Benefits

**Years Ahead — Nationwide network of senior care providers**

*SelectPlus Family Care Resources* now includes access to Years Ahead, which offers a nationwide network of senior care providers, including certified senior care advisors for guidance; specialized facilities including memory and hospice care and independent and assisted living communities; and in-home healthcare and senior care companions.

» Read more

**Education & Development**

**MEI: Maximizing Generational Diversity — 4/15/13**

For the first time in the American workplace, workers span four generations. This workshop explores tools that can enhance the productivity in a multi-generational workplace.

» Register at UC Learning

**MEI: Conflict Management for Supervisors — 3/28/13**

This workshop provides practical tools and resources for supervisors to prevent, assess, manage, and resolve workplace conflict.

» Register at UC Learning

**MEI: Making Connections: A Prejudice Reduction Workshop — 4/9/13**

This workshop consists of a series of incremental, experiential activities that engage participants in leadership skills necessary to build inclusive environments and increase cultural competence.

» Register at UC Learning

**FREE Software Training Available Thru Lynda.com**

Lynda.com is an online software training library available to all staff and faculty through R'Space under authorized applications. Lynda.com provides courses and video tutorials on a wide variety of software and technology topics such as Microsoft Office, Adobe software, SharePoint, personal computers, application development, web and graphic design, and much more.

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**Workplace Health & Wellness**

**MobileFit: Bringing Fitness to You**
Sessions Run April 1, 2013 – June 7, 2013
Join an existing MobileFit session. We have 20 groups throughout campus.
» Read more

Mindfulness Based Stress Reduction Series
**Wednesday, April 3, 10, 17 and Tuesday, April 23rd from 12 – 1 p.m. in HUB 269**
Presented by Dr. John Testerman, Loma Linda School of Medicine
A 4 week series focused on the practice of mindfulness for managing stress. This series will engage participants in several mindfulness practices to help you reduce stress, improve attention and focus, boost the immune system, cultivate positive emotions and promote a general sense of well-being.
» Read more

StayWell Health Assessment 2013 — Earn $100 incentive
UCR Wellness Programs count as follow-up activities!
The StayWell Health Assessment is available to help make positive behavior changes towards a healthier lifestyle. Beginning January 14, 2013, UC will provide a $100 gift certificate to each eligible employee and retiree and a $50 gift certificate to eligible spouses/domestic partners who complete the two-step process:
- StayWell Health Assessment — complete by June 15, 2013.
» Read more

Become a UCR Wellness Ambassador
Join our 65 Wellness Ambassadors to promote and support health and wellness at UCR. Wellness ambassadors serve a critical role to help create a healthy culture and serve as a liaison between your department and the UCR Faculty and Staff Wellness Program. Next Meeting: March 13 from 12 p.m. – 1 p.m.
» Read more

Smoke/Tobacco Cessation Resources available from UC medical plans
Beginning January 2, 2014, The University of California will be Smoke/Tobacco Free!
Tobacco cessation resources are available through UC’s medical plans for faculty, staff, and retirees. Please contact your medical plan for more specific details.
» Read More

Smoke/Tobacco Cessation Resources
The UCR Faculty and Staff Wellness Program is committed to providing the campus community with ongoing access to several types of cessation/quit resources and assistance, including cessation education, referral and resources, telephone, individual or group counseling; and on-site individual and group support.
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