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)
Corona Virus – and Penguins?

- [https://www.youtube.com/watch?v=FHp2D3jtgzU](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

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources
Let’s do this.
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Some of us will stay on after for an extended Q&A and discussion

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UNIVERSIDAD DE CALIFORNIA
Agricultura y Recursos Naturales
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

COVID-19
It’s All About Flattening the Curve!

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

[Graph showing the impact of protective measures on the number of cases over time]
And, ...We ARE Open for Business!
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
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
Support for Telecommuting

• 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!

Good habits mean effective remote working
ANR@Work Survey: March 17 – April 4

- 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.

Peas participate! We value your input.
Operations - Tu
Find the opportunity  Wendy Powers
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!!!
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](http://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](mailto: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)
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
Crowd Sourcing Wellness From The ANR Resilience Network
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
Taking Care of Elderly Family Members or Neighbors
– Washington Post
Corona Virus Anxiety – Nanak Naam - Youtube
HelpGuide – For Mental Health and Wellness
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](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?

<table>
<thead>
<tr>
<th>Do This</th>
<th>Don’t Do This</th>
</tr>
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<tbody>
<tr>
<td>- Continue essential work activities</td>
<td>- Hoard goods (keep only what you need on hand)</td>
</tr>
<tr>
<td>- Work from home, as feasible</td>
<td>- Travel for leisure</td>
</tr>
<tr>
<td>- Shop for food, household supplies, go to bank or gas station only as</td>
<td>- Attend school classes in person</td>
</tr>
<tr>
<td>needed. Pick meals from restaurants</td>
<td>- Go to health clubs or gyms</td>
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<tr>
<td>- Take a walk, hike, or run outside</td>
<td>- Dine in at restaurants</td>
</tr>
<tr>
<td>- Visit healthcare or obtain medication</td>
<td>- Attend gatherings</td>
</tr>
<tr>
<td>- Deliver needed food or supplies to friends, family</td>
<td>- Go to bars, breweries or wine tastings</td>
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<tr>
<td>- Provide childcare</td>
<td>- Go to theaters</td>
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<tr>
<td>- Receive mail and deliveries</td>
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<tr>
<td>- Keep in contact with your friends and family</td>
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<tr>
<td>- If you are out, practice social distancing (6 feet)</td>
<td></td>
</tr>
<tr>
<td>- Isolate yourself if you are ill and call your doctor</td>
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</tbody>
</table>

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

Resources

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](https://ucanr.zoom.us/j/530365395)
  US: +1 669 900 6833 or +1 646 558 8656
  Webinar ID: 530 365 395
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!