

Dear Colleagues:

UUP is working closely with Labor Relations Specialists and members in the field to closely monitor and respond to questions and concerns surrounding COVID-19. We have never experienced something quite like this before. As your Chapter President, I wanted to share information and serve as a resource for bringing issues forward. Our union’s conversations with the Governor’s Office of Employee Relations (GOER) and SUNY are ongoing. We have been successful on several fronts to expand the number of our members who are excused from work or authorized to work from home.

However, we have a diverse membership across this campus, and we need to make sure that all issues are being heard. To that end, I’d like to share the following UUP resource page with you and if you have any questions or concerns please feel free to reach out to our Chapter office either via email, oneuup@oneonta.edu or oneonta@uupmail.org, or voicemail 607-436-2135. If you would prefer to bring your issues forward electronically, there is a form provided at the bottom of the resource page.

COVID-19 Resource Page: <http://uupinfo.org/resources/covid19/>. This resource page will be updated as frequently as possible. Information is changing daily, but please remember that we are all in this together.

At this moment, our chapter office is closed and our Chapter Assistant, Kerry Osterwald, is working remotely. All communications should be sent to her via email, oneuup@oneonta.edu or oneonta@uupmail.org, or voicemail 607-436-2135.

We all need to take care of ourselves both physically and mentally, take care of your families, take care of each other. We can not be there for our students if we are not ok. Finally, please listen to what the experts are saying, stay vigilant & steady and we will make it through this.

Union; one message, one voice, Solidarity Forever!

Dave

“Stay Safe, Stay Healthy, and Stay Home, if possible”



CDC Protects and Prepares Communities

What to do if you are sick with coronavirus disease 2019 (COVID-19)

Coronavirus disease 2019 (COVID-19) and you

Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

Notes from our Vice Presidents

Fellow academics,

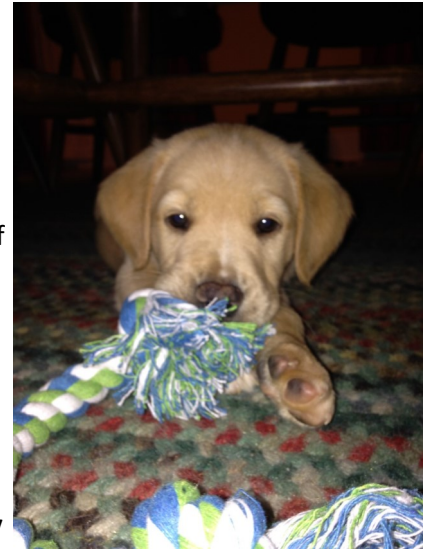
Please allow me to share a few thoughts with you all; I trust you can “nose out the cockle burrs and eat the hay”.

- For adjunct lecturers (and the rest of us): please track the time you spend each day in distance education and technical training, writing syllabus addenda, producing online lecture material and other tasks for which you did not sign up and are not being compensated. I recommend a spreadsheet for tracking your extra work – and be sure to include your time spent in time accounting. When the dust settles, UUP leaders will depend on such documentation as we negotiate on your behalf.
- For all faculty, please work closely with your department chairs to track extra efforts you may need to expend on students who lack access to high-speed internet service and may require individual snail mail, telephone calls, or both. Such circumstances inform us about distance learning limitations that we may want to document for future emerging events.
- Please be kind to your family members; they are as thrilled to have you at home as you are to be there! Be patient with your students as well, for the same reason.
- Finally, take some time for yourselves: we are living, breathing beings and not machines. If you feel so inclined, please send us some of your favorite diversions: photos of pets, culinary masterpieces (with recipes, of course), hobby projects or any other items you think might lighten everyone’s mood.

We’ll get through this crazy time together!

Ron

Barley as a puppy



Good Evening to my fellow Professionals.

What a time. I understand that this has arguably been one of the most trying times for so many of us not only professionally but also while managing personal lives. I wanted to just send a quick note about how to set yourselves up for success while telecommuting.

First and foremost - yes there is a form. Please understand that this is important and that folks on every side should be understanding of flexibility. With this form be sure to talk it over with your supervisor and get specifics (what does a check in look like? what kind of big picture projects can you be working on you otherwise don't get the time to do?)

Second be patient with ITS. On top of navigating this new way of work for themselves, they are also trying to help everyone. Be sure to check out their portal for Covid-19 related issues/concerns.

Third this working from home thing is new so be sure to check in with yourself about balance. You should be working on your projects but just because you are home, does not mean you now work around the clock. There are plenty of online resources on how to be successful working from home - but be sure to take care of you!

Last, just know that the Administration and UUP at Oneonta are on the same page with navigating these uncharted waters and we agree that now more than ever we need some flexibility and humanity. That being said if you have questions or concerns the Union is still here for you. Please do not hesitate to reach out.

In solidarity,

Michelle

PS: the [UUP Facebook account](#) will have some daily content around ways to survive social distancing, which for some can feel isolating. Help us by sharing some content and staying engaged as a community!





As a member of UUP, you are entitled to many affiliate benefits, including this new one from AFT.

These are scary and uncertain times, but even before the coronavirus pandemic was upon us, the AFT long understood the stress and strain that comes with the responsibilities and challenges of the work our members do. They are called to educate, heal, help and serve their communities, and they strive to create safe and healthy environments for their students, patients and neighbors. But what happens with our own stress? We know how difficult it is to be fully present for others when we are carrying the burden of our own traumas.

In response, the AFT has created a new free benefit for members—trauma counseling. Starting April 1, the AFT will provide this benefit to all active working members, including those on leave status. We know that leaders will want to inform their members about this important new program. On Friday, March 20, we will send a communication kit with details to all AFT affiliates. We're providing this benefit at no cost to all active working AFT members, and I want you to know about it first.

While some within the AFT family have mental health benefits and employee assistance programs negotiated from our employers, many do not. Even with an EAP, privacy may be a concern if employers are involved in paperwork. Thus, the AFT's trauma counseling services will be delivered in complete privacy.

This extensive program covers our members in many different situations. A member may have sustained trauma from any of the following:

- An injury due to aggravated assault, sexual assault, a mass shooting or a terrorist act; this includes victims of domestic violence.
- Witnessing a violent incident at work.
- Bullying, harassment, or the threat or experience of secondary trauma resulting in a mild, moderate or severe mental health condition and an impairment of function.
- Contracting an infectious disease at work—including the coronavirus.
- An injury or infection from a disease during a major disaster, as declared by the National Emergencies Act.

How will this benefit work?

- Participants will receive 21 hours of counseling over a three-month period, via phone, video, text and other methods that take advantage of the latest technologies and treatment methods.
- Many resources are available 24/7, so members may structure a program without taking time off from work or having to travel.
- Counselors are licensed with master's degrees and higher, and have specialized training in post-traumatic counseling.

Treatment lasts for three months. It begins with a 45-minute counseling session, followed by an assessment with a diagnosis and a plan for treatment. Then primary counseling commences

with:

- Six 50-minute counseling sessions per month,
- An additional four 15-minute sessions per month,
- A midway update, and
- A final 50-minute counseling session.

If additional work is needed by a member, the provider is able to offer continued support through a plan that can be purchased independently for the member and their entire family. We will provide more extended-plan details when we roll out the program.

Members will gain access to the program through the AFT members-only Member Benefits portal, which requires registration with a Member ID. However, after registration and connection to the program, each member will work directly with the provider. The member verification process is the only connection between the AFT and the member; it will not slow down the process.

AFT Secretary-Treasurer Lorretta Johnson, Executive Vice President Evelyn DeJesus and I were planning to announce this benefit at our 2020 convention. But the times we live in called for us to move quickly in hope of helping address some of the profound challenges we now face. Caring, fighting and showing up has become our creed. That is true more than ever today.

We want our members to feel the support of their union in their everyday lives. We hope this new member benefit of professional assistance of trauma specialists meets that need.

You will receive more information in the coming weeks.

In unity,

Randi Weingarten

AFT President



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- If you or a student need access to internet please contact Spectrum/Charter, they are offering free internet for two months to those who do not have internet with them currently. Their number is 1.844.488.8395
 - All SUNY Oneonta class/dining/dorm/etc. questions should be directed to the SUNY Oneonta Call Center **607-436-2909**. Please also look to the college's webpage for college related updates, <https://suny.oneonta.edu/>
 - For IT support please contact the campus IT Services Department, information can be found [here, https://suny.oneonta.edu/information-technology-services](https://suny.oneonta.edu/information-technology-services)
 - Please refer to UUP-date #1 from March 16th for further links and information on services and official webpage links. You can find it on our web-page at www.oneontauup.org or by [clicking here](#).