

UAlbany Human Resources Intersession Development & Engagement Activities Menu

Summer 2024

Date	Time & Location	Presenter	Title	Description
7/16	10:00am-12:00pm University Library, Minerva Room	Investigator Ben Nagy, University Police Department (UPD)	Civilian Response to Active Shooter Events (CRASE) program + Emergency Medical Resources	Register to attend this IN-PERSON session and join UAlbany’s own University Police Department certified instructors for the Civilian Response to Active Shooter Events (CRASE) program with an overview of two common emergency medical resources available on campus - Stop the Bleed Kits and AED. *This is a 2-hour, IN-PERSON session. Registration is required
7/16	12:30-1:00pm Virtual	David Banks, Geography & Planning Director and UUP Secretary	UUP Benefits and Development Opportunities	Register to attend this Zoom Session with David Banks, current UAlbany UUP Secretary, to explore the benefits afforded to those employees in UUP represented positions and those who are members of UUP. Target Audience: Open to UAlbany employees serving in UUP represented positions only.
7/16	1:30- 2:30pm Virtual	Carly Galbraith, EAP Coordinator at UAlbany	How Can EAP Help You In & Out of the Workplace?	Register to attend this Zoom session with UAlbany’s EAP Coordinator Carly Galbraith for an overview of the essential services, programs, and resources EAP provides to promote a healthy state of mind and well-being. Then explore how EAP can help you and your family as valuable members of the UAlbany community.
7/16	2:45-3:45pm Virtual	Rachel Fiedler, CRPC, Financial Consultant, TIAA	Live with Confidence in Retirement: 5 Steps to Creating Your Retirement Income Plan	Register to attend this VIRTUAL session with Rachel Fielder (TIAA) and develop an understanding of how to create an income plan that helps maximize savings throughout retirement, including how different sources of income work, how to build your strategy for lifetime income and what to consider when planning withdrawals from retirement assets. Employees at all career stages are welcome
7/17	9:15-10:15 am Virtual	Alysia Miller, Financial Advisor, Corebridge Financial	Achieving Financial Wellness	Register to attend this VIRTUAL session (code SUOPWA11AE) and join Alysia Miller (Corebridge Financial Services) to define Financial Wellness, discuss why financial wellness is important, and explore the basics for achieving Financial Wellness. Employees at all career stages are welcome
7/17	10:30-11:30 am Grounds Building	Erik Dubb, Manager of Grounds and Vehicle Operations	Vehicle Maintenance and Summer Safety: Keep Your Vehicle Running Strong	Register to attend this IN-PERSON session and join UAlbany’s amazing Grounds and Vehicle Operations Team as they share what it takes to keep different types of vehicles running strong. Review what is involved in a New York State inspection, tips to help maintain and care for your personal vehicle and get your hands dirty with important how-to’s like tire maintenance, fluids, and how to deal with a flat! Session will include gas, hybrid, and electric vehicles. Free transportation provided courtesy of UAlbany’s Mass Transit
7/17	12:00-1:00pm Virtual	Chelsea O’Hanlon, Employee Relations Personnel Assistant	Comprehensive Ethics Training Course (CETC)	Register to attend this Zoom Session with UAlbany’s Chelsea O’Hanlon to complete the NYS Required Ethics Training. This session is only for those who have not completed the NYS Ethics Training.

7/18	10:30-11:30 am University Library, Minerva Room	Eric Fletcher, Assistant Director of Code Administration	Fire Safety & Fire Extinguisher Use	Register to attend this IN-PERSON session and join UAlbany’s Eric Fletcher, for this engaging, in-person training session designed to equip you with the skills and confidence to handle fire emergencies. Our expert instructor will guide you through the essentials of fire safety and provide you with hands-on practice with proper extinguisher use.
7/18	12:30-1:00pm Virtual	Kaseem Gomez & Gigi Sestito, Coordinators of Marketing and Social Media	LinkedIn and Instagram 101	Register to attend this Zoom Session with UAlbany’s Kaseem Gomez and Gigi Sestito as you learn how to unlock the potential of LinkedIn and Instagram to take your professional life to the next level. Join this interactive training session and discover how to leverage these powerful platforms for career development as well as professional and social networks
7/18	1:30- 2:30pm Virtual	Lakia Green, Associate Director of Diversity and Inclusion	Streamlining Your Work with AI	Register to attend this Zoom Session with UAlbany’s Lakia Green to explore AI functionality and ways it can assist you in your personal and professional life. In this online, interactive workshop, you will have the opportunity to learn how to use AI to simplify daily tasks, speed up workflows, and streamline operations. Learn the best situations in which to use AI responsibly and safely.
7/23	9:15-10:15 am Virtual	Stephanie Affinito, Clinical Teaching Faculty, Department of Literacy Teaching and Learning	Restorative Reading for Wellness	Register to attend this Zoom Session with UAlbany’s own Stephanie Affinito and explore the power of restorative reading to bring greater health, wellness and happiness to your daily life. Explore the physical, cognitive and emotional benefits of reading, how to make time in your day to read, the kinds of books that matter most and how to harness the power of writing to help us take inspired action, too. Bring a notebook to take notes and build your To-Be-Read (TBR) stack!
7/23	10:30-11:30 am Virtual	Ariana Wallace-Barrett, Attendance and Leave Administrator	Navigating Parental and Childcare Leave	Register to attend this Zoom Session with UAlbany HR’s own Ariana Wallace-Barrett to learn more about the parental and childcare leave benefits you are eligible for as a part of the UAlbany community. You will gain an understanding of policies, legal rights, and best practices for managing and utilizing these leave options effectively.
7/23	12:00-1:00pm In-Person	Brianna Watson, Campus Dietitian for University at Albany	Delicious Dietitian Ideas	Register to attend this IN-PERSON session and join Brianna Watson, Sodexo’s Dietitian for UAlbany, for this delightfully delicious session that will explore healthy eating at its best.
7/23	1:30- 2:30pm Virtual	Kelly Gorman, Director of the Office of Health Promotion	Cultivating Authentic Excellence: Managing Stress, Strain, and Burnout to Enhance Meaning and Purpose	Register to attend this Zoom Session and join UAlbany’s own Kelly Gorman, Director of Health Promotion. Come learn about how neurology interplays with acting on things that matter to you, and how you can train to engage in what's important to you differently through key strategies for fostering Authentic Excellence.

7/24	10:30-11:30 am University Library, Minerva Room	Manny Nyarko, Mental Health Promotion Specialist	Naloxone Training (Narcan)	Register to attend this IN-PERSON session Join Manny Nyarko and the Office of Health Promotion as they host an interactive training on the administration of Naloxone (Narcan). Chat, engage, and learn as we spend time discussing how we can potentially save a life.
7/24	12-1:00pm Virtual	Lynn Keyes, American Foundation for Suicide Prevention	Talk Saves Lives: An Introduction to Suicide Prevention for Workplace Settings	Register to attend the Virtual Session Join UAlbany’s partner in well-being Lynn Keyes, from the American Foundation for Suicide Prevention, for Talk Saves Lives: Suicide Prevention Education for Workplace Settings. This session is specifically designed to be delivered in workplace settings, to organizational leadership, managers/supervisors, and employees. This presentation will provide you with the scope of the problem of suicide, key research findings, including risk factors and warning signs for suicide, along with recommendations for the role we can all play in suicide prevention.
7/24	1:30- 3:00pm University Library, Minerva Room	Lakia Green, Associate Director of Diversity and Inclusion	Say What: Building Effective Communication	Register to Attend this IN-PERSON Session Communication can always be challenging, particularly when you need to navigate multiple viewpoints and preferences. Join UAlbany’s own Lakia Green, for this workshop where you will explore the challenges of communicating with coworkers and students in the workplace. Discussion will include how to unearth underlying conflicts that affect communication, identify communication styles, and use communication techniques to resolve conflicts. Participants will have opportunities to identify their personal communication and conflict resolution styles through discussion, experiential learning activities, and hands-on practice. *This is a 1.5 hour, IN-PERSON session. Registration is required
7/25	10:30-11:30 am University Library, Minerva Room	Gary Ribis, Occupational Safety Specialist & Lieutenant Steve Grassmann, UPD Mountain Bike Patrol Unit	Essential Tips for Safe Bicycle Commuting	Register to attend this IN-Person Session and consider, Albany was not built for bicycles. But in this seminar, Albany’s Gary Ribis will share ways to prepare for an enjoyable and safe bike commute to overcome these challenges. Then Lieutenant Steve Grassman will cover the must knows for safe and legal riding on campus.
7/25	12-1:00pm Virtual	Pamela Alexander, Director of Benefits and Engagement	Beyond the Money: Preparing for Retirement	Register to attend this Zoom session There is more to retirement than financial planning. Join UAlbany HR’s own Pamela Alexander to discuss what you need to know about the retirement process. This informative session is designed to help you understand the steps you should take to help make your transition into retirement smoother.
7/25	1:30- 2:30pm Virtual	Justine Perilli, Human Resources Specialist	A Supervisor's Guide to Counseling	Register to attend this Zoom Session with UAlbany’s own Justine Perilli and explore one of a supervisor's most vital tools: Counseling. We will review formal versus informal counseling, when and how to have these important conversations, and cover best practices. Target Audience: Supervisors, Anyone with Direct Reports