



Happening in SRO

You can find this “Happening in SRO” and all similar newsletters on the SRO Intranet Home Page, located at: <http://isr-wp.isr.umich.edu/srointranet/> under Recent News.

If you have items for the newsletter or if you would like to highlight an event, please let Ann Vernier or your unit director know.

Save the Date!

SRO Journal Club Discussion

Nonresponse Rates and Nonresponse Bias

Tuesday, August 13 from 12:00-1:00

Perry Room 1300A&B

Blue Jeans tinyurl: <https://bluejeans.com/564737075>

[add to calendar](#)

SRO Wellness Program

In the June SRO newsletter, we mentioned that the SRO Wellness Committee is planning more activities and seminars geared toward the interests of our staff. The program is taking shape! Over the next few months, our Wellness Program events will focus on the **Physical** dimension of wellness.

Physical

Physical

- The role that you take in maintaining your body for strength, vitality and energy.
- Practicing healthy behaviors around physical activity, nutrition, sleep, substance use, preventive exams and managing chronic conditions.

Along with the regular Farmer’s Market walks on the 3rd Wednesday of each month, we will also be providing you with the opportunity to try something new. The ‘something new’ are different types of physical activities, from Resistance Training to Zumba to Sand Volleyball! Here are the details we have so far...

Monday, July 29th

‘Resistance Training for Those Resistant to Training’ (or an introduction to resistance training)

2300 Perry - 12 noon - presented by Ryan Neice. *Bring your lunch and questions.*

Thursday, August 8th

Intramural Sports Building Tour

Tour the U-M sports facility that is closest to Perry. We'll leave from the lobby at 11:50am (tour starts at 12 noon). A sign-up sheet will be available soon.

<https://recsports.umich.edu/facility/imsb/>

Details of the Strength and Cardio, Sand Volleyball, Zumba and POUND sessions will be shared soon.

Other items to share...

New MHealthy 'Mood Lifters' program - FREE

Are you experiencing some challenges with anxiety or simply feeling down? If so, Mood Lifters may be right for you. For a limited number of faculty, staff, and qualified adult dependents, MHealthy will cover the program costs.

<https://hr.umich.edu/about-uhr/uhr-news/try-new-mental-wellness-program-no-cost-you>

A resource to expand your financial knowledge:

<https://hr.umich.edu/about-uhr/uhr-news/expand-your-financial-knowledge-free-webinar>

We have a page on the SRO intranet for our planned activities.

Check us out at: <http://isr-wp.isr.umich.edu/srointranet/home/sro-wellness-program/>

You can reach us at: srowellcomm@umich.edu

We would be pleased to hear any suggestions or feedback.



HRS Actigraphy (Dan Tomlin)

In late June, we launched the HRS Actigraphy Pilot! The goal of this pilot is to test our protocol for using GeneActiv activity monitors (pictured) to collect physical activity (categorized as “light”, “moderate” and “vigorous”) and sleep data from Health and Retirement Study (HRS) respondents. A sample of approximately 400 HRS respondents has been selected for this pilot. Respondents are asked to wear the device for ten days (including nights) and then send it back to us. We download the data off the device and provide it to the HRS researchers. In addition, respondents are asked to complete a short questionnaire and a sleep diary. Our goal is to collect actigraphy data from 250 respondents by the end of data collection in the fall.



HRS EGen-X Protocol (Jen Arrieta)

Data collection for the Health and Retirement Study (HRS) continues with a new effort to get an early start on our next project cohort, Early Generation X (EGenX), those born in birth years 1966 through 1971. The goal of this effort is to see if we have a better chance of reaching people we pre-screened in 2016 if we go back to them within two to three years rather than wait six years until their cohort is officially added to the study (2022). We are confirming eligibility with approximately 3,000 respondents across the U. S. and conducting a short baseline interview. There are 40 field interviewers working on the project and data collection is expected to continue through mid-September.

Nancy Knows (Nancy Bylica)

Office chair problems?

- Does your chair slowly sink down as the day goes on?
- Do you need new arm pads?
- Are the wheels cracked or not moving properly?

We can get these issues fixed!! Simply send an email to Mari Haft (mfall@umich.edu) with the problem and she will get the needed information off your chair to submit a SRC facility work request.

SRO Tips and Tricks (Kelly Chatain)

Gmail Schedule Send:

You can now schedule your emails to be sent at a later time and date.

Limits:

- Emails are sent based on the time zone in which you scheduled them.
- You can have up to 100 emails scheduled.
- Each email can only be scheduled to send at one date and time.
- When you cancel a scheduled email, it becomes a draft.

How to Schedule Send:

After you've composed your email. At the bottom left next to "Send", click on the dropdown arrow and select "Schedule Send" and then pick your date and time.



To change or view an email that you've already scheduled, click on the "Scheduled" link in the left panel and select the email you'd like to update, then select Cancel Send on the top right. Make any changes to the email and again select "Schedule Send" from the dropdown menu next to "Send" and pick a new date and time.

