Dr. Eleonora Zakharian’s group published their research results concluded over 6 years of work. The work is dedicated to the function of a new testosterone receptor, discovered by the Zakharian’s lab.

This publication, entitled, “TRPM8 as the rapid testosterone signaling receptor: Implications in the regulation of dimorphic sexual and social behaviors”, was supported by a number of outstanding collaborators, including Dr. Baskaran Thyagarajan from University of Wyoming, Dr. Michael X. Zhu from McGovern Medical School, University of Texas Health Science Center at Houston, Dr. Daniel A. Llano from University of Illinois at Urbana Champaign, and Evgeny V. Pavlov from New York University.

Author’s block:


HUMAN RESOURCES

SURS changes (to self-managed plan) announced; for more details please review the resources via SURS link:  https://www.surs.org/welcome-surs-retirement-savings-plan

- SURS announced Self-Managed Plan (SMP) enhancements coming on September 1, 2020. See the SURS website for the announcement, member materials, and webinar schedule.

  SMP members will receive the *SURS Transition Guide for Members* via postal mail this week.

What is changing?

- The redesigned SURS Self-Managed Plan will be renamed the SURS Retirement Savings Plan (RSP) on September 1, 2020.
- The investment options will be updated, with Voya Financial as the new RSP recordkeeper.
- A new default investment option, the SURS Lifetime Income Strategy (LIS) will be available.

More information regarding this transition will be communicated to SMP members from SURS via postal mail and email.

Questions?
Contact SURS at 800-275-7877

Reminder: This is a good time of year to verify your insurance enrollment, especially if you made any changes during open enrollment (changes effective July 1). You can verify your insurance enrollment in the new state vendor website  https://mybenefits.illinois.gov/account/login/MustAuthLogin#/login

For questions regarding the login process, please call MyBenefits at 844.251.1777. University Benefit Resources:  https://www.hr.uillinois.edu/benefits/

The EAP administrator, Magellan, has launched a new 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. Set up your profile and get started today!  select State of Illinois Employee Assistance Program for employer when creating a profile account

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

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.
CSEC Class of 2020-2021

Thank you for nominating your coworkers to serve on the Civil Service Employee Council. The following members will be serving you in the following roles for the 2020-21 fiscal year: Tilynne Bennett, Shannon Doerr, Stephanie Hull, Ashley Johnson, Lauren Keeton, Chris McGregor, Chris Menke and Aaron Walton. Officers will be elected next month.

We say THANK YOU to Michelle De Sutter, Diana Farrar, Kathy Hauk, Mary Durdel, Marti Sokolowski, Stacey Webb, and Karen Wyman for their hard work on this past (and other year’s) councils. They will continue to serve until mid-September before officially cycling off the council. If one of these wonderful ladies was your CSEC rep, please take a few minutes to let them know how much you appreciate their hard work on your behalf!

You Have a CSEC Representative

If you are a Civil Service employee at UICOMP, you have a representative on the Council. We are interested to know how we may serve you. Do you have questions or concerns that we may address for you? This is one reason why CSEC exists. With Council members cycling on and off, you may have a different representative than you had previously. No worries; you may contact Stephanie Hull, slhull@uic.edu to learn the name of your representative. Your representative will soon be introducing herself to you, in person or in writing (email). We look forward to working with you!

NOMINATE SOMEONE WHO IS A CLASS ACT

Recognize a 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.
Let’s ENCOURAGE Others

Purchase an official CSEC Share a Rainbow charm and share it with someone.

Each charm includes a treat and your words of encouragement!

Share a Rainbow charms go on sale August 4th-August 13th.

Only $1 - Proceeds to benefit CSEC Community Chest

TO ORDER
On-Campus, contact Shannon Doerr, sdoerr@uic.edu
Off-Campus, contact Diana Farrar, dfarrar@uic.edu

by August 13 at 12pm
for delivery on or soon after August 14th.

AUGUST BIRTHDAYS

Jodi Frasure
Sindy Hornibrook
Jaymi Belcher
Adam Yerian
Sarah Dominique
Kelsey Balcer
Sandi Blasingim
Lusine Demirkhanyan
Cathy Huntsman
Julie Dawson
Kim Alexander
Carol Reames-Trotter

Leslie Wise
Kristy Bushart
Trisa Stetzler
Jacob Jones
Tracey Vogelsang
Christina Lowrance
Juanita Corrales
Debby Tucker
Leslie Hammersmith
Scotti Nieukirk
Maheedhara Guda

If your birthday is not listed and you wish to have it added, please contact Shannon at sdoerr@uic.edu. A detailed birthday list may be found on the “PUBLIC” drive in the Focus Newsletter Folder, as well as past issues of the Focus in the Focus Newsletter Folder.
NEWS RELEASES

Contact: Susan Grebner @ 309-671-8404
Be sure to check out UICOMP news releases at: http://peoria.medicine.uic.edu/news

Do You Have an Interesting Story Idea?

If you have an idea for an interesting news story or feature story, please pass it along! One way to share the great work accomplished here is through the stories of our students, faculty, employees and alumni. Sometimes stories are shared with local media outlets, included in our Pathways magazine, or posted on our website or Facebook page. To pass along a story idea, contact Susan Grebner at sgrebner@uic.edu or phone (309) 671-8404.

Once you replace negative thoughts with positive ones, you'll start having positive results—Willie Nelson.