Partners for Life

Partners for Life is a nationwide program designed for organizations. By being a Canadian Blood Services Partner for Life, the University of Alberta has made a commitment to save lives by donating blood as a team. If you would like to give blood as part of the program and have it counted towards the University's annual donation goal of 400 units, please register as an individual member through the Canadian Blood Services website (www.blood.ca) and use the University’s Partner ID UNIV010313. You do not have to be a staff or faculty member to have your donations count towards the U of A’s goal. Family and friends can also donate using the U of A Partner ID to help us surpass our goal. Any donations made during February through May will also earn valuable Corporate Challenge points!

While all blood types are in demand, currently O negative and B negative are especially needed. Do you know your blood type? If you would like to find out, Canadian Blood Services volunteers will be on campus at the following locations between January 29th and February 2nd.

Jan 29 at ECHA - Jan 30 at VVC/PAW - Jan 31 at CAB - Feb 1 at SUB - Feb 2 at CCIS

Every blood donation you make, saves lives!

Equity, Diversity and Inclusion (EDI) Awards

Equity, Diversity and Inclusion (EDI) awards celebrate achievement in community service, research, and workplace or classroom environments by all members of the University of Alberta campus community. They recognize groups or individuals who have gone above and beyond to demonstrate the principles of EDI in activities that support the University’s core value for “diversity, inclusivity, and equity across and among our people, campuses, and disciplines”.

For more information on the award and the nomination form, please visit the EDI Awards webpage.

The nomination deadline is February 2, 2018.

Winter Walk Day 2018

Winter Walk Day encourages people across Alberta to be active outdoors in winter.

Campus and Community Recreation invites all U of A staff and students for a brisk walk around campus on Wednesday, February 7th.

Time: 11 am - 1 pm
(walk starts at 12 pm)
Place: Meet at Celebration Plaza

Visit Campus and Community Recreation for more information and to register.
FOCUS ON:
RETIREMENT PLANNING SERVICES

When you think of retirement, your mind most likely jumps to the financial aspects of your plan - your savings, pension and investments and what income you can expect from them.

However, your happiness in retirement is not solely dependent on your financial outlook. What are you going to do with your time? How will retirement change your relationships with your partner, family and friends?

If you are thinking about retirement, consider enrolling in our Employee and Family Assistance Program (EFAP) provider’s e-course Preparing for Your Retirement. You’ll work through four units, each with a particular focus, from your attitudes toward retirement to how to stay physically, mentally and socially active in retirement. There is also a section dedicated to exploring the impact of retirement on your partner relationship.

The financial planning e-course Taking Control of Your Money may also be of assistance to you in attaining financial peace of mind.

The University’s Employee and Family Assistance Program (EFAP) provider also offers faculty and staff access to a number of counselling and consultation services to help you prepare emotionally and financially for your retirement years.

To learn more about these and other specialty counselling services as well as the many other programs and services provided by our Employee and Family Assistance Program provider, please visit the HRS website.

To arrange to speak with a specialist, please call 780-428-7587.

World Day of Social Justice - February 20

‘We uphold the principles of social justice when we promote gender equality or the rights of indigenous peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability’ (WHO).

Join us on February 20th for the Lunch & Learn: Food Security in Your Community and visit the Community Social Work Team’s Days of Action webpage for information on other events and activities.

Learning Opportunities
Visit the Learning Shop for details and to register.

Open Workshop - February 27
Plan to attend the half-day workshop “Stress Busters”. Explore the stress response and learn practical tips and tools to bring you to optimal stress levels to maximize energy and performance.

Pension Plan Information Seminars - March 5 PSPP & March 8 UAPP
Register for a two-hour information session to learn about your Universities Academic Pension Plan (UAPP) or Public Service Pension Plan (PSPP).

Retirement Planning Workshop - March 14
A full-day workshop to assist you in preparing emotionally and financially for retirement. The workshop is intended for those contemplating retirement within the next 5-10 years.

Pathways Learning Series
U of A 101 Serving the Public Good - February 28
Creative and Critical Thinking - March 21

HEALTH KITS
Depression

If you or a loved one are experiencing depression, you may be interested in the OHE Depression Kit. It includes a resource list with area supports, information on depression and tips on how to cope.

Supplementary materials on Seasonal Affective Disorder, depression in children, what kids want to know when a parent is depressed, postpartum depression, and skills for working while experiencing mood problems are also available upon request.

Please note: Health Kits are intended for faculty and staff. To request a kit, email org.health@ualberta.ca. All requests are confidential. Materials will be sent labeled Personal and Confidential to your university address. Alternately, you may arrange to pick up your kit from our office.

Upcoming Events!
Save the date in your calendar and watch for details on the following upcoming events!

EDI Week
March 17-23

Faculty and Staff Orientation
March 20