

UMSL All Staff Meeting

Thursday, February 8, 2024

2:30 – 4:00 PM



Meeting Agenda

- Welcome from Staff Council
- Secily Adams - UHC Resources
- Jill Wood - HR Updates
- Elijah McCoy - Staff version of Homecoming
- Kevin Mitchell - Mirth Week and Staff Day previews
- Meeting Wrap-up



Meet Your Staff Council

2023-2025

Britne Bacca-Haupt (Chair)

bbacca@umsl.edu

Lauren Bledsoe

Mary Bosnick

Yuan Chen

Mindy Dilley (Vice Chair)

dilleym@umsl.edu

Bob Ell

Katie Fraizer

Adrienne Groves (Secretary/Treasurer)

grovesa@umsl.edu

Trinity James

Keri Jupka

Stephanie Kaimann

Shereka Kemp

Jenny Martin

Blain McVey

Megan Miller

Kevin Mitchell

Aaron Poelker

Mindy Stratmann-Sebol

Rachel Thompson

Melissa Travers

J Woods

Olivia Mendez-Alm (past Chair)



University of
Missouri–St. Louis



University Assembly Committees

Staff Council Representatives

University Assembly (Britne Bacca-Haupt & Blain McVey)

Budget & Planning (Britne Bacca-Haupt & Keri Jupka)

Physical Facilities, Space & General Services (Bob Ell)

Student Affairs (TBD)

Administrator Evaluation (Megan Miller)

Information Technology (Jenny Martin)

Recruitment, Admissions, Retention & Student Financial Aid [RARSFA]

(Rachel Thompson & Katie Fraizer)

Ways to Attend Meetings

- **University Assembly Meetings**

- February 20th, and April 30th
- 3:00 PM
- The meetings will be held in MSC Century Room A. Please email senate@umsl.edu if a Zoom option is needed
- <https://www.umsl.edu/committees/senate/senate-meetings-action/2023-2024-meeting-dates.html>

- **Budget & Planning Meeting**

- Next Meeting is TBD. Please email senate@umsl.edu for date information

- **Staff Council Meetings**

- On the 3rd Thursday of the month; 10:00 – 11:30 AM
- Mostly on Zoom; email staffassoc@umsl.edu for Zoom link

QR code to Staff Council Website with Meeting information



University of
Missouri–St. Louis



Wellness Resources 2024

Secily Adams, Health Engagement Coordinator

Caroline Murphy, Nurse Liasion

February 8, 2024

**United
Healthcare**

Meet Your Health Coordinator

- About Secily

- Secily has spent the last seven years working in collegiate recreation as an assistant director of fitness & wellness.
- She has a B.A. from Purdue University and a M.S. from the University of Illinois and is a certified health coach, personal trainer, and group fitness instructor.
- She is passionate about helping people live healthier lives and looks forward to helping University faculty and staff achieve their health goals.

- How can my health coordinator help me?

- Secily is available to provide group education and identify resources to help manage lifestyle behaviors you may want to address such as weight loss, physical activity, nutrition counseling, and disease prevention.

- Secily is here to:

- Engage employees in making better healthcare decisions
- Provide health education to group and individuals through in-person and virtual classes
- Coordinate on-site events, including health fairs, health screenings, weight loss and fitness challenges
- Serve as point of contact for programs





Caroline Murphy

Email:

caroline_murphy@uhc.com

Phone:

573-296-0158

Office:

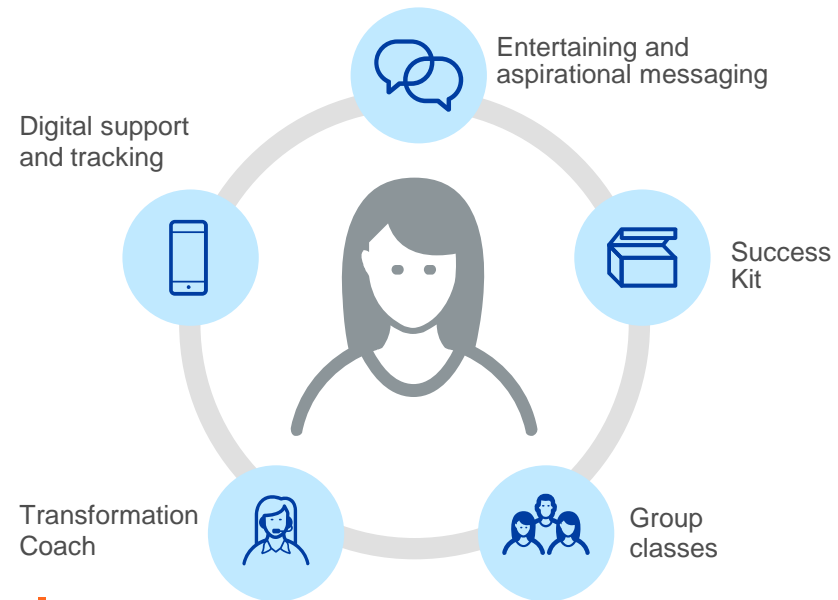
952-486-4310



Real Appeal®

Uniting clinically proven science with a Transformation Coach and engaging content.

The Real Appeal weight-loss program helps faculty and staff prevent disease, change behavior and save on medical expenses.



Enroll at www.umissouri.realappeal.com





One Pass Select™

Fitness and well-being program



One Pass Select lets employees choose the best health options for them

One Pass Select is a subscription-based fitness and well-being program that supports a healthier lifestyle. Employees can have access to thousands of gyms and online classes with:

- ✓ No long-term contracts or annual gym registration fees
- ✓ Flexible fitness options and the ability to use locations nationwide (not limited to 1 gym)
- ✓ The ability to add family members (ages 18+) at a 10% monthly discount
- ✓ The option to change tiers monthly
- ✓ A grocery delivery subscription



One Pass Select

Flexible fitness options for all

Being healthy shouldn't be a grind. It should involve trying new things, exploring new foods and pushing yourself to be slightly better than you were the day before.

With One Pass Select, our mission is to make being healthy fun for all. No matter your current fitness level, we have a wide variety of activities to challenge you and your eligible family members (18+). From strength training and swimming, to yoga and spin classes, you can try new things and push yourself physically and mentally. And that's not all. Get access to digital fitness apps and home grocery delivery to make it even more convenient to become a better you.



Choose the membership* that fits your lifestyle

\$29/Mo

Classic

12,000+ gym locations

\$64/Mo

Standard

13,500+ gym and premium locations

\$99/Mo

Premium

16,000+ gym and premium locations

\$144/Mo

Elite

18,000+ gym and premium locations

***An enrollment fee may apply.**

Or get started with a digital-only plan for \$10/Mo.

All tiers Classic or above come with grocery and home essentials delivery at no extra cost.



A variety of employee membership options to fit lifestyle goals

Category	Digital	Classic	Standard	Premium	Elite
Monthly fee	\$10	\$29	\$64	\$99	\$144
One-time enrollment fee	\$10	\$29	\$29	\$29	\$29
Gym network size		11,000+	13,000+	15,000+	17,000+
Premium network			✓	✓	✓
Multi-location access		✓	✓	✓	✓
Digital classes	23,000+	23,000+	23,000+	23,000+	23,000+
On-demand	✓	✓	✓	✓	✓
Livestreaming	✓	✓	✓	✓	✓
Workout builder	✓	✓	✓	✓	✓
Grocery delivery		✓	✓	✓	✓
Family memberships*	✓	✓	✓	✓	✓
Upgrade/downgrade	✓	✓	✓	✓	✓
Cancel within 30 days	✓	✓	✓	✓	✓

*10% discount.



Participating fitness brands

Digital (23k+)



Classic (11K+)



Standard (13K+)



Premium (15K+)



Elite (17K+)



Other participating locations available in our network. All trademarks are the property of their respective owners.



Participating grocery delivery services



All trademarks are the property of their respective owners.



Emotional Wellbeing Support (EAP)

- Liveandworkwell.com
 - Enter access code UMISSOURI

Optum University of Missouri System

When you have a long list of stressors – and a longer list of to-dos

No matter how you're feeling, you put on a good face for others. But when you're going through something tough, you don't have to deal with it alone. Your Employee Assistance Program (EAP) is available to help with all of life's concerns – big and small.

When life is throwing a lot at you, connect with someone who can help.

Experienced consultants are available 24/7 for support, guidance and resources to help you navigate:

- Relationship problems
- Grief and loss
- Stress, anxiety and depression
- Parent and family issues

Digital support tools: Visit liveandworkwell.com for 24/7 confidential access to professional care, self-help programs and resources specific to your needs. Get clear information about your benefits and what's available to you.

You, supported

Scan the QR code or visit liveandworkwell.com.

To find the right support for you, enter your company access code: **UMISSOURI**

Toll free 866-248-4094

24/7 availability | Confidential | No cost to you

The EAP does not offer legal or financial advice.

Covering up your true feelings? We're here for you.

No matter how you're feeling, you put on a good face for others. But oftentimes there are other emotions behind that exterior.

For those times, your Employee Assistance Program (EAP) is available to help. It's a personal support service that can assist you with a range of needs. With a little relief, the self you show can be a lot closer to how you really feel.

To get started, scan the QR code or visit liveandworkwell.com

Enter access code: **UMISSOURI**

OPTUM University of Missouri System



EWS Continued

1. Unlimited telephonic access to master's-level clinicians (24/7).

1. Supports the in-the-moment needs of employees and their household members.
2. Receive confidential support without an appointment by calling 866-248-4094.

2. Three (3) free counseling sessions per presenting issue with Optum network providers, offered in-person (in the community at the provider's office) or virtually.

- Consider virtual appointments to expand provider specialty/choice.
- To receive services at no additional cost to you, get an authorization code and share it with your EAP provider:
 - Request an authorization code by calling Optum at 1-866-248-4094

- Find a provider on [Optum's Live and Work Well](#) website (*exit UM System site*).
- You can register, sign-in or browse as a guest using the university's access code: UMISSOURI.
- When scheduling an appointment with your selected provider, make sure to give them your authorization code, which works like a coupon code.
- Employees and their covered dependents, who are enrolled in a University of Missouri medical plan, may continue counseling services, with a copay, beyond the three free EAP sessions via behavioral health benefits.



Upcoming Events Onsite

- Mammogram Van

- March 7, 9am – 4pm

- April 4, 9am – 4pm

- Email secily_adams@uhc.com for more information!





All Staff Meeting HR Update

February 8, 2024



UMSL | We transform
LIVES

UNIVERSITY OF MISSOURI-ST. LOUIS

Investing in Our Employee Experience

Recruiting & Onboarding

Employee Retention &
Engagement

UMSL | We transform
LIVES

UNIVERSITY OF MISSOURI-ST. LOUIS

Why these areas of focus?

- Feedback from employees and supervisors
 - Pulse Survey, supervisor survey of the HR function, 1:1 conversations, focus groups
- Continued competitive job market
- Effective HR operations

How will we increase our services in these areas?

Leverage the scale of systemwide resources

Access to a wider network of expertise

Implement consistent processes

Use additional tools



UMSL | We transform
LIVES

UNIVERSITY OF MISSOURI-ST. LOUIS

Recruiting & Onboarding

Joined the UM Recruiting Center of Excellence

- A dedicated team of over 30 HR professionals who provide strategic and operational support to units with recruiting needs. Recruiting is what they do.
- Professionals specifically dedicated to UMSL, with additional colleagues available as needed

HR Partner serving as a liaison to the Recruiting Center of Excellence



UNIVERSITY OF MISSOURI-ST. LOUIS

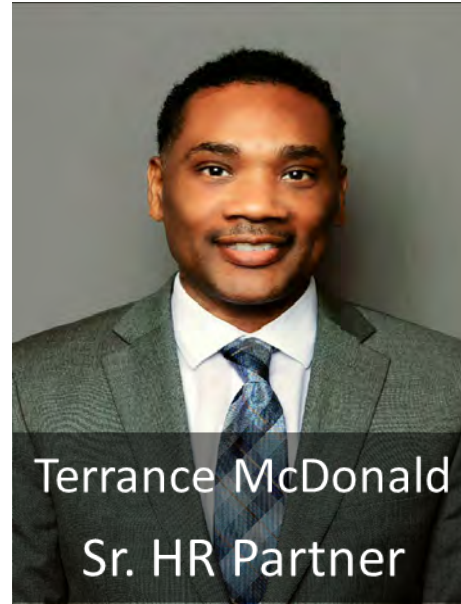
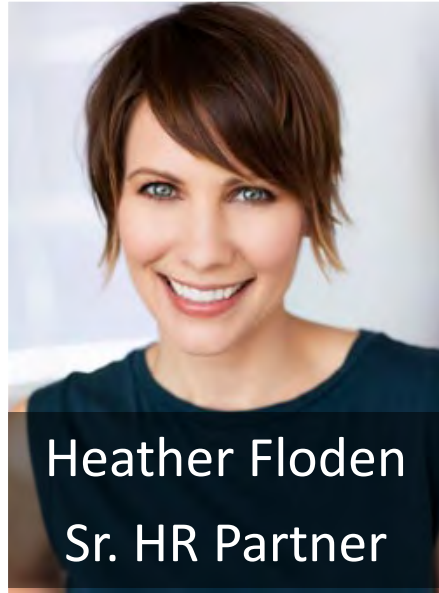
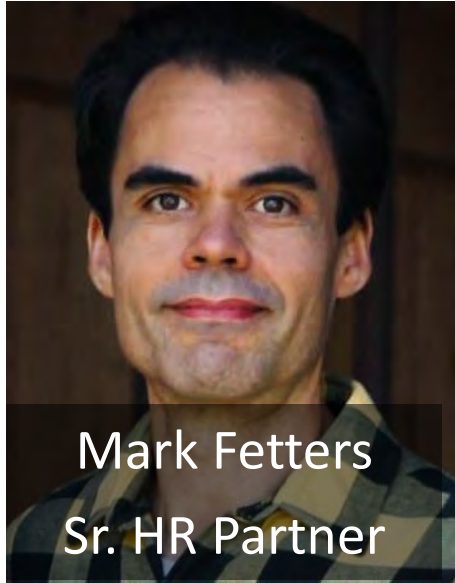
UM Recruiting Center of Excellence

UMSL's Team



Employee Retention & Engagement

- Partnering more closely with HR colleagues across the system
- Reallocating the time of the existing HR team to focus on this priority
 - This may be shifts in the units assigned to partners
- Hired a new team members



How can you help?

Recognize that HR is evolving

- Onboarding new people
- Updating processes
- Building new programs
- Ask: patience and feedback

Share ideas

- Telling us about effective recruitment, retention and engagement strategies that are already taking place

Try new things

- Giving new people, processes and programs a chance



UMSL | We transform
LIVES

UNIVERSITY OF MISSOURI-ST. LOUIS

HR Information

- Contact your HR team
- Look through HR's website
- Watch for a monthly HR update
- Attend training and development sessions





HOMECOMING 2024

MEET THE HOMECOMING TEAM



emccoy@umsl.edu



MEET THE HOMECOMING TEAM



HOMECOMING STUDENT COMMITTEE:

**Abi Linton, Annie Kempf, Avery
Pierce, Carly Williams, Emma
Landwehr, Latrice Wilson,
Meredith Stroud, Michelle
Harris, Nina Nguyen, Niyah
Brown. Olivia Tittel, Rashmika
Srivastava, Steven Burns, Jay
Gaskin, Joshua Thompson**

MEET THE HOMECOMING TEAM

HOMECOMING FACULTY/STAFF COMMITTEE:

Mindy Dilley, Office of Student Involvement

Michaela Wells, Office of Student Involvement

Blain McVey, Office of Student Involvement

Lester Stewart, MSC/Event Services

Dr. Jessica Long-Pease, Division of Student Affairs

Mary Bosnick, Office of Alumni Engagement

Aaron Poelker, Office of Alumni Engagement

Alex Langella, Athletics

**Traci Moore, Office of University Marketing &
Communications**

Allison Belew, Faculty Senate/University Assembly

Jamel Jones, Sodexo

Erin Sullivan, New Student Programs



UPCOMING EVENTS/THEME

UNIVERSITY OF MISSOURI - SAINT LOUIS

2024 HOMECOMING

CALENDAR OF EVENTS

<p>19 MONDAY FEB</p> <p>WHAT'S THE ROYAL-TEA?: MEET THE ROTALTY CANDIDATES 10am-12pm, MSC Penthouse</p> <p>20 TUESDAY FEB</p> <p>TRITON TREAT-OFF 2pm-3:30pm, The Nosh</p> <p>21 WEDNESDAY FEB</p> <p>HOMECOMING TIE-DYE 10am-12pm, MSC 315 & 316</p> <p>22 THURSDAY FEB</p> <p>CHILI FEED 11:30am-1:30pm, MSC Century Rooms ABC</p> <p>23 FRIDAY FEB</p> <p>UPB/ABC MOVIE NIGHT 5pm-7pm, EdCollabiat</p> <p>24 SATURDAY FEB</p> <p>HOMECOMING DANCE 7pm-10pm, Touhill Performing Arts Center</p>	<p>26 MONDAY FEB</p> <p>TRITON'S GOT TALENT 7pm-9pm, Touhill Performing Arts Center - Lee Theatre</p> <p>27 TUESDAY FEB</p> <p>BRIDGE WINDOW PAINTING 9am-3pm, MSC Bridge</p> <p>28 WEDNESDAY FEB</p> <p>UNITY HOMECOMING SOCIAL 3pm - 5pm, SGA Chambers 3rd Floor Rotunda</p> <p>29 THURSDAY FEB</p> <p>HOMECOMING GAME: PACK THE STANDS 5pm - 8pm, Mark Twain Athletic Center</p> <p>1 MAR</p> <p>UMSL V. LEWIS 1pm Women's, 3pm Men's, Mark Twain Athletic Center</p>
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FOR MORE INFORMATION

@umslhomecoming
linktr.ee/umslhomecoming24

UNIVERSITY OF MISSOURI - ST. LOUIS

2024 Homecoming

Alumni Calendar of Events

We hope our UMSL alumni join us for this Homecoming season!

FEB 22	<p>Chili Feed 11:30 a.m.-1:30 p.m. / MSC Century Rooms A,B,C Kick-off our Homecoming festivities with a bowl of homemade chili! You must vote for your favorite chili entry to select the winner of the Golden Ladle Award.</p>
FEB 24	<p>Homecoming Breakfast 10 a.m.-12 p.m. / MSC Century Rooms A,B,C Join Tiny Tritons for our annual Homecoming Breakfast! Wear your PJs and come grab a stack of pancakes!</p>
FEB 26	<p>Tritons Got Talent! 7-9 p.m. / Touhill Performing Arts Center - Lee Theatre Dive into a sea of talent at Triton's Got Talent, where the spotlight shines on the extraordinary skills and creativity within our community!</p>
FEB 28	<p>Unity Homecoming Social 3-5 p.m. / SGA Chambers / 3rd Floor Rotunda Calling all students of color and allies to join us for a Homecoming Mixer! Join us as alumni take a journey back to their roots and foretell stories as former UMSL students and provide advice to future community leaders.</p>
FEB 29	<p>Pack the Stands 5-8 p.m. / Mark Twain Athletic Center Cheer on the UMSL Tritons basketball teams as they take on Indianapolis.</p>

FOR MORE INFORMATION

@umslhomecoming
linktr.ee/umslhomecoming24
homecoming@umsl.edu
homecoming.umsl.edu

HIGHLIGHTED EVENTS

Homecoming Weeks: Feb 19th - 29th

Chili Feed: Thursday, February 22nd

Tickets are \$6 for Staff and available for purchase until
February 20th

Triton's Got Talent: Monday, February 26th

Unity Homecoming Social: Wednesday, February 28th

Homecoming Game/Pack the Stands: Thursday, Feb
29th

Homecoming Service Project: Canned Food Drive (drop
items in donation boxes: Main Box will be in the OSI)



Chili Feed Tickets

**Triton's Got Talent
Tickets**



STAFF ENGAGEMENT



FEBRUARY 26TH-29TH

Monday - Celebrity/Artist Day

Tuesday - Twin Tuesday

Wednesday - Meme Day

Thursday - UMSL/St. Louis Pride Day

FEBRUARY 26TH

Interested in Being Involved?
We may have some room for a few
more talent show judges for our
student talent show!



STAFF ENGAGEMENT

BRIDGE WINDOW PAINTING



FEBRUARY 27TH

Student Organizations or Students can sign-up to showcase their UMSL pride on the MSC Bridge!

TBD

The Office of Diversity, Equity & Inclusion is sponsoring Homecoming Door Decorating! For more information, please Myron Burr (mburr@umsl.edu).



**OFFICE DOOR
DECORATING**

QUESTIONS?



@umslhomecoming



linktr.ee/umslhomecoming24



homecoming@umsl.edu

Event Committee Slides

Kevin Mitchell



Event Committee

- The event committee is working on multiple ideas for some staff appreciation events
- We will once again be hosting something for staff at the Annual Mirthfest
 - We are still in conversations with the Office of Student Involvement on exactly what this will entail
- As in previous years, we will also be looking for staff volunteers to help staff booths during Mirthfest
 - Please be on the lookout for communication regarding this in the months coming up





Staff Appreciation Day

- Staff Council is currently planning to host a staff appreciation day during the week of Spring Break
- We are looking to host this event on the RWC Lawn, where Mirthfest is held
- The plan is to have various yard games available for staff to get out of their offices and enjoy each other's company
- We are hoping to have light refreshments available, and be on the lookout for information to come

Voting on Staff Association Bylaws

March 21st Zoom Staff Council Meeting

Meeting ID: 950 0955 2744

Passcode: 117832

Or email staffassoc@umsl.edu if you would like
the meeting invite



Hoops & Cheer

Thursday, February 8th

5:30 pm (Women) & 7:30 pm (Men)

UMSL vs University of Illinois Springfield

FREE FOOD AND FAMILY-FRIENDLY ACTIVITIES!

- Hot Dogs, Chips & Drinks
- Coloring Station
- Face Painting (6 pm – 8:30 pm)

Remaining All Staff Dates

- April 11th: 2:30 – 4:00 PM
 - Hybrid – MSC Chamber (3rd floor) & Zoom
- iCal links (with Zoom links) were sent from the Staff Association email; please email staffassoc@umsl.edu if you would like them resent





We want your input!

We want to hear from you about future All Staff Meeting topics and speakers as well as staff interest groups. Please fill out the survey!

<https://tinyurl.com/umslstaff>





Thank you! We appreciate all that you do for UMSL & our Students!