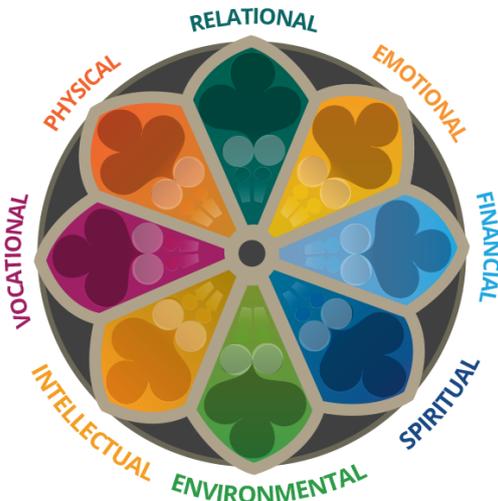


GSD Staff News

Community and Wellness Resources



Flex Spending and TDA withdrawals

1. Now that many day cares, afterschool programs, and other childcare resources are closed, can staff update their dependent care deductions mid-year?

A change in care is a Qualified Life Event which allows participants to make changes to their dependent care FSA election within 30 days of the date of the change. Benefits requires a letter or email from the provider indicating the change. Benefits can reduce/cancel their ongoing contributions as of the date the participant makes the change (or the date the care changes if the notification is for an future-dated change). Email your request to benefitseharvard.edu.

2. Can I make a penalty free withdrawal from my 403b TDA under the CARES Act?

Please see [TIAA website](#) for information regarding how the CARES act affects Harvard retirement plans.

Working & Managing Remotely During the Coronavirus Crisis

Zoom [link](#) | Password: 558194

Please join us on **April 30th, 3 - 4 pm**, for a session with the Harvard EAP on this topic. This session will provide best practices and lessons learned from veteran virtual employees will be shared. This webinar will also explore the silver lining learnings from our recent shift to WFH.

Socialize Remotely

Socialize Remotely is a University-wide platform designed to bring us together to do exactly that. Discover more [here](#).

Zoom Background

Using a virtual background is a simple way to change up your Zoom experience and maintain some privacy while working remotely. Learn more [here](#).

Take the Stairs At Home

Join the HSPH, EcoOpportunity, and the Harvard Office for Sustainability for the 12th annual Take the Stairs. HSPH is heading to Maine to begin hiking the New England Appalachian Trail! Movement Campaign will begin on Monday, April 27 and run through Friday, May 29. It is perhaps more important now than during "normal" times to move (safely), in some way throughout the day. Register and learn more [here](#).

(Disclaimer: no one is actually going there, in case you haven't heard, there's a pandemic and travel ban, plus the mountains in Maine and New Hampshire are either too icy or muddy for safe passage - this is a virtual hike based on real physical activity.)

Harvard University Employee Credit Union Resources

HUECU is hosting Friday webinars in May for all in our communities, participants do not need to be HUECU members.

May 1st at noon: Maximizing HUECU Benefits During The Pandemic:

<https://attendee.gotowebinar.com/register/3797682782473185035>

May 8th at noon: Increase Your Cash Flow During The Pandemic:

<https://attendee.gotowebinar.com/register/2408050718060854796>

May 15th at noon: Buying a Home in the Wake of Covid-19:

<https://attendee.gotowebinar.com/register/8271578003711265804>

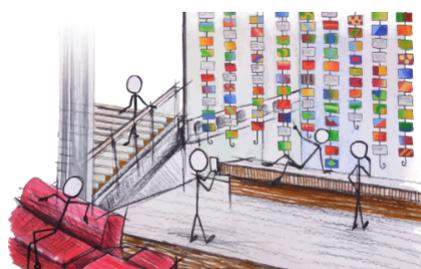
Environmental Wellbeing

Environmental wellbeing means leading a lifestyle that values the relationship between ourselves, our community and the environment. As environmental stewards, we have a responsibility to live in harmony with the earth, recognize our impact on its environment, and promote practices that will sustain its cherished resources.

- o Recycle
- o Bike or walk for your commute when you can
- o Use re-usable bags and water bottles
- o Be mindful of your water use
- o Go to the farmer's market, choose locally-sourced food
- o Turn off lights and computers
- o Unplug devices
- o Donate unwanted clothing

Resources

- [Office of Sustainability](#)
- [Harvard University Center for the Environment](#)



Dear Harvard

Join us in sending a virtual postcard to connect with the Harvard community: share a piece of yourself, contribute to an enduring artifact of this time, and bridge our current virtual worlds with the future. Learn how it works [here](#).

Better-For-You Brownies

For a guilt free yet indulgent treat try these [Better-For-You Brownies](#) from Daphne Oz, author of *The Happy Cook*. You'd never know these rich, delicious, fudgy brownies were gluten free plus packed with protein and antioxidants! You can follow the recipe as is *Or...follow my notes and make an easy recipe even easier by throwing it all into a food processor*. I promise, these are actually super tasty!

Ingredients

- 1 large sweet potato (about a cup)
- 1/2 cup pureed black beans
- 2 tablespoons unsalted butter, melted
- 2 eggs
- 1/2 cup packed light-brown sugar
- 1 teaspoon pure vanilla extract
- 1/2 cup semisweet chocolate chips (*plus extra for topping*)
- 1/2 cup hot coffee
- 3/4 cup unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1 teaspoon kosher salt

Instructions

1. Preheat oven to 350°F.
2. Microwave sweet potato until tender, about 7 minutes and set aside to cool. Peel off skin and mash.
3. Whisk the sweet potato, eggs, melted butter, brown sugar, black beans, and vanilla together in a large bowl. *Or.. throw them all into a food processor and pulse until pureed.*
4. Place the coffee and the chocolate into a heat proof glass measuring cup and microwave until melted.
5. In a separate bowl, combine the dry ingredients. Stir the melted chocolate into the sweet potato mixture and then fold in the dry ingredients. *Or...add everything to the mixture in the food processor and pulse until smooth*
6. Pour into a greased pan or muffin tin *top with a hand full of chocolate chips* and bake for 8 to 10 minutes. *I think this is fine for mini muffin tins, but with an 8x8 I had to bake for 20 minutes* Let cool and serve. *Store in fridge*

Feeling Productive

Clutter driving you crazy, feeling motivated to tackle projects and organize your home? Freshome consulted with some top-tier organizing influencers and the president-elect of the National Association of Productivity & Organizing Professionals (NAPO) to compile a list of 8 tips for organizing. [Here](#) is a list of ways you can organize your home for quarantine.

Free Workouts on and off Screen

[Here](#) are 14 free workouts that you can try via streaming services and wellness apps.

[DAREBEE](#) is a non-profit and also an ad-free and product placement-free website.

Not Feeling Productive

Feeling like there's too much pressure to be organized and productive when you're already busy just trying to get through the work day from home, while caring for family and trying to manage your own mental health. [Here](#) are things that you should feel no obligation to do during this global crisis. It's okay you don't have to be productive.

SNL At Home

Saturday Night Live returns April 24, 2020 with a show produced entirely remotely from the cast's, celebrities' and musical guests' homes as they practice social distancing. Watch [here](#) or at your favorite streaming network like Hulu or Youtube.

Mondays with Michelle Obama

PBS kids has started "Mondays with Michelle Obama!" As part of the PBS KIDS Read-Alongs on Facebook and YouTube, [Michelle Obama](#) will read some of her favorite children's books. The read-along will be available for viewing anytime afterward #ReadTogetherBeTogether #pbskidsreadIt's "Mondays with Michelle Obama," part of the PBS KIDS Read-Along series. The first book is "The Gruffalo" written by Julia Donaldson and illustrated by Axel Scheffler. Watch here, on [Penguin Random House](#), and anytime on the [PBS KIDS YouTube page](#)! What is your child's favorite book to read aloud with family? #ReadTogetherBeTogether #pbskidsread