

STAFF stuff

Volume 6 Issue 9
May 2020

Congratulations graduates!



Daniela Aguilar, *admissions coordinator, Graduate School*, completed her M.B.A. and received the College of Business Honors award!



Ani Subotic, *admissions counselor, Admissions*, graduated from the M.L.A. program!

Finding Big Stuff

Home Office
Photos

Love in the Time of
Corona

Milestones

New Hires

Tech to Help You
Work from Home

Wellness Resources

Love in the time of Corona

by: Dr. Gretchen Baldwin
licensed psychologist and clinical coordinator, Counseling Services.

What a weird time. At the time I'm writing this for you, it's day 43 of my personal quarantine. I can count on one hand the places that I've visited since this began: the grocery store, the plant nursery, Crawford, and the donut shop drive thru. I got in the car yesterday, and I wasn't exactly sure I remembered how to drive – a good friend reminded me that “red means stop.” Whew! Thanks.

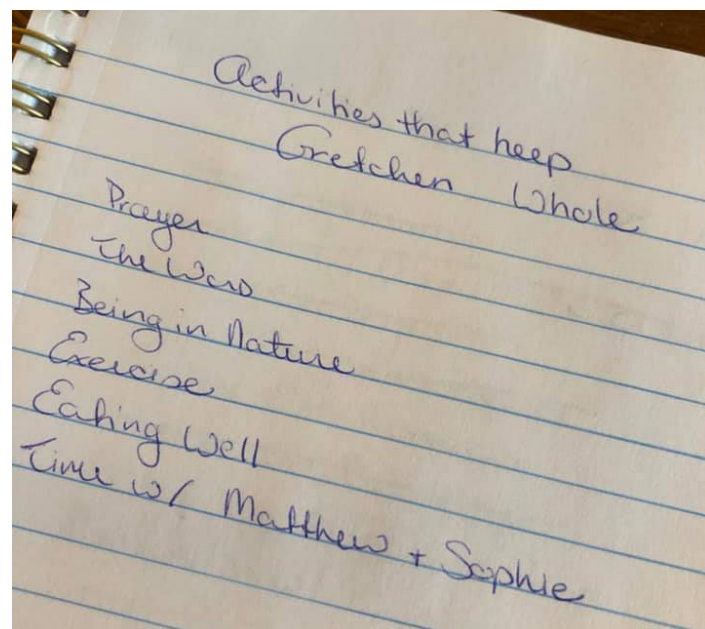
When the quarantine started, I set out to be super productive, and I wanted my home office behavior to mimic that my work office – same hours, same pace, same productivity. Things started off just fine, but as the days ticked by, I started to notice my motivation start to wane and my emotional “togetherness” start to crumble. I started to feel quite frazzled and neurotic and teary and irritable and freaked out and tired and hungry...and...and...and. I thought to myself, “*&%!, I'm a mental health professional. If I can't get it together, what does that say about me?” And then, on top of everything...we lost power for about 48 hours. That was it. I was even more undone.

It was at that point that I had to make a decision. I could have gathered up my stuff and gone into Crawford for the duration of the power outage – seen my people – kept the pace. Or, I could stay home in solidarity with my family and ride it out together. I chose the latter, and I have zero regrets. Why? Because that was a choice that lined up with my values. Connection, Flexibility, Responsibility, Joy, and Spirituality are some of my core values. I realized that I had been channeling all of my energies into one area – Responsibility – pretty much at the

expense of the others. I needed to step away and find some balance.

Every once in a while, and especially at a time like this, we have a responsibility to ourselves to drill down and get ourselves back to our center. What do you value? What are the components of life that have the most meaning for you? If you need help, do a google for a values inventory like this one (there's no perfect list of values, this one is just a good example): <https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>

Take a few minutes to work through this activity. Even if you've done something like this before, you might notice that there are some slight changes since our recent radical lifestyle shifts. This activity can feel like a real challenge, but try not to overthink it. When you're finished, you should have a few categories of meaning in your life.



I found this list in my to-do notebook a few days ago. I wrote it in lieu of New Year's resolutions this year – far before quarantine. When I read through it, I realized, lo and behold – I still have everything that I need to live a values-centered life! (You might well see this list and recognize the components of a dyed-in-the-wool introvert. Too true.)

Now, consider your life during work at home. What kind of activities line up with your values? How can you live and work from home according to these? Because flexibility and connectedness are two of my core values, I recognized that I needed to adjust my work activities so that I can stay in contact with my immediate people throughout the day. I have a quiet, private space from which I see my clients, but right now writing this article to you, I'm working from the couch with my daughter and my dog. In order

to do good work, I need to give myself loooots of flexibility and grace. I might not start at 8:30 (shhhh, don't tell Jackie!). I might have to start a meeting a bit late because my tween is having a rough time in the other room. I need snuggle time with my Sweetie. I must wrap myself in a protective layer of spiritual quiet introspective time. I need to get out and move my body in nature. I need chocolate and wine (in moderation, of course – because I'm responsible). I need Laughter and Silliness on a regular basis, so I will seek out the funny memes and watch some stand-up comedy! I will do and say weird things to make my kiddo laugh. I will make sure that I get and give lots and lots of hugs.

And, you know...I think I'm going to come out of this whole thing better than I went in. One day at a time.

Milestones



Daniel Lundy, *associate head athletic trainer, Athletics*, and his wife welcomed baby Sophia Pearl Lundy on March 6th!



Martha Dettl-Rivera, *athletic trainer, Athletics*, graduated with her doctorate in December!

New Hires

Welcome to the newest members of our Winthrop family:

Cassandra Bland, *graduate student records coordinator, Records & Registration*
Jamie Cooper, *vice provost for student success, University College*

Tech to Help You Work from Home

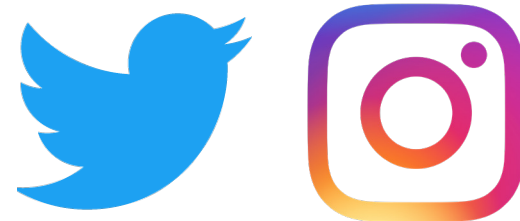
From conference rooms, paperwork, and water cooler chatter to video calls, digital file-sharing, and Teams chats, working from home is a significant change from our typical office environment. To help ease the transition, the Department of Computing and Information Technology has created a Working Remotely page on their website.

The page lists several frequently asked questions on various topics that are applicable to staff working from home with step-by-step instructions. Here, you can learn how to set up Enabled Voicemail, scan documents using your phone, and map shared drives on your personal computer.

One of the best tools for collaborating with co-workers is Microsoft Teams. Preferred by IT, Teams allows you to chat with co-workers, make phone calls, schedule video calls where you can share your screen, share documents, and organize tasks. A large portion of the Working Remotely page is dedicated to this tool, which works seamlessly with your existing Winthrop account.

Despite the virus, IT staff is still here to help! Explore their website and check the Daily Digest often for useful Tech Tips. If you have a technology question, please call 803/323-2400 or send an e-mail to servicedesk@winthrop.edu. Please be patient with them as they are experiencing a high volume of requests.

Follow @Winthrop_IT on Twitter and Instagram for weekly tech tips and other fun stuff!



Wellness Resources

Don't forget about resources available through PEBA and the EAP:

[COVID-19 Wellness Resources](#)

Finding Big Stuff



Can you find Big Stuff? Each issue of Staff Stuff has the illustration to the left of our beloved mascot, Big Stuff, hidden somewhere throughout the pages. If you find Big Stuff, send an e-mail to staffstuff@winthrop.edu and tell us where he is. Those who find Big Stuff will be entered into a drawing to win a prize. Congratulations to last month's winner: Kay Stewart, *medical laboratory technician, Health Services*.

Staff Assembly

The staff assembly serves as an advisory group that provides staff with a forum for communication and community and provides a voice in matters of importance and concern to staff. The group offers opportunities for staff to support one another, participate as a group in community outreach and engagement, and make recommendations to the university's president and the administration in support of staff needs and the university's mission.

Please e-mail staffassembly@winthrop.edu with any questions or suggestions you may have. If you would prefer the option of contacting the assembly anonymously, please complete the online staff feedback form via a non-Winthrop computer.

Story or content ideas? Contact a member of the Media & Communications Committee:
Kara Cauthen, Jayme Charles, Maria D'Agostino, Kaye Hayes, Kelly McGinnis, Kat Wilson.

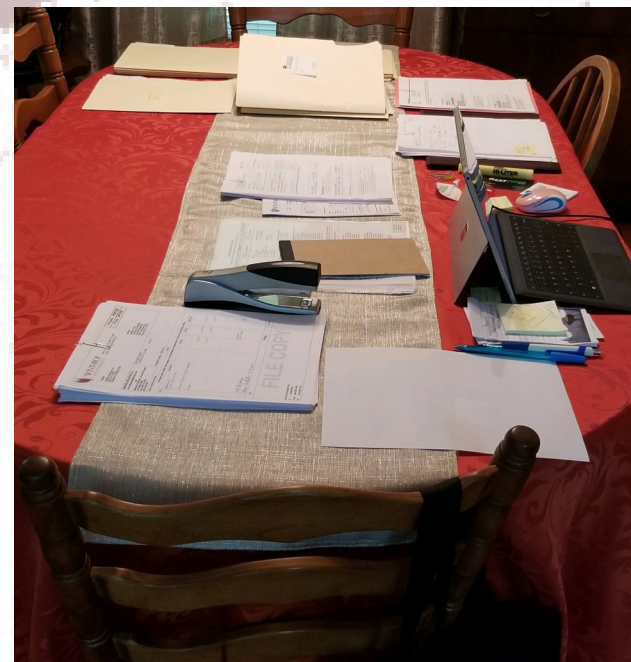
Thank you!

To our colleagues who are essential workers still working on campus!

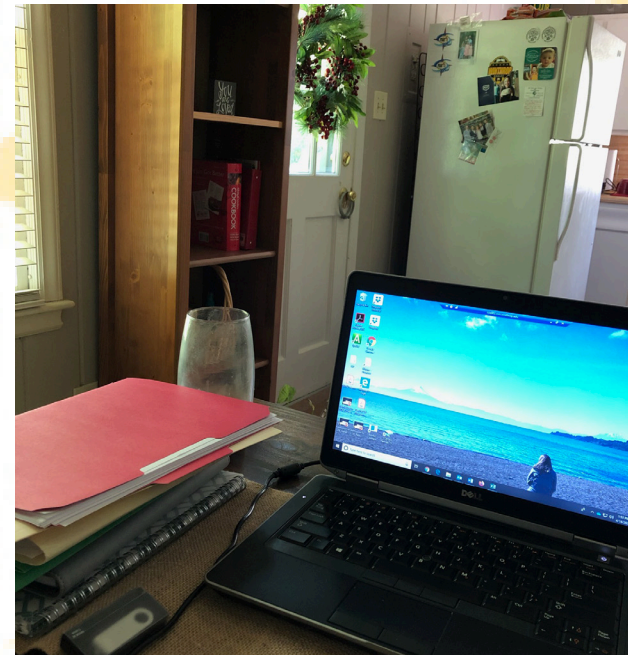
Home Offices



Martha Dettl-Rivera, *athletic trainer, Athletics*, shares her space with three furry co-workers.



Pam Gillette, *administrative specialist, Athletics*, has taken over the dining room table at her house.



This work station belongs to Joanna Harris, *educator services coordinator, COE Student Services*.



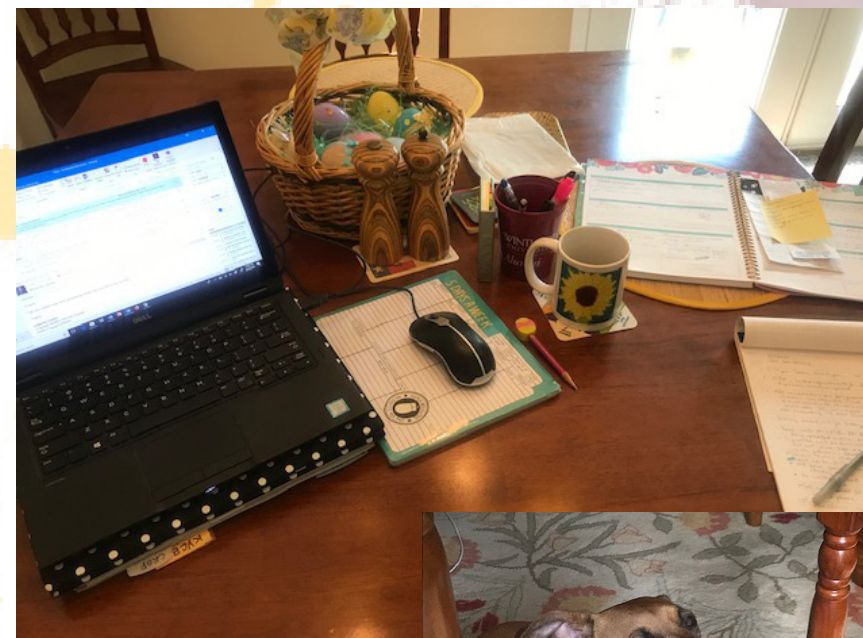
Kelly McGinnis, *administrative specialist, Athletics*, said that after outgrowing the kitchen counter and the dining room table, her new commute is 14 steps up stairs to the bonus room.



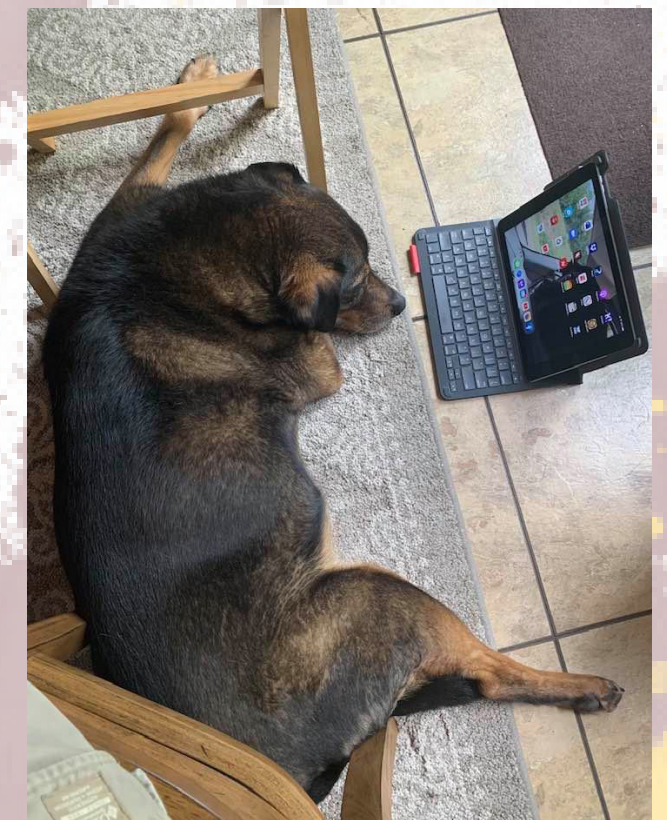
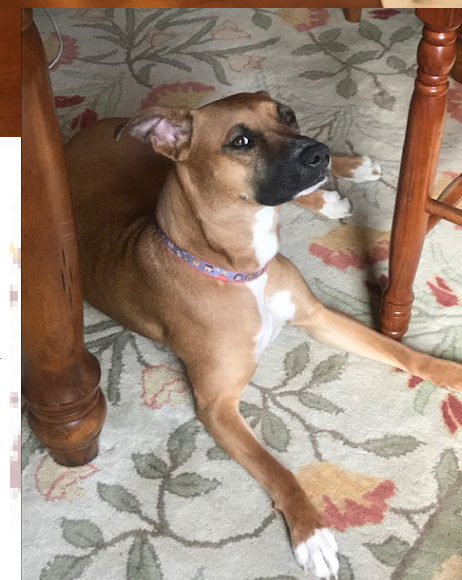
Kelly Scott, *decision support coordinator, Accreditation, Accountability, & Academic Services*, has been distracted keeping a pesky squirrel away so the cardinals can eat their seeds.



Nikki Ford, *office manager, Health Services*, is working under the watchful eyes of these furry friends!



April Hershey, *assistant to the dean, Graduate School*, has been getting side eye from her new co-worker, Charlotte.



Grant Scurry, *assistant dean of students and director of recreational services, Student Affairs*, has a research assistant, Molly, who is a valuable employee, despite sleeping on the job!