

HR Monthly Newsletter

MAY 2024



**Congratulations
CCS Graduates!**

-The HR team

One Team, One Mission!

A huge, heartfelt thank you to the faculty and staff for all their hard work, efforts, and dedication in making this school year a success!

SO, YOU WANT TO BE A SUPERVISOR?

TUESDAY, JUNE 4
1:00PM - 4:00PM
ROOM A010, YAMASAKI BUILDING
(LOCATION SUBJECT TO CHANGE BASED ON RSVP'S)

Join us for this in-person training to obtain a deeper understanding of supervisor responsibilities.

This training sheds light on often overlooked aspects of supervision, empowering you to make informed decisions about your career path and goals.



RSVP Today! Complete this [Google Form](https://forms.gle/mhQ5HivfzZumv7FQ9) by May 24th to secure your spot.

<https://forms.gle/mhQ5HivfzZumv7FQ9>



RSVP Today!

Are you interested in becoming a Supervisor one day? If so, RSVP to "**So, You Want to be a Supervisor?**" by May 24th. Complete this Google form to RSVP & secure your spot!

RSVP

<https://forms.gle/mhQ5HivfzZumv7FQ9>

Zumv7FQ9

May is Mental Health Awareness Month

Your mental health matters. According to Ulliance, one of the most effective ways to cope with stress is to seek support and build connection with others. When we share our feelings, thoughts, and experiences with others, we can reduce our stress levels, gain new perspectives, and find solutions to our problems. Do not hesitate to seek help and connection when faced with stress.



Eligible employees can visit lifeadvisorEAP.com to find helpful resources and to take advantage of your EAP benefit. Other resources:

[State of Michigan Health & Human Services Resources](#)

[CDC Tools and Resources](#)

Life Advisor EAP

For eligible employees, the Ulliance Life Advisor EAP is a benefit that offers total well being services for yourself, a spouse/live-in partner and dependants under the age of 27 at no cost to you!

Counseling

Counseling is available in-person or telephonically with a counselor close to work, home or school. Individual, family and couples counseling are included. Short term, solution focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

Work-life Materials

Information on a wide range of work-life balance topics are easily accessed through the EAP portal in the form of webinars, videos, and PDFs

Crisis Support

Mental health professionals are available by phone 24/7/365



www.lifeadvisorEAP.com

800.448.8326

Referrals

Consultants provide recommendations for resources within the community

Coaching

Life Advisor Coaches offer telephonic support for individual life enhancement goals, such as education, career advancement, financial, or self-improvement goals.

Legal & Financial Consultations

Ulliance professionals can connect employees with resources to assist individuals regarding legal and financial issues

Other resources:

[State of Michigan Health & Human Services Resources](#)

[CDC Tools and Resources](#)

Upcoming Holiday & Wellness Day!

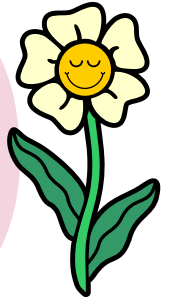
Mark your calendars for these upcoming holiday & wellness days:

Friday, May 24th - Wellness Day

Monday, May 27th - Memorial Day

Remember to turn your out-of-office messages on for your email and phone.

Enjoy your time off!



PEACOCK POLL RESULTS



Last month, in honor of Record Store Day, Watson wanted to know, **“What is your favorite album?”** Many of you had a difficult time choosing just one (which is totally understandable). Here’s what you told him!

- **Rumours** by **Fleetwood Mac** (this one took the cake with 3 respondents citing this as their favorite!)
- **Suspiria** by **Goblin**
- **The Wall** by **Pink Floyd**
- **The Village Green Preservation Society** by **The Kinks’**
- **If The Evening Were Dawn** by **Jim Sullivan**
- **These Streets** by **Paolo Nutini**
- **Moon Safari** by **Air**
- **Give Up** by **The Postal Service**
- **The Record** by **boygenius**
- **Laugh Track** by **The National**
- **Rattle and Hum** by **U2**
- **Transatlanticism** by **Death Cab for Cutie**
- **2** by **Mac Demarco**



This month, Watson would like to know...



What is the best book you’ve ever read?



Let him know by completing this form:

<https://forms.gle/apVvRCdKwJbvaz4t7>



Be the Reason Someone Smiles

Brought to you by Ulliance



You could be the reason someone has a better day. We can all benefit from a little more joy. It's impossible to know what others are facing, but by shining a positive light, you're making a bigger impact than you realize.

You've been there. The day, week or month never ends with one thing after the other and it seems nothing will make it better. But, when someone is there to lend a listening ear, offer words of encouragement, or bring a smile to your face, it not only lightens the load but also reminds you that you are not alone in your struggles. Their presence and positivity create a sense of comfort and support that helps to ease the burden you carry.

It is in these moments that you realize the power of human connection and the impact it can have on your well-being. Be that source of positivity for others, spreading joy and kindness wherever we go, because even the smallest act of kindness can make a world of difference in someone's day.

5 Ways to Bring a Smile and Brighten Someone's Day:

1. Leave a larger tip for the server, housekeeping, or any service.

These positions are often underappreciated and undervalued, yet they play a crucial role in ensuring our comfort and satisfaction. By leaving a more generous tip, you not only express your gratitude for their hard work but also brighten their day and make them feel valued. Your act of kindness can make a significant difference in their lives, inspiring them to continue providing exceptional service and spreading positivity to others.

2. Smile and say hello

It's impossible to resist reciprocating a smile when someone smiles at you. Challenge yourself to brighten every person's day by smiling and saying hello and witness the contagious spread of happiness that follows.

3. Pay it forward

When someone acts selflessly or shows kindness towards you, seize the opportunity to pay it forward and spread the same love and kindness to someone else.

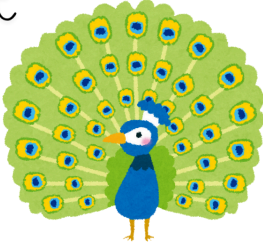
4. Tell someone you are proud of them

Acknowledge their accomplishments, hard work and dedication. Whether it's a colleague who successfully completed a challenging project, a friend who achieved a personal goal, or a family member who overcame a difficult obstacle, expressing your pride in their achievements can have a profound impact on their self-esteem and motivation. By recognizing and celebrating their accomplishments, you not only boost their confidence but also strengthen your relationship with them.

5. Send an anonymous food basket to someone who is struggling financially

Show them that they are not alone in their hardships and that there are people who care. By providing them with a thoughtful and generous gesture, you can alleviate some of their stress and bring a ray of hope into their lives.

Fun
fact



Did you know that humans cannot fully experience the sounds that peacocks make? When male peacocks perform their train rattle, a rustling sound furthers the visual effect. For peahens, the movement also creates a vibration (a resonant frequency) in the air that cannot be felt by humans.



LinkedIn learning (L)
View online training videos



Check out this Learning Path through LinkedIn Learning: Support Your Mental Health at Work

The Support Your Mental Health at Work learning path offers healthy ways to navigate workplace stress by managing your emotions, building your confidence, and regaining a sense of work-life balance in your career.

This learning path includes helpful courses such as:

- **Managing Your Emotional Response to Workplace Stress**
- **Managing Your Emotions at Work**
- **Mindful Meditations for Work and Life**
- **Dealing with Grief, Loss, and Change as an Employee**

Check out these courses and others by navigating to the LinkedIn Learning icon in Access Manager.

We want your feedback!

<https://forms.gle/d5MGAcrc72GwHtxg9>

Be featured in the Employee Spotlight!

<https://forms.gle/d5MGAcrc72GwHtxg9>

How Can We Help?

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