In case you are looking to cook more at home, check out the links below for some yummy recipes and cooking tips.

Superfood Weeknight Meals: Healthy, Delicious Dinners Ready in 30 Minutes or Less by Kelly Pfeiffer. ([https://i-share.carli.illinois.edu/vf-uic/Record/UICdb.4943643](https://i-share.carli.illinois.edu/vf-uic/Record/UICdb.4943643))

Real Fit Kitchen: Ditch the Protein Powders, Energy Drinks, Supplements, and More with 100 Simple Homemade Alternatives by Tara Mardigan. ([https://i-share.carli.illinois.edu/vf-uic/Record/UICdb.4940552](https://i-share.carli.illinois.edu/vf-uic/Record/UICdb.4940552))

Cooking Basics for Dummies by Bryan Miller. ([https://i-share.carli.illinois.edu/vf-uic/Record/UICdb.4922080](https://i-share.carli.illinois.edu/vf-uic/Record/UICdb.4922080))

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


365 30-Minute Meals: Inspiring Meals for Every Day of the Year by Better Homes and Gardens Books. ([https://i-share.carli.illinois.edu/vf-uic/Record/EBL.2063217](https://i-share.carli.illinois.edu/vf-uic/Record/EBL.2063217))

*O'Reilly Safari Learning Platform: Academic edition e-books require a UIC email to log into the platform.

A friendly reminder, if you have questions regarding your research or need help finding an article, send an email to lib-pref@uic.edu. You can also use the chat box at the bottom right hand corner of LHSP’s homepage to ask library-related questions. It is staffed by the UIC Library faculty, staff, and graduate assistants.
Please welcome our new employee

Diana Rojas
Reimbursement Coding Representative
Medical Billing

BENEFIT CHOICE/OPEN ENROLLMENT IS MAY 1 – JUNE 1
CHANGES EFFECTIVE JULY 1, 2020

Open Enrollment Changes must be submitted via MyBenefits. If you do not plan to make any changes during open enrollment you do not need to do anything with the exception of flex spending; it requires re-enrollment

MyBenefits: [https://mybenefits.illinois.gov/account/login/choseclient](https://mybenefits.illinois.gov/account/login/choseclient)

For login issues you will need to call MyBenefits at 844.251.1777; they can also assist with the navigation process in the MyBenefits website. Please do not wait until the deadline, if possible, in case there are login and/or website issues on the last day.


Employee Premium Increase

- The Benefit Choice Booklet includes detailed employee and dependent premiums (costs) for each health plan and the dental plan, as these costs will be increasing for the first time since FY2014.

- The cost of health coverage will still be based on your salary, but will also vary depending on which plan you select for yourself and dependents.

- The amount of the increase will be lower at the lower salary levels, and the amount of increase grows as salary level increases, with the largest increases at the highest salaries.

Starting May 1, MyBenefits will include a calculator to help you compare costs of various plan options.
New Plan Options

CMS will introduce a new Consumer Driven Health Plan (CDHP) option, often called a high deductible health plan, administered by Aetna, with an accompanying Health Savings Account (HSA).

CMS will add new voluntary benefit options including accident, critical illness and hospital insurance, legal services, identity theft protection, as well as pet health insurance.

Watch for details of the Virtual Benefit Fairs during the month of May.

Best wishes to employees with May birthdays!

Molly Graham  Dawn Roberts  Tammi Miller
Amy Zimmerman  Anne Kirchgressner  Liz Kellington
Emily Johnson  Cindy Skender  Kim Hauk
Karen Wyman  Kim Montgomery  Carla Stokes
Mike Bachmann  Patricia Williams  Haily Rhoades
Trisha Fillman  Bryan Bander  Bonnie Willis
Amanda Franklin  Kim Deets  Aaron Walton

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

May

“At last came the golden month of the wild folk--honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year.”

— Samuel Scoville Jr., Wild Folk

The deadline for article submission for the June issue of the Focus newsletter is May 27.
Send articles to Shannon sdoerr@uic.edu

THINK GREEN
Only print when necessary
CIVIL SERVICE EMPLOYEES COUNCIL

You bring a lot to the table

Elections for the Civil Service Employee Council are being held soon. Here’s your chance to bring your talents and your ideas to the table.

Each year, UIOMP Civil Service staff and academic professionals have an opportunity to step up and become a part of the CSEC, the council that develops and hosts staff-oriented activities to celebrate our work community and give back in various ways to the Peoria-area community, too.

The election for new CSEC members will be coming in the next several weeks. CSEC terms are for two years and there are a variety of responsibilities to choose from on the Council, so you can participate in ways that support your interests, experience and time. Each council member is granted up to four hours a month for CSEC activities, so please talk with your manager about your interest. Current CSEC members will be in touch, inviting you to put your name in the hat for the upcoming election. If you do not opt out, your name will be included on the ballot.

Thank you for considering joining CSEC – we need YOU! Questions? Please contact Diana dfarrar@uic.edu, or Michelle desutter@uic.edu.

STAFF APPRECIATION WEEK

Rockin’ the ‘50s

Brought to you by your
Civil Service Employee Council
Coming This Fall!

Hip Cats and Dream Boats, brush off your cheaters, leather jackets, poodle skirts and saddle shoes and keep your radio tuned to this cool channel for the latest SAW news. As soon as we know the date, you will, too! Email Diana at dfarrar@uic.edu with questions.
Thank you for helping children learn to read by donating books in March and April. Your generosity is part of what is great about working for the College of Medicine. Research shows that reading to young children (ages 6 months to 5 years) provides healthy together time for parents and children, and offers many life-long benefits, including increased vocabulary, curiosity, and memory; positive associations with books and reading; and opportunities to build listening skills. A book is the gift that keeps on giving.

Reference: www.aafp.org › social-determinants-of-health › child-literacy. Early Childhood Literacy - AAFP
Pediatric Resource Center

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Peoria, IL 61637
(309) 624-9595
prcinfo@uiuc.edu
PediatricResourceCenter.org

Facebook: @PediatricResourceCenter

Stephanie Johnson, Executive Director
Channing Pettrak, MD, Medical Director
Claudia Plumer, APRN, Pediatric Nurse Practitioner
Carrie Watt, RN, Staff Nurse
Catherine Moore, Case Coordinator
Jessica Spelman, Case Coordinator
Amanda Thomison, Case Coordinator
Amanda Franklin, Outreach and Events Coordinator
Carole Siekien, Office Administrator

Mission
By accepting the privilege and responsibility of guaranteeing optimal child health and welfare, the Pediatric Resource Center (PRC) has been established as a child-centered, community-based, multidisciplinary effort to provide comprehensive prevention, education, research, evaluation and treatment in the areas of sexual abuse, physical abuse and neglect of children.

The Pediatric Resource Center is the only program in the region providing complete head-to-toe examinations in a child-friendly manner by specially-trained and certified medical staff to victims of child maltreatment. We serve children from birth to age 18. Since opening our doors in 1993, we have evaluated more than 8,600 children from 62 counties and 8 states. Our staff uses education, distraction and calming techniques to normalize the exam for our patients. In addition to our Peoria office, we provide services to children at OSF HealthCare Children’s Hospital of Illinois and at UnityPoint Health Methodist Hospital.

KEY SERVICES
- Specialized medical care to victims of child physical abuse, sexual abuse and neglect
- Evaluations by board-certified child abuse pediatricians and an advanced practice nurse (APN)
- Expert testimony
- Child-centered medical social services to children and their families
- Genital exams for concerns not related to abuse
- Education available regarding child maltreatment and its prevention

THROUGH THEIR EYES
Visit go.illinois.edu/PRCimpact for a short video on the impact PRC has had on one area family.

Upcoming Events
PRC Evening at the Chiefs
Friday, August 14th- Harry Potter Night
Contact PRC for details and to purchase tickets.

Hope For Children Fall Gala
October 17, 2020
Embassy Suites by Hilton, East Peoria Riverfront

Kick Abuse 5K Trail Run and Fun Walk
April 17, 2021
Kickapoo Creek Winery, Edwards

COMMUNITY BOARD

Debbie Bart
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Amy Dennis
Jennifer Flexer
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