



ELMIRA COLLEGE

OFFICE OF THE PRESIDENT

EC Community Update
April 29, 2020

Dear EC Community,

Over the weekend, New York Governor Andrew Cuomo outlined his plan to re-open New York. Administration is following those developments closely, but given the phased approach, it is still unclear when we may begin to bring employees back to campus. In the meantime, we continue to work with local health officials and the Council for Independent Colleges & Universities (CICU) to develop proper precautions and protocols for when the College reopens. I will provide updates once the details of the Governor's plan are confirmed.

The Office of Admissions is continuing to host virtual recruitment events – thank you to the faculty, staff, and students who have participated in those events to-date. As part of those efforts, we are asking students and employees to share videos of what spot on campus, tradition, or activity you miss or love most about EC. The videos will be used to create a compilation video that can be shared on social media. Videos need only be 5-10 seconds in length (landscape orientation is best) and can be emailed to news@elmira.edu.

Studying and Working From Home During Social Distancing

You may have seen the memes floating around social media for the “Quarantine Fifteen,” alluding to the healthy eating challenges that those working and studying from home are facing. So how do you keep a healthy diet when snacks might be within easy reach or getting to the store is not as easy as it used to be? The American Society for Nutrition shares [these three tips](#) for staying healthy during the pandemic.

Tech Tip

The Office of Information Technology is disabling the ability of individuals to create their own Google Sites as they work to ensure compliance with the Americans with Disabilities Act, brand, and other standards. **Elmira College's Merit pages are a great portfolio/resume alternative.** Connecting your Merit page to your LinkedIn account will import your LinkedIn profile photo, bio, and most recent job, and will enable Merit to autopost future achievements to your LinkedIn Activity page. [Click here](#) to learn more on connecting your accounts.

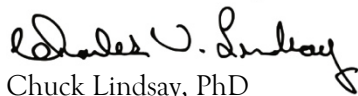
- **Students** - now is a good time to login to make sure your information is up-to-date. Your profile contains information posted by the College, but you also have the ability to add additional job and internship information. Once your page is updated, reach out to Career Services for an EAGLE EYE review! Email the Office at eccareers@elmira.edu to set up your review. Student Merit Login: Top-right corner of elmira.meritpages.com
- **Faculty** – your Merit pages function in much the same way as the student pages. Each faculty member can log in ([click here](#)) and update information, including projects, publications, and links to personal websites.
- **Questions on Merit?** Visit the [Web Communications page on elmira.edu](#).

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.

- Resources related to COVID-19 are available through the Centers for Disease Control and Prevention, including [recommendations for protecting yourself and others](#).
- 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.
- **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