INVITED TALKS

**DR. KRISHNA KUMAR VEERAVALLI** was invited to give a talk on December 11, 2018, as a part of the INI Research Discussion Group presentations at the OSF HealthCare System, Peoria, IL. His talk was entitled “**Novel targets and strategies to treat ischemic stroke**”

**DR. SANG-OH YOON** was invited to give a talk on December 4th, 2018 at the Department of Surgery, University of Illinois at Chicago. His talk was entitled “**mTOR signaling and therapeutic opportunities**”.

PUBLICATIONS

**DR. ELEONORA ZAKHARIAN’S LAB** published a research article in the *Journal of Neuroscience*, in collaboration with Dr. Félix Viana and colleagues, Instituto de Neurociencias de Alicante, Spain.


INVITATIONS

**DR. MARCELO BENTO SOARES** was invited on December 17, 2018, to join the European Science Foundation (ESF) College of Expert Reviewers. ESF is particularly active in implementing independent scientific assessment of research proposals submitted to partnering organisations (Universities, Funding Organisations, European programmes, philanthropy). ESF Expert Reviewers are invited to provide online assessment of targeted research proposals 1-3 times/year.

EMPLOYMENT

The Department of Cancer Biology and Pharmacology welcomes new hire Erika Sung. Erika starts her position as an Office Manager on January 2nd.
The first cohort of CEB® (Cultivating Emotional Balance) course completed their 42 hours training on December 15, 2018.

CEB® is a 42-hour evidence-based educational intervention developed by Paul Ekman, Ph.D. and Alan Wallace, Ph.D., which combines Western psychology education on emotions with contemplative practices, reflective writing, dyad and group exercises to promote greater emotional awareness, resilience and enduring well-being. It cultivates skills for better communication, for reduction of implicit biases, for increased awareness of how we feel and express our emotions, for responding with discernment rather than reacting impulsively, for recognizing that we have choices even when it might feel there is none. Underlying all our actions and the choices that we make is the fact that we care, and central to this training is the cultivation of a genuine sense of caring for self and others.

The CEB® course is taught by Debra Disney, MSEd, LCPC, Clinical Associate for the Department of Psychiatry and Behavioral Medicine at UICOMP, and Marcelo Bento Soares, PhD, Head of the Department of Cancer Biology and Pharmacology at UICOMP. Registration is now open for the next CEB® course, which will start on February 5th, 2019: [CEB Enrollment 2019](#)

### HUMAN RESOURCES

**Please welcome our new employees:**

- **Erika Sung**
  - Office Manager,
  - CBP

- **Heaven Joliff**
  - Medical Assistant (certified)
  - Pediatrics Primary

- Ben Lebron, IT Tech Associate (offsite support)

**Martin Luther King Jr. Day is January 21.** 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://www.hr.uillinois.edu/benefits/retirement

Discounts available through the university: https://www.hr.uillinois.edu/benefits/worklife/discounts

Wellness Resources (check with your insurance company): https://www2.illinois.gov/cms/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

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. Use handrails where provided.
11. To the extent possible, avoid climbing over snow banks and look for an alternate route.
12. Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous and make for slippery floors indoors.
13. 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 to 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. Please remember that prevention is the best way to stop slips and falls during the winter on icy conditions! Be safe out there!
If You Love Me...A Mother’s Journey Through Her Daughter’s Opioid Addiction by Maureen Cavanagh. (New Book Shelf WM 284 C377i 2018)

Chasing Hope: A Patient’s Deep Dive into Stem Cells, Faith, and the Future by Richard M Cohen. (Book Stacks QU 325 C678c 2018)

Power Yoga: Strength, Sweat, and Spirit by Leah Cullis
(New Book Shelf QT 260.5 Y7 C967p 2019)

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance by Alex Hutchinson. (Book Stacks QT 260 H975e 2018)

On Call in the Arctic: A Doctor’s Pursuit of Life, Love, and Miracles in the Alaskan Frontier by Thomas J. Sims. (New Book Shelf WZ 100 S614o 2018)

Footprints in the Dust: Nursing, Survival, Compassion, and Hope with Refugees Around the World by Roberta Gately. (New Book Shelf WZ100 G258f 2018)

**January Birthdays**

Andrea Grant  
Becky Joiner  
Catherine Moore  
Pam Williams  
Michaela Reneau  
Tammy Livingston  
Laureen Perkins  
Mindy Reeter  
Tiara Thomas  
Christy Vincent  
Maureen Wolfe  
Chad Kee  
Jill Jones  
Terry Flynn  
Sondra Fox  
Connie Cranford  
Dave McMillin  
Jamie Hassall  
Raymond Weitzel  
Lynne Manley  
Erica Duffy

If your birthday is not listed, and you wish to have it added, please contact Shannon Doerr.  
The deadline for submission of information for the February issue is January 29 – send to Shannon at: sdoerr@uic.edu
LET’S GO BOWLING!

Our CSEC-sponsored league starts up in January at Landmark Lanes, 3225 N. Dries Lane, Peoria, 61604. Talk to your co-workers and send Joe Newcomb an email at josephln@uic.edu to get your team lined up for awesome good times and a pizza party at the end! Details:

- We bowl every Wednesday @ 5:30 for 8 weeks
- January 9 – February 27
- $10/week or $80 total
- Bowling ball and shoe rental included in the weekly cost
- At least 3 people needed per team

Thank You, Santa Shoppers

On December 16, a bunch of us got together at the Grand Prairie Mall to volunteer as Santa Shoppers! We helped youngsters choose and wrap Christmas gifts for their family members. Their parents made donations to the Crittenton Center, known in our community for “protecting and nurturing children and families since 1892.” Pictured below are some of our Santa Shopper helpers: In the back from left to right: Adam Yerian, Stacey Webb, Debbie Haeger, and Sandi Blasingim. Front row: Shelby Miller, Meg Tomlins. Not pictured: Wendy Bucklin, Diana Farrar, Beth Breweur, and Nicolette Lovingood

A NOTE FROM THE CSEC PRESIDENT

Please excuse any delays in response to messages sent to the CSEC email address, csec@uic.edu, as we experienced some technical problems with email replies after the recent update to several of the UICOMP Outlook email accounts. If you have sent a recent email to our address and have not received a response, please try re-sending your message, or forward your message to Kira Healey at kira@uic.edu. Thank you!
FRESH FOOD DRIVE

Food Pantries serve a community of people in need who have higher risks for poor health outcomes specifically related to cardiometabolic conditions. One way that Food Pantries can promote the health of their families is to increase distribution of healthier, more perishable items like fresh produce. However, the pantries, typically, do not receive fresh produce on a consistent basis nor with the quantities or variety that match the needs of those they serve. Fresh Food Drives are a way that community partners can contribute to pantries in a meaningful way.

CSEC is partnering with the UICOMP Food Quality Student Interest Group, joining other community Fresh Food Drive participants by contributing to the pool of fresh food delivered to local Food Pantry partners.

Each month, we will have a special day and drop off location around campus, for fresh produce donations. The locations will be announced in advance, and produce will be picked up on the afternoon of the donation day. The first few months of 2019 will host the fresh produce drop-off:

- Jan 2019 – Hillcrest Building
- Feb 2019 – North Building
- March 2019 – One Illini Drive, the college

Please watch for special emails titled, “Fresh Produce Drive – Drop-off Day!”, and participate if you are able. The emails will announce the types of food most needed. Thank you for considering supporting our local community with a donation.

STAFF APPRECIATION WEEK - APRIL 2019

Each year, UICOMP hosts a week-long celebration of our staff, culminating in a Banquet. The events are fun, and the Banquet will have a theme, games and special activities. We hope that you will plan to join the festivities. The dates in April will be announced in an upcoming newsletter.

WHO’S WHO IN THE CSEC

Meet Meg Tomlins

Greetings! I am honored to be part of the CSEC organization at UICOMP. I am a nurse in the Department of Pediatrics, Subspecialty Clinics. I love what I do every day, helping children and their families receive the best clinical healthcare for their developmental needs.

Prior to joining UICOMP a little over a year ago, I have worked as a cardiac/medical/surgical nurse, and have also worked in a few management positions at large companies. I returned to central Illinois, as this is my original home. My extended family lives in the area, thankfully!

I enjoy spending time with my family and friends, traveling, scuba diving and reading. I am passionate about public health and health policy reform, and love to teach. Thank you for the privilege of serving you, as a member of the CSEC board.
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 them on your behalf. Nominate your special co-worker by sending the details about why they are a “Class Act” to Shelby Miller at smille59@uic.edu.

Community Chest

The Community Chest 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 Kira Healey kira@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.

This ‘N’ That

- DID YOU KNOW? When you buy a bag of popcorn from the CSEC, for just 50¢ a bag, you have a delicious popcorn treat AND help raise funds for a good cause!
- Donate to our Fresh Food Drive to help local residents have healthy food options.
- Volunteer opportunities will be announced in these pages throughout the year.

Check out the CSEC Webpage:
Stop by the Civil Service Employee Council (CSEC) Webpages to see who your CSEC Representatives are, and to learn about CSEC activities at http://peoria.medicine.uic.edu/csec/
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.