



January 2018

CANCER BIOLOGY & PHARMACOLOGY

NEW EMPLOYEE

We have a new employee in our department. Please welcome Dr. Leslie Wise:

I recently completed my PhD at the University of Illinois Urbana-Champaign. My research focused on the impacts of perinatal and adolescent exposure to endocrine disruptors and high fat diet on cognition, behavior, and neuroanatomy. Before UIUC, I received my bachelor's degree in biology and experimental psychology at Millikin University in 2006, and my master's degree in psychology at Illinois State University in 2008. During and after my MS, I worked at Illinois Wesleyan University as the Animal Lab Coordinator/Lab Instructor/ Adjunct Professor, before I finally decided to return for my PhD. After this somewhat circuitous route, I am excited to be joining Dr. Fukuchi's lab researching Alzheimer's disease. When I am not working, I enjoy baking, reading, being outdoors when it's not a tundra, and spending time with my daughter (Maggie), my husband (Josh) and our three dogs (Minnie, Madison & Beau).

HUMAN RESOURCES

Please welcome new employees....



Kim Freese, office manager,
Student Affairs



Margaret Tomlins, RN, Peds
Subspecialty



Elizabeth Schmidgall,
reimbursement coding specialist,
Medical Billing



MARTIN LUTHER KING, JR. DAY



Martin Luther King Jr. Day is January 15. This is an approved holiday on the UIC Holiday Schedule. Martin Luther King Jr. Day is observed on the third Monday of January, around the time of King's birthday, January 15.



New Year's Resolutions.... Perhaps you made one? Some of the 'most popular' resolutions include saving more and getting fit. Please check out some helpful resources below:

Saving for Retirement resources, via optional 403b and 457 plans:

https://nessie.uihr.uillinois.edu/cf/benefits/index.cfm?Item_ID=126&rlink=1

Discounts available through the university:

https://nessie.uihr.uillinois.edu/cf/benefits/index.cfm?Item_ID=1574&rlink=1

Wellness Resources (check with your insurance company):

<http://www.illinois.gov/cms/Employees/benefits/StateEmployee/Pages/WellnessProgram.aspx>

*"If we do the things we need to do when we need to do them, THEN SOMEDAY we can do the things we want to do when we want to do them."
~unknown*

WINTER SAFETY TIPS

1. Plan ahead. Give yourself extra time and plan your route.
2. Wear appropriate footwear. Wear shoes or boots with rough (waffled, ridged or heavily textured) soles to work and change into dress shoes once there.
3. Be particularly careful of slippery conditions in the morning and early evening when melt water may be frozen. Be aware that black ice can look like wet pavement.
4. Be especially cautious when new snow may have hidden icy patches beneath it.
5. When getting out of your vehicle, look down at the surface. If it's coated with ice you may want to park in a different place. Test potentially slick areas by tapping your foot on them. Step down - not out of vehicles.
6. Use your vehicle for support. Where practicable, brace yourself with the vehicle door and seat back before standing. This will give you some stability.
7. Although your hands might be cold, don't put them in your pockets when you are navigating wintry stretches. If you slip, you will need your arms to restore balance.
8. Don't carry large loads while walking on snow or ice. If you begin to fall, toss your load so that you can break your fall with your arms. Protect yourself instead of the objects being carried.
9. Place your full attention on walking. Digging in your backpack or purse or using a cell phone while walking is dangerous. Concentrate on the path ahead.
10. Do the penguin shuffle – take small, slow, careful steps.
11. Use handrails where provided.
12. To the extent possible, avoid climbing over snow banks and look for an alternate route.
13. Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous and make for slippery floors indoors.
14. If you do slip, try to roll with the fall if you begin to fall forward or sit down if you begin to fall backward. When a falling person relaxes, an injury is less severe than when he/she tenses. Fighting a fall on the ice can cause twisting or bending which may be worse than the bump produced by the fall.

Should you experience a fall on campus please notify your supervisor and seek medical attention if necessary. Please make sure to complete page 1 of the First Report of Injury Form and forward it the Human Resources within 24 hours. The form may be found at https://www.treasury.uillinois.edu/UserFiles/Servers/Server_338/File/riskWorkersComp/FirstReportInjuryIllness.pdf .

Supervisors must notify Human Resources of all falls and complete pages 2 and 3 of the First Report of Injury Form within 24 hours.

NEWS RELEASES

Be sure to check out the News Releases on the website: <http://peoria.medicine.uic.edu/news>

Contact: Dave Haney, 309.671.8404



January Birthdays



Andrea Grant
Mindy Reeter
Stacy Schleuter
Rowana Robles
Christy Vincent
Connie Crawford

Laureen Perkins
Jill Jones
Tiara Thomas
Raymond Weitzel
Sondra Fox
Erica Duffy

Chad Kee
Jamie Hassall
Bryna Moore
Pam Williams
Lynne Manley
Tammy Livingston

Becky Joiner
Catherine Moore
Terry Flynn
Deanna Klumb
Michaela Reneau

If your birthday is not listed, and you wish to have it added, please contact Shannon at sdoerr@uic.edu.

The deadline for submission of information for the January issue is January 29.

Send your submissions to Shannon at sdoerr@uic.edu.

UNIT HOLIDAY PARTIES

Everything looked festive at the HOLIDAY UNIT PARTIES

Health Sciences Education/Pathology



Rachel Klopfenstein and Janice Tamplin



Health Sciences Education/Pathology



Dennis Driscoll, Kristy Bushart, Penny Halverson and Barb Staggs

Academic Affairs laid out a Grinch-themed spread that was anything but "grinchy".



Civil Service Employee Council News

January 2018



Join Our Bowling League!



- Have fun and get to know your co-workers by joining our CSEC-sponsored bowling league. We'll be bowling at Landmark Lanes, 3225 N. Dries Ln, Peoria, IL 61604.
- Every Wednesday @ 5:30pm for 8 weeks
- January 10th- February 28th
- \$10/week or \$80 total
- Bowling ball and shoe rental included in weekly cost
- At least 3 people needed per team
- Email Joe Newcomb josephln@uic.edu with team information and questions.

CSEC Class of 2017-2018

Mike Bachmann
Christina Constantinidou
Dennis Driscoll
Diana Farrar
Terry Flynn
Kristi Hasty
Kira Healey
Nicolette Lovingood
Shelby Miller
Joe Newcomb
Brad Norrell
Christie Perry
Cindy Skender
Kathy Slater



Are you onsite and interested in joining the fun? Contact Kira Healey at kira@uic.edu.

CSEC OFFICERS

President: Kira Healey, kira@uic.edu
Vice-President: Kathy Slater, kjlater@uic.edu
Treasurer: Christina Constantinidou, cconstan@uic.edu
Secretary: Shelby Miller, Smille59@uic.edu

CAN'T REMEMBER THE NAME OF YOUR CSEC REP? CONTACT

Shelby Miller, Smille59@uic.edu

Civil Service Employee Council (CSEC) Sets Date for Staff Appreciation Week

December 2017 - The annual **Staff Appreciation Week** (SAW) dates have been set! This is a week where UICOMP staff are celebrated with a week of gifts **and** a banquet, hosted by council members. Mark your calendars for April 23-27, 2018, and for the banquet being held the evening of Thursday, April 26. *The theme for SAW will be released at a later date.*

Thank You!



Santa's Helpers, Top Left to Bottom Right: Castalia Constantinidou, Emily Hasty, Adam Yerian, Kristi Hasty, Santa, Christina Constantinidou, Christie Perry, Shelby Miller and Garen Schroeder.

Thank you to Kristi Bushart, Lisa Collins, Christina and Castalia Constantinidou,



Dennis Driscoll, Kristi and Emily Hasty, Lois Hill, Cheri Mahoney, Shelby Miller, Mary Jo Montgomery, Christie Perry, Garen Shroeder, Adam Yerian, and Jennifer Young for helping children with purchasing Christmas gifts for family members at the Stocking Stuffer Store in the Grand Prairie Mall on Dec. 17!

WHO'S WHO in the CSEC

Meet Christina Constantinidou, Council Treasurer



My name is Christina Constantinidou and I am currently serving as the Civil Service Employees' Council Treasurer. I work as an Administrative Assistant at the department of Cancer Biology and Pharmacology. I am originally from Greece, but grew up and spent most of earlier life in Dubai. I enjoy traveling and learning more about the different cultures of the world. In the past few years, I developed a new passion for meditation, which has positively changed my life; I encourage everyone to give it a try. Wishing you all a very happy and prosperous new year.

Class Act Nominations

I nominate **Kathy Slater** in Surgery for a Class Act Award. When a smaller department needed help due to a position vacancy, Kathy stepped right in without hesitation to help with their M4 electives. I appreciate that she was willing to take the time to make sure that the departments' students were taken care of. She also took the time to work with the new employee to facilitate the transition back to the original department. Kathy is a true example of a team player. She understands how being a team player benefits everyone at UICOMP not just our department. I appreciate her efforts and willingness to help! **By Jennifer Young**



I nominate **Maureen Wolf** for a Class Act Award. When a smaller department needed help due to a position vacancy, Maureen stepped in to train me on the M3 portion of the position. In addition, she kept some of the responsibilities for herself to do in addition to her regular duties. She was also as helpful in training the new employee. Maureen didn't hesitate to help out so that the students didn't have an interruption on their training. Maureen is an asset to the University and I appreciate her efforts! **By Jennifer Young**

Who has gone "above and beyond" to help you with a work project or has done something that made your day? Recognize that special co-worker's contribution with a statement of appreciation published in the newsletter and a certificate that will be sent to him/her on your behalf.

Nominate your special co-worker by sending the details about why s/he is a "Class Act" to Shelby Miller at smille59@uic.edu.



DID YOU KNOW? Proceeds from the popcorn sales go to fund the **Community Chest**, which is a fund that supports civil service staff members facing any kind of hardship. You may nominate yourself or a co-worker by sending an email request to Shelby smille59@uic.edu or Kathy kjlater@uic.edu. If we can help pay your electric bill or buy the tire that blew because all your money has gone to medical bills, for example, then the fund can assist.



Best wishes to all for a joy-filled new year!

*"Memory is a way of holding onto the things you love,
the things you are, the things you never want to lose."
~ The Wonder Years (TV Show).*



*Cheers to making new memories;
cheers to the memories kept forever in our hearts.*



**Think Green!
Only Print When
Necessary.**

