

# RU–NDown News

VOL. 2, ISSUE 4

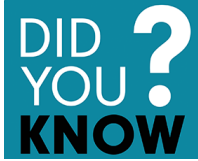
NOVEMBER 2020

A monthly newsletter brought to you by the Rutgers University–Newark Staff Council



## Updates

Town Hall for Staff



## Did You Know?

2-Factor Authentication



## Wellness

Flu Shots and Meditation



## Community

Food Drive Challenge

**Welcome to the latest issue** of RU–NDown News, specifically tailored to RU–N staff. Our goal is to provide you with useful information and foster communication and collaboration among staff.

## UPDATES

### November 18: Staff Town Hall with RU-N Leadership

On Wednesday, November 18 at 11 a.m., the Staff Council presents a second town hall with RU-N senior leadership for all RU-N staff. Voice your priorities, ideas, and concerns in advance through our [anonymous suggestion box](#). Join the town hall on [Webex](#).

View a recording of the first Town Hall for Staff [here](#).

### RU-N Spring 2021 Plans

Read the Chancellor's message on campus operations for Spring 2021 [here](#).

## DID YOU KNOW?

### Two-step Login with Duo

The Office of Information Technology announced new measures to address ramped up cyberattacks on the university by adopting two-step authentication technology. Two-step login with Duo will be required when using Rutgers Connect starting December 2. For more information (including alternate methods of verification such as “hardware tokens” or fobs) visit [twostep.rutgers.edu](#).

## WELLNESS

### Get Your Flu Shot

Getting your flu shot is more important than ever. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses and hospitalizations on the health care system. Read more about how to fight the flu [here](#).



### Mindful Mondays

Meditation has many benefits such as reducing stress, controlling anxiety, improving sleep, generating kindness. Join Mindful Mondays led by Vasudev Dixit, Ph.D., from the RU-N Counseling Center every Monday at 4p.m. through December 21. Learn more [here](#).

## COMMUNITY

### Food Drive Challenge

Support the food pantry by joining team RU-N in a friendly competition against RU-Camden in the *Raptors vs. Raiders Food Drive Challenge*. Make a [monetary donation](#) of any amount to the food pantry from November 10–17.



### Safe Zone Trainings

Safe Zone Training is an educational program committed to fostering an inclusive and welcoming climate for the LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer and Questioning) community. RSVP for SafeZone prior to attending by registering [here](#). If you have any questions about Safe Zone training or other LGBTQ Student Services events and programming, please contact Mel McCuin at [mem458@newark.rutgers.edu](#).

Connect with the RU-N Staff Council

Email us: [staff.council@newark.rutgers.edu](mailto:staff.council@newark.rutgers.edu)

Follow us on [Facebook](#) and now [LinkedIn!](#)

**SUGGESTIONS: Let us know what YOU have to SAY!** ([anonymous suggestion box](#))

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