



Human Resource Services Organizational Health

YOUR BI-MONTHLY UPDATE FOR THE MONTHS OF JULY AND AUGUST

newsletter

Recognition Awards

Nomination Window July 1 - September 30



RECOGNITION AWARDS

The *Achievement Award for APOs, FSOs and Librarians* and the *Support Staff Recognition Award* are designed to recognize outstanding individuals and the extraordinary contributions they make to the University of Alberta.

You are invited to participate in the recognition program by nominating a deserving individual. When completing the nomination form, include examples that demonstrate how the individual has gone the extra mile and has provided ongoing energetic commitment toward the continued success of the University of Alberta.

To learn more about the recognition program, awards and their criteria and to access the nomination form, please visit [Recognition Programs](#) on the Human Resource Services website. Nominations are being accepted until the September 30th deadline.

Partners for Life

Every minute of every day, someone in Canada requires a blood product. A stable supply of blood is required year round by patients being treated for cancer, surgery and trauma.

The University of Alberta is a Canadian Blood Services Partner for Life and is committed to saving lives by donating blood as a team.



To have your blood donation count toward the University's annual donation goal, please register as an individual member through the Canadian Blood Services website ([blood.ca](#)) and use the Partner ID **UNIV010313**. Your donation can save a life!

Keep Active This Summer!

The U of A is a member of the City of Edmonton's Corporate Wellness Program. Faculty and staff receive discounts on entry to City run sports and recreation facilities simply by showing their ONEcard when purchasing passes. For details, please visit the City of Edmonton Corporate Wellness Program [website](#).





Career Services

Your Employee and Family Assistance Program - counselling and much more!

Are you dealing with career-related problems or conflicts? Concerned about starting a new job? Struggling to manage your time effectively? Or wanting to advance your career?

If you've answered yes to any of the above questions, our Employee and Family Assistance Program (EFAP) provider is here to help you!

EFAP's Plan Smart - Career Smart Counselling Services empowers you with the information and support you need to help you make your career more rewarding and successful.

Career counselling includes dealing with conflict in the workplace, career choices and transitions, time management, stress management and more.

The EFAP program also offers self-paced and personalized learning designed to help you improve your personal health and well-being and workplace effectiveness. E-courses available include Embracing Workplace Change and Taking Control of Your Career.

If you would like to learn more about the career planning services and 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.



HEALTH KITS

Cancer



If you or a loved one have recently been diagnosed with cancer, you may wish to request a cancer information kit from HRS-Org Health. The folder contains a list of area and online resources, as well as literature related to cancer. Inserts on radiation therapy, chemotherapy and the most commonly diagnosed types of cancer are also available upon request. We will make every effort to provide you with information specific to your needs.

Please note: Health Kits are intended for faculty and staff. To request a kit, please 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.



The University of Alberta is a corporate member of Kids & Company. This (fee for) service provides faculty and staff guaranteed access to full, part-time and emergency back-up childcare. For details, please

visit ualberta.ca/faculty-and-staff/life-events-support/child-care-and-elder-care.

Learning Opportunities

Visit the [Learning Shop](#) for details and to register.



Faculty and Staff Orientation - August 14

This full-day session begins with welcoming remarks and key messages from high-level University administrators. The day also includes an introduction to the innovative Information Marketplace, which showcases services and resources offering professional and personal support. A walking tour of the campus wraps-up the day's activities. Register on the [Learning Shop](#).

Pension Plan Information Seminars - August 29

Two-hour information sessions to learn about your Universities Academic Pension Plan (UAPP) or Public Service Pension Plan (PSPP). Please visit the [Learning Shop](#) for more information and to register.

Retirement Planning Workshop - September 18

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. Registration opens August 8th.

These sessions are intended for faculty and staff unless otherwise noted.