



From the Office of Human Resources

May 4, 2021

Human Resources Monthly: May 2021

Dear Colleagues,

Spring is a time of renewal and optimism, both of which have been elusive this year as the pandemic left a trail of loss, uncovered and amplified social inequities, and upended our personal and professional lives. But even as many of us continue to experience challenges and a range of emotions, there are signs for cautious hope.

Through [#VaxUpCUNY](#), Baruch and CUNY are actively campaigning for everyone to get fully vaccinated (more below). At Baruch, the Campus Reopening Committee is hard at work planning a phased safe-campus reopening for Fall 2021 (check the [Baruch Forward web hub](#) for updates). And as the 2020–21 Academic Year comes to a close, our community looks forward to celebrating milestones and achievements through Commencement 2021, the Student Achievement Awards, and the Employee Recognition Ceremony, all of which will be held virtually this year to protect the health and safety of community.

As we continue to navigate the ever-changing landscape of the Covid era, Baruch's Office of Human Resources (OHR) is here to support you with resources, programs, and key information.

Health & Wellness

#VaxUpCUNY Campaign

Getting the coronavirus vaccine is the single most important step you can take to protect yourself and loved ones from Covid-19. All New Yorkers 16 and older are now eligible for a free vaccine. Visit the [CUNY Covid-19 webpage](#) to find vaccine sites and make an appointment. WorkWell NYC is offering [free and confidential testing](#) to City employees.

Employees who have vaccination appointments during the workday will be granted four hours of paid time off. **As two doses are currently required for the Pfizer and**

Moderna vaccines, a total of eight hours of paid time off is permitted.

Employee Assistance Program Resources

Take advantage of [CCA@Your Service](#), the College's Employee Assistance Program. Connect with CCA at 800-833-8707 or visit myccaonline.com and use company code CUNY. In response to pressing racial justice problems, CCA has created additional resources: PDF guides for [Understanding and Dealing with Racial Trauma](#), [Addressing the Issue of Racism with Your Black Children](#), and [Mental Health Resources for Black, Indigenous, People of Color \(BIPOC\)](#).

Employee Development Workshops

OHR encourages staff to take advantage of the virtual workshops for support and professional development offered by Corporate Counseling Associates (CCA). Please use the links below to register for the May workshops.

Caregiving

Wednesday, May 12, 10–11 am. Nearly one out of three Americans is providing care for a family member. This seminar will cover topics such as self-care, how to assess your family needs, and how to maintain balance in your life. Common emotions that caregivers experience and special caregiving situations will be discussed. [Register here](#).

Stress Reduction Tool Kit

Wednesday, May 12, 12–1 pm. [Register here](#).

Returning to Work in Person

Tuesday, May 18, 2:30–3:30 pm. As organizations start to plan for returning to workplaces in person, it is not only important to ensure physical safety but also emotional wellness. In this seminar, you will have the opportunity to identify concerns, address stressors, and plan for potential emotional strains related to returning to the workplace. Participants will also learn self-care and emotional regulations practices that support ongoing effective communication and stress management. [Register here](#).

Your Finances

NYS Deferred Compensation Plan

Please join NYS Deferred Compensation, Financial Planner, Arlene Warner Wernea2@nationwide.com for a conversation on the benefits of enrolling and participating in the NYS Deferred Compensation Plan. Learn the basics of investing and your investment options using pre-tax or post-tax dollars, and receive an overview of the easy and secure online enrollment process. Webinars will be held on:

- Friday, May 14, 12–1 pm. [Click here to join](#).
- Wednesday, May 19, 1–2 pm. [Click here to join](#).

Care for Your Loved Ones

CUNY Paid Family Leave Benefit

Baruch employees are eligible for Paid Family Leave (PFL) benefits. Under PFL, you may be eligible to take up to 12 weeks to bond with a newly born, adopted, or fostered child; care for a family member with a serious health condition; or assist loved ones when a spouse, domestic partner, child, or parent is deployed abroad on active military service. For more information, visit OHR's [Paid Family Leave](#) webpage.

Professional and Personal Support

- **The Steps to Financial Security:** Understand the practical ways you can feel more stable in your finance management. Watch on demand [here](#).
- **CIS Technology Training:** Webinar calendar, videos, and resources [here](#).
- **WorkWell NYC Calendar:** [Yoga, Pilates, Zumba, meditation, dance, and more.](#) View the variety of classes offered on Zoom [here](#).
- **Wellness Corner:** Additional webinars and resources available [here](#).
- **Go Green:** WorkWell NYC resources include tips for reducing waste and a cleaner commute (learn about NYC's more than 1,000 miles of biking lanes [here](#)). Take this [poll on environmental justice](#), and learn more about NYC's Covid-19 green recovery plan [here](#).

Employee Perks

Plum Benefits

Make the most of your Plum Benefits with exclusive deals, limited-time offers, and members-only perks on the products, services, and experiences you need to be physically, mentally, and financially healthy. [Learn more here](#).

WW (Weight Watchers Reimagined)

WorkWell NYC has partnered with WW to provide City employees and their families with tools to lose weight and live life fully. City employees have access to a subsidy that reduces the cost of membership by more than 50 percent. Benefit-eligible dependents (spouses and children aged 18–26) and retirees can also enjoy discounted pricing. Join WW by May 15 and receive a free [Fresh Start Kit](#). Use Employer ID 11612222.

T-Mobile Amplified Program

T-Mobile is offering the Amplified plan to all employees who have or want to activate new service. Account manager Rebecca Entwistle is able to answer questions at Rebecca.Entwistle@T-Mobile.com or 908-489-6888.

- [T-Mobile Amplified Employee Program](#)
- [T-Mobile Perks Program](#)

HR Here for You

Please continue to let OHR know how we can help. Email your questions and

suggestions for future editions of this newsletter to human.resources@baruch.cuny.edu.

I wish you a pleasant and productive month!

Andrea Caviness
Executive Director, Office of Human Resources

The logo for Baruch College, featuring the word "Baruch" in a large, white, serif font above the word "COLLEGE" in a smaller, white, sans-serif font, all set against a dark blue background.

Baruch
COLLEGE

The logo for The City University of New York (CUNY), featuring the letters "CU" stacked above "NY" in a large, white, sans-serif font, with the words "THE CITY UNIVERSITY OF NEW YORK" in a smaller, white, sans-serif font to the right, all set against a dark blue background.

CU
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