

August 27, 2021



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.

Reminder – SRO Closure Day on Friday, September 3

This is a reminder that Friday, September 3, 2021 will be an SRO Closure day, prior to the Monday, September 6 Labor Day holiday.

Staff members have the option of taking Friday as vacation time off or making arrangements with their supervisor to work, if that is preferable.

Welcome Back to Perry (Nicole Kirgis)

As we gear up to return to our office space this fall, we have a few things planned to hopefully ease our transition. First, the Wellness Committee is offering ‘move back’ assistance—see more details in the Wellness article below. The Wellness Committee is also organizing a couple of pizza lunches during the return period—details to come soon! We will have supplies in the bays on each floor to help spruce up our office space—wipes, screen cleaner, keyboard cleaner, dusting supplies, extra trash bags, etc. as well as PPE—masks, sanitizer.

Before returning to the office, staff need to complete the “Working Safely at U-M” training, which is available in MyLINC through Wolverine Access (under Faculty & Staff, University Business). In MyLINC, search for “Working Safely at U-M” and it is the first training listed. Completion certificates can be sent to me. When we return to the office, [ResponsiBLUE](#) must be completed before coming to campus each time (there is an app you can download for easy access). Finally, at this time, masks must be worn in Perry (they can be removed in an office, alone, with the door shut).

As Stephanie mentioned in her message to us about the work agreements, this fall will be a period of transition requiring cooperation, patience, and thoughtfulness.

We look forward to seeing you in-person soon!



SRO Wellness News (SRO Wellness Committee)

FOCUS ON CONNECTING – Ask yourself “What do I want to do more of today?” Taken from the calm calendar, sent to us by our M-Healthy Coordinator: [Link to Calm Calendar](#)

Our committee is committed to finding new ideas to encourage wellness at SRO. Send ideas to the SRO Wellness Committee at: srowellcomm@umich.edu



Needlepoint by Vivienne Outlaw

SUMMER LUNCH CONNECTIONS –

Thank you to all of our facilitators for participating in these sessions. We all learned something new and it was an excellent opportunity to connect with each other. We have two more sessions to go. Hope you can join us!

- **FRIDAY. Aug 27 – Parina Kamdar – Indian Food Prep/Hacks – *CHANGE OF DATE***
- **Tues. Aug. 31– Nancy Walker – Vegetarian Cooking**



Stormy with walnut – Nancy Walker

RE-ACCLIMATING TO BEING ON CAMPUS AND SELF HELP TIPS TO ADDRESS ANXIETY

- We hope you found a few helpful tips during these sessions. Attached is a hand out that has a few helpful tools and resources.

[Re-Acclimating to On-Site Handout](#)

MOVE IN ASSISTANCE – In hopes of easing the move back into the Perry Building, a team is available to offer support Tuesday, September 7 through Friday, September 10 from 7:00 a.m. – 11:00 a.m. and 2:00 p.m. – 3:00 p.m. IT assistance and physical assistance from curbside to offices will be available.

Please complete the request form by Wednesday, September 1st if you anticipate taking advantage of this assistance. [Click Here to Request Move In Assistance](#)

UPCOMING M-HEALTHY PROGRAMS

- **Nourish Your Whole Self** – Based on the concept of intuitive eating, this free, 12-week program will help you tune into your body and mind, get off the cycle of losing and regaining weight, and make choices so you feel nourished.
 - [Register August 23 – September 2 for 12-week sessions starting in late August and early September.](#) Enrollment is limited to 150 people.
- **Better Choices, Better Health®** – Are you feeling overwhelmed with managing a health condition, struggling with pain, or experiencing symptoms that are affecting your daily life?
 - [Get support without leaving your home through this anonymous, six-week online workshop.](#) New sessions are starting now. Available to U-M employees, retirees, and spouses/other qualified adults (OQAs).
- **Active U Autumn** - MHealthy's eight-week physical activity challenge is back this fall to encourage the entire U-M community to get moving!
 - Registration for Active U Autumn opens September 7 and logging takes place September 20 – November 14. Look for more information soon!
- **Be Well Your Way Virtual Event** - Coming Oct. 6 and 7– MHealthy will again host its all-virtual “Be Well Your Way” event on October 6 and 7. Join us for self-care, connection and expert advice you can use right now to take care of your body, mind and mood.
 - Registration opens in early September. [Website for Be Well Your Way Event](#)

Ashanti Harris from the SRO Wellness Team has participated in the Nourish Your Whole Self and Better Choices, Better Health programs. If you have any questions from a participant point of view, please reach out.

FOOD, FOOD, AND MORE FOOD

- [University of Michigan Farm Stand](#) - Each Thursday, July 22 to October 28, 2021 from 12 - 3 p.m. The market is located on State Street, outside of the U-M Museum of Art. The U-M Stand is a weekly pop-up market where students and community members can purchase student-grown produce. Students will receive a 30% discount at checkout as part of the mission to make local food more affordable and accessible to students. Powered by the [U-M Sustainable Food Program](#) and the [Campus Farm](#), the Farm Stand aims to increase student access to fresh produce on campus. The proceeds from the Farm Stand go towards funding student-led sustainable food initiatives here at the University of Michigan. All leftover produce from the Farm Stand is donated to Maize and Blue Cupboard.
- Washtenaw Dairy is offering 'Food Truck Fridays' through October. Check out their Facebook page for the latest information/times.

CCP Corner - Building Resilience (Aimee Miller)

Life offers no shortage of challenges to overcome and changes to adapt to, which at times can leave us feeling overwhelmed. Resilience is the process of adapting to and overcoming difficult life situations in a way that fosters personal and professional growth. While resilience is frequently described as a trait, it involves skills and habits that anyone can develop. The following articles provide tips on building resilience to help you navigate life's challenges.

- [Building Your Resilience](#)
- [8 Tips to Help You Become More Resilient](#)
- [Ramp up your resilience!](#)

AFHS (Rebecca Gatward)



American Family Health Study

The American Family Health Study (AFHS) is a methodological project that aims to evaluate the feasibility of collecting national family, fertility and reproductive health data on a nationally representative sample using a self-administered mode that is comparable to data collected with an in-person (interviewer-administered) study.

The study design...

We will screen around 43,000 randomly selected U.S. households by mail and web to identify an eligible population (aged 18-49 years) whom we invite to complete a survey online or a paper questionnaire. The screening work is divided across two successive periods. Each 'replicate' is a fully representative sample of U.S. households.

Where are we in the project timeline?

Pre-production work began in December 2018 and in April 2019 we sent letters inviting the first replicate of sampled addresses (n=19,381) to complete the screener form. The non-response protocol for the first group of addresses ended in June of this year. Using evidence from replicate one we made design decisions for the second. As of today, we are a couple of weeks away from being ready to invite the second replicate of around 22,000 addresses to participate. The non-response protocol for this phase will end in early February 2022.

Replicate one outcomes...

We received 2556 completed screeners (14% response rate), providing 1391 eligible selected Respondents (59% eligibility rate). Of these, 998 Respondents completed the main interview (66% response rate).

Methodological experiments – Replicate one

To better understand optimal approaches for this type of national mail/web screening effort, we embedded three randomized experiments in the AFHS data collection; these are summarized below along with a brief description of the outcome:

- **Seven-day postcard reminder mailed as is (1,000 cases in Replicate 1, English-only) vs. mailed in an envelope:** After seeing evidence of delays with delivery of the postcard reminder, we experimented with placing the postcard reminders in an envelope for a subsample of newly released households. **Outcome:** *mailing the postcard in an envelope did not impact response.*
- **Spanish-speaking Household Experiment:** Mailed screener invitations (and paper screener questionnaires, if applicable) were provided in English and Spanish to a random 50% of HHs predicted to have a high likelihood of speaking Spanish, and a random 10% of all other HHs
Outcome: *Two-sided screener invitation letters (English/Spanish) did not increase screening response rates among households predicted to be likely to speak Spanish, but: among high-likelihood Spanish speaking households completing the screener, the two-sided letter did seem to increase the percent of respondents selected for the main survey who were Hispanic.*
- A **subsample** of households that had not yet responded to the three screening invitations was sent a **priority mailing with a \$5 incentive** in the last non-response step, adding to the \$2 incentive provided for all. **Outcome:** *The final attempt with the \$5 added incentive and priority mailing was highly effective at increasing screener response rates among difficult cases, across all subgroups, but:*
 - *Was it the \$5, or the priority mailing? What if the control group had received a fourth mailing that was “more of the same”?*

Study design changes for replicate two...

Taking what we learned from the first replicate, the following protocol changes have been made for replicate two, along with some additional experiments:

Screening phase

- **Visible Cash Experiment** - The initial letter mailed to sampled addresses includes a \$2 (cash) token of appreciation. We will randomly assign the sample to two experimental groups. For one the cash is visible from the outside and, for the other, the remaining addresses will be mailed the invite in a 'regular' envelope. This experiment will contribute to the relatively thin literature on the effects of visible cash on survey response rates.
- **The time periods for the second and third non-response follow-up steps have been adjusted** to allow more time for mail delivery.
- **Reminder 3 Priority Mailing / \$5 Non-response follow-up Incentive Experiment**
Building on interesting results from our first sample replicate, we are trying to understand the most effective approach for the non-response follow-up to the screening invitation (including whether certain approaches work better for certain subgroups). To do so we will conduct an experiment where non-respondents to the screening invitation will be randomly assigned to four conditions (listed below).

Reminder 3 - non-responders will be randomly assigned to these four groups

Group 1 - \$5 and letter mailed in a priority mailer (70% of non-responders)

Group 2 - Letter only mailed in a priority mailer (10%)

Group 3 - \$5 and letter sent by USPS first class mail (10%)

Group 4 - Letter only set by USPS first class (10%)

Adaptive design experiment (screener phase) - Two groups of sampled cases in particular will receive more tailored mailings and alternative non-response follow-up communications. The two groups of sampled cases are defined by ESRI tapestry

segmentation. (See <https://www.esri.com/en-us/arcgis/products/tapestry-segmentation/overview> for details).

Main interview stage

- **Main survey, single-sitting for all** - Based on initial findings from replicate one, all eligible persons will be asked to complete the full study questionnaire in a single-sitting.
- **Main survey, Initial invitation to participate in the main survey** - If the respondent selected to take part in the main study is not the person who completes the screener survey we will attempt to collect contact details from the screener R so that we send an invitation to the selected R by text message or email.
- **Specialized follow-up protocol when screener informant is not the selected respondent** - 14 days after the initial invite is mailed, any non-respondents in this group will be mailed a reminder letter along with a token of appreciation (\$2 cash). At 49 days an email or text message will be sent to the person who completed the screener asking them for their help in encouraging the person who has been selected to participate.

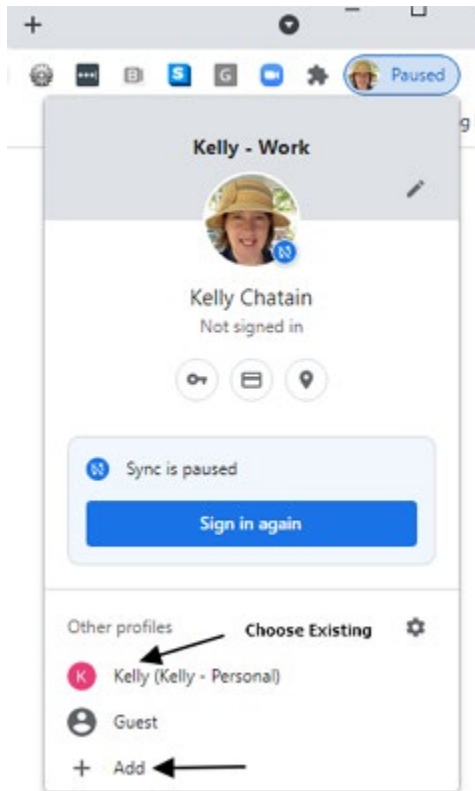
Nancy Knows - MCards (Nancy Bylica)

MCards: U-M employee and student MCards that have expired in 2020 or 2021—or will expire in 2021—have been extended for campus building access through **January 11, 2022**.

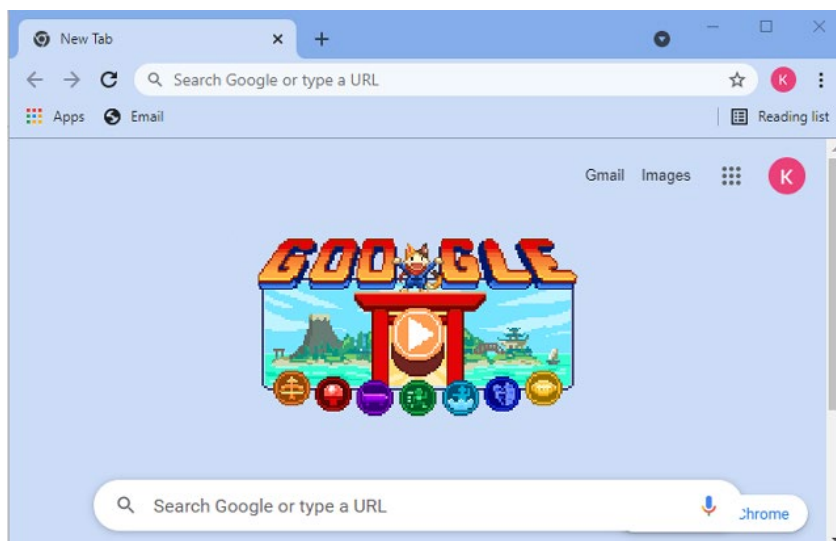
Tips & Tricks - Using Improved Chrome Profiles (Kelly Chatain)

You can set up Chrome profiles to help keep accounts separate, like your work bookmarks and email from your personal bookmarks and email. You could even have more than one work profile with different bookmarks based on your focus. Chrome has made it easier to setup and navigate safely between these profiles.

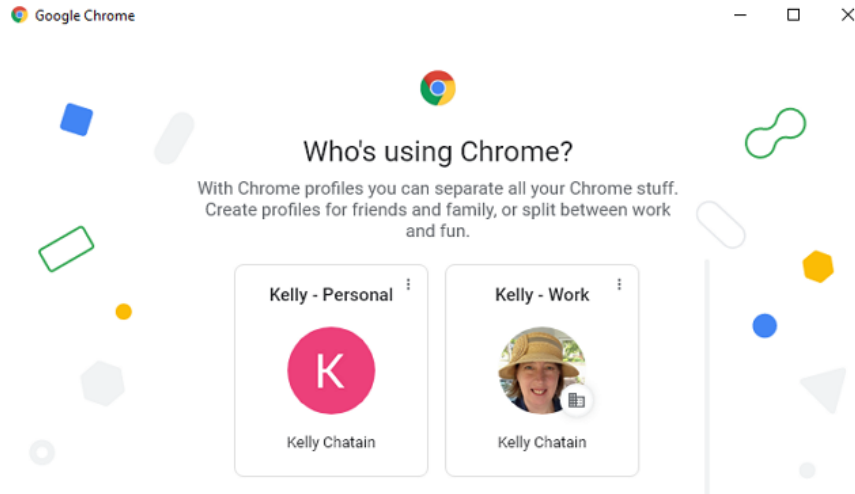
First, choose an existing profile or set up a new profile by clicking on your avatar top right:



I recommend customizing your colors and choosing a different avatar so you know you're in the right place.



When you open Chrome for the first time you will be asked which profile to use.



I recommend opening a new Chrome window for each profile and separate the windows on your task bar, which will save time switching and makes it even clearer which profile you're using.

