

Stressed out about your finances? We're here to help.

When it comes to personal finances, many people have no idea where to start. The good news: one of your university-plan benefits is industry-leading expert investment advice from CAPTRUST Financial Advisors. When you have a financial concern, you don't have to figure it out on your own. A CAPTRUST financial advisor can provide you with advice and answer questions. This is a <u>free</u> benefit. Schedule your 30-minute telephone appointment today! CAPTRUST's services are independent and provided solely to help you get the answers and advice you need. There is no pressure and nothing to sell. Your financial advisor is available to help you make progress toward financial security and to meet your retirement saving goals.

Call a **CAPTRUST** financial advisor at 800.967.9948, or visit <u>www.captrustadvice.com</u> today for more information including financial planning tools and retirement resources. Click here to schedule a CAPTRUST Appointment Now! **Financial Planning Webinars** Visit <u>TIAA.org/webinars</u> to register or watch past presentations on demand. Visit the Fidelity Webcast Hub to view and listen to practical conversations to help you live well financially.

Download Ginger App Today!

The PIER ~ Planning | Investment | Engagement | Retirement

help you with your financial well-being, both present and future. Check out The PIER

retirement engagement website by clicking here.

The PIER is a quarterly UNC System retirement engagement newsletter designed to empower you with Planning, Investment, Engagement and Retirement information, resources and tools to

Emotional Support App Update The Ginger program launched on October 1, 2022. Have you tried Ginger yet? We live in challenging times and your mental and emotional health matters. Remember, you are not alone. Whether you're feeling stressed out, overwhelmed, anxious, depressed, unsettled, or something else, you can receive support in the format that works best for you: self-directed selfcare activities, a quick check-in with a trained behavioral coach (24/7, 365), or assistance from certified professionals are all at your fingertips via the Ginger app. Ginger has over 200 clinically validated self-care self-guided resources to give you techniques to manage your health and wellness through videos, podcasts, classes and more! Ginger coaches can help with anything you're struggling with—stress, anxiety, depression, issues with work, relationships, sleep or other struggles. Coaches are available to work with you on techniques to help improve your sleep, they can share strategies for managing stress, work with you to create and plan, and hold you accountable so you can achieve your goals. Get immediate help when you need it or schedule regular appointments with your favorite coach.

Therapy and psychiatry can be added to your personal care team if you need additional

All assistance is from a qualified team of professionals and it is completely **confidential**.

through video sessions.

Ginger Video Links:

Ginger Overview

Ginger Coaching

Therapy & Psychiatry

than May 19, 2023:

• The appraisal completed by the supervisor

• Employee acknowledgment of the appraisal

• The approval is given by the second-level supervisor

• Confirmation of the appraisal review meeting with the employee

2023, and all steps must be completed no later than August 11, 2023.

Human Resources website, uncp.edu/facultystaff/human-resources.

Click here for the **Supervisor's Performance Management Toolkit**

Download the app and begin using Ginger TODAY!

support. Sessions can be scheduled outside business hours in the evening or on the weekend

For more information, or if you have any questions about the Ginger app., contact Dr. Nicolette Campos at 910-775.4341 or via Nicolette.campos@uncp.edu; or contact Sheila Hardee at 910.521.6587 or via **Sheila.hardee@uncp.edu**. **Ginger Emotional Support Live Workshop!** Good Nights, Better Days: Reset Your Rest with Healthy Sleep Habits Join us to learn tips for improving sleep habits and routines - Register Here How rest can boost your health and improve your mood • Actionable tips for building and improving sleep routines • What sleep hygiene is and why it's important • The impact sleep has on our overall well-being - physically, mentally and emotionally

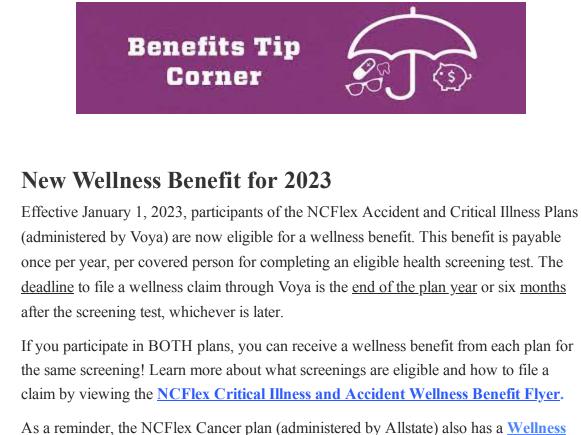
Performance Management The SHRA performance cycle ends March 31, 2023!

SHRA annual appraisals are available to complete. All steps must be completed no later

The EHRA - Non Faculty performance cycle ends June 30, 2023!

EHRA - Non-Faculty appraisals will be available to begin completing starting April 24,

For more information visit **Talent Management and Development** at the Office of



Benefit payable once per year, per covered person. The Wellness Benefit through

The NCFlex Accident plan, administered through Voya will be discussing the new

Allstate does not have a filing deadline.

NC Flex Accident Plan

Visit www.ncflex.org for additional information.

features for 2023, including the High Option, the Wellness Benefit and the Sickness Hospital Confinement Benefit. Click the dates to register for the webinars, March 16 at 1 p.m. and March 28 at noon.

Are you prepared?

Review Your Beneficiary Designations Today

Alleviate Any Challenges in the Future

TSERS (Teachers' and State Employees' Retirement System) participants can update

their beneficiary information in their **ORBIT** self-service. **ORP** (Optional Retirement Plan) participants can update beneficiary information by logging into the carrier website at **TIAA** or **Fidelity**. If you participate in the State's 401(k) or 457 Deferred Compensation supplemental retirement plans, you can update your beneficiary information by logging into your account at https://ncplans.retirepru.com/. If you participate in the UNC System 403(b) or 457(b) supplemental retirement plans, you can update your beneficiary information by logging into the carrier website at TIAA or **Fidelity**. If you are enrolled in the UNC Life Insurance, AD&D (Core and/or Voluntary), Cancer and/or Critical Illness plans, you will need to log in to the Empyrean benefits portal, via BraveWeb, to designate or update your beneficiary(ies).

Important D

Spring 2023 Certificate in Online Teaching Excellence (COTE)

From the Office of Online Learning:

Cups and Conversation - Faculty Engagement

UNCP Blood Drive - Thursday, April 6, 10 a.m.-4 p.m.

• Monday, April 10

• Monday, April 24

 Friday, March 31 • Friday, April 28

Monthly Leave Reports Due by 5 p.m.

Daylight Saving Time

2023

Don't forget to set your clocks ahead one hour at 2 a.m. Sunday, March 12, 2023.

For more information on these events and many others, please <u>click here</u>.

2023 BraveNation Powwow and Gathering

at 3 p.m. Register Here

Festival at Old Main

We are excited to announce the upcoming iteration of the **COTE**. Join us on **March 13** for a sixweek journey into online teaching and learning. Register Here! Upon completion, participants earn a digital badge and can apply to become an online course peer reviewer and receive the Quality Assurance Review Stipend. For our previous COTE participants, there's more to gain! Submit your online courses for a quality assurance review stipend of \$400 per course. If you're interested in becoming a peer reviewer, you can earn \$100 per course reviewed. To express your interest, send us an email at online@uncp.edu. **Dublin Irish Dance presents Wings: A Celtic Dance Celebration** Monday, March 13, 2023, 7:30 p.m. to 9:30 p.m. at the Givens Performing Arts Center **Legally Blonde (Broadway Musical)** Thursday, March 23, 7:30 p.m. - 9:30 p.m. at the Givens Performing Arts Center

Wednesday, March 29, at noon and Monday, April 10 at 3 p.m. The events will be held in the James A. Thomas Hall, Room 133. This is an opportunity to engage with School of Business faculty.

The fifth annual BraveNation Powwow and Gathering (BNPG) will be held Saturday, March 18,

ComPsych Session: Preparing for Financial Emergencies - Wednesday, March 15, 2023,

Hosted by the Office of Campus Engagement and Leadership (CEL) and UNCP Admissions, the festival will feature entertainment, interactive activities, games, novelty items, a photo booth, and much more. Saturday, April 1, 2023, from Noon.-4 p.m. The event is free for all to attend.

2023, in the Jones Center at The University of North Carolina at Pembroke. Noon-6 p.m.

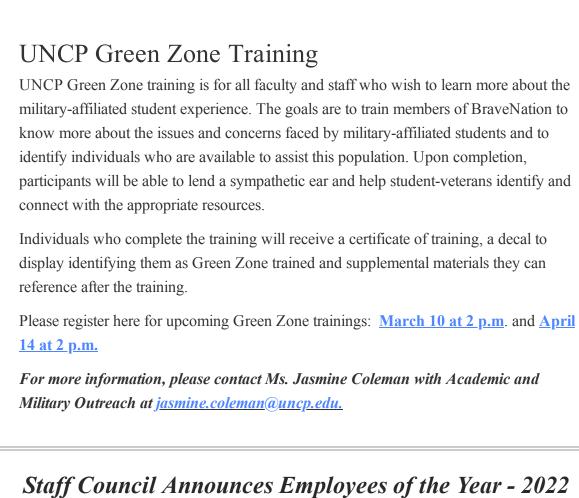
New Employee Onboarding Monday, March 20 & Tuesday, March 21 Monday, April 3 & Tuesday, April 4 • Monday, April 17 & Tuesday, April 18 Bi-weekly Leave Reports Due by 12 Noon • Monday, March 13 Monday, March 27

It's time to

Spring Forward!

April 7, 2023

Good Friday Holiday Observed



and Employees of the Month, January, 2023

STAFF UNC COUNCIL

2022

SHRA

Employee

of the Year

Micheal Baxley

Willis Glassgow

University Communications

Photographer

& Marketing

Dr. Nicolette Campos

Director of Employee Relations and Workforce Development

Tabitha Cain

Chancellor's Office

Human Resources

STAFF UNC COUNCIL

2022

EHRA

Employee

of the Year

Green Zone Certified

Military

Welcome to the Team! **New Employees** February and March 2023 **Academic Affairs** Jasmine Toles - Retention Specialist - TRIO Programs Nicholas McNeill - Assistant Director - Office of Admissions

Bryan Harris - Transfer Transition Advocate - UNCP Partnership to Success Grant

Chancellor's Office

Student Affairs

Services

Finance & Administration

John Wheeler - Assistant Football Coach - Athletics

Willie Denson - Assistant Football Coach - Athletics

Flor Todd - Human Resources Consultant - Facilities Operation

Frank James - Property Security Officer - Police & Public Safety

Della Sweat - Administrative Support Specialist - Counseling and Psychological

Kyle Smith - Associate Vice Chancellor/Dean of Students - Office of Student Affairs

Kamren Lewis - University Program Associate - Community and Civic Engagement

Erik Pratt - Assistant Football Coach - Athletics

Don't forget to nominate a co-worker for **Employee of the Month - March 2023**

Join BraveNation **Careers at UNCP Senior Leadership Vacancies: Provost and Vice Chancellor for Academic Affairs** Vice Chancellor for Enrollment Management **Chief of Staff and Vice Chancellor for Strategic Initiatives**

Retirees

Debbie Bullard - 30 Years Accessibility Resource Center

McDuffie Cummings - 29 Years Police & Public Safety

> **Mary Baynes - 18 Years** Nursing Department

Chuck Lowery - 21 Years WNCP Mass Communication

Crispy Chicken Salad Grilled Chicken Fajitas Nutrition **Healthy Snacks Healthy Lunches** Health **Contact Us: OHR Leadership** Angela Revels, Assistant Vice Chancellor for Human Resources, angela.revels@uncp.edu Donna Strickland, Deputy Chief HR Officer, donna.strickland@uncp.edu

Nicolette Campos, Director of Employee Relations and Workforce Development,

Rhonda Locklear, Human Resources Manager, rhonda.locklear@uncp.edu

Nicole Snipes, HR Consultant (Benefits Manager), <u>nicole.snipes@uncp.edu</u>

Paula Peterson-Campbell. HR Specialist (Personnel Actions, Time & Leave

Debbie Chaves, Technology Support Analyst (HRIS, Reporting and Employee Self Service),

Sheila Hardee, HR Consultant (Employee Relations and Training), sheila.hardee@uncp.edu

Kelley Koch, HR Specialist (Benefits), kelley.koch@uncp.edu

Employee Relations and Workforce Development Team

<u>nicolette.campos@uncp.edu</u>

debbie.chaves@uncp.edu

Reporting), <u>paula.campbell@uncp.edu</u>

Benefits Team

View this email online.

1 University Drive

Employment Team Joanne McMillan, HR Consultant (Employment and Recruitment), joanneb.mcmillan@uncp.edu Becky Thompson, HR Consultant (Classification and Compensation), becky.thompson@uncp.edu Sarah Hunt, HR Specialist (Temporary Agency Employment), sarah.hunt@uncp.edu Kasey Jones, HR Specialist (Adjunct, Temporary & Student Employment), <u>kasey.jones@uncp.edu</u>

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