HR Monthly Newsletter



October 2026



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



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 wellbeing 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 wellbeing. 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 wellbeing and enjoyment of life.

Don't forget to check out our linkedin learning!

Preventing Harassment & Retaliation in the Workplace

11:30am-1:00pm
Thursday, October 29th
Via Zoom

All staff and faculty are invited to attend the Preventing Harassment training with Jacqui Schulte!

ALL STAFF & SUPERVISORS 11:30am-12:30pm

This training covers:

- What constitutes workplace harassment?
- What retaliation is and how to recognize it?
- What employees can expect when they raise a concern or speak up.
- Employee and employer responsibilities in maintaining a respectful workplace.
- Key legal obligations and workplace expectations.



SUPERVISORS ONLY 12:30pm-1:00pm

- Supervisors are invited to remain for an additional 30 minute session focused specifically on their responsibilities as leaders.

RSVP by October 15th!

Reach out to Kennedy Kilgore
(kkilgore@ccsdetroit.edu)

Alana's Foundation™

Presents

Flu Vaccination Clinic



WHEN:

Tuesday, October 27

11:00 AM - 1:00 PM

Walter B Ford

Room Number TBD

WHERE:

College for Creative Studies

201 E.Kirby St.

Detroit, MI 48202

ALL attendees MUST COMPLETE CONSENT ONLINE*

GO TO:
https://alanas.vna.org

ENTER:
Clinic ID: *3145* | Passcode: *ALANAS2026*
SEARCH by clinic DATE

Children 17 and under **must** have consent form completed by parent/guardian

- **Cost:**
  - **No cost for:**
    - **Insured -** with participating insurance (bring your insurance card (or copy or photo).
    - **Uninsured -** Alana's Foundation subsidizes
  - **$15 participant donation for:**
    - **Non - participating and/or insurance not listed**
    - **Forgot my insurance card**
- **NOTE: Senior Dose (ages 65+) vaccines available with participating *insurance only*. Medicare ADVANTAGE AND/OR Medicare ID required. Prescription Plans DO NOT cover vaccines.**
- Preservative free vaccines are administered at our clinics.

****Completing consent prior to clinic** *ensuresadequatevaccinesupply.Firstcome, first served.*

Flu vaccinations administered by Michigan Community Visiting Nurse Association

Michigan Community VNA
Home Care - Hospice - Wellness

Questions:
info@alanasfoundation.org ~ www.AlanasFoundation.org

Save the Date: Giving Tuesday is December 1

Together, We Can Help Students Thrive

This Giving Tuesday, the CCS community is coming together to support the Student Food Pantry and the Supplies 4 Students fund. Your gift helps students access food, supplies, and other essentials so they can focus on learning and creating. Add Giving Tuesday to your calendar and stay tuned for more details as December 1 approaches!

GIVING TUESDAY



Mummy Brownies



Ingredients

- ½ cup butter, cubed
- 4 ounces unsweetened chocolate, chopped
- 4 large eggs, room temperature
- 2 cups sugar
- 1 teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ teaspoon salt
- 2 cups chopped pecans, optional
- 2 cans vanilla frosting
- candy eyes



Directions

1. Preheat oven to 350°. Line two 8-in. square baking pans with foil, letting ends extend up sides; grease foil. In a microwave, melt butter and chocolate; stir until smooth. Cool slightly. In a large bowl, beat eggs and sugar. Stir in vanilla and chocolate mixture. In another bowl, mix flour and salt; gradually add to chocolate mixture, mixing well. If desired, stir in pecans.
2. Spread into prepared pans. Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack.
3. Lifting with foil, remove brownies from pans. Cut into bars. Using a No. 46 pastry tip, pipe frosting over brownies. Decorate with candy eyes.

Handling Change at Work: Resets to Stay Confident and Effective



4.6 ★★★★☆ (153)

Workplace change rarely pauses for you to catch up. Priorities shift, ownership blurs, and decisions land without warning. This course equips you with power resets, practical, in the moment strategies for staying effective while direction is still taking shape. You learn how to clarify what matters most when expectations shift and find stability when change has no clear owner to escalate to.

We want your feedback!

https://forms.gle/J9qieF1938KJA9YS9

Be featured in the Employee Spotlight!

https://forms.gle/Q3GpHraoafNDos3M8

How Can We Help?

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