

worklife



Spring 2009

WorkLife Spotlight

WELLNESS

The Wellness Committee Kicks Off the Healthy Lifestyles Wellness Series

The Wellness Committee kicked off the first of its Healthy Lifestyles Wellness Series sessions on February 25. Ruth Sullivan, registered dietitian, and Mary Pagan, exercise physiologist, led a group discussion with twenty faculty and staff. They talked about making smart nutritional choices in order to achieve personal wellness goals. Sullivan shared valuable tips for healthy eating, shared helpful web sites, and outlined University wellness programs and services. Those intending to participate in all 12 sessions were encouraged to complete a health risk assessment with their physician at the beginning and end of the series in order to gauge individual and overall group improvement in health and well-being.

According to Karen Morrissey, Wellness Committee chair and director of benefits, compensation, and human resources services, “the concept for the Healthy Lifestyles series is to help staff and faculty improve their health by providing education from reliable SU experts as well as support from their peers.” Each month, Sullivan and Pagan will lead participants in making small lifestyle changes. “A big focus of the series is teaching staff how to make healthy behavior changes,” says Sullivan. When asked how she hopes to help the participants succeed, Pagan replied, “the accumulation of small goals across a year can create dramatic and exciting results. Our plan is to address the obstacles and challenges that have affected success in the past and meet them with workable solutions that will have big results at the end of the 12 months series.”

The hour-long sessions are scheduled from noon - 1 p.m. on the last Wednesday of every month through January, 2010. Staff and faculty can register for the sessions online at http://humanresources.syr.edu/staff/nbu_staff/s2s.html.

The next scheduled session is “Assessing Your Readiness for Change” on Wednesday, April 29. Attendees will learn how to stop thinking about getting healthier and start planning to make change happen.



Ruth Sullivan presents to Healthy Lifestyles Wellness series participants.



2009 Strawberry Fun Run and Walk June 12 • Noon • The Quad

The Fun Run is open to all SU and ESF students, faculty, staff, spouses and dependents. Register in advance at the Department of Recreation Services, room 241, Archbold Gym.

Get your colleagues together and enjoy the event as a team!

Learn more at:
<http://recreationservices.syr.edu>.

Family Care Needs Assessment

The Family Care Advisory Committee has completed its analysis of the assessment data compiled by the Office of Institutional Research and Assessment (OIRA) and is finalizing recommendations for improved family care services and support. A final report on the assessment and the committee's recommendations will be submitted to University Administration by the end of the spring semester. To view the assessment data visit http://humanresources.syr.edu/worklife/family_care.html and select "Forced Choice Survey Report."

Flexible Work By the Numbers

Below is a list of formal flexible work arrangements currently on file with HR for active employees. For more information about either FWA or FW&S contact WorkLife and Organizational Development at x2488.

Flexible Work Arrangement (FWA)

Proposals initiated by an employee and approved by their manager or supervisor:

Flextime	69
Telecommuting	32
Flex/Telecommuting	16
Compressed Schedule	17
Job Share	1

Flexible Work and Sustainability (FW&S)

Proposals initiated by the manager or supervisor for the purpose of enhancing University sustainability efforts and alleviating the costs of commuting for employees:

Hybrid	13
Compressed Schedule	123
Telecommuting	12
Other	6



FSAP WorkLife Series Upcoming Sessions

Session details, room information and registration is available online at <http://fsap.syr.edu> or by calling x1087.

Finding Relief from Stress at Work and Home
April 15, 2009

Save the Date
Upcoming WorkLife Programs & Events
Bring Your Child to Work Day
April 16, 2009

2009 Syracuse Heart Walk
April 18, 2009

2009 Strawberry Fun Run and Walk
<http://recreationsservices.syr.edu>
June 12, 2009

JPMorgan Chase Corporate Challenge
Run/Walk
June 23, 2009

"Power to Advance"
3rd Annual Career Advancement Day
July 22, 2009

If you are interested in receiving periodic e-mails regarding WorkLife updates and upcoming events, please e-mail learn@syr.edu with the subject line "WorkLife Distribution List".

One topic we will be exploring with the listserv is the possibility of the WorkLife Newsletter moving to an electronic format. Join the group to offer your feedback on this possibility.

