



EMS COLLEGE DIGEST – August 1, 2022, Issue

OFFICE OF THE DEAN

- **Faculty Celebration of Accomplishment** - Thursday, August 25 from 4 – 6 p.m in 603 Barron Innovation Hub – see invitation for more details (all staff, faculty, emeritus faculty, and post docs are welcome to attend)
- **Promotion and Tenure Workshop for Tenure-Line Faculty presented by Dean Kump** - Monday, August 29 from 1:30 – 3:30 p.m. in 401 Steidle and on zoom at <https://psu.zoom.us/j/91525834475?pwd=UDY2cUhvczdlaWRwV3hTVWxlZFNyZz09>
- **Call for Proposals Suspended: Dean’s Fund for Postdoc-Facilitated Innovation through Collaboration** - The call announced in last Monday’s Digest has been suspended until we finalize hiring plans for 2022-2023. Please watch for information in a future College Digest about this program.

DEVELOPMENT AND ALUMNI RELATIONS – Announcing “Earth and MINTeral Sciences Bittersweet Mint” ice cream

The College of Earth and Mineral Sciences is excited to announce the launch of “Earth and MINTeral Sciences Bittersweet Mint” ice cream! In celebration of its 125th anniversary, the college has partnered with the Penn State Berkey Creamery to temporarily rename the Creamery’s beloved Bittersweet Mint flavor. “We chose the mint flavor because we are the college where new ideas and discoveries in energy, environment, and materials are ‘minted’ into just, equitable, and sustainable solutions for society,” said Dean Kump. The ice cream will be available August through October by the scoop at the Creamery and in-store/[online](#) by the half-gallon tub. EMS also looks forward to serving this flavor at select college events throughout the fall, including TEEMS first-year student orientation, the MatSE ice cream social, the annual Obelisk Society Dinner and Awards Ceremony, Parents and Families Weekend Open House, and the culminating 125th Anniversary Crescendo Weekend.

MARKETING AND COMMUNICATION - Calling all faculty, staff, and students!

The College’s Marketing and Communications Office is holding a series of outdoor photo shoots and all EMS faculty, staff, and students are invited to have their picture taken. These will be professional headshots for use on college and department web directories and in other marketing materials. Participants will receive digital copies of their photos for personal use. We especially need photos of all new EMS faculty and staff!

- **When:** Monday, August 15: 10 a.m. – 1 p.m., and Wednesday, September 7: 10 – 1 p.m.
- **Where:** All sessions will take place outside the main entrance to the Deike Building that faces Burrowes Road. Sessions will take less than five minutes.
- Please help distribute to all. No appointment necessary, just stop by to get a professional headshot. PLEASE come and have your photo taken!
- **Questions:** David Kubarek | Email: dak207@psu.edu | Phone: 814-424-3402

GRADUATE EDUCATION AND RESEARCH - Congratulations EMS researchers!

Our college is having an exceptional year in research grants and awards thanks to the extraordinary effort of our research faculty and staff. We are approaching the end of FY2022 with a 35.43% increase in research awards, totaling \$55.6M as of June 2022. This includes awards administered within EMS (\$49M) as well as other units (\$6.6M). The breakdown by sponsor type, shows a major increase in Foundation, State and Industry funding.

Sponsor Type	FY2021	FY2022	% change
	Award Total	Award Total	
Federal Agency	\$37,781,324	\$47,094,470	24.65%
Industry	\$2,640,025	\$5,665,094	114.58%
Commonwealth PA	\$213,389	\$1,423,291	566.99%
Foundation/Association	\$350,298	\$1,250,840	257.08%
University	\$51,500	\$67,400	30.87%
Other	\$38,416	\$38,000	-1.08%
Foreign		\$64,443	NA
Federal Lab		\$22,334	NA
Total	\$41,074,951	\$55,625,872	35.43%

EDUCATIONAL EQUITY, DIVERSITY, AND INCLUSION - Safer People Safer Places Foundations Workshops

This is a friendly reminder that the Safer People Safer Places Foundations Workshop is on Thursday, August 4 (register at https://pennstate.qualtrics.com/jfe/form/SV_7VRCuBTAD0WU3uS) and the advanced workshop is on Tuesday, August 9 (register at https://pennstate.qualtrics.com/jfe/form/SV_2hKWoeOJ2kmo1oO). Spaces are still available for any faculty, staff, postdocs, and graduate students who would like to register. Please see <https://studentaffairs.psu.edu/csgd/be-informed/faculty-staff-lgbtq-workshops> for more information.

HUMAN RESOURCES - Federal Work Study Pay Increase

The recommended minimum rate for Federal Work Study (FWS) positions for the 2022 - 2023 academic year is \$12.00/hour for undergraduate students and \$14.00/hour for graduate students

- Please ensure that all Federal Work Study positions for the 2022 - 2023 academic year are posted with this updated rate. Positions already posted should be modified as soon as possible.
- The departmental share for FWS positions remains at 10%.
- Current/returning FWS students with hourly rates lower than \$12 will be increased through a batch process set to run on Sunday, August 14, 2022. No action will need to be taken by managers/supervisors.
- Please note this rate change is effective Sunday, August 14, 2022, and ALL FWS postings as of that date should reflect the new rates
- This rate increase will allow FWS positions to offer competitive salaries as we seek to continue to support our students with valuable work study opportunities.

WELL BEING – From Lynn Persing, EMS Well Being Ambassador

There's a new partnership between Penn State (PS) Human Resources (HR) and the College of Agriculture, PA Extension. The PA Extension Food, Families, and Health Division is now offering discounted or free employee pricing for their Food, Families, and Health programs.

The cost has been discounted up to 67%, in some programs, to allow our own employees to benefit from their subject matter experts, who are certified Health Educators across the Commonwealth. They create and present this programming for the general public and are now providing these programs at a discounted rate to University employees. This discounted pricing is available to ALL PSU employees (FT, PT, etc.) and their families. When registering, identify yourself as a PSU employee or family member, and the discounted pricing will show on the last screen. While the attachment only shows a few upcoming dates for programs, please note that new programs and additional dates are added to the schedule monthly. HR is working with the PA Extension to add additional discounted programs as well.

Also on the attached flyer are the links to sign up for the newsletters from the PA Extension which can be delivered directly into your email. By signing up for the newsletters, it will ensure that you don't miss any upcoming programs, as well as great information regarding food, families, and health topics. The Health Advocate Newsletter for July is also attached (sorry, I know it's August now, but I just received it). Health Advocate is our Employee Assistance Program and offers 24/7 confidential and free support to all full-time, benefits eligible employees. There is always great supportive information and helpful tips in the document.

As of Saturday, July 16, "988" is replacing the former toll-free phone number for the National Suicide Prevention Hotline. The Suicide Prevention Hotline, recommends that you put this number right into your phone, so that you can contact them easily in an emergency situation for yourself, a colleague, or family member. Please note that 741741 is still the Crisis Text line which you can also put right into your phone so that it is handy when needed. Attached is a flyer that can be posted in the office, in your cubicle, etc. with some other important resources for Employees in Distress.

FOR MORE INFORMATION ABOUT THE EMS DIGEST:

- Please contact Nicola Kiver at nmk17@psu.edu or Olivia Butts at orr3@psu.edu.

Resources for Employees Exhibiting Signs of Distress



Community Resources

! If you are concerned about immediate danger, **call 911 immediately.**

Community Crisis Intervention Resources

- [Centre County](#) - 1.800.643.5432
- [Commonwealth of Pennsylvania, by County](#)

National Suicide Prevention Lifeline

Dial 988

- Suicidal Thoughts
- Attempt Survivors
- Loss Survivors
- Resources for LGBTQ+
- Resources for Native Americans
- Resources for Veterans (Text 838255)

Trans Lifeline Peer Support

1.877.565.8860

- Trans Individuals
- Family and Friends

Crisis Text Line - Text "Hello" to 741741

- Self-Harm
- Suicidal Thoughts
- Emotional Abuse
- Depression
- Anxiety
- Loneliness

National Domestic Violence Hotline

1.800.799.7233

RAINN (Rape, Abuse & Incest National Network)

1.800.656.HOPE (1.800.656.4673)

Substance Abuse and Mental Health Services Administration (SAMHSA)

1.800.662.HELP (1.800.622.4357)

Free Telephone Counseling Hotlines



University Resources



Employee Assistance Program (EAP)

For benefits-eligible employees



Behavioral Health Benefits **Aetna Concierge for Penn State**

1.855.878.4197

For employees covered by Penn State's health plan



Teladoc Behavioral Health Benefit



Absence Management

Leaves of Absence for Penn State University employees

*REMINDER: Disclosure of some information may require mandatory reporting under University Policy (AD72, AD78, AD85/Sexual Misconduct, AD91).

FEBRUARY 2021



Penn State Extension is proud to offer Penn State employees and their families access to several in-person and virtual programs at a discount rate or at no cost to support healthy living. The programs are offered by the Health and Wellness and the Family Well-being program teams and cover topics like diabetes, mental health, healthy cooking, fitness, heart health, Alzheimer's, and kinship family matters. For a complete list of programs, please visit extension.psu.edu/food-families-health-programs.

Programs are offered at varying times throughout the year and can be found both virtual and in communities around the Commonwealth. Upcoming events open for registration* include:

- **LIFT (Lifelong Improvements through Fitness Together) In-person Workshop – Multiple options**
- **10 Warning Signs of Alzheimer's Disease Webinar – August 4, 2022**
- **Mental Health First Aid for Adults Working with Children and Youth Webinar – August 16, 2022**
- **Healthy Living for Your Brain and Body Webinar – August 23, 2022**
- **Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning – August 30, 2022**
- **Mental Health First Aid Webinar – September, 7, 2022**
- **Everybody Walk Across Pennsylvania – September 12, 2022**
- **Dining with Diabetes Webinar – October 6, 2022**
- **Let's Cook at Home: Charcuterie Boards – October 19, 2022**

For additional information on upcoming events and useful health and wellness tips and to stay connected with the Penn State Extension Health and Wellness program team and/or the Family Wellbeing program team, sign-up for their monthly newsletters.

Health and Wellness Newsletter: extension.psu.edu/health-and-wellness-team-sign-up

Family Well-being Newsletter: extension.psu.edu/family-well-being-sign-up

** When clicking on the for-fee events to register, you will have the option to identify yourself as a Penn State employee or employee family member. This will then apply the discount for the program.*



July

Member Newsletter

Take more nature breaks for better health

If your go-to break when you've finished a work or home task is to scroll through your phone or flip on the TV, trade it for stepping outside. Developing the "nature break habit" has many proven benefits for better health and well-being, including the following:



Enhances moods. Researchers found that just looking at a tree or greenspace can lift your spirits. Beyond that, spending even a little time out in nature can help lower blood pressure and reduce the stress-related hormones, cortisol and adrenaline. While you're outside, if you take a few slow, deep belly breaths, your pause will be even more restorative!



Promotes clearer vision. Rest your eyes by focusing on the tree line or ridge on the distant horizon for about 20 minutes, if possible. This can help relieve blurry or double vision, red eyes or headaches from staring at computer or phone screens for prolonged periods. <https://healthmatters.wphospital.org/blog/january/2021/my-doctor-told-me-to-get-outside/>



Boosts your attention. Nature offers many clues to slow down, get out of your worrying mind and into just "being." Simply pausing to gaze intently at fluttering leaves or the flight of a bee can be an in-the-moment form of meditation, helping you return to your day more focused and refreshed.



Provides a dose of vitamin D. As short as 5 minutes of unprotected sun exposure to your skin may be enough time to allow the sun's UV rays to help your body produce vitamin D, keeping your bones sturdy and immune system strong, while raising the feel-good hormone, serotonin. After that, follow up with good sun protection, like a 30-SPF or higher sunblock. (Ask your doctor how much time you can safely expose your skin to UV rays).



Increases feeling of social connectedness. Stepping outside brings you in proximity to human contact—whether it's people running errands, postal workers, dog walkers, or neighbors strolling, this human contact and a sense of community is so important for good mental health.



Using good skin protection consistently is the best—and only—way to enjoy the sunshine safely.

Get the Facts on Sun Protection

Summer is finally under way, and you may be looking forward to getting outside more often to get the seasonal “glow” of a tan. While sunlight is essential for vitamin D production, prolonged exposure can be dangerous, and, according to the Skin Cancer Foundation, there is no such thing as a healthy tan! Any tanning that results from UV rays—whether outdoors or indoors—increases your chance of developing skin cancer, as well as damages your skin cells and speeds up aging. Skin cancer is the most common of all cancer types. More than 3.5 million people are diagnosed with skin cancer each year in the United States—that’s more than all other cancers combined! Before you head outside, make sure to protect your skin with the help of these tips.

Avoid purposeful tanning. Spending the day at the pool or beach? Load up on sunscreen and avoid just laying out in the direct sun. Avoid tanning beds, period.

Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure, and reapply at least every 2 hours.

Wear sunglasses with total UV protection.

Stay in the shade as much as possible. Avoid direct exposure as much as possible during peak UV radiation hours, between 10 am and 2 pm.

Wear wide-brimmed hats that cover and protect areas like your head, neck, face and ears.

Wear clothing made of tightly woven fabrics that are bright colors.

If you already have sunburn, stay inside until it heals. If you have to go out, wear long-sleeved shirts and pants to prevent further skin damage.

If you notice any suspicious spots on your skin or feel uncomfortable with the way a mole is changing, it is important to talk to your doctor. In fact, you should see a dermatologist once a year for a skin check, or more often if recommended based on your family and medical history.

Sources:

American Academy of Dermatology. <https://www.aad.org/media/stats-skin-cancer>
Skin Cancer Foundation. <https://www.skincancer.org/risk-factors/tanning/>



Get help on the go with the Health Advocate app!

- **Learn** more about your Health Advocate services
- **Access** trustworthy health information and helpful tips
- **Connect** with a Health Advocate expert

To **download our app**, scan the QR code to the left or visit the app store on your mobile device and search “Health Advocate.”

Getting Along with Others at Work

Our changing world has increased political and other tensions, including conflicts relating to COVID-19. It's important to use good communication skills to create a supportive work environment, avoid unfavorable outcomes and help you feel happier at work.



Respect other people's perspectives. If you don't agree with someone's opinion, avoid frowning, rolling your eyes or looking away. Remember, we each come from different backgrounds, cultures, and experiences. This, in turn, affects the outside factors that can influence and reinforce our beliefs, including the news and social media.

Learn to manage hot topics thoughtfully. Recognize how you communicate your differences. If the other person seems uncomfortable or disagreeable, ask yourself, "Will this conversation improve my relationship with my coworker, or potentially damage it?"

If you're sensing conflict, tune into your own emotional state. Are your upset feelings being triggered by making assumptions of what your coworker is feeling? Does the interaction remind you of someone else you don't get along with? Recognize that you are responsible for how you feel and react to a situation.

Reflect back what the other person is saying. During a tense dialogue, responding with "so what I hear you saying is..." helps validate the other person's perspective. Use "I" statements to frame your views, such as "I have always found that..." This avoids putting the other person on the defensive.

If the discussion is heading south, try saying this: "It seems we aren't going to agree at the moment, so maybe we can switch the subject to something more lighthearted." Or, you just may need to exit the conversation gracefully, saying something like, "I see your point, and I guess we will just have to agree to disagree today."

Having difficulty with coworkers? Ask your health practitioner about a referral for counseling or seek support from your company's EAP.

For more help, talk to Health Advocate, your health practitioner or a licensed counselor.



FREE Webinar: Improve Workplace Relationships

Visit HealthAdvocate.com/members to log onto your member website and access the EAP+Work/Life homepage. **Click on Webinar.**



UV Safety Month—for skin and eyes!

Along with wearing a hat, sunblock, and staying in the shade in the midday sun, good sun protection includes wearing sunglasses made to protect against both UVA and UVB rays. Too much exposure to UV light raises your risk of eye diseases and other problems such as cataracts—even babies and children need to wear hats and sunglasses! And remember clouds don't block UV light—so wear them even on overcast days. For more complete information, visit <https://www.aao.org/eye-health/tips-prevention/sun>



866.799.2728

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/psu





John Mauro
National Academy of Engineering



Susan Troler-McKinstry
Evan Pugh University Professor



Lee Kump
National Academy of Science

The Department of Geosciences and the Department of Materials Science and Engineering invite you to a

Faculty Celebration of Accomplishment

Hors d'oeuvres reception

Thursday, August 25, 2022
603 Barron Innovation Hub
4 - 6:00 p.m.