



# ELMIRA COLLEGE

OFFICE OF THE PRESIDENT

EC Community Update  
April 22, 2020

Dear EC Community,

Today is Elmira Everlasting, our spring day of giving that normally focuses on spirited Class Challenges and friendly competitions to raise dollars for scholarship funds. However, as the coronavirus continues to affect lives around the world with unprecedented health and economic challenges, this is far from a normal year.

This year, Elmira Everlasting is focused on gifts to the Extraordinary Circumstances Fund. Created by Senior Class Gifts from the Classes of 2016, 2017, 2018, and 2019, this Fund helps students who need unexpected, emergency financial assistance to remain enrolled at Elmira College.

If you are a student, or know of a student, who may be in this situation, please reach out to Lorraine Mothershed, director of Financial Aid, at [lmothershed@elmira.edu](mailto:lmothershed@elmira.edu) to see what assistance might be available.

Also, in the spirit of giving, some of our hourly staff employees will exhaust their federal and New York State paid leaves, as well as accrued sick and vacation time prior to the end of the NYS pause order which was extended to May 15. Some of these employees will qualify for Expanded Paid Family & Medical Leave, but a handful will not. These employees will likely experience a disruption or reduction in pay as they attempt to navigate NYS Unemployment. To address this need, and help keep income flowing to those in need, EC employees who have unused sick time may donate part of that sick time to their co-workers in accordance with the *EC Voluntary Sick Leave/Donation Policy* (page 108 in the Employee Handbook). If you are interested in donating time to support colleagues, please contact the Office of Human Resources at [hr@elmira.edu](mailto:hr@elmira.edu) or 607-735-1810.

## **Studying and Working From Home During Social Distancing**

Working and studying at home can mean easy access to snacks throughout the day, but before you reach for those chips or cookies, ask yourself: Am I *really* hungry? [Check out this article](#) with tips on differentiating between hunger and boredom and ideas for some healthy alternative snacks.

## Tech Tip

The work-from-home environment has provided new potential for scammers and criminals. As you work from home, “attend” school from home, or even just do typical web browsing and shopping, it is important that you maintain good computer practices to protect your personal data. Here are some tips and things to watch out for:

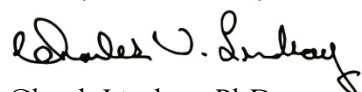
- **Beware of any e-mail that you are not expecting**, even if at first glance it appears to be from a legitimate source or someone you know. If the grammar or general structure seems out of place, use caution as there are ways to spoof the “friendly name” of a sender. Spammers have become much more advanced, even if English is not their first language, and they have many ways to make an e-mail appear to have come from someone you may know and trust.
- **Be cautious of “social engineering” scams**, whether by phone, e-mail, or website. These scams often ask or prompt for small bits of personal information at a time, sometimes in the form of simple and fun “here is some interesting info about me” questionnaires that you fill out and forward on to friends. These are popular on social media – consider carefully the information the questions ask. Often, that information can be compiled and used to answer your security questions at other secure websites (banking, e-mail, social media) or to make hacking passwords easier. If these attempts are successful, those other websites could be used to fraudulently transfer money or send further attacks, now with your identity.
- **If you feel that your Elmira College credentials have already been compromised**, please do not hesitate to contact EC Information Technology at [helpdesk@elmira.edu](mailto:helpdesk@elmira.edu) or 607-735-1915. The IT staff is available to assist.

## 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.

- 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](mailto:kmurphy@elmira.edu) or Katie Basu, director of counseling, at [cbasu@elmira.edu](mailto: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](mailto:clinicalassoc@gmail.com), or visit their website at [www.clinicalassociates.org](http://www.clinicalassociates.org) to complete an intake request form.
- **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.

Yours,



Chuck Lindsay, PhD  
President