May 2014

**Coming Up**

- **Be Inspired Party ALL INVITED**
  Thursday, May 8\(^{th}\) at 2pm – TJ Library Courtyard

- **Staff Association Meeting**
  Tuesday, May 13\(^{th}\) at 11:30am – JCP Summit

- **Staff Council Meeting**
  Thursday, May 15\(^{th}\) at 1:30pm – 200 Clark Hall

- Next Board of Curators Meeting: Thursday - Friday, June 19-20 at Columbia (Annual Mtg) ️ @umcurators

**Campus Update**

**Healthy for Life** offers a variety of wellness resources and programs. The Million Step Pedometer Program is a great program to get faculty and staff moving. Participants can purchase a FitBit pedometer at our discounted rate of $39.50. (Notice: As of June 1, 2014, the price of the FitBit Zip will increase to $45.00.) For more info visit [www.wellness.umsystem.edu](http://www.wellness.umsystem.edu) and click on physical activity or contact Sarah Ellis at EllisS@umsystem.edu.

The **Employee Assistance Program** will be posting a stress survey on their website in the near future to help people assess their stress levels (see next page).
President’s Message

Welcome to spring weather! It is great to see green trees and grass, colorful flowers, and signs of new life all over campus. I hope the winding-down of the spring semester treats you well. I have sent a few emails out recently with important Staff Association information. First, voting for the 2014-2015 Staff Council is now open and will close on Friday, May 23. If you have not already, please go online to cast your ballot. If you or a colleague cannot vote online, please contact me for a paper ballot.

On Tuesday, May 13, we will have our spring semester Staff Association meeting which all staff are invited to attend. Chancellor George will provide an update on campus happenings, and then we will turn our attention to what you the staff would like your Staff Association to be doing in the future. Those who are able to attend have the opportunity to enter a raffle for two tickets to UMSL Night at the Ballpark in the fall.

The Staff Council will next meet on Thursday, May 15th in 200 Clark Hall at 1:30pm. All staff are invited to attend these monthly meetings, as well, to learn more about the business of the Staff Association.

We look forward to seeing you at an upcoming event or out and about in this beautiful spring weather!

Meg Naes
staffassoc@umsl.edu
Twitter: @UMSLstaff
Employee Assistance Program

The Employee Assistance Program (EAP) is available for faculty, staff and their immediate family members to receive or locate help with personal or professional challenges. EAP services are free and confidential and include screening and referral, problem solving, crisis intervention, consultation and training/development.

The EAP provides brief therapy which includes up to five sessions. If an employee needs more than five sessions the EAP will offer to link the individual with a practitioner in the community who may provide assistance. The EAP will collaborate with employees to locate services covered by their insurance or that are provided at a reduced or sliding scale fee. If one does not have insurance, the EAP will consider the financial situation of an individual in arranging referrals.

A summary list of reasons why individuals contact EAP:

- Personal Relationships
- Job Stress
- Conflict with Others on the Job
- Emotional/Psychological Challenges
- Family/Marital Problems
- Career Change
- Grief and Loss
- Legal Issues
- Health Problems
- Alcohol/Drug Abuse
- Financial Pressures

For more information or to schedule an appointment, please contact:

Erin Immken
216 Marillac Hall
516-7210
immkene@umsl.edu
Monday through Thursday 9:00 a.m. – 2:00 p.m.
Congratulations!
Student Retention Services has had a presentation proposal accepted for a national advising conference- NACADA, discussing UMSL’s great results with the Freshman LEAP program

Excerpt: Many institutions offer enrollment opportunities for students through a variety of conditional admission programs. The challenge, however, is that unless conditional admission programs are highly structured and focused, they can easily become another barrier and roadblock to outcome-driven student success. This presentation seeks to share work that is currently in process at the University of Missouri – St. Louis, a large, urban, research institution in the Midwest. After a recent reorganization of the program resources and revamp to the program model, the program has witnessed record high academic performance and student success for the 2013-2014 cohort. Through this session, we will share how effective self-study coupled with focused, specific, and directed outcomes led to increases in institutional and student success.

Employee of the Month
The theme for May is “Innovation & Creativity.” Prizes include an automatic nomination for the annual Chancellor’s Excellence Award, a recognition plaque, and a $125 gift card (chosen by the winner). Please take the time to nominate a deserving staff member by visiting http://www.umsl.edu/services/hrs/forms.html under Organization Development and send in your nomination form to Human Resources by 4:30 p.m. on Thursday, May 15th. You will also find the criteria for nomination at that same link.

REMINDER - SOMETHING SPECIAL FOR THOSE WHO RECOGNIZE THEIR COWORKERS
At the end of the current fiscal year, all nominators that submitted valid qualified nominations will be entered into a drawing to win a gift card. For questions please contact Nancy Draper at drapern@umsl.edu or at extension 7219.

The Chancellor’s Award for Excellence nominations will open in June.
Get Out of the “Clean Your Plate” Club

Register Now for the Eat for Life Online Program

Discover the benefits of Eat for Life—an innovative approach to weight management. This 10-week online program uses mind-body practices (meditations and yoga), the principles of mindful and intuitive eating, skills training, and group support to guide you in making lifestyle changes that will help create a healthier relationship to your food, mind and body. If you have a history of chronic dieting, have rigid “healthy” rules about eating, or find yourself eating when you’re stressed, bored, or unhappy, this online program may be right for you. Engage in daily practice exercises and weekly readings, and share your experiences on the online discussion board.

- **Orientation:** starting May 30
- **Classes:** week of June 6 – week of Aug 8
- **Cost:**
  - $50 for faculty, staff and family ($25 refunded with full participation)
  - $180 for community
- **Register:** Email Craig Deken at csdk89@mail.missouri.edu

Program taught by Dr. Lynn Rossy, health psychologist. For more information: watch informational videos or find more details online.

Ferguson Lunch Trolley  Wednesday 5/14, 21 & 28

Three pickup locations on campus: Woods Hall, MSC and Marillac Hall

http://www.umsl.edu/~campus-calendar/2014/03/ferguson-lunch-trolley-MAR2.html
ICE (In Case of Emergency) is a critical mobile tool for first responders and those around you. Should you become incapacitated, having ICE in front of a contact on your phone could save your life. Sometimes, an ICE number can even be used to find the owner of a lost, locked device.

Steps on how to add ICE to your cell phone:

1) Open your cell phone’s address book.
2) Edit your emergency contact with “ICE” as the first part of the name. For example, “ICE Mom” or “ICE Tom”. (Try to only have one ICE listing for the first name; you can add other ICE contacts but is recommended you add “ICE” in the middle or end of the name for secondary ones.)
3) Add the ICE contact to your speed dial or allowable emergency caller list. (If you have a pin or lock on your phone, you can add your ICE contact to your emergency list so even without the code, someone can dial 911 or your ICE contact.)
4) Let people know! Your contact should know you are their mobile ICE and you should tell your friends and co-workers to do the same.

Questions about BEST, safety or your building you can always contact the campus police at x5155 or Dan Freet x5157, Freetd@umsl.edu

The Last Link

Do you have any comments, suggestions or corrections from this issue of The Link or a previous one? Please send it to us!! We care!!
StaffAssoc@umsl.edu