A new year marks the start of a new beginning. These useful resources can help you get on the right track. Cheers to a happy and healthy New Year!


Aligned for Success: Rest Your Body From the Ground Up by Dr. Brenda Shaeffer. (New Book Shelf QT256 S524a 2018)

Motivational Yoga: 100 Lessons for Strength, Energy, and Transformation by Nancy Gerstein. (New Book Shelf QT260.5 Y7 G383m 2020)

Strength Band Training: The Best Exercises and Programs for Sport, Rehabilitation, and Fitness by Phil Page and Tood Ellenbecker. (New Book Shelf WE500 P132s 2019)

Controlling Stress and Tension by Daniel A. Girdano, Dorothy E. Dusek and George S. Everly Jr. (WM172 G524c 2009)

Recipes and Tips for Healthy, Thrifty Meals by the Center for Nutrition Policy and Promotion. (http://purl.access.gpo.gov/GPO/LPS116230)
HUMAN RESOURCES

Please welcome new civil service employees:

Erin Driscoll, Med/Peds Residency, Office Support Specialist
Carrie Watt, Staff Nurse II, Pediatric Resource Center
Grace Wilson, Medical Assistant (certified), Pediatrics
Tiffany Lockwood, Medical Assistant (certified), Pediatrics

Martin Luther King Jr. Day is January 20. 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.u illinois.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

REMINDER…. TO BENEFIT-ELIGIBLE EMPLOYEES

The EAP administrator, Magellan, has launched a website with many new features for Members to take advantage with useful intuitive apps to use daily as well as discounts for everyday purchases. Please be sure to check out the wonderful benefits offered by Magellan (register at their website and/or download the app to your phone). Note: when you register you will need to select State of IL Employee Assistance Program as ‘employer’ (this benefit is set-up through the State EAP)
Introducing MagellanAscend.com

As part of Magellan’s commitment to providing a fresh approach, new technology and new programs, Magellan is taking the member experience up a notch with a brand-new member website. This newly designed website features a user-friendly browsing experience that allows you to quickly see all the programs and services available. You can access the Employee Assistance and Behavioral Health Program websites by using the following links:

Magellan Ascend Behavioral Health Program

Magellan Ascend Employee Assistance Program

Key features of the new website for your staff include:

- **Explore Services** features individual program tiles for quick and easy access to services
- **App Library** hosts convenient links to download mobile apps to help you with anxiety management, insomnia, quitting smoking, and more
- **The Learning Center** provides fresh, clinically-approved content on a variety of topics from building resiliency to handling traumatic events in the form of articles, videos, self-assessments and webinars
- **A monthly newsletter and live webinar** are featured on the home page each month

Members who visit the former website will receive a message “Your Program Has Moved” and will be redirected to www.MagellanAscend.com. Members will need to create a new account by following the instructions on the home page.

As a reminder, Magellan administers the behavioral health program for the Quality Care Health Plan and Employee Assistance Program.

Behavioral Health services can be accessed by contacting Magellan at 800-513-2611 or, at Magellan Ascend, 24 hours-a-day, seven-days-a-week.

The EAP, through Magellan, is a confidential program which offers services to help employees resolve daily challenges and manage more complex issues. The EAP is a no cost, voluntary program for active employees not represented by the collective bargaining agreement between the State and AFSCME and their covered dependents, regardless of the health plan chosen. Services may be accessed by contacting Magellan at 866-659-3848 or, at Magellan Ascend. Getting help is easy, convenient and available 24 hours-a-day, seven-days-a-week.

EAP services include:

- **Counseling** – three (3) counseling sessions at no cost to help with stress, anxiety, grief, relationship concerns and more
- **Coaching** – Achieve your goals using coaches to help you stay on track
- **Online programs** – Use self-guided, interactive apps for depression, chronic pain and more
- **Work-Life web services** – Find resources for child care, elder care, discounts and more
- **Clickotine Smoking Cessation** – interactive app to help you quit smoking
- **Legal, Financial and ID Theft services** – Access to free consultations and resources
- **Member website** – Get more information on all the services available
  - Use the Provider Search to find care in your area
  - See the latest news on trending topics like building resiliency, or managing finances
  - Explore the LifeMart Discount Center
  - Browse the Learning Center to find articles, webinar recordings, videos and self-assessments on a wide range of topics including anxiety, child care, depression, elder care, parenting, relationships, stress management, substance misuse, work-life balance, and so much more.
Magellan offers a variety of free resources to help you and your household members with everything from checking off daily tasks to managing complex issues. All services are completely confidential.

Set up your profile and get started today!

**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.** 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 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!
January 2020

January Book Club Meetings

Come share your love of reading with coworker book aficionados! The CSE Council offers 2 opportunities every month to discuss the books of the month.

- **Evening Chapter meeting** ([dfarrar@uic.edu](mailto:dfarrar@uic.edu))
  - Tuesday, January 14, 5:30 p.m.
  - The Broken Tree, 700 W. Main Street
  - Discussing *The Silent Patient* by Alex Michaelides

- **Afternoon Chapter meeting** ([desutter@uic.edu](mailto:desutter@uic.edu))
  - Wednesday, January 29, 12:00-1:00 p.m.
  - UICOMP Room A109
  - Discussing *Tenth of December* by George Saunders.

Contact Michelle, [desutter@uic.edu](mailto:desutter@uic.edu), with questions or book recommendations.

If you would like to sign up for CSEC Book Club, please use the following link: https://uic.ca1.qualtrics.com/jfe/form/SV_bNneLowwhTzirXv

Happy reading! We’d love to share a book club experience with you.

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**LET’S GO BOWLING!**

Our CSEC-sponsored league starts up in February at Landmark Lanes, 3225 N. Dries Lane, Peoria, 61604. Talk to your co-workers and send Joe Newcomb an email at [josephln@uic.edu](mailto: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
- February 5 – March 25
- $10/week or $80 total
- Bowling ball and shoe rental included in the weekly cost
- We need 5 teams of 3+ people per team
- **Sign up by January 31!**

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**CSEC Class of 2019-2020**

Michelle De Sutter
Shannon Doerr
Mary Durdel
Diana Farrar
Kathy Hauk
Stephanie Hull
Josefina Martinez
Javelyn McGrane
Marti Sokolowski
Tina VanYzendooorn
Stacey Webb
Karen Wyman

**CSEC OFFICERS**

President: Diana Farrar, [dfarrar@uic.edu](mailto:dfarrar@uic.edu)
Vice-President: Michelle De Sutter, [desutter@uic.edu](mailto:desutter@uic.edu)
Treasurer: Mary Durdel, [mdurdel@uic.edu](mailto:mdurdel@uic.edu)
Secretary: Stephanie Hull, [slhull@uic.edu](mailto:slhull@uic.edu)

TO GET THE NAME OF YOUR CSEC REP, CONTACT
Stephanie Hull, [slhull@uic.edu](mailto:slhull@uic.edu)
Mark Your Calendar!

CHILI COOK-OFF
Friday, January 31, 11:00-1:00
Details TBA

Brush off your famous chili and baked good recipes!
Someone will call you soon to get the ball rolling.

STAFF APPRECIATION WEEK - APRIL 13-17, 2020

We look forward to celebrating YOU during our Staff Appreciation Week this April! Right now, mark your calendar for the SAW banquet to be held on Tuesday, April 14. The year 2020 marks 50 years of excellence in education and employees at UICOMP. Our Civil Service employees are the backbone of the College of Medicine at Peoria and we want to show you, in part, how much you and your hard work are appreciated. Keep your eyes on this spot for details to come.

This ‘N’ That

- **The Community** Chest is a fund that supports civil service staff members facing a financial hardship. Email Stephanie [shull@uic.edu](mailto:shull@uic.edu) to nominate yourself or a coworker.
- **“Class Act”:** You can recognize a special coworker who has gone above and beyond to help you with a work project or has done something to make your day. Your note of appreciation will be published in this newsletter and they will receive a certificate. Send the details of why they are a “Class Act” to Stephanie [shull@uic.edu](mailto:shull@uic.edu).
- **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!
- **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/](http://peoria.medicine.uic.edu/csec/).
January Birthdays

Andrea Grant
Dave McMillin
Tiarra Thomas
Pam Williams
Michaela Reneau
Tammy Livingston
Laureen Perkins
Mindy Reeter
Brooke Simmons
Christy Vincent
Maureen Wolfe
Lauren Perkins
Mindy Reeter
Brooke Simmons
Christy Vincent
Maureen Wolfe
Chad Kee
Jamie Hassall
Terry Flynn
Sondra Fox
Connie Cranford
Chad Kee
Jamie Hassall
Terry Flynn
Sondra Fox
Connie Cranford
Kathy Hauk
Catherine Moore
Raymond Weitzel
Lynne Manley
Erica Duffy
Kathy Hauk
Catherine Moore
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

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.