



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 Brenda Spaulding or your unit director know.

U-M Tobacco-Free University Premises Policy

As you may have heard, U-M now prohibits the use of all tobacco products (cigarettes, vapes, e-cigarettes, smokeless tobacco products, etc.) on university property, which includes the Perry building. Tobacco use is allowed on sidewalks along major thoroughfares and in personal vehicles. Tobacco use is not allowed in areas such as the overhang at Perry or on the stairs at Perry. We appreciate your cooperation in making our building a healthy space. More information on the policy is available at: <https://tobaccofree.umich.edu/>

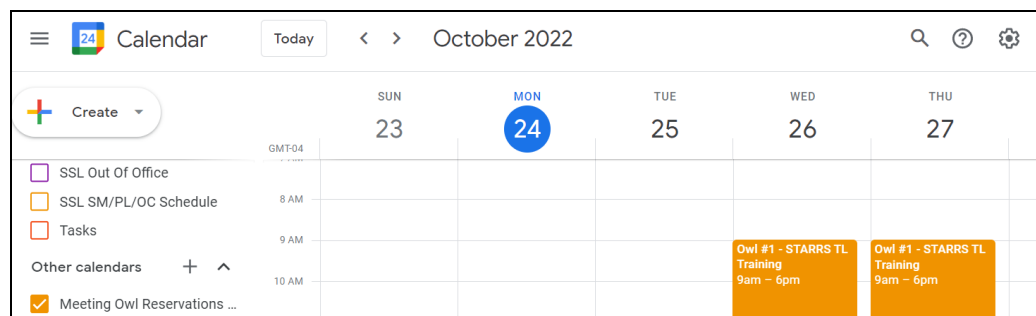
P.S. If you use tobacco and want to quit, the [MHealthy Tobacco Consultation Service](#) provides free programs that focus on the most successful methods for ending tobacco use.

How to Reserve a Meeting OWL

SRO currently owns *two* Meeting Owls, both managed by the DCS Training Team. As many of you know, a Meeting Owl is a *smart* Web Camera, with a built-in, high-quality, speaker and microphone. It uses sound and movement to automatically detect and focus on one or more in-room participants in a hybrid video conference meeting, while also displaying a 365 degree panoramic view of *all* in-room participants. The primary goal of using a Meeting Owl is to improve the experience for remote participants in a Zoom hybrid meeting.

To request a Meeting Owl for your hybrid meeting:

1. **Check availability** in the [Meeting Owl Reservation Calendar](#)



(Note: When you open the calendar from this link you will be given the option to save it with your other Google calendars, assuming you haven't done so previously.)

2. **Submit a reservation request** email at least 24 hours before your meeting to dcstrainingsupport@umich.edu, with the subject line: "Meeting Owl reservation request". Include in the email body when and where you will need the device. Meeting Owl devices will be reserved (and added to the calendar) on a first come, first serve basis, as quickly as possible.

(**Note:** DCS prioritizes use of Meeting Owls for hybrid project training sessions, so continuous use for a recurring meeting cannot be guaranteed. Our Perry-based CMT colleagues also have a Meeting Owl which can be reserved by emailing Ricardo Rodriguez (rrrodrig@umich.edu) or by submitting a CMT Footprints ticket.)

Setting up and using a Meeting Owl

Documentation: For complete instructions and best practices on setting up and using a Meeting Owl, see the new document on the SRO Intranet site (under Hybrid Info) called "Using a *Meeting Owl* for your Hybrid Meeting."

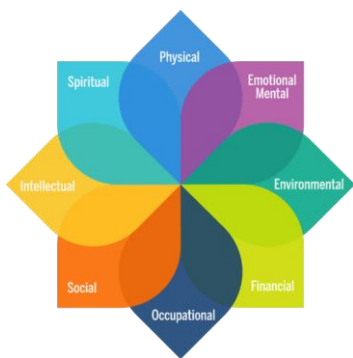
<https://sro-intranet.isr.umich.edu/wp-content/uploads/2022/12/OWLforhybridmeeting.pdf>

Hands on Practice: There will be an informal training and practice session on January 18th at noon in 1300 Perry (and on Zoom). [Click Here to Add to your Google Calendar](#).

General Interviewer Techniques Training (Sharon Parker)

As part of onboarding newly hired SRO employees, we offer a special in-house session of General Interviewer Techniques (GIT) training. GIT In-house training is an adaptation of the training all of our new interviewers complete that teaches them the basics of standardized data collection. Attending this training helps keep us in touch with the challenges facing our colleagues in the field and SSL as we design and implement projects, systems, and support. Participants complete the "home-study" component on-line and then attend five hours of in-person training. The latest session was presented on November 2 with the following participants: Jeff Albrecht, Vanessa Clarke, Valyn Dall, EJ McSpadden, Heather Donnelly, Ivanna Iavorska-Em, David Kellermeyer, Kristen Cross, Johnny Lee, Tamara Lewis, Kelly Lieske, Makenna Harrison, Mark Nathin, Nahid Sultana, Jude Perillo, Cindy Tsao, Matthew Vallad, and Lindsay Wolodkin.

The lead trainer, Derek Dubuque, said, "Carolyn (Vieira-Martinez) and I noted at several points that we wished we could hire them on as interviewers for our own projects! Despite this being a largely peripheral issue for most of them, everyone seemed interested and engaged in the process, and we got asked some very good questions that demonstrated that interest." This was affirmed when 92% of participants completing evaluations said the training kept them involved and engaged. We want to thank our attendees for joining us and participating so fully. Shout out to the Help Desk team for the laptop set-up and support and our amazing training team for everything they do.



SRO Wellness News (SRO Wellness Committee)

Refuel and Refresh

As 2022 comes to a close, the SRO Wellness Committee hopes you have the opportunity to refuel and refresh in the ways that are important to your wellness. We look forward to bringing you more wellness programming in 2023.

Please reach out if you are interested in being part of the committee or if you have ideas to share. You can reach us at: srowellcomm@umich.edu

Food Trucks!

Thanks so much for participating in our Perry Food Trucks. Impasto was pleased with the turn-out on November 9. We look forward to bringing more food trucks to Perry in 2023.

If you know of any food trucks that we might consider, please send the name and any other contact information to srowellcomm@umich.edu.

Well-Being Collective

The University of Michigan developed the collective as part of their participation with seven other universities pledging a commitment to take a holistic and sustainable approach to becoming a health-promoting university. They adopted The Okanagan Charter which is An International Charter for Health Promoting University and Colleges that calls on post secondary schools to embed health into all aspects of campus culture and to lead health-promotion action and collaboration locally and globally. It provides institutions with a common vision, language and principles, and calls them to action. Here is the link for more information on the [U-M Well-Being Collective](#).

Wellness Focus in 2023

Based on feedback from our recent poll, we will focus on the following areas of wellness in 2023:

- **Physical** - Practicing healthy behaviors around physical activity, nutrition, sleep, substance use, preventive exams; managing chronic conditions.
- **Social** - Developing a sense of connection and belonging, having a well-developed support system, and contributing to a healthy inclusive community.

In addition, we will consider the other areas of wellness ([Well-Being at U-M Resources for Faculty and Staff](#)) as we plan our 2023 programming:

- **Environmental** - Living in, working in and contributing to safe, healthy, and sustainable environments.
- **Occupational** - Sustaining personal satisfaction and enrichment from one's work.
- **Intellectual** - Pursuing knowledge and skill development.
- **Spiritual** - Expanding our sense of purpose and meaning in life.

Balancing Seasonal Stressors (Elany Clark)

The holiday season has arrived! The season can be a time of laughter, togetherness and cheer. However, it can also be a time of increased stressors. The following articles explore ways to balance those seasonal stressors that may arise.

<https://www.mymichigan.org/about/news/healthdoseblog/managing-stress-during-the-holiday-season/>

<https://mellowed.com/holiday-stress/>

<https://www.michigan.gov/coronavirus/resources/mental-health-resources/virtual-support-groups/support-for-managing-holiday-stress>



SRO All-Staff Meeting

The SRO All-Staff meeting was held hybrid (room 1430 Thompson/Zoom) on December 7th. SRO Director, Stephanie Chardoul discussed the year in review, including upcoming projects and finances. New colleagues hired since the last All-Staff meeting were introduced with photos and fun facts. Lunch was enjoyed by all and the last event was an entertaining and lively trivia game!



