



ELMIRA COLLEGE

OFFICE OF THE PRESIDENT

Weekly EC Community Update
April 16, 2020

Dear EC Community,

In light of the current health crisis, a key component to our ongoing success is our ability to stay engaged and connected with each other. In the coming weeks, I will send weekly updates to help keep you informed on the latest developments with COVID-19 as well as provide information on student, faculty, and staff resources. If you have updates, resources, tips, or stories on how you're dealing with social distancing that you are willing to share, please send them to news@elmira.edu. This weekly email will also be posted to [MyEC](#) for later reference.

Commencement 2020

After surveying our graduating students, the overwhelming preference is for an in-person commencement ceremony later this year. Once restrictions on social gatherings are lifted, we will let you know when graduation for the Class of 2020 will take place. Stay tuned.

Studying and Working During Social Distancing

Do you feel like you're working in a void? Are you frustrated because that student/faculty member/co-worker hasn't answered your email? You're not alone, and [these three tips](#) may help you improve communications in this time of social distancing.

Tech Tip

Institutions around the globe are seeing a rise in cybersecurity attacks and other malicious activity. During vulnerable times like this and with increased reliance on remote tools, hackers are quickly increasing their attempts to steal user credentials for online resources. If you have not already done so, and in effort to improve the security of your login information, please protect your email/gmail account by [following this link](#) to enable 2-factor authentication.

Gmail

One of the benefits of being an Elmira College student is Email For Life, allowing them access to their Gmail account for life. Information and account information via email. It is also important to note that all communications should be sent to the name of the person sending the email. If you need assistance, please

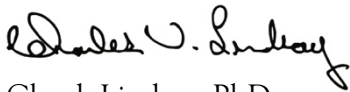
- [Set up 2 Factor Authentication for Gmail account](#)

Resources:

EC coronavirus-related information and resources are also posted to the home page of MyEC:
<https://myec.elmira.edu/ICS/>. Login is **not** required.

- **Arnot Health** has established a special **toll-free Helpline** for community members, including EC students and employees, who are exhibiting symptoms of the COVID-19 virus. Call the Helpline 7 days a week, from 9:00 a.m. – 7:00 p.m. at 1-800-952-2662, for an assessment of your symptoms by a nurse or medical provider. [Click here](#) for additional information.
- We understand that some employees may be feeling additional stress, anxiety, or depression during this time of social distancing. As a reminder, **free counseling services are available**. **Students** are encouraged to reach out to Dr. Kevin Murphy, associate dean of students, at kmurphy@elmira.edu or Katie Basu, director of counseling, at cbasu@elmira.edu. **For Employees**, our Employee Assistance Program (EAP) through Clinical Associates of the Southern Tier is currently offering telehealth appointments. These appointments are available to all benefit-eligible employees and their dependents. To schedule an appointment, either in person or via telehealth, call 607-936-1771, email clinicalassoc@gmail.com, or visit their website at www.clinicalassociates.org to complete an intake request form.
- **Expanded Paid Family and Medical Leave (FML)** is available to employees who are unable to work due to having to care for a child whose school or daycare is closed because of the pandemic. If you will exhaust your NYS and Federal Paid Emergency leave (each leave provides 2 weeks of paid time off) and will need to take additional time off work to care for your child, contact the Office of Human Resources, 607-735-1810 or hr@elmira.edu, to apply for Expanded FML.

Yours,



Chuck Lindsay, PhD
President