



Apart Yet Together



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MARCH 5** National Employee Appreciation Day

**FLEX-TIVITIES:**

ENGAGE AT YOUR LEISURE

**Thank You, RU-N! Coloring Book**  
Color and share your favorite campus scenes

**Pre-recorded Physical Fitness**  
Download the app and enjoy workouts/stretchers from RU Recreation

**"Unapologetically Ambitious"**  
Watch this motivational video and TED Talk introduction to the book

**March to RUN**  
Compete in this year's step challenge

**Situation Spotlight**  
Share Words of Encouragement, New Surroundings, and Highlights from Home

15

- RU-N Staff E-ppreciation Opening Remarks immediately followed by **Words of Gratitude** 11:30 - 12:30PM
- **Have a Break with Vasu** 4PM



16

- **Tech Talk: Effective Virtual Meeting Set-Up** 12 - 1PM
- **March to RUN Step Challenge Kickoff** 2:30 - 3:00PM



17

**Vision Board**  
2-4PM

18

**Scattergories**  
1- 2PM



19

**Karaoke Lunch Break** 12-1PM



22

- **Staff Council Info Session** 11:30AM
- **BINGO** 2-4PM
- **Have a Break with Vasu** 4PM



23

**Money Talk: Budget and Savings**  
10-10:45AM



24

**"RU Following: Keeping up by Staying Connected" Coffee Break**  
with SVC Peter Englot  
10:30 - 11:30AM



25

**Tech Talk: Connect Office 365**  
12-1PM

26

**Once and Future Newark Documentary Screening**  
followed by **Brick City Trivia**  
1-2:30PM

29

- **RU-N Staff Council Town Hall** 11:30-1PM
- **Have a Break with Vasu** 4PM



30

**Tech Talk: Sites Management**  
12 - 1PM

31

**Staff Council Info. Session**  
2:30- 3:30PM

1

**Money Talk: Identity Theft**  
2- 2:45PM



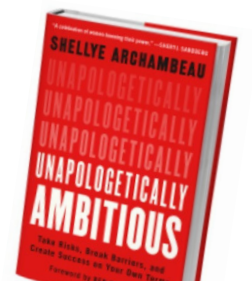
2

**FAMILY FEUD**  
2:30 - 4PM

**APRIL**

5

- **"Unapologetically Ambitious"** Book Reflection 12-12:30PM
- **Have a Break with Vasu** 4PM



6

**March to RUN Step Challenge Wrap-up and Celebration**  
2:30 - 3PM

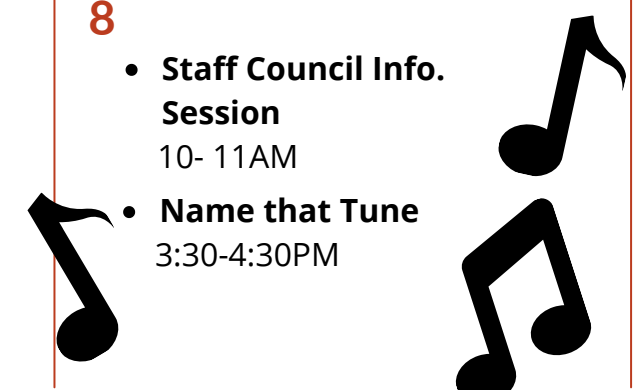


7

**Appreciative Inquiry**  
10 - 11AM

8

- **Staff Council Info. Session** 10- 11AM
- **Name that Tune** 3:30-4:30PM



9

- **Closing Ceremony with Chancellor Cantor** 12PM
- **Final BINGO** with Dan 12:30-2:30 PM

# MONDAY, MARCH 15



Apart Yet Together

## ANNUAL RU-N STAFF E-PPRECIATION OPENING REMARKS & WORDS OF GRATITUDE

Time: 11:30AM - 12:30PM

Presenters: HR Director Candace D. Joseph and RU-N Staff Council  
Co-Chairs Melissa Hartland and Alyssa King

Learn how you can...

- Earn a chance to win prizes
- Get details on how to participate in the various events, games, activities, and workshops throughout the month.

Immediately following, participate in “Words of Gratitude” with Dominique Graham and Melissa Hartland, an open mic for community members to express words of gratitude for an RU-N staff member, team and/or department.

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)



# MONDAYS @ 4PM

## HAVE A BREAK WITH VASU

Presenter: Dr. Vasu Dixit

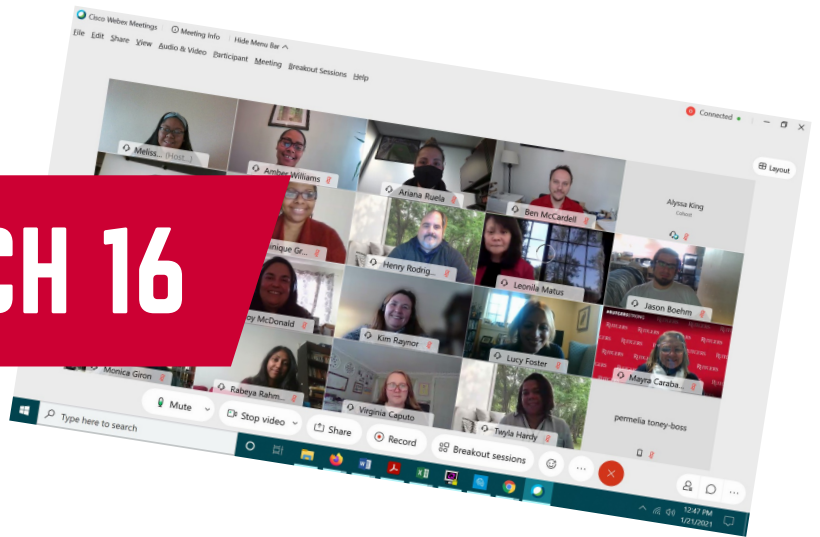
Learn coping techniques, tips and strategies for managing the many factors which disrupts the normal balance of your mental wellness. Practice Mindfulness with one of our licensed therapists, Dr. Vasu Dixit from RU-N Division of Student Affairs, Counseling Center.

Click [HERE](#) to join.



[Return to Calendar](#)

**TUESDAY, MARCH 16**



# TECH TALK: EFFECTIVE VIRTUAL MEETING SET-UP

Time: 12 - 1PM

Presenters: Office of Information Technology

Stay connected while apart with effective virtual meetings. Learn how to set up a meeting from beginning to end. An overview with tips and tricks from scheduling the meeting through downloading the meeting's recording afterward. Learn about your options when choosing between Zoom vs. WebEx for your event, livestreaming options, and setup tips.

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



Apart Yet Together



[Return to Calendar](#)



**TUESDAY, MARCH 16**

## **MARCH TO RUN STEP CHALLENGE**

Time: 2:30 - 3:00PM

Presenters: Tayden Judge and Candace D. Joseph

Grab your walking shoes and join your fellow RU-N colleagues as we kick off a month of staying active. Get a head start on those summer body goals and take some time to get outside and get moving. Mask up, and commit to 7,500 or more steps per day. Let's do this!

Click [HERE](#) to register to participate.

*Tip: Want to listen a book while you are walking? Register for the "Unapologetically Ambitious" book reading for a chance to receive a free audio book.*

Click [HERE](#) to register.

Register early and attend for a chance to win raffle prizes!



[Return to Calendar](#)



# WEDNESDAY, MARCH 17

## VISION BOARD

Time: 2:00 - 4:00PM

Presenters: Melissa Hartland and Jamie Hendrix

Do you have a vision for your life? Are you living that vision? Join us in creating our vision boards. Whether personal or professional, there are no limits here! It can be digital or in hard copy. Gather up your jpeg photos or grab some old magazines and clip out your inspirational images!

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)



**THURSDAY, MARCH 18**

## **SCATTERGORIES**

Time: 1:00 - 2:00PM

Presenters: Tayden Judge

Can you think fast? Able to think outside of the box? Let's roll a giant die with letters on all sides. Next, create a list of words based off various categories that begin with the designated letter. The most creative answers will win!

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)



**FRIDAY, MARCH 19**

## **KARAOKE LUNCH BREAK**

Time: 12:00- 1:00PM

Presenters: DJ Melissa and MC Mayra

Have a seat at our virtual table! Bring your own lunch; we'll supply the tunes! Requests are open! Fun hats/accessories are encouraged!

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)





**3/22, 3/31, 4/8**

## **RU-N STAFF COUNCIL INFO SESSIONS**

- Monday, March 22 from 11:30AM - 12:30PM (register [HERE](#))
- Wednesday, March 31 from 2:30 - 3:30PM (register [HERE](#))
- Thursday, April 8 from 10 - 11AM (register [HERE](#))

Come learn about Staff Council and how you can get involved!  
Elections are coming soon!

Register early and attend to win raffle prizes!



[Return to Calendar](#)



# MONDAY, MARCH 22

## BINGO

Time: 2:00 - 4:00PM

Have fun with your colleagues and bring the excitement of the most attended and much anticipated BINGO to your day. You will not want to miss this interactive game hosted by our resident game master Dan La Fuente!

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to Register.



[Return to Calendar](#)



**TUESDAY, MARCH 23**

## **MONEY TALK: BUDGET & SAVINGS**

Time: 10 - 10:45AM

Presenters: Wells Fargo

Design a plan to protect your future. Learn how to effectively manage your money to help reach your financial goals and be prepared for any financial challenges with the following topics: 1) learn how to create a spending plan, 2) get tools for managing money and 3) set and implement financial goals.

Register early and Attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)



# WEDNESDAY, MARCH 24

## “RU FOLLOWING? KEEPING UP BY STAYING CONNECTED” COFFEE BREAK WITH PETER T. ENGLOT

Time: 10:30 - 11:30AM

How do we stay connected to Rutgers-Newark and each other, even while we are apart? Senior Vice Chancellor for Public Affairs and Chief of Staff Peter Englot discusses staying current with what's happening at RU-N and staying on the right side of Rutgers social medial policy.

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



Apart Yet Together



[Return to Calendar](#)



**THURSDAY, MARCH 25**

## **TECH TALK: RUTGERS CONNECT OFFICE 365**

Time: 12:00 - 1:00PM

Presenters: Office of Information Technology

As we work to stay connected while working apart, learn about the many tools available via Rutgers Connect that can aid you. Explore apps including Teams, Bookings, Sharepoint, Planner, Onenote, and more. Also learn about various account types you can utilize in Connect to help us build connections including distribution groups, unified groups, and shared mailboxes.

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)

# FRIDAY, MARCH 26

## ONCE AND FUTURE NEWARK DOCUMENTARY SCREENING FOLLOWED BY BRICK CITY TRIVIA

Time: 1 - 2:30PM

Presenters: Corey D Clawson

Start your afternoon with a mini documentary about Newark's history featuring the late Dr. Clement Price, RU-N Professor of History. We'll follow that up with a fast-paced game of Newark-based trivia with categories spanning landmarks, music, and authors. The winner receives a prize.

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



Apart Yet Together



[Return to Calendar](#)



**MONDAY, MARCH 29**

## **RU-N STAFF COUNCIL TOWN HALL**

Time: 11:30AM - 1:00PM

Join our quarterly event with the Chancellor's Office. Chancellor Cantor and her team answer questions submitted through the Staff Council [Suggestion Box](#).

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to Register.



[Return to Calendar](#)



**TUESDAY, MARCH 30**

## **TECH TALK: SITES MANAGEMENT**

Time: 12:00 - 1:00PM

Presenters: Office of Information Technology

Communicating with constituents and stakeholders is a key part of staying closely aligned while working apart. Learn how to use the Rutgers Sites Platform to create a customizable web page beginning with a request for a site, basic set up in the content management system, connecting the page with social media, etc.

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)





# THURSDAY, APRIL 1

## MONEY TALK: IDENTITY THEFT

Time: 2 - 2:45PM

Presenters: Wells Fargo

In the current environment where most of our transactions happen online, it is important to stay vigilant. Learn ways to help protect yourself, your information and avoid identity theft and fraud. This session covers the following: 1) Be aware of where and how your personal information could be stolen; 2) Make plans to help protect yourself and 3) Learn how to report fraud and identity theft

Register early and attend for a chance to win raffle prizes.

Click [HERE](#) to register.



[Return to Calendar](#)



# FRIDAY, APRIL 2

## FAMILY FEUD

Time: 2:30 - 4PM

Presenters: Tayden Judge and Corey D Clawson

The survey results are in, and I am being told, “It’s time to play...FAMILY FEUD!!”. Classic family fun as teams battle head-to-head to be the last team standing. Show up and play with your team of up to four people, join a team when the fun starts, or just stop by and watch. We guarantee you will not want to miss out!

Register early and attend for a chance to win prizes!

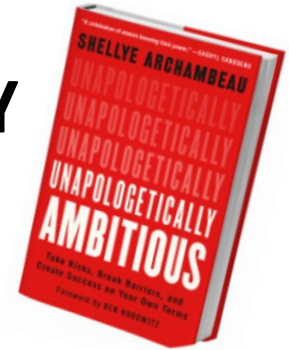
Click [HERE](#) to register.



[Return to Calendar](#)

# MONDAY, APRIL 5

## BOOK READING: "UNAPOLOGETICALLY AMBITIOUS" W/ BOOK REFLECTION



Time: 12 - 12:30PM

Presenters: Michelle Rances, Lucy Foster, and Carla Hailey Penn

What are your goals, personal and professional, and do you have a clear strategy to attain them? If not, this is the session for you!

We will explore strategies on "**WHY IT IS IMPORTANT TO SET AN AMBITIOUS PLAN AND HOW TO ACHIEVE IT!**"

This book will help guide you on the following and much more:

Learn to take risks, break barriers, and create success on your own terms.

- Establish your reputation
- Take charge of your career and build your network
- Integrate work, marriage, parenthood, and self-care.

Register and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)



# TUESDAY, APRIL 6

## MARCH TO RUN WRAP UP AND CELEBRATION

Time: 2:30 - 3:00PM

Presenters: Tayden Judge

Whew! You did it! You made it to the finish line! Congratulations on committing to 22 days of activity and crushing it! Let's check the stats and see who came out on top this month. Join us as we cheer on each other's success and congratulate the teammate and team who took the most steps overall!

Register early and attend for a chance to win prizes!

Click [HERE](#) to register



[Return to Calendar](#)

# WEDNESDAY, APRIL 7

## APPRECIATIVE INQUIRY

Time: 10 - 11AM

Presenters: Nanette Bouvier and Dominique Graham

What do NASA, British Airways, Merck, the Dalai Lama Center for Pach and Rutgers have in common? They are all using Appreciative Inquiry (AI). What's so special about Appreciative Inquiry? Well, it focuses on what is working in an organization instead of what is not working. It's *(all) the rage* now and you can learn to use it too! Come join us for a transformational conversation and see how AI can impact your life, both professionally and personally!

Register early and attend for a chance to win raffle prizes!

Click [HERE](#) to register.



[Return to Calendar](#)

# THURSDAY, APRIL 8

## NAME THAT TUNE

Time: 3:30 - 4:30PM

Presenter: Tayden Judge

From jamming to Prince, to Nickelback, to Jay-Z and how about a little Ariana Grande. Sometimes, you just have to get your boogie on! We invite you to come listen to some amazing sounds and show us your best moves, as you find out if your music knowledge spans genres.

Register early and attend to win prizes!

Click [HERE](#) to register.



[Return to Calendar](#)

# FRIDAY, APRIL 9



Apart Yet Together

## CLOSING CEREMONY WITH CHANCELLOR NANCY CANTOR

Time: Begins at 12 PM

Join us as we complete this year's Staff E-ppreciation events with heartfelt thanks and a closing message from Chancellor Nancy Cantor. Celebrate:

- Colleagues receiving their Service Award Recognition
- Watch the much-awaited "Thank You" video from our senior leadership
- Applaud and Acknowledge - Sharing of appreciation and support by and for staff

Register early and attend for a chance to win raffle prizes!

Immediately following our closing ceremony join us for the most attended and much anticipated BINGO hosted by our resident game master Dan La Fuente!

Thank you to all who celebrated with us! We look forward to seeing you at future Staff E-ppreciation events.

We want to hear about your experience participating in RU-N to Reconnect - Apart Yet Together! The survey will be shared on April 9.

Click [HERE](#) to register for the Closing Ceremony.

Click [HERE](#) to register for Bingo



[Return to Calendar](#)

# FLEX-TIVITY

PARTICIPATE AND RE-CONNECT WITH THE FOLLOWING SELF-PACED ACTIVITIES AVAILABLE ANYTIME AT YOUR CONVENIENCE.

## MARCH TO RU-N: STEP CHALLENGE

Grab your walking shoes and join your RU-N colleagues as we challenge ourselves to 7,500 or more steps per day. Enter your daily steps, view the tally board, and cheer each other on.

Register and participate for a chance to win prizes.

Click [HERE](#) to sign up, join a team, and track your steps even if you miss out on the kickoff March 16 at 2:30PM.



[Return to Calendar](#)



# FLEX-TIVITY

PARTICIPATE AND RE-CONNECT WITH THE FOLLOWING SELF-PACED ACTIVITIES AVAILABLE ANYTIME AT YOUR CONVENIENCE.

## THANK YOU, RU-N COLORING BOOK

More than a simple coloring book, [Thank You, RU-N!](#) features images from across RU-N, taking you on a campus tour while recognizing the work of staff who make up our vibrant community. It tells our story in the style of the classic children's book *Goodnight Moon*.



Print out and color your favorite campus scenes with the whole family. Enjoy the rhymes acknowledging the invaluable work of you and your colleagues across RU-N.

Share your colored images on social media (don't forget to follow us on Facebook [@RutgersNewarkStaffCouncil](#)) or submit them to the Staff Appreciation team to include in our closing ceremonies.

Click [HERE](#) to download.



[Return to Calendar](#)

# FLEX-TIVITY

PARTICIPATE AND RE-CONNECT WITH THE FOLLOWING SELF-PACED ACTIVITIES AVAILABLE ANYTIME AT YOUR CONVENIENCE.

## PRE-RECORDED PHYSICAL FITNESS

Visit [recreation.rutgers.edu](https://recreation.rutgers.edu) or download the RU Rec2Go app to find pre-recorded or live virtual fitness program to compliment your healthy lifestyle. The library of wellness videos from stretching at your desk, to Zumba, Yoga, strength training and more is available at any time.



[Return to Calendar](#)

# FLEX-TIVITY

PARTICIPATE AND RE-CONNECT WITH THE FOLLOWING SELF-PACED ACTIVITIES AVAILABLE ANYTIME AT YOUR CONVENIENCE.

## UNAPOLOGETICALLY AMBITIOUS VIDEO

In Apologetically Ambitious, Shellye Archambeau recounts how she overcame the challenges she faced as a young black woman, wife, and mother, managing her personal and professional responsibilities while climbing the ranks at IBM and subsequently in her roles as CEO.

Check out the video introduction to learn some of the ideas presented in the book:

- [Unscripted with Shellye Archambeau: Being Unapologetically Ambitious](#)

Then, join the book reflection **April 5 at Noon** to discuss how to put the book's advice into practice.

Register early and attend for a chance to win raffle prizes.

The first 40 people to [register for the event](#) will receive a FREE AUDIBLE BOOK DOWNLOAD.



[Return to Calendar](#)

# FLEX-TIVITY

PARTICIPATE AND RE-CONNECT WITH THE FOLLOWING SELF-PACED ACTIVITIES AVAILABLE ANYTIME AT YOUR CONVENIENCE.

## SITUATION SPOTLIGHT: WORDS OF ENCOURAGEMENT, NEW SURROUNDINGS, AND HIGHLIGHTS FROM HOME

Submit memories, comments, and pictures to share during the closing ceremony. Let us know how you are holding up. Use the form to send the organizing committee compliments recognizing RU-N staff, colored images from the Thank You, RUN! Staff Appreciation Coloring Book, and photos of your best on-campus memories or the furry at-home co-workers keeping you company. The committee will include your submissions in our very special closing ceremonies.

Click [HERE](#) to submit.



[Return to Calendar](#)