

# THE INSIDER

HUMAN RESOURCES & STRATEGIC TALENT MANAGEMENT

## INSIGHTS & INSPIRATIONS

WITH DR. LYNNE ADAMS

Chief Human Resources Officer

Dear Team,

I wanted to take a moment to reflect on HRSTM Week, its importance, and its positive impact on the UMBC community. The events and activities held during HRSTM Week emphasize our commitment to professional development, diversity, and employee well-being. These initiatives enhance our organizational culture and drive our collective success by ensuring every team member feels valued and supported.

Thank you to everyone who participated and contributed to making HRSTM Week a resounding success! Your enthusiasm and engagement are what make our institution a great place to work. Let's continue to build on the momentum of HRSTM week, fostering a workplace where everyone can thrive.

As we transition into the summer semester, I want to thank all faculty and staff for your continued dedication and hard work. This period not only invites a moment of reflection, but it also gives individuals the space to explore opportunities for growth, learning, and collaboration. I encourage you to take advantage of the resources and support available and don't hesitate to reach out to the members of the HRSTM staff if you need assistance. We are here to ensure you have everything you need to thrive during the summer semester!

Best regards,  
Dr. Lynne Adams

# 2024 HRSTM Week: The Recap

## HRSTM Hosts Staff & Faculty Open House

We were very excited to kick off HRSTM week at the boardwalk! Faculty & staff had the chance to relax on a Monday afternoon by touring our beach-boardwalk-themed department, meeting our wonderful unit representatives, learning more about resources available that could benefit them both professionally and personally, and enjoying some nostalgic summertime refreshments!



### ***Congratulations to the HRSTM Grand Prize Winners!***

**Well-being Bundle:** Kyle Pokorny

**BBQ Bundle Winner:** Taylor Smith

**UMBC Afghan:**

Yon Harris

Taylor Saavedra

Jane Henderson

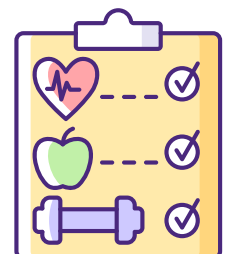
Sandra Lindsay



### **COMMUNITY WELLBEING DAY**



Faculty & staff joined us in the Retriever Activity Center (RAC) and virtually for various wellness-based events, including a mental health webinar, stress webinar, seated chair massages, acupuncture, and a wonderful lesson on mason jar salads! We would like to extend our thanks to our Wellbeing partners: Retriever Integrated Health, Chartwell's and Guidance Resources.



# 2024 HRSTM Week: The Recap

## Honoring our Administrative Professionals

Administrative support staff play a crucial role in connecting executives with teams, bridging the gap between external and internal customers, and aligning the organization's current state with its future goals. Their efforts are vital to the smooth operation and success of any organization. Recognizing this, we dedicated time to appreciate the hard work and endless dedication of our own administrative professionals. At our appreciation luncheon, held on April 23rd, we were thrilled to welcome Dena Barnwell, Change Management Specialist at Towson University, as our guest speaker. Dena shared valuable insights and resources to enhance one's personal and professional capacity, emphasizing the importance of self-care while supporting the organization. Her contributions helped underscore the essential role of administrative staff and provided tools to further empower them in their roles.



Ms. Dena Barnwell & Dr. Lynne Adams, CHRO

Ms. Barnwell allowed us to not only acknowledge that self-care goes beyond simple comforts like hot tea and baths; it is an essential part of building individual capacity and there are various intra- and interpersonal factors, such as social connectedness and individual mindsets, that contribute to health and prevent disease. She further emphasized that self-care is fundamental to living well, engaging positively with the world, and creating stronger social bonds. Her talk reminded our administrative professionals to prioritize self-care as often and as intentionally as possible.

Attendees enjoyed the build-your-own salad bar, soup, and delicious desserts catered by Chartwells. As a unique parting gift, each employee in attendance received a plant from Sharp's at Waterford Farm.



THANK  
YOU  
😊

HRSTM would like to thank the planning committee members: *Melody Wright (Committee Lead), Barbara Smith, Helena Dahlen, Gina Hoagland, Desiree Stonesifer, Vanessa Hilchey, Justine Gonzales, and Monique Conelius*. Your hard work and dedication to this event is greatly appreciated!



## Managing Emotions in the Workplace

The workplace presents various challenges that can cause even the most optimistic employee to face mental struggles.

**Are you finding it difficult to manage your emotions in the workplace?**

*Check out this webinar  
presented by  
GuidanceResources!*

### Managing Your Emotions in the Workplace6

Create courses and launch trainings in just a few clicks!

 [ispringlearn.com](https://www.ispringlearn.com)

## Vibrant Health: How Coloring Boosts Wellbeing

Did you enjoy coloring as a kid? Have you ever wondered why you stopped?

Coloring has numerous physical & mental health benefits for adults!

- Promotes Mindfulness: the ability to focus on the sensations & emotions of the present moment
- Relieves Stress: calms both the body & the brain allowing for relaxation, improving sleep, and decreasing depressive & anxious feelings
- Embracing the Imperfect: Draw whatever you desire, whether it is inside or outside the lines!



To purchase your very own adult coloring book, [click here!](#)

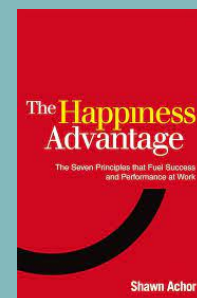
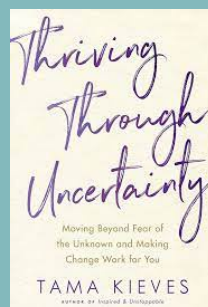
This information was sourced from: Bobby, J. (2022). Coloring is good for your health.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health>.



## novel IDEAS

***Jumpstart your summer reading with these engaging books!***





## Employee of the Quarter Program

Show your appreciation and acknowledge an outstanding employee by nominating them for the employee of the quarter award!

### The Employee of the Quarter will receive:



- \$500
- A special employee parking space
- One day of administrative leave
- A certificate
- Their name on a plaque located on the fifth floor of the Administration building
- Invitation to the annual Service Award Ceremony for all the recipients of the quarterly award

### Requirements of Award Recipients

- Must have been employed at UMBC for at least two years
- Must be Regular or Contingent II (contractual) status
- Must be an Exempt or Nonexempt employee
- Must have made contributions to their department and/or UMBC

Nominations are accepted year round and are eligible for one year from the date submitted. *Nomination forms and further information are available at:* <https://hr.umbc.edu/employee-of-the-quarter-program/>.

## Voice Your Vision: Faculty & Staff Feedback



Your input matters! Your feedback is important to us. Have suggestions for future newsletter topics? We welcome you to share your ideas!

[Click here!](#)

## Great People Know Great People!

Share why you enjoy working at UMBC and all the wonderful benefits with your professional networks.

We love employee referrals!

All UMBC job postings: [Jobs.umbc.edu](https://jobs.umbc.edu)





## June Celebrations: Honoring Diversity & Traditions

*Explore the wide variety of holidays and cultural celebrations that take place in the month of June.*

- LGBTQ+ Pride Month
- Caribbean American Heritage Month
- Men's Mental Health Month
- Juneteenth - Observed June 19th
- Loving Day - Observed June 12th

### ***“Time to sit back and unwind. It’s summertime!”***

Share your summer fun with us! Tell us about your summer traditions, trips, and share pictures for a chance to have them featured in an upcoming issue of *The Insider*.

We can't wait to hear about your summer trips!



## Learning OnDemand

Available Now!

Check out all of the Staff and Faculty sessions that were presented during HRSTM Week [here](#).

Or visit: <https://hr.umbc.edu/hrstm-week-2024/>

*Looking for a session that was presented during the Manager/Leader Learning Day?*

*The Talent Learning & Organizational Development team are using these sessions to build an engaging learning series. Stay tuned for more info!*