

# HR Monthly Newsletter

JANUARY 2024

## Happy New Year




Welcome back & Happy New Year!  
Please take a look at the following reminders and tips to ensure that you start the year off right!

## Lunchtime Yoga Class

Starting on January 17th, Yoga Classes will be available in the Yamasaki basement (015). Classes will be held on Wednesdays from 11:30am - 12:30pm. Limited mats are available, attendees are encouraged to bring their own.

Events will be posted [here](#). For questions, contact Emily VanWormer: [evanwormer@ccsdetroit.edu](mailto:evanwormer@ccsdetroit.edu).



## 2024 Holiday Calendar

This year's Holiday Calendar has been posted! Find the schedule [here](#).

## Update Your Address for W2s

If you've moved, be sure to email an HR team member with your updated address by **January 12th**. W2s will be sent out by January 31st.



## Check Your Earnings Statement

It's important to check your pay stub or earnings statement regularly. Take a look at your tax and medical insurance deductions to make sure that everything looks correct.

It is especially important to do so in January to verify that your medical insurance deductions are accurate.

### It's simple! Follow these steps:

- 1) In **Access Manager**, click on the **Self-Service** icon
- 2) Select **Employee**
- 3) Select **Earnings Statements**. From there, you will find your earnings statement for each pay period.

# Employee Spotlight

Get to know your colleagues across campus

## Meet Cristina Phillips from Admissions!

### What do you love about working at CCS?

"Working with such talented artists!"

### Do you have a creative outlet? If so, what is it?

"2D animation, comic making, and crochet"

### What is your favorite spot to visit in Detroit?

"Definitely the DIA or the third floor of the Detroit Library Main Branch!"

### What kind of music do you like to listen to?

"Pop (like Rina Sawayama, Kaneko Ayano, Saint Motel)"

### How do you like to spend your free time?

"Playing Fortnite and hanging with my three cats, Sophie, Flo, and Mama Mia <3."



## Meet Ryan Harrison from Student Affairs!

### What do you love about working at CCS?

"The people in my department are the best. We have become very close. I also feel like I can support my family and their needs based on the benefit package we have. Additionally, I feel like I can experiment with new initiatives and fail without fear of being let go or reprimanded. We have good conversations about how to make our department better often."

### Do you have a creative outlet? If so, what is it?

"Mmm not really. I like to play softball on Thursday nights in the summer. That is my outlet. I don't really have a creative trying to get out :)"

### What is your favorite spot to visit in Detroit?

"Tiger stadium :)"

### What kind of music do you like to listen to?

"I cycle music. I like Lo-fi and Jazz when I'm working. I like R&B most of the time. Some pop and hip-hop. Currently, I'm on a pop punk from the 2000s kick."

### How do you like to spend your free time?

"I have two little kiddos so not a ton of free time. I have gotten more into reading lately and board games. My wife and I like comfort TV shows."



## Meet Joe Culver from the Studio Art & Craft department!

### What do you love about working at CCS?

"Problem solving with students."

### Do you have a creative outlet? If so, what is it?

"Sculpture"

### What is your favorite spot to visit in Detroit?

"The conservatory on Belle Isle"

### What kind of music do you like to listen to?

"Psychedelic Rock:"

### How do you like to spend your free time?

"Designing & making sculpture, and hanging out with plants."



## Meet Nick Mancuso from Academic Advising & Registration!



### What do you love about working at CCS?

"I love the community, the student-centered approach and of course the students"

### Do you have a creative outlet? If so, what is it?

"I create surrealist and abstract painted works."

### What is your favorite spot to visit in Detroit?

"Family in Mt Olivet Cemetery"

### What kind of music do you like to listen to?

"Mostly classical and heavy metal"

### How do you like to spend your free time?

"If I'm not on a walk with my lovely wife and son, you can find me reading 19th-century Russian literature, growing mushrooms or playing music."

Want to be featured in the next newsletter? Click here <https://forms.gle/ztCUwNyRVgWtjshK7>

## Expand Your Horizons and Boost Your Mental Health By Learning New Skills!

Brought to you by Ulliance

Did you know that learning something new benefits more than your knowledge base?

Learning something new can be fascinating and greatly beneficial for your overall mental well-being and happiness. Whether it involves embracing a new hobby or delving into a fresh subject, dedicating a small amount of time to acquiring new skills can bring about various advantages.



### 5 Reasons Why Learning New Things is Beneficial for You:

- 1. You'll Gain Confidence:** Gaining knowledge and skills not only boosts your self-confidence but also empowers you to take on new tasks. As you acquire new skills, others will seek your advice, and you will feel more capable and confident in yourself. The sense of accomplishment you receive from achieving your goals will greatly enhance your self-esteem.
- 2. You'll Become More Curious:** When you learn something new that interests you, your curiosity is naturally sparked, leading to more positive emotions, less anxiety, and greater satisfaction with life. Curious people find joy in discovering the extraordinary in the ordinary!
- 3. You'll Find Connection:** Learning something new offers the opportunity to connect with like-minded individuals, especially if it involves attending a class or workshop. Common interests can form the basis for friendships and introduce you to new connections. Finding new friends can be challenging, but learning a new skill can help overcome that hurdle.
- 4. You'll Challenge Yourself:** Challenging yourself with new skills is a mental workout that benefits your brain health and overall well-being. Research even shows that it can reduce anxiety and depression. Why not give it a try and see the positive impact it can have on your life?
- 5. You'll Create:** Creating improves mental and physical health by providing an outlet for emotions, allowing you to grow your own harvest through gardening or flex your creative muscles with drawing or photography.

**No matter what skill or subject you choose, you'll be amazed by the incredible benefits it brings. You'll gain valuable skills that improve your overall well-being and enjoyment of life.**

# Benefits 101



**Virtual Care** 2024  
Previously Blue Cross Online Visits<sup>SM</sup>

## Virtual care that's always there

### GET CARE WHEN YOU NEED IT, WHEREVER YOU ARE.

With **Virtual Care** by Teladoc Health<sup>®</sup>, you and everyone on your health plan can get virtual medical and mental health care from a smartphone, tablet or computer.

Virtual Care is included with your Blue Cross Blue Shield of Michigan and Blue Care Network health care plan.

### 24/7 CARE

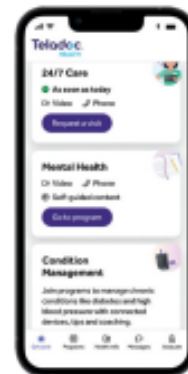
Have a virtual visit with a U.S. board-certified doctor for minor illnesses such as colds, sore throats, urinary tract infections and pink eye. Visits are available for adults and children.

Medical visits are available 24/7, anywhere in the U.S., when your primary care provider isn't available. You don't need an appointment and the average wait time is 10 minutes. Prescriptions, if needed, can be sent to your preferred pharmacy.

### MENTAL HEALTH

Through the Mental Health option, you can connect with a licensed therapist or U.S. board-certified psychiatrist when you're dealing with stressful situations or issues such as grief, anxiety and depression.

Mental health visits require an appointment, but many therapists and psychiatrists have evening and weekend availability.



## SIGN UP TODAY

Visit [bcbsm.com/virtualcare](https://bcbsm.com/virtualcare) for a link to download the Teladoc Health app.



Family members ages 18 and older will need to create their own Virtual Care accounts. When updating or creating an account, choose your plan name and enter your member ID so your coverage is applied correctly. Call **1-800-835-2362** with any questions about your account or to arrange a telephone visit.

Check this out

LinkedIn Learning

Plenty of people have had the experience of setting goals and then failing to achieve them—think of all the New Year's resolutions that are never realized. But with the right strategies, even your loftiest professional goals are attainable. Watch **Defining and Achieving Professional Goals** to learn more.

Check this or other videos out on LinkedIn Learning! Head over to Access Manager and click on the LinkedIn Learning icon.

## CCS Perks

Save money on hotels, theme parks, attractions, shows, events, & car rentals through Working Advantage! Head over to [workingadvantage.com/ulliance](http://workingadvantage.com/ulliance).

- 1) Scroll down to the 'New users: sign up to become a member' form
- 2) Create and account and start saving!

Ulliance  
Enhancing People. Improving Business.



<https://forms.gle/d5MGAcrc72GwHtxg9>

## We want your feedback!

Let us know what kind of content you would like to see in future newsletters by completing this google form.

## How Can We Help?

Raquel Diroff  
Director of HR  
313.664.7651 (direct) 313.433.5299 (cell)  
rdiroff@ccsdetroit.edu

Lisa Poszywak  
HR Generalist  
313.664.7652  
lposzywak@ccsdetroit.edu

Patty Longo  
Assistant Director of HR  
313.664.7650  
plongo@ccsdetroit.edu

Brittney Alverson  
HR Generalist  
313.664.7854  
balverson@ccsdetroit.edu