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Building Care focuses on fire and safety awareness



PASS: Pull the pin. Aim at the base of the fire, not the top of the flames. Squeeze the lever. Sweep from side to side.

More than 400 Building Care staff watched three colleagues use a special fire extinguisher to “put out” a digital fire in a demonstration held Jan. 12 at the Statler Auditorium. The demonstration by the university fire marshal’s office was part of Building Care’s fourth annual Employee Workshop. Participants also enjoyed breakfast in the Park Atrium and talked with representatives from the university’s Division of Human Resources, Environmental Health and Safety (EH&S), Musculoskeletal Injury Prevention Program, and the Community Learning and Service Program.

The demonstration, overseen by Kate VanLoke, assistant university fire marshal in EH&S, capped a morning focused on fire and safety awareness. Ben Kuo, associate vice president for facilities management, noted that the same principles that apply to being safe at work translate into safety at home; the information learned at the workshop could be applied both to custodians’ personal lives and in the situations they are apt to encounter as they clean and maintain Cornell’s living, teaching and research spaces. Rick Roper, training program manager for Facilities Management, reinforced that message: “Safety is a state of mind, of always being aware of our situation,” he said. “Safety is in the choices we make.”

Ron Flynn, university fire marshal, used slides of offices and building passageways that violated safety and fire codes to demonstrate common hazards: too many electrical cords and power strips plugged into a single outlet; shelving units obstructing electrical or fire alarm pull stations; papers or boxes piled high in an office hallway; combustible storage in stairwell enclosures; fire doors left propped open. Many in the audience recognized such situations from their daily rounds. Upon encountering such unsafe conditions, they should notify their supervisor or the university fire marshal's office, Flynn said. "If you see something, say something," he said.

Knowing that custodians often need to wedge doors open to adequately carry out their duties, both Flynn and Cindy Lockwood said staff need to make sure to use the wedge on the bottom of the door rather than in the hinge area to avoid warping the hinges and doorframe. Wedges should be removed as soon as the doorway no longer needs to be kept open.

"Fire extinguishers should only be used if a fire is small and you have been trained," VanLoke said. "Otherwise it is best to leave the area." Whether choosing to use an extinguisher or not, the building must be put into alarm by pulling any nearby fire alarm pull station. Be sure to get out safely, closing doors behind you as you leave. Once you are out, call 911 on your cell phone. Using an extinguisher is not a decision to be taken lightly, as a fire extinguisher has limited use and is no substitute for the fire department, VanLoke said. Always identify your exit path and be sure the fire does not come between you and your means of escape, she said.

The fire marshals also noted that [Fire Safety and Evacuation Plan poster](#) and Emergency Escape Routes are strategically posted throughout buildings, and all employees and building occupants should familiarize themselves with the contents of the plan and emergency escape routes, and always know two ways out.

For assistance in emergencies, Cornell Police can be called at 911 from any campus phone or by calling 607-255-1111 from a cell phone.

Also at the event, Donna-Marie Parker was introduced as the newly hired director of Infrastructure Properties and Planning Human Resources (IPP HR). Staff from IPP HR discussed university policy related to all aspects of time away from work: short term disability and Workers Compensation; parental leave, personal medical leave and family medical leave; vacation and sick accruals; and no pay.

Vet College staffer recognized with George Peter Award



Faculty and staff from across the College of Veterinary Medicine came together with the Employee Assembly to surprise Lisa Bowen-Laue, extension support specialist in the Animal Health Diagnostic Center (AHDC), with the George Peter Award for

Dedicated Service November 30.

In her nomination letter, Belinda Thompson, assistant clinical professor and Bowen-Laue's supervisor, summarized her recommendation: "I never hesitate to ask Lisa to communicate with state or federal officials or important clients. She is always professional, and yet she puts people at ease. Her dedication to excellent service allows Lisa to be an exceptional 'face of Cornell.' I think you will find it difficult to identify a candidate more deserving of this award."

David Charles Smith, DVM, the New York State Veterinarian, New York State Department of Agriculture and Markets, wrote: "I have always found Lisa to be consistently helpful, knowledgeable and, perhaps most importantly, practical. She always finds a way to get the necessary things done. All this happens without fanfare and I believe you will be hard-pressed to find a more fitting recipient for the George Peter award."

Stephen Lamb, AHDC endocrinology lab manager, noted in his letter of support that, "Lisa Bowen-Laue is a co-worker of the highest quality and has truly demonstrated dedication to the organization and our clients over the years."

The longest running and most prestigious university-wide peer-nominated award, the [George Peter Award for Dedicated Service](#) is given by the Employee Assembly to staff members who consistently extend themselves to help others and who demonstrate a high degree of excellence in doing their jobs, often exceeding the normal expectations of their job responsibilities. For more information on George Peter, see <http://pawprint.cornell.edu/?q=articles/2015/04/who-was-george-peter>.

Tanya Grove is help desk and operations manager for Human Resource Information Systems and executive vice chair of the Employee Assembly.

Applications accepted for adult learner sessions through CLASP

Are you a Cornell employee at the Statler or in Cornell dining or facilities who is interested in improving your skills in computers, English or career readiness? Do you need assistance in preparing for the High School Equivalency exam, the United States Citizenship exam, the NEHA food handler/manager exam or do you need support in taking a college course?

The Community Learning and Service Partnership (CLASP) provides Cornell employees free educational support as they work toward their individual learning goals by pairing employees with student learning partners for eight weekly sessions throughout the semester. The two of you decide on a time and place for your meetings.

If you work at Cornell and feel that some one-on-one, confidential help will enable you to reach your personal learning goals, CLASP may be right for you. If you are interested, visit the CLASP [website](#) to get more information and download an interest form, or call Maria Vargas, program assistant, at 255-7633.

Free clinic on wills, powers of attorney, health care proxies

The Cornell University Law School is introducing a new Estate Planning Clinic this spring to assist those who cannot afford or do not have access to an estate planning attorney.

The clinic will provide clients with a basic estate plan that includes: a last will and testament, a living will, health care proxy and a power of attorney. This plan will be tailored according to the client's wishes. Law students will work under the supervision of qualified attorneys who specialize in trusts and estates.

Clients must qualify under the clinic's eligibility criteria (singles earning \$25-\$30k annually; families up to \$50k annually), as

these services are entirely free of charge.

If you, or anyone you know (does not have to be employed by Cornell), might be interested in completing their estate planning with the Cornell University Estate Planning Clinic, contact Susan Tosto or Erica Russell at 607-255-4196 to discuss the eligibility criteria and outline the next steps.

Cornell staffer learns coping skills for sister's mental illness

The local chapter of the National Alliance on Mental Illness (NAMI-Finger Lakes) is offering a free, 12-session educational program, Family-to-Family, for family, partners, friends and significant others of people living with mental illness, Wednesdays, Feb. 3-April 30, 6:30-9 p.m., at the Finger Lakes Independence Center, 215 Fifth St., Ithaca. Taught by trained family members who know what it is like to have a loved one living with mental illness, the course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions.

A former participant and teacher of the course – and Cornell staff member – recounts her personal experience with this course:

“Mental illness affects most of us on one way or another. Most of us know someone who has been touched by a mental illness. Many of us love and some live with someone with a mental illness. I have experienced it through my sister, who has been living for many years with what I believe is undiagnosed schizophrenia.

“During her senior year of high school, my sister broke up with her longtime boyfriend and began taking illegal drugs. She later left two abusive marriages, losing custody of her two children when the second marriage dissolved, and increasingly isolated herself from family and friends

“Three years ago, when our mother passed away, I took on the responsibility of caring for my sister. I was positive that I could quickly get her help and get her back on her feet. I reached out to social services and the mental health department on her behalf, and everyone I talked to was kind, helpful and understanding.

“But my sister did not think she needed help, even as she was getting worse. She was not eating; her late night shouting matches with herself increased; her neighbors started to complain and her landlord threatened eviction. The harder I pushed her to get help, the more she withdrew and wanted nothing to do with me.

“I was feeling overwhelmed when I learned that there was a National Alliance for Mental Illness group in Ithaca – NAMI Finger Lakes. I started attending their support group meetings. Sharing stories with other families going through similar situations in a warm and confidential environment offered the support that I needed and helped get me through some tough months.

“NAMI's Family-to-Family educational course helped me most. More than an educational course, Family-to-Family provides a platform to bring together families who immediately understand what it's like loving and often living with somebody who has mental illness. Course participants develop strong bonds over the 12 weeks of the course and many keep in touch and continue to help support each other after the course ends.

“The course taught me problem-solving skills and to how to better communicate with my sister. It also taught me to adjust my expectations and has allowed me to accept that although my sister may never understand that she's ill, I can still help her in many ways. I found her a new place to live and got her more services. My other sisters and I make sure she has food and other necessities, and I have become a representative payee through social services to help pay her bills. I will never stop hoping that my sister will get help for her mental illness, but I can now refocus my energy on just loving her.

“I was so encouraged by what Family-to-Family taught me that I attended a training course to become a course teacher. I co-taught the course for the first time last year and discovered that the course's basic principle – families learning from and

teaching each other – holds true whether you are a participant or a teacher. It is the coming together of families and the interaction that takes place over the 12 weeks that makes the course an extraordinary experience for all.

“I am so glad that NAMI Finger Lakes will be offering the free Family-to-Family course again this year, starting February 3. Details and more information can be found at <http://namifingerlakes.org/> or by calling NAMI FL at 273-2462.”

Soup & Hope begins Jan. 21; bios of speakers now online

Soup & Hope 2016

Thursdays @ SAGE Chapel

12:00-1:00

Come in from the cold • Fill your bowl with so

We'll serve up six delicious speakers to share personal stories of hope. Each story is as

Featuring:

Over the past eight years, more than 45 speakers have touched, inspired, motivated and stirred the hearts of those who gather during the winter months at Sage Chapel for the biweekly series of talks that is known as Soup & Hope.

Brief biographies of this year's speakers are now available

at <http://dos.cornell.edu/cornell-united-religious-work/programs/soup-hope> (scroll down). Every two weeks through March, one of these speakers will share their personal stories of hope, reflecting diverse personal, cultural, religious, political and philosophical beliefs and experiences. Speakers include a wide range of Cornell staff, faculty, students, alumni, and community members.

Enongo Lumumba-Kasongo, Ithaca native and a Ph.D. student in Cornell's Department of Science and Technology Studies, will kick off the 9th annual Soup & Hope season Jan. 21 at noon in Sage Chapel. Lumumba-Kasongo is a rapper and producer and the voice behind her hip-hop, nerd-core alter ego and moniker, Sammus. Her primary academic interest is in sound studies, an emergent field that focuses on sound as a means to better understand historical and cultural developments as well as to access particular aspects of human experience. She is interested in audio games and virtual space, as well as the politics surrounding low-income community studios. See <http://imaginingamerica.org/fg-item/enongo-lumumba-kasongo/>.

The speakers for subsequent talks are:

- Feb. 4: Cornell Woodson
- Feb. 18: Tracey Brant
- Mar. 3: Amy Mohamed ElSayed
- Mar 17: Kathy Zoner
- Mar 31: Clark West

Come in from the cold. Fill your bowl with hot soup provided compliments of Cornell Dining. (You can bring your own bowl or purchase one with a Soup & Hope logo for \$7 at the event.)

Soup & Hope is co-sponsored by Cornell Dining, Cornell United Religious Work (CURW), and Gannett Health Services, with additional support from the Office of the Ombudsman, Residential and New Student Programs, and University Communications.

Buy tickets now for Globetrotters Feb. 2



The Harlem Globetrotters are returning to Cornell in 2016 for a stop on their 90-year anniversary world tour. The game provides entertainment for all ages and will be held Feb. 2 at 7 p.m. (doors open at 6:05 p.m.), in Newman Arena at Bartels Hall. Courtside, reserved seats and general admission tickets are available.

Cornell employees can receive \$5 off per ticket. They can be [purchased online](#) or in person at the Athletic Ticket Office, Bartels Hall, for employees showing their Cornell employee ID card. These discounted tickets are available for a limited time and are not available on game day.

Online: Simply enter **CUSTAFF** in the coupon code field in the [online ticket page](#) for the Globetrotters game.

In person: The Athletic Ticket Office hours are Mon.-Fri., 10-5 p.m. The office will be closed Dec. 25-Jan. 1.

Note special “Magic Pass” pre-game show

Before the game, take part in a once-in-a-lifetime experience by spending time on the court with the Harlem Globetrotters – shooting, trying out ball tricks, and getting autographs and photos. The unique 30-min pre-show, “Magic Pass”, starts 90 minutes before the game. All customers must have a game ticket AND a Magic Pass ticket for entry. This includes all children, as well as the parent(s) or guardian(s) wishing to accompany them – regardless of participation. Soft/rubber soled shoes must be worn on the court.

- Magic Pass doors open: 5 p.m. Magic Pass price: \$15.00
- Magic Pass start-time: 5:30 p.m. (*Customer must have game ticket & Magic Pass for entry*)
- Magic Pass end-time: 6 p.m. (*Magic Pass participants can select seats prior to doors opening to game*)
- Doors open for game: 6:05 p.m.
- Globetrotters game starts: 7 p.m.