

HR Monthly Digest

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October 2011

Events & Announcements

Benefits

Open Enrollment Workshops — November 14

Open enrollment 2012 will begin at 8:00 a.m. on **October 31, 2011** through 5:00 p.m. on **November 22, 2011**. Workshops are available to provide an overview of the plan benefits, highlight open enrollment changes for 2012, and provide time for a question and answer session. Reservations are not required and there is no cost to attend.

For more information and a full schedule of workshops, [click here](#).

Benefits Help Desk

November 9th and 16th, 11:00 a.m. to 1:00 p.m., HMNSS 1303 (History Department Conference Room)

Representatives from the Benefits Office will be available to assist employees with open enrollment benefits questions and enrollment changes.

For more information and a full schedule of workshops, [click here](#).

Retirement Planning Workshop

Thursday, October 27, from 12:00 to 1:00 PM, in HMNSS 1500

A representative from The Society for Financial Awareness will be presenting a retirement planning workshop on avoiding tax traps in retirement plans. The workshop will be held on Thursday, October 27, from 12:00 to 1:00 PM, in HMNSS 1500.

For more information and to enroll, please go to the UC Learning Center at: www.uclearning.ucr.edu. To search for the workshop, please type the word "retirement" in the search field and click Go.

Fidelity Investments Workshops

UC is sponsoring several financial and retirement education classes conducted by Fidelity Retirement Services to help employees learn about investing for retirement and the steps they can take to help ensure retirement readiness.

Please visit the [At Your Service](#) website for the full list of [Fall 2011 Financial Education Classes for UC Riverside](#).

[Visit our HR Blog](#)

Benefits

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Workplace Health and Wellness

[BeWell Newsletter](#)

Weigh Well

Weigh Well is a 10 week program focused on healthy weight, nutrition, and physical activity. Participants set weight, nutrition, activity goals, receive weekly tips and materials, and earn rewards for their accomplishments. Each week participants attend an hour educational session or group fitness activity. It's NOT too late to join!

For more information, [click here](#).

Food Day

UC Eats Real on Food Day - October 24, 2011

Join UC locations in the first Food Day, the nationwide campaign for healthy, delicious and affordable food prepared in a sustainable and humane way. Mark your calendar for Monday, October 24 to participate in the Food Day activities being planned by the Wellness Program for Faculty & Staff, Sustainability Office, The Well, Campus Health Center and Dining Services.

For more information, [click here](#).

Well Within Reach Healthy Vending Program

The UCR Faculty and Staff Wellness Program and Campus Health Center is pleased to announce a new healthy vending program offered through First Class Vending, Inc. The "Well Within Reach" program is dedicated to ensuring that vending machines have healthier products and that our campus community has the choices to lead a healthy lifestyle. The program provides an environment for health, which includes high quality nutrition and making healthy snack choices simple.

[For more information, click here.](#)

Breast Cancer Prevention Awareness Month

The UCR campus community will be holding "Think Pink" activities throughout the month. Join the fight against breast cancer by participating in these events which are open to all UCR faculty, staff, and students.

For more information, [click here](#).

Great American SmokeOut - Thursday, November 17, 2011

The UCR campus community will be providing tobacco cessation materials and resources for yourself, family members, friends or co-workers looking to quit. Please stop by the Bell Tower on November 17 between 11am – 1 pm.

For more information, [click here](#).

Staff Employment & Education

Responding to Bias with the STAR Treatment

October 18, 2011 9:00 - 11:30 AM

This workshop provides a strategy for responding to bias in the workplace – Stop, Think, Act and Respect (STAR). Through discussion and role-plays participants will increase self-awareness of biases they may have and gain knowledge of how biases are formed.

For more information and to enroll, please go to the UC Learning Center at: www.ucrlearning.ucr.edu. To search for the workshop, please type the word “star” in the search field and click Go.

New Class! Student Veteran Support: Creating a Veteran-Friendly Campus

November 8, 2011, 10:00 -11:30 AM

Join Student Special Services and explore veteran perspectives, unique veteran challenges, and available resources for veterans.

For more information and to enroll, please go to the UC Learning Center at: www.ucrlearning.ucr.edu. To search for the workshop, please type the word “veteran” in the search field and click Go.

Moving Toward Multicultural Competence

November 15, 2011, 9:00 - 11:00 AM

Through a combination of lecture and exercises this highly interactive, introductory workshop develops the awareness, knowledge, and skills needed to promote diversity throughout UCR in general and within our units and organizations in particular.

For more information and to enroll, please go to the UC Learning Center at: www.ucrlearning.ucr.edu. To search for the workshop, please type the word “moving” in the search field and click Go.