President’s Message

With the fall semester quickly approaching, we should all be preparing to greet and welcome many new faces to our campus. Early reports show an increase in enrollment for the fall semester which is great news! If each of us can make an effort to assist the new students, faculty and staff we can make a very positive impact on the first impression they have of our university. Even the small things like a smile or offering directions on campus can go a long way.

As we move forward into the semester, I look forward to the challenges ahead and welcome your thoughts and ideas on how the Staff Association and your elected representatives to the Staff Council can make a difference for you. The website has been updated and I encourage you to use it as a resource. Please feel free to contact myself or your unit representative with any questions, concerns or ideas you wish to share.

Please see the article below regarding committees. I strongly encourage your involvement in “your” Staff Association and these committees are a fantastic opportunity to get involved while doing something you enjoy.

Ken Voss

Opportunities for Staff to Serve

The 2009-2010 Staff Association is looking for staff that would be interested in serving on the several Standing and Special Committees. The Standing Committee are: Membership, Nominations/Elections, Welfare, Communications, Legislative Concerns, Program Membership. The Special Committees are: Focus on the Future, Holiday Bazaar, John Perry Scholarship, Staff Appreciation, and Trivia Night. For additional clarification of duties and mission of the committees, please review our by-laws at: http://www.umsl.edu/services/sassoc/bylaws.html

If you have been thinking about being involved in the Staff Association, serving on a committee is a good way to start being involved. Please consider serving in one of these important positions. The Staff Association is our voice and vehicle for betterment and growth for all us and the machine doesn’t work without good leadership, commitment and participation. If you’re interested in serving on any of the committees, please contact Chris Scheetz (scheetzc@umsl.edu or 314-516-6742) Vice President, UMSL Staff Association, with the committee(s) that you would be interested in serving on and be sure to indicate if you’re interested in serving as the chair of that committee.
Riverstars Employee of the Month

June Employee of the Month
Mary Brown
for “Superb Communicator”.

Mary is a Principal Technical Trainer in ITS User Services. Congratulations to Mary!

July Employee of the Month
Melvin Starkey
“VIP (Versatile, Innovative, Productive) Employee of the Month.”

Melvin is a Mechanical Trades Specialist in the department of Facilities. Congratulations to Melvin!

Volunteer of the Month

June 2009 Winner
Annie Blum
Mercantile Library

In making a Volunteer of the Month nomination for Annie, the staff of the Mercantile Library had a difficult time summing up the great things about Annie because she does so much! Annie is always ready to lend a helping hand. Her lengthy service with the department has given her an in-depth knowledge to the Herman T. Pott National Inland Waterways Library. Annie is described as being reliable, having remarkable consistency and a friendly and gracious demeanor.

July 2009 Winner
Marilyn Trimble
Admissions Department

Marilyn is a hard worker, volunteering 6 hours every week and she is always on time! She is willing to do any task we ask of her. Marilyn is well liked by all our students and staff and she is an inspiration to us all.

"Perhaps the world neither little notes nor long remembers individual acts of kindness, but people do." ~ Anonymous
It's our favorite time of the year, back to school time! The shelves are stocked and the students are coming in to get their textbooks and school supplies.

Need a backpack? We have hundreds of them! Trying to organized for the new school year? Check out our planners. We have everything you need to start the school year out right, stop by and see us!

And of course all the new Tritons gear is now available, we have something for everyone. Academic faculty & staff...still need to check the status of your textbooks? Please contact Tim (5765) or Teri (5764) Hope to see you soon!

There is something for everyone at the bookstore.
Fashion Fatigue(s)?

Clean out those closets and donate your lonesome duds to

Look Smart:
A back-to-school
Recycled clothing sale

sponsored by the
Institute for Women’s and Gender Studies at UMSL

We need your clean, gently worn, stylish clothing for our one-day recycled clothing sale during Welcome Week on August 27, 9-6:00, MSC.

Please bring your tax-deductible clothing to 212 Clark during the week of August 17 - 21 from 8:00 a.m. - 5:00 p.m. You can drive right up to the back of Clark Hall from parking lot C and bring your items in the side door. Call 314-516-5581 to make sure we are here to help.

We will gladly accept any size women's, men's, & children's clothing in good condition, on hangers. Extra hangers welcome. We will also recycle larger accessories like purses, scarves and hats, but we cannot accept small items such as jewelry for this sale.

Proceeds will go to IWGS scholarships and programs. Unsold items will go to Safe Connections and the Council Shop. We will have tax deductible forms that you can fill out when you drop off your clothes. For more information, please contact Fern Mreen at mreenf@umsl.edu or at 516 – 5581.

Microcomputer Program Moves to New Building

On July 27, the Microcomputer Program moved into the new West County Continuing Education Center, 12837 Flushing Meadows Drive, just two block from its previous location. The West County Continuing Education Center is conveniently located near the intersection of Interstate 270 and Manchester Road. This facility has been extensively renovated to offer an exceptional learning environment. The center features classrooms designed for effective computer training, updated audiovisual equipment, flexible room layouts, and a centralized student area that includes a spacious student break room with laptop stations, kitchen, and lounge seating.

Day and evening computer courses are offered through the Microcomputer Program in Microsoft Office, Dreamweaver, Flash, Acrobat, InDesign, networking, programming, and many other topics and software applications. Full-time employees receive a 50% discount and part-time employees receive a 25% discount.

For more information about these computer classes and the specialized Chancellor’s Certificates, call Ellen Asher at 314-984-9000 or go to http://www.micros.umsl.edu.
Is Eating at Your Desk Making You Sick?

Your office toilet seat is cleaner than your office phone. Dr. Charles Gerba, a microbiologist at the University of Arizona, counted bacteria on workplace surfaces for a study sponsored by The Clorox Co., makers of Clorox bleach. Gerba discovered the office toilet seats had 49 germs per square inch. But desktops had almost 21,000 germs per square inch, and, phones are a germ cafeteria with more than 25,000 germs per square inch.

Desks, phones, and computer keyboards are key germ transfer points because people touch them so often, Gerba said, adding that coughing and sneezing can leave behind "a minefield of viruses" that can live on a surface for up to three days. But health experts say that simple office hygiene can reduce infection risks dramatically. Wiping down work areas with disinfectant wipes every day reduces bacteria significantly, Gerba said.

Roughly 70% of Americans with desk jobs say they take working lunches at least three days a week and nine out of 10 people say they snack at their desks. With the typical office workspace contains 400 times more germs than a toilet seat, how healthy can that be?

What can you do to make your work environment healthier? Here are three simple steps:

1. Keep instant hand sanitizer on your desk.
2. Use sanitizing wipes for your work spaces such as 3M Disinfecting Desk & Office Wipes.
3. Washing your hand with soap and warm/hot water for 18 to 20 seconds.

Increased obesity risk

As you are busy with checking emails and sending back replies or encoding business letters, you tend to eat more than your body needs. People who frequently eat at their desks are less likely to be careful about the portions they consume, less likely to choose healthy foods and somewhat less likely to exercise during the day.

Wellness programs can help employers cut these risks, but it all starts with workplace culture and employee education.

Sources:

Want to be on the Fitness Class E-Mail List?

We are always working on bringing more options to campus at convenient times and locations. Yoga will be starting in August. Please send an email to capizji@umsystem.edu if you are interested in receiving updates on classes.

Wellness Program Manager
Jaime Capizzi
Staff Benefits and Discounts

Did you know that your staff ID will get you free admission to Triton games or that the bookstore offers free notary services? Below are some of the benefits and discounts available to UMSL staff. *If your department offers discounts, let us know and we can include in September Link.*

**Alumni Association Membership Benefits**

All faculty & staff are offered free membership in the UMSL Alumni Association. The membership benefits are listed online at [www.umslalumni.org](http://www.umslalumni.org). One of the benefits available to alumni is The University of Missouri-St. Louis Alumni Association WorldPoints™ Credit Card. It is a no annual fee card with exceptional benefits. There are also discounts on car rentals, hotels, and an Office Depot Discount program.

To join the association, [click here](http://www.umslalumni.org) for a printable form or call or e-mail Kathy Kinney at (314) 516-5833 for more information. Faculty and staff members have an open invitation to attend association programs and activities. A calendar of activities is listed on their website at [www.umslalumni.org](http://www.umslalumni.org).”

**Athletics and Campus Recreation and Wellness**

Athletic events are FREE for faculty and staff (and students) with their faculty/staff ID card. Use of the Mark Twain weight room, track, and pool is FREE to faculty, staff and students. (Note that Alumni must pay $165 a year for membership to use these facilities.) Campus Recreation offers discounts on the Wellness Classes, lockers, Personal Fitness Services for Faculty and Staff. In the past the wellness class discount has been $10 or $15 depending on the session. The link below will give you the fees for this past spring and summer [http://www.umsl.edu/services/recsport/wellness/wellness.htm](http://www.umsl.edu/services/recsport/wellness/wellness.htm)

**Bookstore Discounts and Services**

Full time faculty and staff receive a 20% discount on all UMSL insignia items, school & office supplies and general reading books and 10% on textbooks. You must present an UMSL ID to receive the discount. For your convenience, the bookstore sells USPS first class stamps, ships packages via UPS, sells Metro passes, and a notary services free of charge.

**Blanche M. Touhill Performing Arts Center**

Offers a 10% discount for UMSL employees (with ID)...limited to 2 discounted tickets per ID/per show. Discounts may not be available for all shows.
Chartwell’s Meal Plan

Chartwell’s Meal Plan is known as Declining Balance Dollars. Declining Balance Dollars are stored electronically on your UMSL Student, Faculty, or Staff ID. They make it easy to purchase meals on campus and eliminate the need to carry cash for on campus dining. You can use Master Card, VISA, check or cash to add Declining Balance Dollars to your ID. Declining Balance Dollars can be purchased online, through a Chartwells cashier or manager at the Nosh, or by phone (extension 6616). Faculty and Staff can add declining balance dollars to their account, simply use your social security number when it asks for a student id number. Declining Balance Dollars are accepted at all Chartwells Dining locations; they never expire as long as your card remains active.

Put Power In Your Purchase! Minimum purchase is $25.00. Purchase up to $50.00 and receive an additional 5% in Declining Balance Dollars added to your account! Purchase $51.00 - $100.00 and receive an additional 10% in Declining Balance Dollars added to your account! Purchase over $100.00 and receive an additional 15% in Declining Balance Dollars added to your account!

Discounted Microsoft Office software and HP Computers

I wanted to make you aware of the following opportunities to purchase HP computers and Microsoft Office software at substantially reduced pricing. Additional discount on Microsoft Office now available to University employees. As part the University’s software licensing agreement with Microsoft, UMSL employees can purchase Microsoft Office for their use at home through Microsoft’s Home Use Program (HUP). Under the HUP, MS Office Enterprise 2007 is available for just $9.95 directly from Microsoft. Estimated delivery time is two-three weeks. Under the terms of the agreement with Microsoft, you are allowed to purchase and use only ONE copy of the current version, e.g. MS Office 2007. If you leave the University for any reason you must stop using the software and delete it from your computer.

For additional information, and instructions on how to sign-up, visit the MyServices website at https://myservices.missouri.edu/, and click the Microsoft Home Use Program link. This software is for your personal use on your home computer and should not be ordered or installed on your university owned computer. If you need assistance with your university owned computer please contact the Technology Support Center.

As part of the University’s hardware purchasing agreement with Hewlett Packard, UMSL employees can purchase computers and monitors at the contracted University pricing for our standard configurations (40-50% off list price). This website is for the purchase of personally owned computer hardware and should not be used for University funded purchases. Applicable sales tax will be added to purchases made from this site. If you wish to purchase computer hardware with University funds please contact the Technology Support Center. To view the available configurations and make purchases please visit www.campushp.com/umd

Kenneth Voss
Director, Computing Services
University Health Services

FREE BLOOD PRESSURE CHECK: Blood pressure checks can be performed at any time during regular clinic hours. If you will call ahead just prior to coming for a screening, Health Services can usually see you as soon as you arrive.

ILLNESS VISITS: There is no charge for assessment and consultation, and no fee for most services unless Health Services needs to perform lab tests (such as a strep test or urinalysis), or if you are given prescription medication. Health Services will try to see patients with illnesses on the same day, but please try to call early for an appointment if possible. Walk-ins are seen on an as needed basis as scheduling allows.

DIABETES ASSESSMENTS: These are free and take about an hour, the only cost would be if there was lab work which is very minimal. A1c testing is offered for those who are diabetic; and the fee for that is also minimal just to cover the cost of the cassette.

NUTRITION ASSESSMENTS: Coming soon are nutrition assessments, these will be free except for any lab work that may be needed.

DIABETES SUPPORT GROUP: Thursdays from 12:00-1:00 once a month with educational materials, guest speakers and giveaways relating to healthy eating and care. This is all free. Will usually meet the last Thursday of every month in the MSC. Call for more details.

CPR AND FIRST AID CLASSES: Approximate cost is $35.00 a person and that includes a certification card which is good for 2 years. A minimum of 6 is needed to have a class. Employees need to get with their department supervisors and work out how they would like to have it set up and then contact Kathy Castulik at 4657. Classes will always be taught in the MSC.

FREE HIV TESTING confidential and by appointment by calling Kathy Castulik directly at 4657.

HEART HEALTH AWARENESS will be February 16th and 17th in the MSC. FREE educational materials, screenings and giveaways.

Contact Kathy Castulik, Health Educator, University Health Services at 4657 for more information.

US Bank

The U.S. Bank branch on campus offers Faculty and Staff the benefits of Workplace Checking, which is a free checking account that may be packaged with a free Money Market Savings account when direct deposit is set up into the account. This package entitles customer to the benefits of Gold Package discounts [check online for details]. If direct deposit is not what you prefer you have an option of the Silver Package or Platinum package.
The College of Optometry Vision Services

The College of Optometry’s existing Vision Services Agreement for eligible employees, retirees and their dependents is a pay-as-you-go, with no monthly premiums. **VSP requires optometry to use the VSP benefit as the primary patient insurance before any other plans are used.** Any UMSL staff or faculty who has VSP insurance can use the VSP benefits for exam and glasses or contact lenses. They can also use the UMSL staff and faculty agreement for additional eyeglasses and contacts.

UMSL staff and faculty agreement is $25 co-pay for comprehensive eye exam for employees and their dependents; 50% discount on first pair of eye glasses or contacts ($15 co-pay) with no limit on lenses or frames (if you have VSP, then VSP is used for the first pair of glasses); 20% discount on additional eye glasses and fee reductions on other professional services. Besides the south campus University Eye Center, there are three other locations: Besides the south campus University Eye Center, there are three other locations:

<table>
<thead>
<tr>
<th>Location</th>
<th>Services</th>
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<tbody>
<tr>
<td><strong>Metro East</strong></td>
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<tr>
<td>East St. Louis Center</td>
<td>Building D, Suite 2030 601 James R. Thompson Blvd.  East St. Louis, IL 62201 (618) 482-8355  The East St. Louis Eye Center is located on the campus of East St. Louis</td>
</tr>
<tr>
<td></td>
<td>Adult Comprehensive Eye Care  Pediatrics/Vision Training  Contact Lenses  Eye Health Management  Retinal Photography</td>
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<tr>
<td><strong>St. Charles County</strong></td>
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<tr>
<td>Harvester Eye Care</td>
<td>St. 11 Charlestowne Plaza Highway 94 and Jungs Station RD  Harvester, MO, St. Charles County.</td>
</tr>
<tr>
<td></td>
<td>Adult Comprehensive Eye Care  Pediatrics/Vision Training  Contact Lenses  Eye Health Management</td>
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<tr>
<td><strong>Central West End</strong></td>
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<tr>
<td>Optometric Center</td>
<td>Optometric Center  3940 Lindell Blvd.  St. Louis, MO 63108  Parking is available behind the building.</td>
</tr>
<tr>
<td></td>
<td>Adult Comprehensive Eye Care  Pediatrics/Vision Training  Contact Lenses  Eye Health Management  Retinal Photography  Low Vision Rehabilitation</td>
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**Microcomputer Program**

Full-time employees receive a 50% discount and part-time employees receive a 25% discount. Day and evening computer courses are offered through the Microcomputer Program in Microsoft Office, Dreamweaver, Flash, Acrobat, InDesign, networking, programming, and many other topics and software applications.
**Significant Service Milestones for April & May, 2009**

<table>
<thead>
<tr>
<th>Name/Department/Years</th>
<th>Name/Department/Years</th>
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<tbody>
<tr>
<td>Irene Ericson, College of Optometry 5</td>
<td>Jennifer Spearman Simms, Fac Instruc Supp 10</td>
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<tr>
<td>Andrew Griffin, Admissions 5</td>
<td>Anthony Eckert, User Services 15</td>
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<tr>
<td>Dwayne Jenkins, Custodial Services 5</td>
<td>Lori Morgan, VC Academic Affairs 15</td>
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<tr>
<td>Mark Monroe, ITS 5</td>
<td>Rhonda Harkness, Residential Life 20</td>
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<tr>
<td>Meral Oliver, Residential Life 5</td>
<td>Andrea Dunbar, Human Resources 25</td>
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<tr>
<td>Dennis Werkmeister, Technology Svcs 5</td>
<td>Carolyn Jones, Anthropology 25</td>
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<tr>
<td>Brenda West Ammons, Social Work 5</td>
<td>Carol Wright, Admin Svcs Div Aux Svcs 30</td>
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<tr>
<td>Carl Hasten, User Services 10</td>
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<tr>
<td>Larry Hinkle, Research Admin. 10</td>
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<tr>
<td>James Karslake, Foreign Lang &amp; Litera 10</td>
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<tr>
<td>Ann Kaup, Continuing Education 10</td>
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<td>Steffanie Harting Rockette, Des Lee Coll 10</td>
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Discover UMSL

College of Nursing - Nursing Skills/Simulation Center

Nursing education has moved well into the 21st Century and the College of Nursing is not one to be left behind! The College of Nursing has successfully integrated simulation into all undergraduate clinical courses. Meet Noelle, the birthing simulator. Say "hello" to SAM, the adult human patient simulator (he may just say "hello" back at you). In addition, take a brief tour of the brand new state of the art health assessment lab, utilized by both undergraduate and graduate students.

Presented by: Saleska, Diane
Date: Wednesday August 19, 2009
Time: 12:00 PM to 12:45 PM
Register From: Friday January 30, 2009
Register Until: Wednesday August 19, 2009
Location: Nursing Skills Center-Seton Hall
Maximum Capacity: 20
To register, click here

Save the Date: Wellness Fair on November 10

Healthy for Life will be holding its annual wellness fair at UMSL on November 10, 2009 from 10 am to 2 pm at the Millennium Student Center. If you have ideas or would like to volunteer, contact Jaime Capizzi at capizzij@umsystem.edu. This year’s theme will be Metabolic Syndrome, a condition that can increase the risk of heart disease and Type II diabetes. There will be free screenings: blood pressure, cholesterol, blood sugar, height, and weight. In addition, there will be many exhibitors providing interactive tables.

Bottom Line

If you have questions or concerns about the Link or the staff association, please contact Faith Lucas, Communications Committee Chair and Link editor, at E-mail flucas@umsl.edu