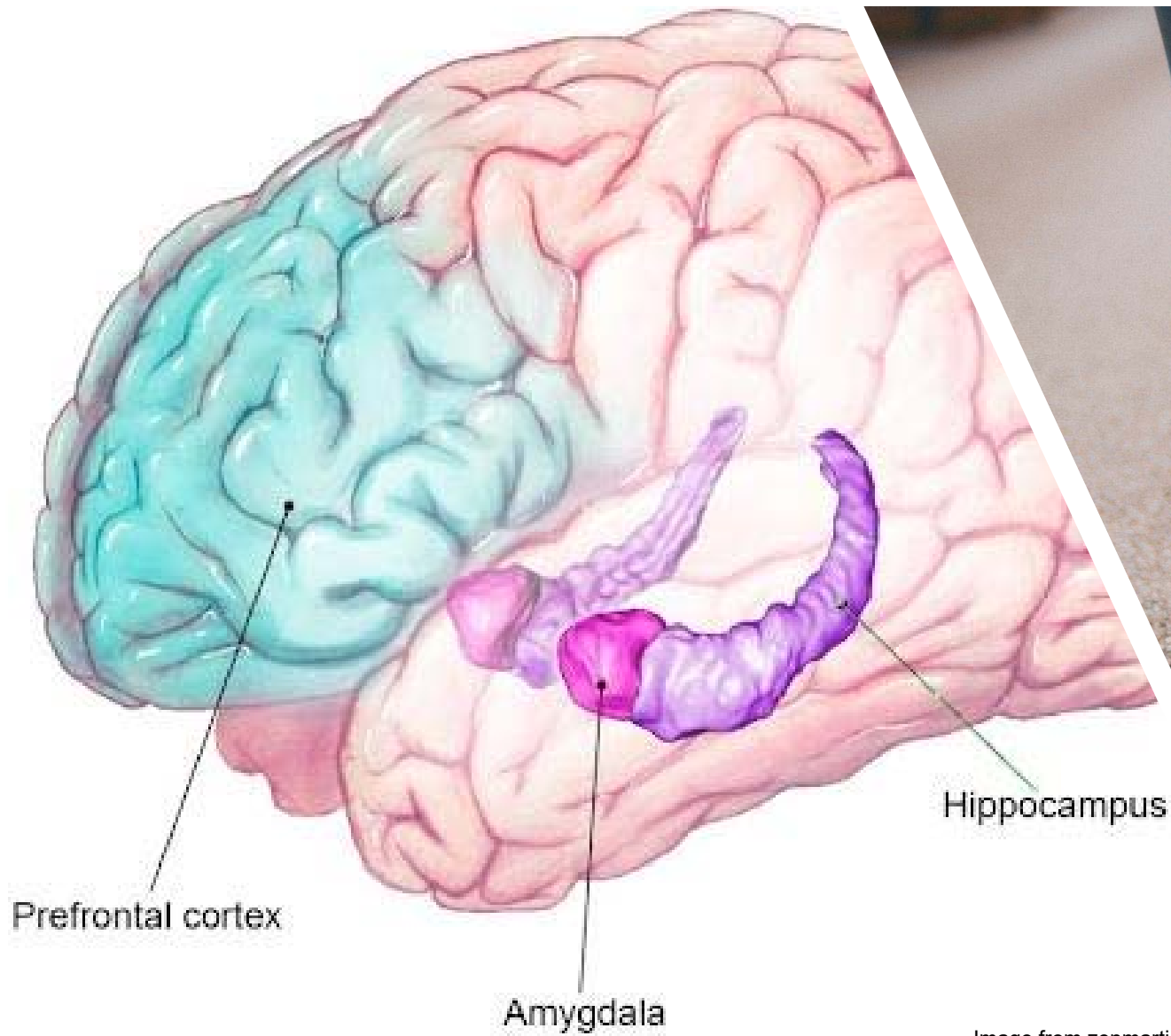


Crowd Sourcing Wellness From The ANR Resilience Network

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Photo by Anika Huizinga on Unsplash

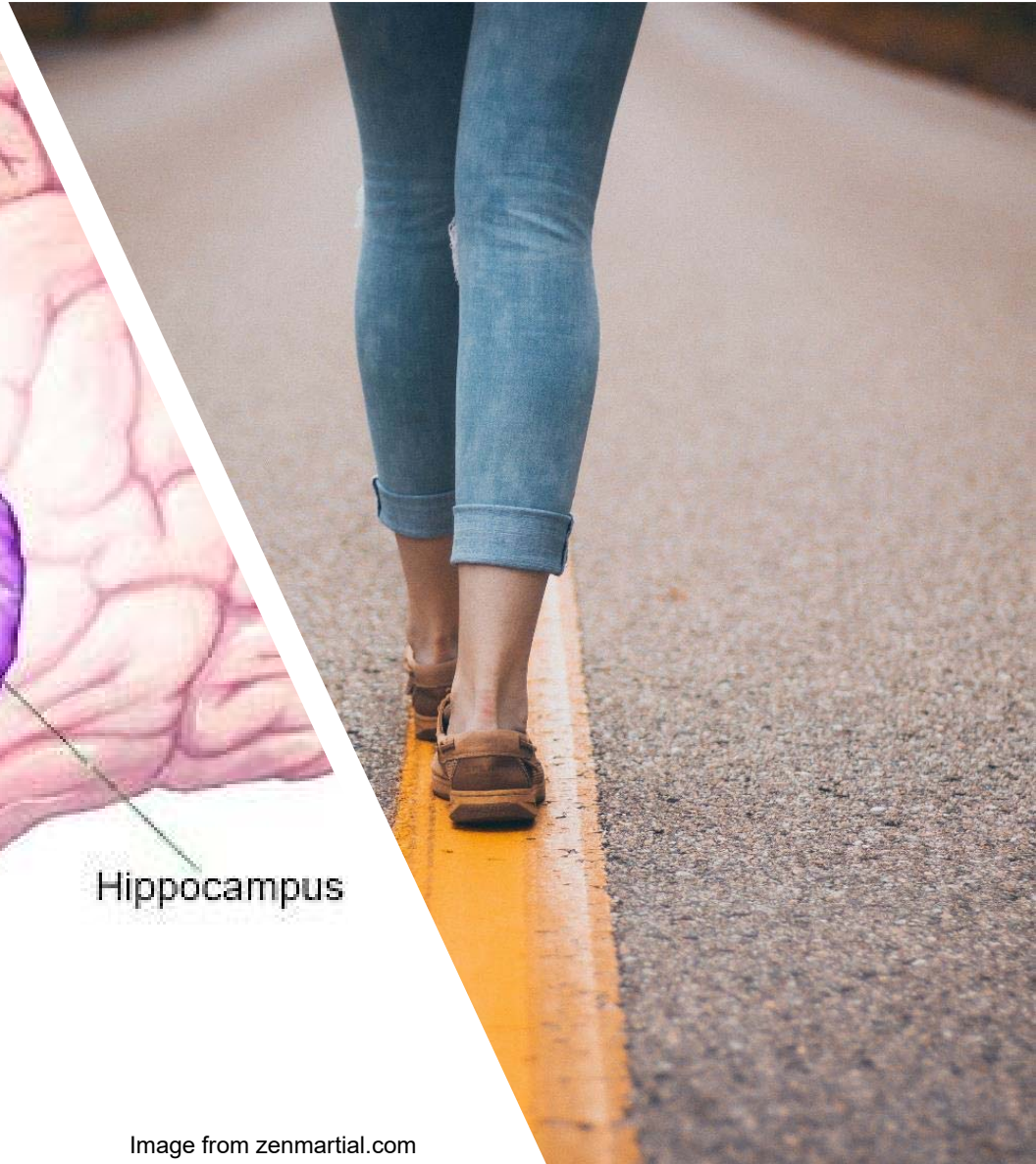


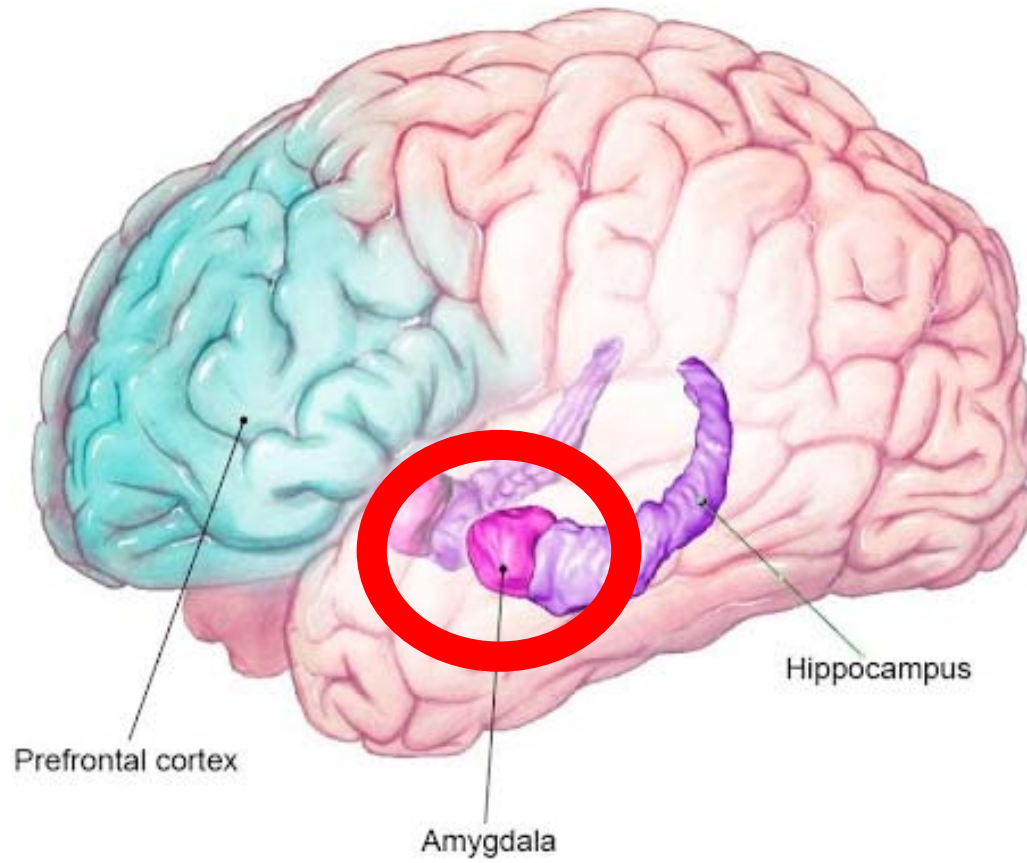
Prefrontal cortex

Amygdala

Hippocampus

Image from zenmartial.com





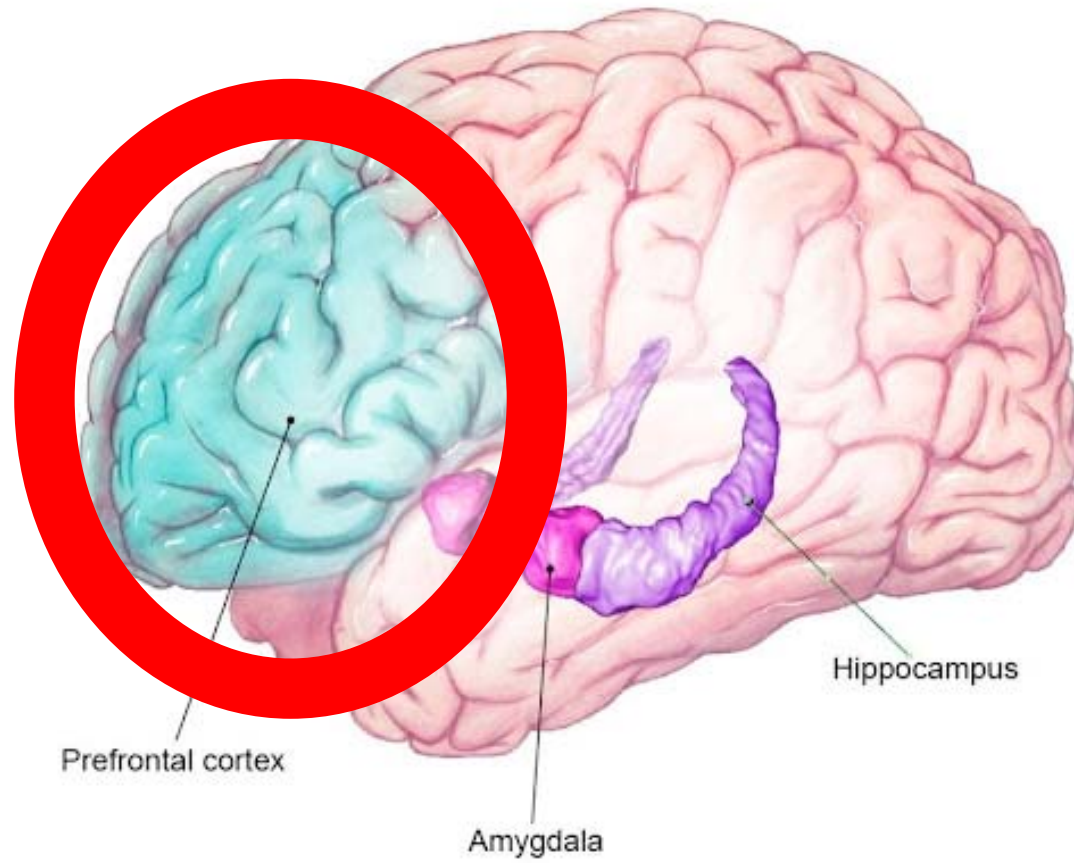


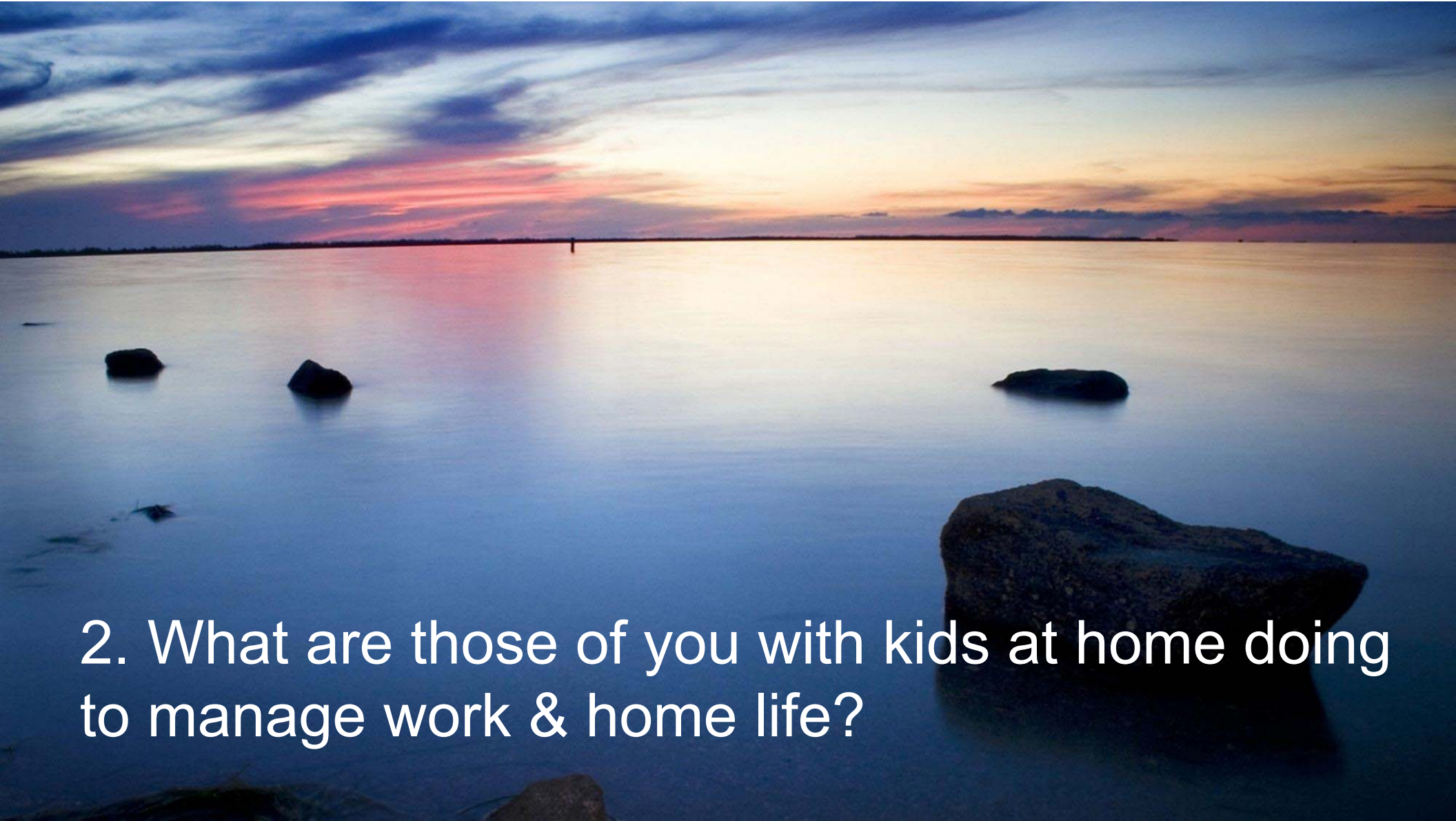


Image from helpguide.org

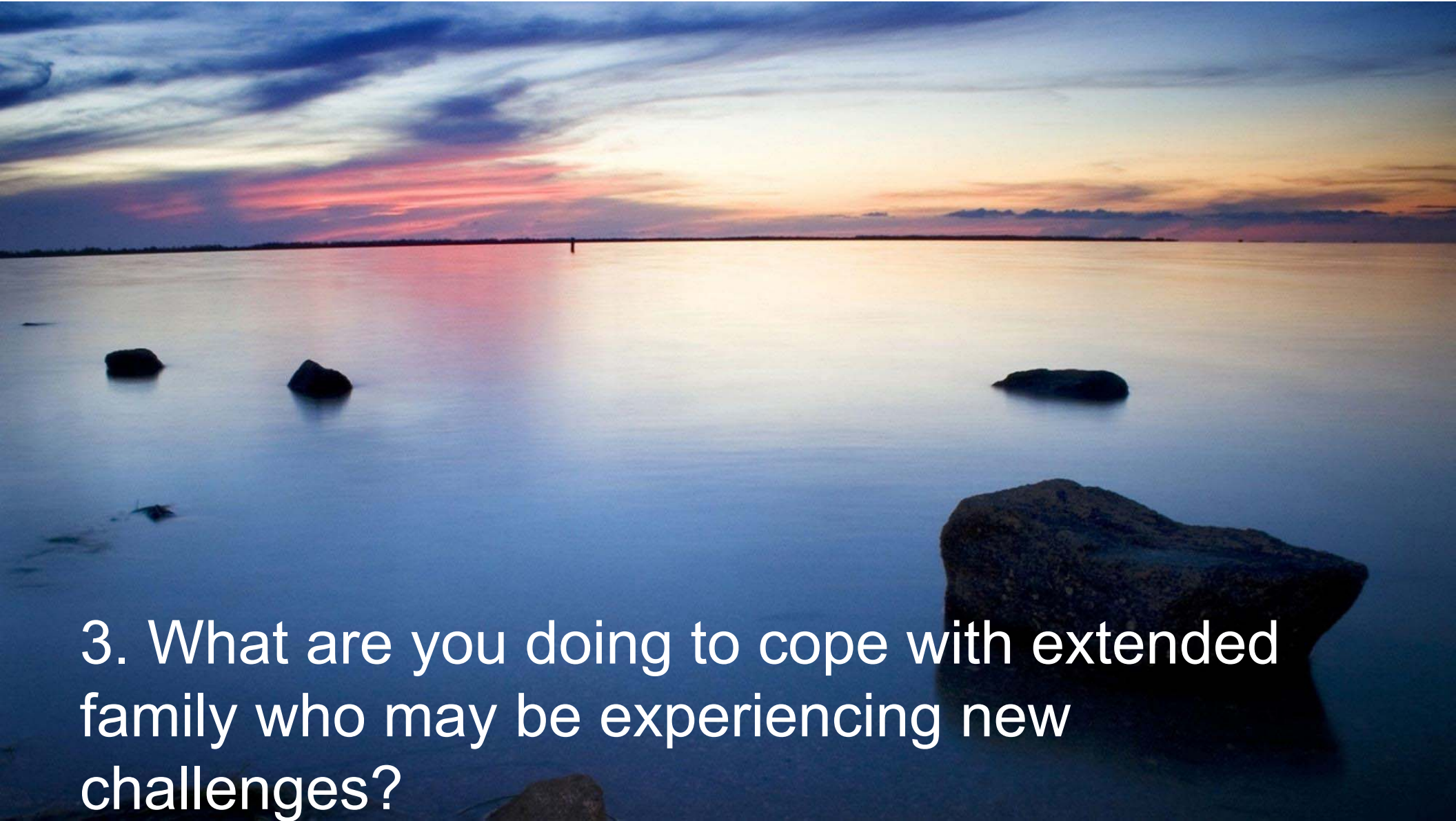


So.....

1. What are you doing to ease your worry or concern?



2. What are those of you with kids at home doing to manage work & home life?



3. What are you doing to cope with extended family who may be experiencing new challenges?

Resources

Greater Good Education UC Berkeley - [My wellbeing for adults](#)

Greater Good Education UC Berkeley – [Mindfulness for K-3](#)

Kids Asking Questions About COVID19

- [Children's Hospital Colorado; Youtube](#)

How Working Parents Can Prepare for Coronavirus Closures –

[Harvard Business Review](#)

Taking Care of Elderly Family Members or Neighbors

– [Washington Post](#)

Corona Virus Anxiety – [Nanak Naam - Youtube](#)

HelpGuide – [For Mental Health and Wellness](#)



Learning - Safety

What is Shelter In Place?

- *Extreme Social Distancing*
- *An order that limits activity, travel, and business functions to only the most essential needs*
- *Most orders are in place through April 7 and could be extended*



See <http://ucanr.edu/covid19>

What is Shelter in Place?

Purpose and goals of Shelter in Place

At this stage of the public health emergency, it is essential to slow virus transmission as much as possible in order to:

- Reduce the number of people who contract COVID-19
- Protect those most likely to experience severe symptoms
 - older adults, chronic health conditions, immuno-compromised
- Protect health care system, including health care workers, so they can care for the community
- Minimize the impacts of COVID-19 over the long run

What is Shelter in Place?

Do This

- Continue essential work activities
- Work from home, as feasible
- Shop for food, household supplies, go to bank or gas station only as needed. Pick meals from restaurants.
- Take a walk, hike, or run outside
- Visit healthcare or obtain medication
- Deliver needed food or supplies to friends, family
- Provide childcare
- Receive mail and deliveries
- Keep in contact with your friends and family
- If you are out, practice social distancing (6 feet)
- Isolate yourself if you are ill and call your doctor

Don't Do This

- Hoard goods (keep only what you need on hand)
- Travel for leisure
- Attend school classes in person
- Go to health clubs or gyms
- Dine in at restaurants
- Attend gatherings
- Go to bars, breweries or wine tastings
- Go to theaters

Adapted from Yolo County Shelter-in-Place 101:
<https://www.yolocounty.org/home/showdocument?id=62382>

Watch for symptoms

- COVID-19 illness can range from mild symptoms to severe illness or death for confirmed cases.
- The following symptoms may appear **2-14 days after exposure.**



- **If you develop these symptoms, call your health care provider**

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Resources

[Ucanr.edu/covid19](https://ucanr.edu/covid19)

Learning & Development

- Tips working remotely, using IT



Thanks

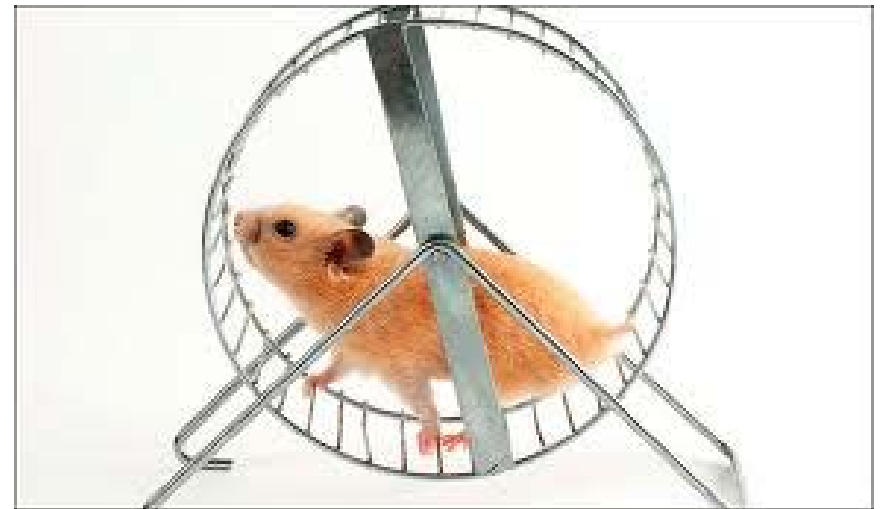
- **For your efforts and flexibility**
- **Let's continue to help each other and California**



Reminder - All Hands - monthly

3rd Thursday 1.30-2.30 pm

- Send Suggestions to the Marks or Joan
- <https://ucanr.zoom.us/j/530365395>
US: +1 669 900 6833 or +1 646 558 8656
Webinar ID: 530 365 395



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Finished formal part

- **Feel free to log off**
- **We will continue for up to 30 minutes for Q&A – discussion, etc..**



Q&A – discussion, suggestions

Please

- 1. use the Q&A feature for questions and**
- 2. use the chat for sharing.**

PSU are monitoring these.





thank you!