

# CPC Communicator

Volume 17, Issue 4

A newsletter of the CSU Classified Personnel Council (CPC)

October 5, 2017

## Stay Healthy This Winter

### Flu Shot Clinic – October 17 (12-4pm) and October 18 (8am-noon), LSC Rm 372-74

- The [Flu Shot Clinic](#) is FREE to State Classified employees and their dependents (over age 7) covered under State medical plans. No appointment necessary – drop-in only.
- Not covered under a State medical plan? You're still welcome to attend but flu shots are \$25.
- Tdap (tetanus, diphtheria, and pertussis) and pneumonia shots will also be available.

### Health and Wellness benefits available through Commitment to Campus (C2C)

- Individualized nutrition coaching and weight loss programs are available at a reduced cost to CSU employees through the Kendall Reagan Nutrition Center. Sign up for their [newsletter](#) and receive monthly updates on nutrition topics and healthy, delicious [recipes](#).
- The [Adult Fitness Program](#) offers regular fitness assessments and a variety of exercise options tailored to improve cardiovascular fitness, strength and flexibility. An individual membership is discounted at 50% through C2C. Couples/family discounts also available.

## Pardon Our Mistake (and thank you for letting us know!)

### Educational Assistance Award deadline extended

- The website link for the Educational Assistance Award in the last edition of the *CPC Communicator* was not up-to-date – so sorry! The issue has been corrected and the deadline to apply has been extended to **October 20, 2017**.
- State classified employees seeking to move ahead in their jobs/careers by furthering their education can apply for this award to help offset associated costs.
- Five awards will be given to employees demonstrating need in the amount of \$500 (less taxes) and can be used for expenses such as tuition, books, child care expenses, gas for traveling to class, etc.
- Visit the CPC [website](#) for more information and application instructions.

## CARE Program Newsletter

### Monthly newsletter highlights FREE and reduced community activities and services

- The CARE Program provides employees with information and connections to agencies and organizations in Northern Colorado who provide low-cost or no-cost services.

- Emma Chavez, CSU’s Community Resources Coordinator, creates a monthly [newsletter](#) showcasing a variety of services and activities available to all CSU community members.
- Be sure to check the CARE Program [website](#) often for valuable information and resources available to CSU employees.

## Commitment to Campus (C2C)

### Special benefits available to CSU faculty and staff!

We wanted to highlight just a few here but, take a look at all of your opportunities on the C2C website: <http://commitmenttocampus.colostate.edu>

- **Career Counseling and Assessment**
  - Career Counseling and Assessment Clinic is now available to employees and their immediate families at 60 percent off the already-discounted faculty and staff rate.
  - The program includes five one-on-one interpretation and career counseling sessions, formal assessments of interests and work culture preferences, and a comprehensive summary letter.
  - For more information, visit the CCAC [website](#).
- **The Spoke – bicycle repair and maintenance education**
  - Want to learn how to fix your bike? [The Spoke](#) provides FREE hands-on interactive training and guidance (parts not included) to all CSU staff.
  - Don’t have time to learn? [The Spoke](#) also has skilled technicians to service your bike for you.

## Employee Recognition

### CPC would love to recognize your Everyday Hero!

- Do you know an individual who goes that extra mile to make CSU a great place? Would you like an opportunity to say “thank you” to that someone who makes your job easier because of outstanding service?
- The [Everyday Hero Award](#) is designed to recognize individuals (SC, AP and Faculty) who exhibit outstanding job performance.
- Nominating your hero takes just a few minutes – do it today! Click [here](#) to go directly to the nomination form.

## PERA Community Outreach Tour

### Second Phase of [PERAtour](#) Announced

- Colorado PERA is holding a statewide series of conversations.
- Fort Collins – Nov. 1<sup>st</sup>, 6 pm – Hilton Hotel, 425 West Prospect Road
- <http://www.peraontheissues.com/index.php/2017/09/22/second-phase-peratour-announced>

## CPC Monthly Meeting

The next meeting is on Thursday, October 12<sup>th</sup> at 1:00pm in LSC 304-306

- All meetings are held on the second Thursday of the month from 1:00-3:00 p.m.
- All Classified Personnel Council meetings are **open to the public**.
- Please see the CPC [website](#) for a complete listing of meetings and locations. **Hope to see you there!**

## Other Topics and Tidbits

### Dates to Remember

- [Homecoming](#) Parade, Friday October 13<sup>th</sup> @ 4:30 – watch for the CPC float!!!
- [Get Your Green On](#) – 40% Bookstore discount postcard expires on October 14<sup>th</sup>
- [Cans Around the Oval](#) collection day – CSU Oval, Wednesday, Oct. 18<sup>th</sup>
- National [Latino](#) Month – September 15<sup>th</sup> through October 18<sup>th</sup>
- [LGBT](#) History Month – October 2017
- [Native American](#) Heritage Month – Coming in November 2017

### Random fun things to check out?

- October 7<sup>th</sup> – [Berthoud Oktoberfest](#)
- October 14<sup>th</sup>-15<sup>th</sup> & 21<sup>st</sup>-22<sup>nd</sup> – [9<sup>th</sup> Annual Loveland Art Studio Tour 2017](#)
- Halloween is coming – [Must Do Fort Collins Halloween Events 2017](#)
- Follow Colorado State on [Instagram](#) – what an amazing university we have!
- Or, if you prefer moving pictures – check out the Colorado State University [Vimeo](#) channel – wow!

**Thanks for reading! We think YOU are GREAT!**

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Classified Personnel Council | Colorado State University

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The Classified Personnel Council appreciates your willingness to stay informed about State Classified and Colorado State University issues and events. The *CPC Communicator* is intended to be an infrequent dissemination tool that is quick and easy to navigate. It will always be a work in progress, so please feel free to reply with any ideas, suggestions, and items to include.

Anyone can sign-up for the *CPC Communicator* [here](#). If at any time you wish to no longer receive *CPC Communicator* emails, simply reply with 'Unsubscribe' typed in the subject line. It may take a couple days, but eventually you will receive an email confirming your email address has been removed.