



READY TO THRIVE

Friends,

I hope this week's newsletter finds you well. This week, I've been speaking to my team and my colleagues a lot about the importance of maintaining a good work/life balance and taking care of ourselves as we adapt to a new rhythm of work. During this time where so many of us are working remotely, you may find as I have that the boundaries between work hours and personal time start to fade away. Some change to work hours may be expected or even welcome, but we must all make sure that we continue to take time to care for ourselves and the ones we love. With that in mind, I encourage you to think about taking some time off or to start planning your next vacation even if it might not look like the one you had originally imagined for this summer. Taking time away from work is not only an important part of being your best, healthiest self--it's also one of the keys to doing your very best work.

What will you do to recharge this summer?

Stay well!

Derya A. Jacobs

Derya A. Jacobs, Ph.D.

Senior Vice President for Corporate Relations and Strategic Initiatives

TIPS FROM RMU + OUR PARTNERS



Dr. Frank Hartle, Director of Criminal Justice Programs and Coordinator for the Center for Cyber Research and Training at RMU, warns that times of disruption like the one in which we're currently living are often exploited by cyber criminals. For instance, one of the most common kinds of cyber threat is called a phishing attack. In a phishing attack, a hacker sends electronic communications that appear to be from a trusted contact or business and exploits that trust to extract valuable information from the victim. The good news is that phishing attacks are often easily recognized and avoided. [Click here](#) to read a helpful primer from the FTC that will help you to recognize and avoid this increasingly common tactic.



CEO of Eat'n Park and RMU Trustee Jeff Broadhurst joined Pittsburgh Technology Council's "Business as Usual" podcast this week to talk about some of the ways he's thinking about staying true to his company's "place for smiles" motto while making changes to keep its patrons and employees safe. Jeff emphasized the value of increased communication across the company and within his leadership team. Frequent communication, a laser focus on their mission and business priorities, and a willingness to move quickly to try new things has allowed Eat'n Park to find new ways to make its customers smile including, among other things, a brand new home delivery service. Listen to the whole interview with Jeff [here](#).

GOOD NEWS FROM OUR REGION



Fresh farm produce is healthy and delicious. Most of the time, that's reason enough to sign up for a community-supported agriculture program (CSA), a system in which one pays to regularly receive goodie bags of whatever happens to be flourishing in nearby farmers' fields, often along with optional local meat and dairy add-ons. Now, during current global events, bolstering local food systems is especially important.

For tips on finding the right CSA for you along with a list of local farms, [visit this article](#) from the Pittsburgh City Paper.

JUST FOR FUN



This week RMU's own Carrie Richards shares some of the ways neighbors can make each other's days just a bit brighter even with social distancing guidelines in place. From painted rocks to porch dinosaurs, Carrie's North Side neighborhood has something to lift everyone's spirits. [Watch the video](#) and be inspired to put a smile on your neighbor's face today!



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