



# GSD Staff News

## Community and Wellness Resources

### Working from Home Programs

With University staff working remotely, discover how to be productive and stay connected when working from home or other remote environments. Browse a list of featured LinkedIn Learning courses. Visit the [Harvard Training Portal](#) to select trainings that can be individually at any time.

**Working Remotely** – Watch this course to learn how to work productively, when and where you want, and achieve the freedom and flexibility you need for a more balanced life.

**Time Management: Working from Home** – This course offers best practices for anyone who works full-time or occasionally from home. Learn how to set up a dedicated workspace for maximum productivity, how to craft your daily schedule for peak productivity and plan meaningful breaks to avoid burnout.

### CWD Programs

**Planning in Uncertain Times** - August 4th

**Optimism** - August 5th

**The Power of a Positive No** - August 5th

**Managing Performance and Supporting Employees-**  
August 6th

**Retirewise - Pre-retirement Planning (2-day seminar)** -

This complimentary online workshop will provide you with a step-by-step approach to creating a realistic financial and retirement strategy that works for you over 2 sessions: July 30th and August 6th from 9 am to 12:30 pm. Learn more [here](#).

**Building Personal Resilience: Mental Agility** - In this workshop on July 29, you will learn what mental agility is, and how your ability to be flexible in your thinking supports resiliency. You will uncover your personal “fixed mindset traps” - ways of thinking that prevent you from operating with a growth mindset. Learn more [here](#).

### Care@Work Webinar: Choosing Quality Senior Care Providers

August 4, 2020 | 1:00 pm - 2:00 pm EST

Register at [this link](#)

If you're a family caregiver, you may be making decisions without enough information to get it right. For example, if your mother needs help at home, where do you go to find the best care? How can you hire a caregiver with the right skills and personal touch? Perhaps your father wants to downsize and move to a senior care community. How can you help him manage this life transition and find an appropriate setting? Researching care options can be time-consuming and confusing. In addition, one size does not fit all. It's important to choose a care provider that best meets the needs of your loved one knowing that those needs may change down the road.

### Parenting Challenges in Today's World

Here is a [link](#) to the recorded session offered by the Harvard EAP last week. The session focused on current challenges for working parents during the pandemic.

### GSD Design Yard Sale For Racial Justice

Design Yard Sale is a student-initiated and student-led event to help the Black community fight against systemic racism. They are selling their art to raise funds for movement leaders to win this battle. Check out the website [here](#).

### Diversity, Inclusion & Belonging Anti-Racist Resources

[To be an ally is to be an active agent of change](#). This includes proactively recognizing your privilege, amplifying Black voices, and working towards a permanent social and systematic change. In the words of author Ibram X Kendi, “No one becomes ‘not racist,’ despite a tendency by Americans to identify themselves that way. We can only strive to be anti-racist on a daily basis.”

#### **ACTION**

- Support Black businesses. Find them on [WeBuyBlack](#), [The Black Wallet](#), and [Official Black Wall Street](#). Another great list is [here](#).
- Join your local [Showing up for Racial Justice \(SURJ\)](#) group. There is a lot of awesome work going on locally – Get involved in the projects that speak to you.

#### **WATCH**

- [How Running's White Origins Led To The Dangers of 'Running While Black'](#) by NPRs Code Switch
- This [video](#) by PBS uses an advanced imaging technique to show you **why masks work**.

#### **READ**

- [The Color of Law: A Forgotten History of How Our Government Segregated America](#) by Richard Rothstein
- [The 1619 Project](#) by Nikole Hannah-Jones
- Ta-Nehisi Coates' article [The Case for Reparations](#)

#### **FOLLOW**

- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)

#### **LISTEN**

- The podcast [Our National Conversation About Conversations About Race](#)
- [Momentum: A Race Forward Podcast](#) features movement voices, stories, and strategies for racial justice
- Listen to the [Anti-Racist/Anti-Fascist Education playlist](#)

#### **CONVERSATION**

**Questions you can ask around the dinner table or during any meal**

- [Can you think of a time](#) when you may have done something racist, consciously or unconsciously?
- [What are some examples](#) of ways you can be an active agent of change in your community?

## John Lewis Conscience of the congress

In an [interview Brent Staples](#) said, "You know, John Lewis, in the waning days of his life, was heartened and overjoyed to see the global protests that unfolded after the killing of Mr. Floyd. He talked about it as part of the extension of his work. And one of the things he said, he essentially – I’m paraphrasing – he said, the thing’s out of the box now. He said, there’s no going back from this."

[The World John Lewis Helped Create](#): Black leaders pause to reflect on the civil-rights icon and representative from Georgia, who spent decades calling for activism and “good trouble.” By Adam Harris

[The Life and Legacy of John Lewis](#): A look at the extraordinary life of the civil rights icon. Listen [here](#) to The Daily podcast by The New York Times.

[The Essential and Enduring Strength of John Lewis](#) By Jelani Cobb

By the time John Lewis made his exit from this realm, on Friday, his life had been bound so tightly and for so long to the mythos of the movement for democracy in America that it was difficult to separate him from it. For this reason, a friend who texted me “John Lewis is gone, what are we going to do now?” was not only reacting to grief but expressing a real and common sentiment.



### **Still Processing**

Wesley Morris and Jenna Wortham are working it out.

### Reparations for Aunt Jemima!

When Quaker decided to take Aunt Jemima off the red pancake box after 131 years, did it also try to scrub the legacy she represents? And what sort of compensation is appropriate – and to whom – from a brand that maintained that image in public for so long? Listen to the episode [here](#).

Listen to Wesley Morris and Jenna Wortham the hosts of the podcast, [Still Processing](#), explore the erasure of Aunt Jemima and the reconciliation of the icon.

### Rhiannon Giddens and What Folk Music Means

To grasp the significance of what the twenty-first-century folksinger Rhiannon Giddens has been attempting, it is necessary to know about another North Carolina musician, Frank Johnson, who was born almost two hundred years before she was. He was the most important African-American musician of the nineteenth century, but he has been almost entirely forgotten. Never mind a Wikipedia page –he does not even earn a footnote in sourcebooks on early black music. And yet, after excavating the records of his career—from old newspapers, diaries, travelogues, memoirs, letters—and after reckoning with the scope of his influence, one struggles to come up with a plausible rival. Read or listen to the article [here](#).



### It's really settling in now, the losses large and small

Pauline Boss joins Krista to ponder what it means to be living through a collective experience of “ambiguous loss” right now. This is a companion to this week’s [On Being](#) rebroadcast of our conversation with Pauline Boss, a family therapist, on navigating loss where there is no closure. How does that work during a pandemic with no end in sight? Listen to this episode [here](#).

The [On Being Project](#) is a nonprofit media and public life initiative. They make a public radio show, podcasts, and tools for the art of living. They explore the intersection of spiritual inquiry, science, social healing, community, poetry, and the arts. They’re offering ongoing special content for this moment, including conversations about race and healing, “care packages” for caregivers and uncertain times, and a starting point for the exhausted and overwhelmed. Learn more [here](#).



### I Don't Want to Spread Covid-19. Can I Sit Out the Protests?

How do you balance political progress and public health? Many philosophers would say there’s no easy moral arithmetic that would allow you to compare the two concerns. In 1965, when John Lewis, the young chairman of the Student Nonviolent Coordinating Committee, helped lead a march across the Edmund Pettus Bridge in Selma, Ala., he did not consult first with his physician.

Responsible protesters this summer have worn masks and tried to maintain some distance from one another. But public safety is jeopardized when law-enforcement officials use tear gas and other irritants that cause respiratory problems, leading people to cough or to remove their masks. But not protesting also has significant costs. Read more [here](#).