

October 6, 2017

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## Submit Your Nominations for the Service & Recognition Awards Ceremony



The Division of Human Resources invites your nomination(s) for the 2018 Service and Recognition Awards Ceremony, where we will honor and recognize FIU's distinguished faculty and staff members for their achievements and years of service.

To access the site where you can learn more about all award categories and their criteria, nomination process, and/or to submit nominations, please click [here](#). The deadline to submit is Thursday, November 30, 2017.

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## Generations Ahead Scholarship



The Division of Human Resources is pleased to inform you of our "Generations Ahead" Scholarship Program, generously sponsored by the Gabor Agency Inc. This scholarship is designed for dependents of FIU's **benefits-eligible faculty and staff as well as full-time faculty and staff also enrolled as full time students at FIU**. For more information and to apply, please click [here](#). The deadline for submitting the application is Monday, November 6th, at 5:00 p.m.

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## Mindful Practices at Work Workshops



Join the Office of Employee Assistance for the Mindful Practices at Work workshops. To sign up for the workshops below, please click [here](#).

Wednesday, October 11<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-322 | MMC

Friday, October 13<sup>th</sup>, 12:00 p.m. – 1:00 p.m., HL-319 | BBC

Wednesday, October 25<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-322 | MMC

## October is National Depression Awareness Month



One of the more common misconceptions about depression is that depressed people are simply very sad. The truth is that depression runs much deeper than a simple attitude change. It is a real medical condition that requires treatment. People who are depressed do not just feel unhappy. They may feel hopeless, helpless, and apathetic. Sometimes, a person may feel depressed with no inkling as to why the symptoms have emerged. If you notice that you or someone in your life is perpetually “down” or “blue,” consider that it might just not be sadness, but more serious depression. Please take or encourage someone to take a free, anonymous [mental health screening](#). If you or someone you know is suffering from depression, please reach out to The Office of Employee Assistance at (305) 348-2469.

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## Sign Up Today for the Service Excellence Workshops



The Service Excellence workshops are back for the fall! Brush up on your ‘in-person,’ telephone, and written **customer service skills**. The workshops will cover:

- FIU’s philosophy on Service Excellence
- Professionalism at work

- Effective service over the telephone
- Managing written correspondence
- Techniques for delivering excellent service, even in difficult situations

**Dates and Times:**

Thursday, October 12<sup>th</sup>, 9:00 a.m. – 12:00 p.m., CSC-1144A | MMC

Wednesday, October 25<sup>th</sup>, 1:00 p.m. – 4:00 p.m., CSC-1144A | MMC

Space is filling up quickly. [Register today!](#)

### EOPD Fall Training Series



Join the Office of Equal Opportunity Programs and Diversity for their Fall Training Series. To register for the workshops below, please click [here](#).

#### Animals in the Workplace Training

Tuesday, October 17<sup>th</sup>, 11:30 a.m. – 1:00 p.m., WUC-221 | BBC

Thursday, October 26<sup>th</sup>, 11:30 a.m. – 1:00 p.m., GL-220 | MMC

#### Dilemmas in Diversity Training

Wednesday, October 25<sup>th</sup>, 11:30 a.m. – 1:00 p.m., WUC-223 | BBC

Wednesday, November 15<sup>th</sup>, 12:00 p.m. 1:30 p.m., GL-220 | MMC

#### Sexual Misconduct Training

Tuesday, October 24<sup>th</sup>, 11:30 a.m. – 1:00 p.m., WUC-221 | BBC

Wednesday, November 8<sup>th</sup>, 11:30 a.m. – 1:00 p.m., WUC-223 | BBC

Wednesday, November 29<sup>th</sup>, 12:30 p.m. – 2:00 p.m., GL-220 | MMC

### Employee Benefits



Open Enrollment is Here for the 2018 Plan Year! - Open Enrollment begins Monday, October 16<sup>th</sup> at 8:00 a.m. and will end promptly on Friday, November 3<sup>rd</sup> at 6:00 p.m. Eastern time. All changes to your benefits may be made online in [People First](#).

[What's New for 2018?](#)

[Medical Plan Changes](#)

[Dental Plan Changes](#)

This year is considered an **ACTIVE ENROLLMENT** year due to several changes in benefits choices. As such, we encourage all faculty, staff, temporary (OPS) employees and adjuncts to:

- Take the time to review your Personalized Benefits Statement carefully as it shows what coverage you currently have, in addition to your options for the next plan year.
- Make changes online in People First or call the People First Service Center, Monday – Friday, from 8:00 am. – 6:00 p.m. Eastern Time, at 888-663-4735 or TTY 886-221-0268.
- Feel free to change elections as many times as you would like during the open enrollment period. Elections become final at 6:00 p.m. Eastern Time on Friday, November 3<sup>rd</sup>, the last day of open enrollment.

If you are eligible for benefits through the State Group Insurance Program, this is your once-a-year window to change your benefits outside of having a [qualifying life event](#). Please review your Open Enrollment package, which will be mailed to you in mid-October. For more information, please click [here](#). If you have questions about this process, please call the People First Service Center at 1-866-663-4735.

Retirement Workshops – Join the Benefits Administration for Benefits Workshops through October 25<sup>th</sup>. Click [here](#) for more information and to register.

FSA and HSA Advantage Accounts – Great News! “Live Chat” now available for your FSA and HSA Advantage with Chard Snyder. For more information, please click [here](#).

**NEW Perks!** – The Division of Human Resources is excited to present to you FIU’s fantastic perks! Discover **NEW** savings on restaurants, housing, car rentals, entertainment, and more [here](#).

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### Save the Date for FIU Homecoming!



It's time to start dusting off your panther gear because Homecoming is almost here! Join us **Saturday, October 28<sup>th</sup> – Saturday, November 4<sup>th</sup>** for a week of celebrations and exciting events that unite our students, faculty, staff, retirees, alumni, and community. Click [here](#) for fun faculty, staff, and retiree events and click [here](#) for a complete list of activities. Should you have questions about these Homecoming festivities, please contact Trudy Fernandez, Director of HR Relations at (305) 348-0101.

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Join us at the 25<sup>th</sup> annual Children's Holiday Celebration on **Tuesday, December 5, 2017 at 11:00 a.m.!** This annual tradition serves as a connecting bridge between underserved children in our local community with programs and services as offered through the Office of Student Access & Success. During this festive occasion, we invite children from Miami-Dade County Title I public schools to experience first-hand the value of higher education. In addition to fun and educational workshops for the children, guests enjoy a holiday spirited luncheon and entertainment, along with an opportunity to make a difference through a fun scholarship fundraising activity.

For ticket information and more details about this event, please click [here](#). For further information, you may contact Mari Vila, Executive Assistant, University Advancement, at (305) 348-2009 or by email at [vilame@fiu.edu](mailto:vilame@fiu.edu).

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[Click here to like us on Facebook!](#)

Lunchtime Workshops – Eating right in the real world can be difficult. So little time and so much to do often leaves us scrambling to find something to eat. This Lunchtime Workshop will feature Baptist Health as they help us navigate nutrition in the real world. Click [here](#) to sign up for the workshops below.

Tuesday, October 10<sup>th</sup>, 12:00 p.m. – 12:50 p.m., GC-243 | MMC  
Wednesday, October 11<sup>th</sup>, 12:00 p.m. – 12:50 p.m., HL-319 | BBC

PAWScast – Episode 2 of our PAWScast is out now! Listen to [“PAWScast: Check up with Alicia”](#) as Nathan and Giselle follow up with Alicia Pena, Benefits Specialist, as she shares with us some updates on her story of breast cancer. Enjoy!

Consortium Connection October Newsletter – This month's edition of the Consortium Connection newsletter is here! Click [here](#) to learn more about open enrollment for the 2018 plan year, and understand how to protect yourself from the flu.

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An advanced degree is within your reach through FIU Online. See how you can change your future. As an FIU staff member, you can take advantage of the tuition waiver and apply for FIU Online scholarships. Be on your own way to the new you in a shorter amount of time than you think. Explore our online programs [here](#). For more information, please contact us at (305) 348-3125 or [onlineprograms@fiu.edu](mailto:onlineprograms@fiu.edu).

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### Sign up today for the English Language Institute Classes!



Sign up today for the English Language Institute's Accent Reduction, Practical Conversation, and Advanced Grammar classes! Classes start in October. Classes will be offered:

- Mondays and Wednesdays, 7:00 p.m. – 9:30 p.m.
- Tuesdays and Thursdays, 7:00 p.m. – 9:30 p.m.
- Saturdays, 9:00 a.m. – 2:00 p.m.

Registration is now open for the October term! Classes will be offered at \$249.00 per course, 50% off the regular price! This price is available to FIU employees only. All benefit earning employees have the option to use payroll deduction to pay for classes! Please bring your FIU OneCard when registering for any of these courses. For more information, please click [here](#), or call the English Language Institute at (305) 348-2222.

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### College of Arts, Sciences & Education Mini Camps



Need a place for your children to go during Teacher Planning Days? The College of Arts, Sciences & Education is sponsoring mini-camp enrichment workshops for youths ages 5 and up. For more information, please click [here](#). Should you have any questions, please contact Ana Jimenez at (305) 348-6545 or email [summercamp@fiu.edu](mailto:summercamp@fiu.edu).

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**Women in Medicine and Science Spotlight Series:  
“Women in Politics”**



The Office of Women in Medicine and Science (WIMS) invites you to its second Spotlight Series event on Thursday, October 19<sup>th</sup> from 12:00 p.m. – 1:00 p.m. in AHC2-160. Listen as Katy Sorenson, a renowned leader within the South Florida community and former Miami-Dade County Commissioner will be talking about her political profession. For more information regarding this event, please contact Wendy Bravo at [comwims@fiu.edu](mailto:comwims@fiu.edu) or (305) 348-3981.

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**Register Today for the STRONG Panther Program**



Do you want to get stronger, increase your agility, or be more fit? Then this is your chance! Join us for the STRONG Panther Program, a 6-week group training program that will increase your self-confidence, overall strength, and muscular endurance.

The STRONG Panther program will focus on functional and resistance training and will culminate in the STRONG Panther Fitness Competition: a 6-station fitness challenge that will feature tire flips, farmer’s carry, sled push, skid pull, and a 100-yard dash with ladder drill.

The program runs between October 9<sup>th</sup> – November 16<sup>th</sup>. Training will occur Monday - Thursday from 6:00 p.m. – 7:00 p.m. at the WRC-MMC. You can attend any of those sessions and more sessions may be added depending on demand! You do NOT have to be a WRC member to attend these training sessions.

\$40 for students, \$65 for everyone else. For more information and to register, please click [here](#).

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To provide feedback on this newsletter, please contact us at [hadmin@fiu.edu](mailto:hadmin@fiu.edu)