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)
dillem@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 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 20\(^{th}\), and April 30\(^{th}\)
  - 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](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 3\(^{rd}\) 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
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
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](http://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

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*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

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<td>Family memberships*</td>
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*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

Walmart+ | Shipt

All trademarks are the property of their respective owners.
Emotional Wellbeing Support (EAP)

- Liveandworkwell.com
  - Enter access code UMISSOURI
**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
Investing in Our Employee Experience

Recruiting & Onboarding

Employee Retention & Engagement
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
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
UM Recruiting Center of Excellence
UMSL’s Team

Cleola Butler
Recruiting Support

Ellen Drummond
Recruiter

Kelly Oliver
Executive Recruiter
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
HR Information

- Contact your HR team
- Look through HR’s website
- Watch for a monthly HR update
- Attend training and development sessions
MEET THE HOMECOMING TEAM

Jalen Walker-Wright
Programming & Engagement Intern
Homecoming Co-Chair

Elijah McCoy
Coordinator of Student Activities
Homecoming Advisor
emccoy@umsl.edu

Yuli Perez
Student Program Manager
Homecoming Co-Chair
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

2024 Homecoming
Alumni Calendar of Events

FEB 22    Chili Feed
11:30 a.m.-1:30 p.m., MSC Century Rooms A-B-C

FEB 24    Homecoming Breakfast
10 a.m.-12 p.m., MSC Century Rooms A-B-C
Join Tiny Tritons for our annual Homecoming Breakfast!
Wear your 70’s and come grab a stack of pancakes!

FEB 26    Tritons Got Talent!
7-9 p.m., Tophill 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.

FEB 28    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 we want take a journey back to their roots and family stories as former UMStL students and provide advice to future community leaders.

FEB 29    Pack the Stands
5-6 p.m., Mark Twain Athletic Center
Cheer on the UMStL Tritons basketball teams as they take on Indianapolis.

FOR MORE INFORMATION
• @muhomecoming
• Homecoming/Events
• Homecoming/Tickets
• Homecoming/Calendar

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University of Missouri – Saint Louis
2024 HOME COMING
CALENDAR OF EVENTS
19 MONDAY  FEB
WHAT’S THE ROYAL-TEA?: MEET THE ROYALTY CANDIDATES
10am-12pm, MSC-Penthouse

20 TUESDAY  FEB
TRITON TREAT-OFF
2pm-3:30pm, The Nash

21 WEDNESDAY  FEB
HOMECOMING TIE-DYE
10am-12pm, MSC 315 & 316

22 THURSDAY  FEB
CHILI FEED
11:30am-1:30pm, MSC Century Rooms ABC

23 FRIDAY  FEB
UPB/ABC MOVIE NIGHT
5pm-7pm, EdCollab לת

24 SATURDAY  FEB
HOME COMING DANCE
7pm-10pm, Tophill Performing Arts Center

26 MONDAY  FEB
TRITON’S GOT TALENT
7pm-9pm, Tophill Performing Arts Center – Lee Theatre

27 TUESDAY  FEB
BRIDGE WINDOW PAINTING
9am-3pm, MSC Bridge

28 WEDNESDAY  FEB
UNITY HOME COMING SOCIAL
3pm–5pm, SGA Chambers
3rd Floor Rotunda

29 THURSDAY  FEB
HOME COMING GAME
PACK THE STANDS
3pm-6pm, Mark Twain
Athletic Center

FOR MORE INFORMATION
• @muhomecoming
• Homecoming/Events
• Homecoming/Tickets
• Homecoming/Calendar

UNIVERSITY OF MISSOURI– ST. LOUIS
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)
STAFF ENGAGEMENT

SPRIT WEEK

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?
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!