

November 2024

Sign up by 11/15 for Life with Long Term Care Insurance!



The Life with Long Term Care Insurance is available for employee and spouse. The special enrollment is **now through November 15th**. Get more information and find your premium rates through [UBenefits Plus!](#)

OCIH Wellness Book Club 11/19 @ 11 a.m.

The [OCIH Wellness Book Club](#) is for all University of Utah employees.

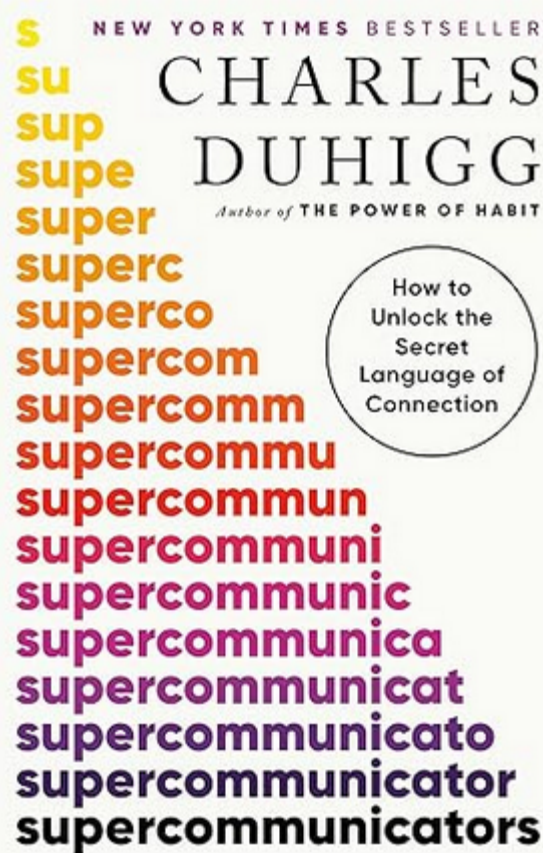
We will choose books that relate to the pillars of health, or how we move, eat, sleep, and connect with ourselves, others, and the world around us.

The goal of creating a space to discuss wellness is to elevate the University of Utah employees' well-being and our campus wellness culture.

Join our next meeting to discuss the book:

[Super Communicators: How to Unlock the Secret Language of Connection by Charles Duhigg](#)

TEAMS LINK



Faculty & Staff Appreciation Basketball Games! 11/22 at 3:30 & 7:00 p.m.



Open to all staff and faculty! Join us for an exciting evening of college hoops as Utah Men's Basketball take on Utah Tech.

A ticket to the men's basketball game is valid for re-entry to the women's basketball game.

[PURCHASE TICKETS](#)

Join our next General Meeting on Wednesday, 11/6 at 2:00 p.m.

Our featured speakers will include:

Summer Pessatore: Educational Opportunities for Staff through University Connected Learning

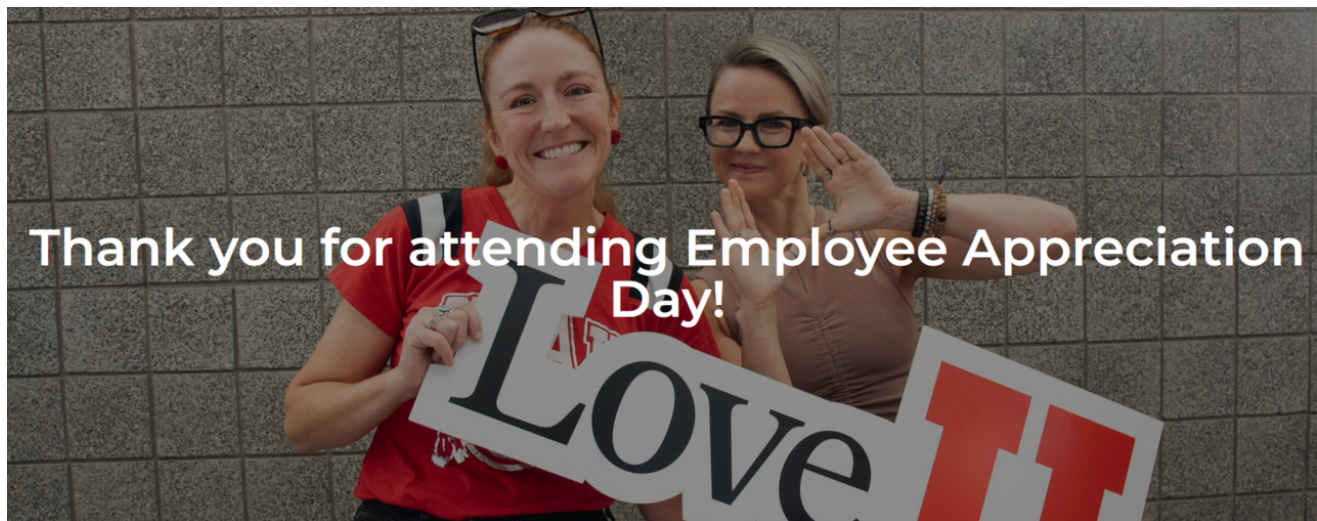
Kira Seprish: Services and Facilities Available to Staff through Campus Recreation Services



If you have any questions, comments, or ideas, please feel free to email them to uusc@utah.edu. Thank you for all you do!

[REGISTER FOR MONTHLY TEAMS MEETINGS](#)

Schedule a TIAA Financial Check Up & Post-EAD Summary



Thank you to all employees who attended Employee Appreciation Day on September 19! We hope you enjoyed a day filled with fun, food, and friends!

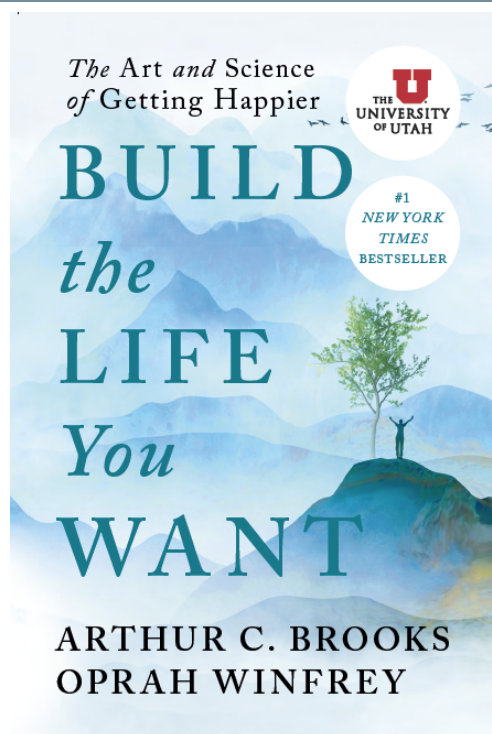
Check out our [post-EAD summary website](#) for some quick facts about the event, the winners of our UU+ EAD Challenge, and a special shout-out to the event's Presenting Partner, TIAA!

If you have not yet scheduled an annual financial check-up with TIAA, use the below button to schedule your appointment.

This one-on-one appointment with a financial professional is essential in helping make sure you are on track for retirement – and counts as a WellU Wellness Activity!

SCHEDULE HERE

Free Book from President Randall



This year, President Taylor Randall is sharing a special gift with us:

Build the Life You Want: The Art and Science of Getting Happier!

Want your free copy?

Head to the Park Building and grab one from the table in the foyer.

Don't miss out on this opportunity to get inspired!

New discount for all staff on tickets for Pioneer Theatre Productions!

Pioneer Theatre Company is proud to offer all University of Utah employees (faculty and staff—including U Health) a **50% discount** on ALL tickets purchased.

Tickets must be purchased in-person at the PTC Box Office (located in the Simmons Pioneer Memorial Theatre) by showing a valid UCard.

CHECK OUT UPCOMING SHOWTIMES

Sign up to Volunteer for the Financial Wellness Center by 12/15

THE UNIVERSITY OF UTAH
FINANCIAL WELLNESS CENTER

BETA ALPHA PSI

We want you! To Volunteer

IRS Volunteer Income Tax Assistance (VITA)

You will

- ✓ Receive training on how to file taxes!
- ✓ Become IRS VITA certified!
- ✓ Give back to community and students!
- ✓ Many opportunities, flexible schedule!
- ✓ Build your resume!

Start here:

Open to students, staff and community members!

Sign up to become an IRA VITA tax preparer volunteer by 12/15!

You will receive online training during the month of January through Canvas to become IRS VITA certified and be able to create your own schedule to help file taxes in the community and on the University of Utah campus.

A great way to give back and get involved. **Clinics will be held February 1 - April 15th.**

SIGN UP HERE

Highlights from the October 2024 UUSC General Meeting!

Important non-discrimination policy updates

- Rule R1-102C: Student Pregnancy or Related Conditions Rule, Recent [@theU](#) article about the new regulations supporting students who are pregnant or experiencing pregnancy-related conditions.

Kara Freedman (Sustainability Office)

- It's not too late to join [The Clear the Air Challenge](#), which started October 1, is a six-week competition that allows you to reduce vehicle emissions by choosing sustainable transportation methods, including riding public transit, biking, teleworking, walking, and more. By driving less, we improve our air quality, increase health and wellness, reduce traffic congestion, and save money on fuel costs. [Join the challenge today!](#)

VIEW PAST
GENERAL MEETINGS

Donate to Staff Council

There are many wonderful ways to support Staff Council Professional Development Awards.

We encourage and welcome all donations of any amount. **Whether you support us through an event, payroll deduction, planned gift, or one-time donation, we greatly appreciate them all!** Your generosity allows us to support staff professional growth and career development across the U of U campus.



Grab your Staff Council mug today!

Make a donation of only \$5/pay period (for 12 months) or a one-time gift of \$120 or more, and we'll gift you with our handsome new BEST STAFF EVER mug. Whether holding 11 ounces of your favorite hot or cold beverage, this stout vessel also looks great corraling the pens & pencils on your desk. Make your donation today & show your Staff Council pride, all while supporting fellow Staff at the U!

PAYROLL DEDUCTION

DIRECT DONATION

Resources & Discounts

- Free Headshots at Marriott Library Protospace on Wednesday afternoons from 11am-1pm
- Check out <https://ucan.utah.edu/> to learn about upcoming coaching events!
- Visit [Red Butte Garden FREE](#) with your UID card

- [Special Discounts Available to Health Plan Members](#)
 - Join the next General Staff Council Meeting on **November 6th from 2:00 - 4:00 p.m.**
-

Contact Us

Have an event or announcement you'd like us to share in an upcoming newsletter?

[GIVE US THE DETAILS](#)



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