



August Employee Well-Being Newsletter

Welcome Back SLU Faculty! We have missed you around campus. During the month of June, we had four faculty and staff members share their expertise for intellectual wellness month. Dr. David Borgmeyer led a presentation on the tangled history between Russia and Ukraine, Amy Bautz taught us how to draw and paint with watercolors during an art class, Dr. MacKinnon educated us on the history of anthropology, and Abby Spencer provided us with hands-on experience with beer making. Thank you to each of these individuals, sharing their time and talent.

How we spend our time outside of work is just as important as how we spend time when we are at SLU. We hope the summer has enabled each of you time to slow down and relax. We encourage each of you to continue to take care of yourself, so we can take care of others. We hope this newsletter provides you with some new resources to help support work-life balance.



August Well-Being Webinars

[Generation Integration: Thriving in the Multigenerational Workforce](#)

Tuesday, Aug 8, 11:00 AM

Millennials spend all their money on avocado toast. Gen X and Boomers are out of touch. Gen Z stares at their phones all day. It's easy to get caught up in generational stereotypes — and at work, the generational gap is wider than ever. But the real truth is that a generationally diverse workforce is only an issue if we view it as an obstacle. What if we saw it as an opportunity for connection and success? Join Ryan Jenkins, a Wall Street Journal best-selling author and an internationally-recognized keynote speaker, to learn how to understand, support and advocate for your coworkers and yourself in the multigenerational workplace.

[Parenting Children with Disabilities: Education: Strategies and Resources for Success](#)

Tuesday, Aug 8, 12:00 PM

Raising a child with a disability clearly presents a host of factors impacting options for schooling at all levels. Parents can be easily overwhelmed by the many special considerations and preparations required to access opportunities and achieve valued educational goals. This discussion centers on identifying strategies and resources to provide essential support to successfully educate and enrich the lives of children with disabilities.

Financial Wellness- Investment Basics

Wednesday, Aug 9, 12:00 PM

Understanding investment basics helps ensure your money will be there when you need it. The webinar will differentiate between saving and investing, identify the principles of investing and explain how to assess your financial health.

Caring for Older Loved Ones- Senior Driving & Transportation

Wednesday, Aug 16, 12:00 PM

This session focuses on the 3 gears of senior driving: Driving Assessment, Driving Retirement and Driving Alternatives and how to have conversation with parents about moving from the driver's seat to the passenger seat. By registering for this webinar, you will receive a follow up communication with the playback link of the live session.

Succeed at Work - Maximize Your Time

Thursday, Aug 17, 12:00 PM

Time management and organizational skills are critical to successfully balancing work, life, and family. You will learn strategies and tips for organizing and managing that will make a critical difference in the quality of your work and life.

Neurodiversity Explained

August 17th, 11:00 a.m.

The I in DEI (Inclusion) refers to the practice or policy of providing equal access to opportunities and resources for people with physical or developmental disabilities and members of other marginalized groups. This definition applies to children and adults who are neurodiverse, or in broad terms, think, behave, and socialize distinctly due to an underlying condition that contributes to their unique cognitive variation.

The first step to neuro-inclusion is developing awareness and learning about neurodiverse needs and support tools available at home and in the workplace. These tools can establish a supportive atmosphere that benefits ALL family members and colleagues, fostering understanding and collaboration. Join Rethink Care for this informative discussion on neurodiversity at home and in the workplace.

Confident Parenting: Success in School

Wednesday, Aug 23, 12:00 PM

Parents will learn which healthy habits are important to school success, how to help teens deal with teachers and academics, how to help teens get organized, deal with peer pressure and handle discipline.

Your Healthy Lifestyle - Eating Right On the Run

Thursday, Aug 24, 12:00 PM

We all make excuses for eating junk or fast food. We'll review strategies for quick, inexpensive meals that are good choices. Learn the basics of eating healthy within your financial means.

TIAA Financial Webinars

[Live with confidence in retirement: 5 steps to creating your retirement income plan](#)

Wednesday, Aug 9, at 11:00 AM

If you're thinking about making the transition to retirement, this webinar is essential for understanding how to create an income plan that helps you maximize your savings.

In five steps you'll learn how different sources of income work, how to build your strategy for lifetime income and what to consider when planning withdrawals from your retirement assets.

We'll help you prepare by discussing how to:

- Estimate your expenses
- Understand your income sources
- Build your strategy for lifetime income
- Withdraw your retirement assets
- Review and adjust your plan when needed

[Charting your course: A financial guide for women](#)

Thursday, Aug 17 at 1:00 PM

When it comes to your financial security, it's essential to have a plan that aligns with your long-term goals. This webinar is designed to help you evaluate where you are on your financial journey, figure out where you want to be and consider strategies for getting there.

We'll help you build toward a more secure future by discussing how to:

- Evaluate your financial health
- Set financial goals
- Make your money work for you
- Put it all together to create your financial plan

[Basic Social Security Strategies](#)

Wednesday, Aug 23, 2:00 PM

Social Security will likely play a significant role in building your retirement income. It's part of a critical safety net for most retirees. When you're formulating your retirement plans, it's helpful to understand how and when you can rely on Social Security income. In this seminar, we'll get to know the basics of Social Security including:

- Eligibility requirements
- How to apply
- How your benefit is calculated
- Strategies for claiming benefits

[Invest for success – Fine tuning your retirement strategy](#)

Tuesday, Aug 29, 12:00 PM

If you're in or near your peak earning years and want to do all you can to build a secure retirement, this webinar is for you. We'll move beyond investing basics to help you fine-tune your saving and investing strategies for retirement. We'll discuss how to:

- Adopt a saving lifestyle
- Invest for the long term
- Avoid pitfalls that can sabotage your savings

- Plan carefully before retiring
- Get help with your planning

Looking for a Tier 1 Primary Care Provider?

Three new physicians have joined the SLUCare/SSM Team

Heather Eschbach DO

[Center for Specialized Medicine](#)

1225 South Grand Boulevard

2L - Door 3-4

St. Louis, MO 63104

[\(314\) 617-2525](#)

Kevin Pollard MD



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Upcoming Well-Being Events

North Campus Health Fair- Thursday
October 12th

South Campus Health Fair- Thursday
October 5th

Law School Health Fair- Wednesday,
November 29th

Employee Well-Being
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Coordinator**
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Higher purpose. Greater good.™