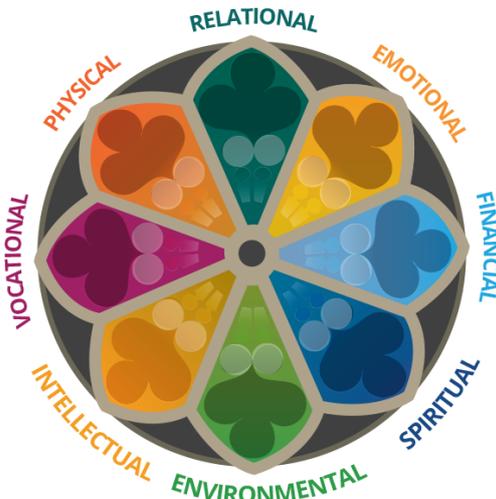


# GSD Staff News

## Community and Wellness Resources



### [Navigating Transitions with the Center for Wellness and Health Promotion](#)

Spring is often a time of transition, with days getting longer, weather getting nicer, flowers in bloom, and the academic year coming to a close. This year, transitions might feel a little bit different. Whether you're working from home or taking all your finals online, the usual routines that mark the passage of spring and the beginning of summer are anything but normal. Navigating transitions can be challenging even in the best of times, so it is important to make sure we are taking care of ourselves through the uncertainty. Embrace each moment and make the time for your Daily Dose of Wellness! Learn more and sign up for their monthly newsletter [here](#).

### Who's Who? Who's New?

Angela Pizzolato, Business Analyst,  
Development Data Strategy, Development  
and Alumni Relations  
[apizzolato@gsd.harvard.edu](mailto:apizzolato@gsd.harvard.edu)

### [Mindful Movement Yoga for the \(Home\) Office](#)

As every office worker knows, sitting for long periods can result in stiffness and discomfort. Start your week off right with a mindful meditation and some stretching. Learn more and find links to register in the training portal on [HARVie](#).

### [Lunch with Lunsford American Repertory Theater](#)

A.R.T.'s weekly lunchtime webinar series Tuesdays at 12 PM with artistic staff, affiliated artists, and supporters, hosted by Artistic Producer Mark Lunsford! Each week, Mark will be joined by different artists in A.R.T.'s orbit for a curated conversation and interactive audience Q&A. Read more [here](#).

### [Preventing Pandemics: From Policy to Practice](#)

Thursday, May 21, 2020

7:00 pm – 8:00 pm | Register [here](#)

Join Ashish Jha and Raj Panjabi, moderated by Nancy Gibbs, for a discussion about the COVID-19 response in Africa, lessons learned from previous epidemics like the West African Ebola outbreak, and what the future of global health.

### [EAP Webinar for GSD staff: Stress Reduction Strategies](#)

May 20th at 10-11 am | Zoom link: <https://us02web.zoom.us/j/88989492509>

#### **Stress Reduction: Self-Care Tools that can meet ANY moment:**

We are all feeling the effects of stress lately (if we weren't already.) And we know this affects our minds and bodies in profound ways. Join us for an hour of solutions – for meeting the moment with more calm and wiser responses to whatever might be happening. We'll discover proven practices to alleviate feelings of "too much." Meditation, movement, sleep, and nutrition are all part of the core methods to bring some ease and clarity to it all. **\*Specifically for the GSD staff.\***

### [The Office of Work/Life Wellness Programing for May & June 2020](#)

In light of the COVID-19 outbreak, the Office of Work/Life has collaborated with CareeWork and the EAP to offer various wellbeing webinars. Below is a list of the webinars. To register click [here](#).

#### **Stress Reduction: Self-Care Tools that Can Meet ANY Moment.**

Instructor: Katherine McHugh, Date: Friday, May 15, 2020, Time: 10:00 – 11:00 AM

#### **Grief in the Time of COVID**

Instructor: KGA Date: Thursday, May 21, 2020, Time: 10:00 – 10:30 AM

#### **Working & Managing Remotely During the Coronavirus Crisis**

Instructor: Cally Ritter, Date: Friday, May 22, 2020, Time: 10:00 – 11:00 AM

#### **Managing and Supporting Others Who Are Grieving**

Instructor: KGA, Date: Wednesday, May 27, 2020, Time: 2:00 – 2:30 PM

#### **Managing Stress in the Time of COVID**

Instructor: Sherri Labree, CareeWork Date: Thursday, May 28, 2020, Time: 2:00 – 3:00 PM

#### **The Best Time to Practice: Building Resiliency during Challenging Times**

Instructor: Katherine McHugh, Date: Friday, May 29, 2020, Time: 10:00 – 11:00 AM

#### **Self-Care and Self-Compassion**

Instructor: Katherine McHugh, Date: Monday, June 1, 2020, Time: 10:00 – 11:00 AM

#### **Tips for Keeping Ourselves and Those Around Us Calm**

Instructor: Katherine McHugh, Date: Friday, June 5, 2020, Time: 10:00 – 11:00 AM

## Gingersnaps - from Mark Bittman's How to Cook Everything

Please enjoy this recipe from prior GSD bake off winner, Lindsey Cimochoowski! If you'd like to submit your own recipe for an upcoming newsletter email entries to [mmuliro@gsd.harvard.edu](mailto:mmuliro@gsd.harvard.edu)

### Ingredients

1/2 pound (2 sticks) unsalted butter, softened  
 1 cup sugar  
 1 cup molasses  
 1 heaping tsp. baking soda  
 1/2 tsp. nutmeg (freshly ground, if you happen to have it)

1/8 tsp. ground cloves  
 1/4 tsp. ground allspice  
 1 heaping tablespoon ground ginger  
 1 tablespoon ground cinnamon  
 3 1/2 cups all-purpose flour  
 pinch of salt

### Directions

Using an electric mixer, cream together butter, sugar, and molasses until smooth. Mix the baking soda with 2 tablespoons hot water and beat into the dough. At this point it will seem a bit wet, but it will all come together once the dry ingredients are mixed in.

Combine the flour, spices, and salt in a bowl. Add the dry ingredients to the dough and beat well. Shape the dough into 2 long logs, wrap in wax paper or parchment paper, cover in plastic wrap, and refrigerate for several hours or overnight. You can also freeze the dough at this step, and it will last for several weeks in the freezer in this state.

Heat oven to 350. Slice the cookies as thin as you can and bake on parchment lined baking sheets until golden around the edges, about 10 minutes, watching carefully to prevent burning. Use a spatula to transfer the cookies to a rack and cool. Store in a tightly covered container at room temperature for up to several days.

## Tour Of The Brooklyn Botanic Garden's Cherry Blossoms



The Brooklyn Botanic Garden's Sakura Matsuri Festival is one of the highlights of NYC's springtime season, and the Garden's cherry blossoms are at the center of it all. Visit the garden virtually [here](#) you can take a tour of the garden's ground from above.

## Harry Potter At Home

Some of the best-loved names from global entertainment, music, and sport have lent their voices to the story they love by recording themselves reading the timeless first Harry Potter book, Explore the Wizarding World [here](#).



## Sugar Calling



Cheryl Strayed, also known as Sugar, says writing taught her how to give advice. In this moment of uncertainty, she's setting aside advice-giving in favor of wisdom-seeking and turning to the writers who have long inspired her for courage and insight. Take a listen to wherever you get your podcasts.

## RBG Workout - SNL



We are spending more time at home than ever before. So now it is a great time to try out new home workout routines. Supreme Court Justice Ruth Bader Ginsburg (Kate McKinnon) invites people to join her workout at home. Watch RBG's workout routine [here](#).

## Easy Gardening

It might seem like the lazy gardener's approach, but it also happens to be the most economical. Prepping a bed without turning or tilling may actually help reduce the number of weed seeds that are unearthed and then germinate. Less work now; less weeding later. Read more [here](#).



## Feeding America Comedy Special



NBC teamed up with Byron Allen's Entertainment Studios and Funny or Die for a two-hour comedy special Feeding America Comedy Festival aired on on May 10 at 7 pm. Watch the special [here](#).