



May 14, 2020

TO: Texas A&M AgriLife
SUBJECT: AgriLife Human Resources – Working Remotely, Together!

AgriLife Employee Wellness

Together, we can help make a huge impact on this crisis situation! A one dollar donation helps provide at least 10 meals to children and families through the Feeding America network of local food banks. You are invited to participate in our “Moving Acts of Generosity” wellness event, May 7, 2020 - June 7, 2020. Participants in **at least one** of the Moving Acts of Generosity below will **receive an AgriLife Employee Wellness t-shirt** and **be entered in a drawing to win one of five \$50 gift cards.**

Email proof (take a picture of yourself performing one of the acts of generosity, a copy of your receipt, or thank-you letter) to AgriLifeWellness@ag.tamu.edu to receive a t-shirt and to be entered into the drawing.

1. Donate to a local food bank, community and faith-based organization or another non-profit serving the needy
2. Donate to an Animal Shelter
3. Donate to Twin City Mission
4. Donate to the on-campus food pantry, 12th Can
5. Donate blood/plasma
6. Provide an act of generosity to a First Responder
7. Provide an act of generosity to a Healthcare Worker or Essential Worker
8. Support a restaurant by purchasing a gift card
9. Be good to yourself - attend 10 AgriLife Employee Wellness virtual fitness classes (virtual classes link: <https://agrilifeas.tamu.edu/wp-content/uploads/2020/05/Virtual-Fitness-Classes.pdf>)
10. Your own creative “Moving Act of Generosity”

Together we can make a difference!

TED Talk

How to Write an Email (No, Really), Victoria Turk, 15.4 minutes

<https://www.youtube.com/watch?v=SBTojgEHl90>

BONUS FOR THOSE PREFERRING TO READ VS. VIEW A VIDEO: *Yes, there is a right way to write an email – here are some simple rules* by Daniella Balarezo https://ideas.ted.com/yes-there-is-a-right-way-to-write-an-email-here-are-some-simple-rules/?utm_source=pocket-newtab

Why Relational Connection Is So Important During the Coronavirus Pandemic by Michael Stollard

Practical tips to boost social connection while maintaining physical distance so that individuals experience the physical and emotional health benefits that arise from sufficient meaningful connection.

<https://www.linkedin.com/pulse/why-relational-connection-so-important-during-michael-stollard/?trackingId=Q1j5V4NYqI4dGWTA6DiSCg==>

GuidanceResources

www.guidanceresources.com / WEB ID: TAMUS / Phone 1-866-301-9623 (Active Employees) or AgriLife HR’s EAP webpage at <https://agrilifeas.tamu.edu/hr/about-us/eap/>

E-news
ADMINISTRATIVE SERVICES



TEXAS A&M
AGRI LIFE

First time users may wish to take the short site tour available on the home page.

TRS Financial Awareness Video Series

Aimed at helping current TRS members learn even more about retirement self-sufficiency. Some of the videos are more relevant to early and mid-career members, while others may be of more interest to members who are near retirement.

https://www.trs.texas.gov/Pages/403b_active_awareness_videos.aspx

Just For Fun

A Dose of Fun with Kevin Eikenberry

<http://kevineikenberry.com/covid-19/a-dose-of-fun/>

Questions: Contact Beverley Rose, at 979-458-3279 or barose@ag.tamu.edu

Texas A&M AgriLife Administrative Services | <http://agrilifeas.tamu.edu/>