



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 All-Staff Meeting

Our next SRO All-Staff meeting will be held on Wednesday, November 10 from 2-4 p.m.

MI CReSS Kick-off! (Lisa Holland)

Earlier this month, Terri Ridenour held a meeting to kick off SRO’s involvement in the Michigan COVID-19 Recovery Surveillance Cohort Study (MI CReSS). She will be leading this project which was initiated by Principal Investigators Nancy Fleischer and Jana Hirschtick at the U-M School of Public Health (SPH), in conjunction with the Michigan Department of Health and Human Services (MDHHS). Together, they are conducting a statewide survey of adults who have received a positive COVID-19 diagnosis. You may have seen reference to this study in the recent University Record: <https://record.umich.edu/articles/covid-19-disproportionately-affected-states-essential-workers>.

As the study continues, SRO is joining this team to conduct follow-up surveys for respondents who have already completed a baseline survey. We expect to re-contact approximately 3,995 respondents, at least 12 months after the onset of their positive COVID test. We will encourage respondents to complete the 45-minute survey by web, and we will contact non-responders to conduct the interview over the telephone.

The recruitment letters and telephone interviews will be offered in English, Spanish, and Arabic. The web survey is in English only. Respondents will receive \$25 in appreciation for completing the questionnaire which covers a range of topics including access to care, disease symptoms and severity, hospitalization, health behaviors, and questions about the respondent’s mental health. The instrument is being programmed in Blaise 5, and we will use the Web Sample Management System (WSMS) to monitor the sample.

Because we are assuming responsibility for data collection that is already underway, we hope to move into data collection very rapidly. We expect to begin data collection in early December and plan to collect data from the final sample released by approximately February of 2023. SRO will also provide location services for the project.

We are very excited to be partnering with the School of Public Health for this important statewide surveillance study. For more information about MI CReSS, visit the study's website: <https://sph.umich.edu/mi-cress>.

Survey Process Forum Updates (Lisa Holland)

The Survey Process Forum (SPF) would like to share updates on upcoming events:

Save the date! SPF will host its next Open Forum discussion on Friday, October 8 from 12:00 noon to 1:00 p.m. The topic will be ***Interviewers Returning to the Field***, and we will hold an open discussion on the issues we face and ideas we have for a safe and effective return to in person interviewing. We hope to see you there!

The Fall Lunch & Learn schedule has been modified slightly. Please note the new order of these two presentations:

October 11 – Toll-Free Line Support
November 19 – Clinical Contact Program

Both sessions are at noon, and the SPF team hopes to see you there!



SRO Wellness News (SRO Wellness Committee)

FOCUS ON SELF-CARE – *Find a new way to use one of your strengths or talents.* [Link to Action for Happiness 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

FARMER'S MARKET WALK RETURNS – We will restart our Ann Arbor Farmer's Market walk on **Wednesday, September 29**.

****For our first walk** – the first 10 people who join and walk with us will receive a re-usable tote bag.

- Meet in the Perry lobby at 12:00 p.m. and we will leave at 12:05 p.m.
- Bring your re-usable bags!
- Starting September 29 and then the third Wednesday of every month - October, November, and December!
- About a mile walk both there and back
- Face masks required while within the market

SRO Farmer's Market Walk Dates 2021

September 29
October 20
November 17
December 15

We will leave Perry together and people can return at their leisure when finished shopping, eating, or browsing.

More information on the market: [Ann Arbor Farmers Market Website](#)

ACTIVE U AUTUMN – Join Active U Autumn and then join the **SRO Steps Up** Team for the program. Do it for your well-being, do it for you!

How to successfully complete 2021 Active U Autumn:

1. Answer the Active U pre-survey questions by October 4.
2. Reach your personal weekly minutes goal (the minimum weekly goal allowed in Active U Autumn is 120 minutes). Included in this is logging at least 30 minutes per day, at least 3 days per week.
3. Log successfully (see #2) at least 6 out of the 8 weeks in Active U Autumn.
4. Answer the post-program questions (available October 27 – November 28).

[Click Here to Learn More and Register for Active U Autumn](#)

UPCOMING M-HEALTHY and U-M PROGRAMS

- **Ten Steps to Better Budgeting – October 5 (two sessions available)** – the 60 minute long WebEx session will focus on financial wellness and examining your personal financial health.
 - Key points: 1) The importance of a home budget, 2) Budgeting examples, tools and templates, and 3) Tips on how to increase income and reduce expenses.
 - [UMCU Money Management Series - Ten Steps to a Better Budget](#)
- **Be Well Your Way Virtual Event – October 6 and 7** – each session is 40 minutes and you can join as your schedule allows.
 - • Create social connections • Ergonomic tips for work and home • Budget-friendly cooking • Financial well-being • Yoga and meditation • And much more
 - [Click Here to Learn More and Register - Be Well YOUR Way](#)
- **Work-Life Connecting the Dots Conference – October 13, 14, and 15** - this year there are two 75-minute Zoom presentations each day. One of our ISR Researchers is presenting on October 13!
 - [Session Topics and Registration for Work-Life Connecting the Dots Conference](#)
- **U-M Open Enrollment** – October 18-29 (at 5 p.m. ET) is Open Enrollment for your Benefits. You do need to re-enroll for the Flexible Spending plan each year. All changes and rate changes go into effect on January 1, 2022.
 - [More Information on U-M Benefits Open Enrollment](#)

CCP Corner - Harnessing the True Power of Gratitude (Aimee Miller)

Numerous studies have shown that regularly practicing gratitude promotes physical, mental, and emotional well-being. However, when practicing gratitude, it is still important to acknowledge life's challenges and hardships. The following articles discuss how gratitude can be used to help you get through difficult times and ways to integrate gratitude into your everyday life.

- [The Opposite of Toxic Positivity](#)
- [10 Ways to Become More Grateful](#)
- [Cultivate Gratitude](#)

*For additional information and tips for practicing gratitude at work and home, check out [University of Michigan's LinkedIn Learning](#) and search for "gratitude".

Return to Perry (Gregg Peterson)

We are beginning to be together again and it feels good. It's not the old normal but maybe that's just fine. It is certainly something to celebrate. We are smiling with our eyes and eating together outside. Actual conversations between fully embodied humans are breaking out around the building with nary a "you are on mute" to be heard. Hooray for truly synchronous communication!

Many thanks to those of you who paved the way back to Perry - especially the staff who have been working in the building for the last many months, but also to those who have just begun the transition back. Special thanks to the SRO Wellness Team and the many others who have helped us move in, fed us, and looked after our safety.

To our colleagues who remain fully remote, we miss you, and look forward to the time when we can see you in-person more often. For now, we will embrace the new normal. We will strive to make this new hybrid way of working work for all of us.



Michelle Smith returns with the help of Marsha Skoman



Ruth Philippou makes a dramatic return



Deb Wilson, Wellness
Team super hero



Shonda Kruger-Ndiaye is assisted by
Parina Kamdar



Thanks to the Director's Office for
all the nice treats. All the major
food groups are covered: Cheesy
seafood, chewy fruit, chocolate
covered soldiers, and brightly
colored sugar capsules



Ann Vernier and Jennie Williams enjoy lunch



Rachel Orlowski, reunited with her plant



Naps are harder to come by in the office, but we are making it work



Did Eva Leissou and Kallan Larsen coordinate outfits for the first day of school?



Standup meeting: David Bolt, Ashwin Dey, Jeff Smith, Marsha Skoman



Piotr Dwoark and Ashanti Harris—pied pipers of pizza



Greetings from Jeff Smith



Karin Schneider: "It's not all for me, really."



Welcome to Russ Stark

New Staff in SRO



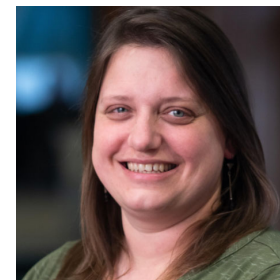
David Ackuaku is a Research Associate in the Design, Methodology, and Statistical Support group. He has an MSc Applied Statistics and Analytics from Kennesaw State University, and an MA Economics from Central Michigan University. Recently, he worked as a data analyst for the Division of Student Affairs, Kennesaw State University, where he analyzed campus-wide data on students, faculty, and staff. David also worked on academic projects with Southern Company and Shaw Industries. David will be working on the Health and Retirement Study (HRS) and the Concussion Assessment, Research and Education (CARE) Consortium project in addition to various developmental initiatives. David's hobbies and interests include listening to music, watching sports (soccer mostly), and taking random walks.

Mark Nathin is a new masters student in the Program in Survey and Data Science (PSDS, the new name for PSM) working in DMSS. Mark's initial assignment is assisting the Quality Control Implementation Team with their analytical needs. As you may know, SRO, in conjunction with PSDS and SRC, sponsors a PSDS graduate student every other year. The student works in SRO half-time during the four semesters of the PSDS program as well as in a full-time internship during the summer between first and second year. Upon graduation, the student will move into a full-time position within SRO. Mark's hobbies and interests include skiing, traveling and hiking.



Jason English is a Production Manager in the Survey Services Lab. He has experience in multiple areas of survey research, including in applied psychology research, biometric data collection and data analysis/coding. Jason will be starting his Master of Social Work degree in Management and Administration focusing on program evaluation and applied research at U-M in the fall. He will be assigned both shift management and production management tasks. His first project assignment will be Transition into Adulthood Study (TAS). Jason's hobbies and interests include: music (particularly metal), longboarding, geopolitics, baseball, basketball, hiking, comedy, reading nonfiction, mutual aid, psychology, and the study of psychedelics.

Jennie Williams is a Data Manager in the Technical Services Group. Jennie is returning to us after several years working for the U-M School of Public Health, where she gained experience with the administration of Oracle databases, working with Medicare claims data and developing Patient Matching algorithms. She started at SRO in 2004 after serving in the Peace Corps in Niger, West Africa. Jennie has filled many roles throughout SRO since starting as an interviewer (including toll-free operator), SSL Team Coordinator, and Production Manager. Jennie will be working on a variety of projects across multiple sample management systems, including the India Human Development Survey (IHDS-3) and the Health and Retirement Study (HRS). Jennie's hobbies and interests include knitting for cancer patients, gardening (Project Grow, master rain gardener, composting, native plants), plant foraging, refurbishing old items into new (e.g. bee



hives, making stained glass bike wheels), and being active and mindful (through yoga, tai chi, running and biking).