

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.

A Note for Our Current Circumstance

(Stephanie Chardoul)



Greetings from my home office to yours! It's hard to believe that we've been working in this new reality for so many weeks, and it sounds like it will continue for at least a few weeks more. I feel fortunate that I'm still able to interact directly with many of you, but not everyone -- I truly think of each of you every day, and hope that you all are healthy and safe and hanging in there. I **know** that you are working hard and being productive... I've said it before, but I am so proud of how effectively SRO is handling this emergency situation and continuing with our project operations. SRO's competency has been noticed and praised at all levels throughout SRC and ISR -- thank you!

I know that President Schlissel's message on Monday was difficult to read. We think of the University as so strong and stable, but no institution is immune to our country's current emergency. And, even though ISR is funded primarily through direct research grants, we also are not immune to or exempt from the University's struggles. Please know that information is being shared as quickly as possible, and all decisions are being made with the best interests of our staff at heart. We will of course talk about this at our May 6 staff meeting, but I encourage everyone to connect with your supervisor to discuss your own individual situation and options if you have concerns.

Please do join us on **May 6** -- I look forward to "seeing" everyone!

All-Staff Meeting

Our streamlined **Spring All-Staff Meeting** will be a remote event and will feature guest speaker, SRC Director Mathew Shapiro, along with SRO news and updates.

Date: Wednesday, May 6

Time: 2:00-4:00pm

To join: Look for a BlueJeans link about a week before the meeting.



To help us build our agenda we'd like your input. If you have specific topics or questions you would like addressed at the meeting, please use this form to submit them:

[Click Here to Submit Questions for SRO All Staff Meeting](#)

The deadline for receiving questions is **April 29**.

The CCP Corner – Nature and Mental Health (Aimee Miller)

Due to COVID-19, many of us may not get the daily exposure to the outdoors that we get when going to and from work. Other people might be getting more exposure via physical-distance appropriate walks or hikes. Getting outside and into nature is a great way to improve and maintain our mental and physical health, especially during periods of high-stress and uncertainty. Check out the articles below regarding how nature helps us and ideas on how to get more nature into your life:

- [Sour mood getting you down? Get back to nature](#)
- [Two-hour 'dose' of nature significantly boosts health – study](#)
- [How Gardening Can Fight Stress and Improve Your Life](#)

How SRC Projects are Handling COVID

(Gregg Peterson)

Our Surveys in the Era of the COVID-19 Pandemic

The many large-scale on-going and longitudinal studies for which we collect data allow for the opportunity to add important topical questions to their instruments on quite short notice. A number of projects are taking advantage of this capability to the benefit of our sponsors and to the users of the data we produce. We can be proud of the many ways our hard work will help contribute to the scholarly understanding of these unprecedented times.

In late March, **SCA** added two new questions for their April data collection wave: 1) How much has your life changed due to coronavirus? Would you say to a great extent, somewhat, very little, or not at all?; and 2) Which of the following potential effects of the coronavirus concern you the most: the threat to your (family's) health, the required social isolation, or the impact on your personal finances?

The **MTF** panel data collection began in early April, and just before the surveys were finalized, they added two items regarding COVID-19 concerns and testing to the panel web-surveys:

1) Have you been concerned about whether you have COVID19 (also known as the coronavirus) in 2020? [No, Somewhat, Yes]. 2) Have you been tested for COVID19 in 2020? [No, Yes, and test indicated that I do not have it, Yes, and test indicated that I do have it, Yes, and I am waiting for the results].

MTF anticipates approximately 9,000 respondents providing data. In addition to the new COVID-19 items, they have several ongoing survey items (e.g., concerning anxiety, thoughts about the future, using substances to cope) that they will examine in possible reaction to the pandemic.

For **HRS 2020**, the PI team drafted a stand-alone section to ask about COVID-19. The section will include questions in the following areas: 1) direct experience of COVID, 2) health care access, 3) work & business, 4) changes in living arrangements, and 5) caregiving and financial help. This section will be programmed and released to the field in May.

BFY is planning to add COVID-19 yet to be determined questions to their "Age 2" instrument starting in July.

The **PSID Core 2021** will be adding COVID questions and COVID-related response options to existing questions in the 2021 instrument planned for pretest in the fall. The PIs have indicated that this content will be finalized late this year, so it can better reflect the US COVID situation as it unfolds.

STARRS-LS is considering adding some questions to the Wave 3 survey, but no definitive decisions yet.

2020 Conference Update

(Lisa Holland)

At this time of year, we are usually sharing the work that SRO staff have been developing to present at the annual conferences of the American Association for Public Opinion Research (AAPOR), the International Field Directors and Technologies Conference (IFDTC), and the International Blaise Users Conference (IBUC). Although many staff have submitted abstracts that were accepted for presentation, it is no surprise that these events have been canceled in light of the COVID-19 situation.

In celebration of its 75th Anniversary, AAPOR will proceed with “A Virtual Meeting Place” in June. This online conference will last only 2 days, compared to the usual 4-day conference, and will continue to offer both presentations and short courses. Along with Fred Conrad and Michael Schober, Andrew Hupp will be teaching a virtual short course entitled *Text Messaging for Conducting Survey Interviews*.

The IFDTC has been canceled without plans to present a virtual alternative. Margaret Hudson is currently serving as an IFDTC Field Directors Program Coordinator. As she, and others who have participated in the past can attest, this conference is characterized by its highly collaborative and interactive program. It would be difficult to recreate this experience in an online format.

The IBUC conference originally scheduled for March 2020 has been postponed until November 2020, when it will be hosted by the Statistical Service of Cyprus (CYSTAT) in Limassol, Cyprus. Gina Cheung currently serves as the IBUC Committee chair person, and is pleased to coordinate this opportunity for Blaise developers, systems staff, survey methodologists, survey operations personnel, and project managers to come together and discuss their operations and challenges.

While disappointing, these cancellations are widely understood. We will proceed with our research, and we look forward to the opportunity to share our findings and experiences with our national and international colleagues as soon as we are able!



SRO Wellness News (SRO Wellness Committee)

SRO Wellness would like to remind our colleagues about the two initiatives that we shared this past month.

The first is a SRO Remote Wellness Resource document. This lives within a link that you can access via the SRO Intranet under 'Remote Info' on the home page. Please send a message to the SRO Wellness Committee if there are any new resources that should be added to the google document. Check back often because we update as information is shared with us.

The second initiative is a SRO Health and Wellness Workplace Group that we are updating with wellness information. It is also a great location for all members of SRO to share individual wellness news, ideas, activities, and pictures. This is a closed group so please use the following link to join: [SRO Health and Wellness Workgroup Invite Link](#)

EARTH DAY 2020

Earth Day 2020 was Wednesday, April 22. The SRO Wellness Committee has been focusing this past week on Earth Day activities to celebrate the 50th anniversary of Earth Day. We hope you join us in celebrating our Earth and the 2020 theme of Climate Action.

KNOW YOUR SRO WELLNESS TEAM

As a way to get to know our committee members we are sharing some of the ways we are maintaining our own wellness:

ASHANTI - *Weekly video Euchre call with my siblings and brother-in-law. The sharing and laughter is so appreciated during this time. I also confirmed my U-M nutrition appointment that is going to be done via video (though there is a telephone option) next month. I had stopped my food tracking log and this is going to help with getting me back on track.*

JANET - *Spending this extra time at home with my dog has been beneficial for both of us. We take more frequent walks at a nearby park - great for stress reduction, while practicing social distancing and getting some fresh air. I also belong to an affinity group that shared a helpful "isolation well-being" checklist. Some good ideas and reminders there...*



LAURA - *While it has been difficult to focus on all aspects of wellness recently, I have tried to make sure to get outside as much as possible. The fresh air has done wonders for us all, even if it means we risk minor sunburns because we have forgotten to apply sunscreen. Yes, I realize that makes me a bad Wellness Committee member but I have included a cute baby picture in an effort to ask for forgiveness. I have also been trying to focus on my occupational wellness. Returning to work in a remote situation has proven difficult but I am grateful to have such great coworkers that have been very understanding and supportive.*

NICOLE – *I have been using a water bottle at home, just like I would at the office. This has helped me drink more water and less coffee during the day. During this stay-at-home time, my family is using a large whiteboard for daily wellness reminders and for planning small ‘uplifts’ (for example, scheduled time to connect with extended family via video).*

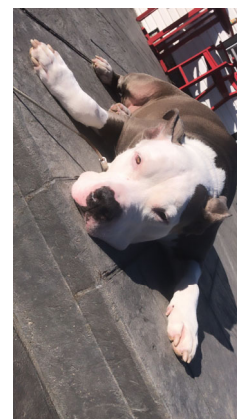


REBECCA - *I'm adapting! My kitchen/dining room is now an office and a spinning studio - my living room also now doubles as a home gym. I'm joining live online versions of exercise classes I was taking before this new way of living. I'm also mastering making my own flat white coffees!*

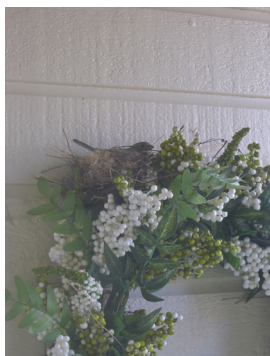
Getting outside is really important to me - even ten minutes makes a difference, it's even better when the sun is shining. I'm sitting more - and not in a healthy ergonomic way, so I am taking every opportunity between meetings to stand (I am missing my stand-up/sit down desk) and sometimes do a series of mobility stretches - focusing on my hands and shoulders. Now that the weather seems to have improved, I have begun planting seeds and

preparing for the gardening season. My only goal is to take time to do things - no one needs any added pressure at the moment.

SHANNON - *While getting into a home routine was hard, I've been lucky enough to have a yoga studio that puts on live classes every day, this makes me feel close to a place I love and gives my days some normalcy. I've also been able to be with pup, Stark, and we've been loving our walks! One thing I'm noticing is I'm not drinking nearly enough water, so I've added a little tracker in my planner to help :).*



STEPHANIE W - *I enjoy being out-of-doors, especially looking at nature and taking walks and running. I have been honing my coffee grinding skills as well as making drinks -- lattes, pour-over, and french press! Music always keeps me energized, as well as spending time in prayer and with friends. Please see the attached picture of the nesting bird outside the front door!*



POOJA - *I'm learning to bake the basics and tried my hand at making dinner rolls last week--it looked great but that's about it :) I'll keep trying! We're spending time*

outdoors and getting the vegetable garden ready for planting.



- Here is a link to the website for University of Michigan Guide to Well-Being during COVID-19: [U-M Guide to Well-Being During COVID-19](#)