



## Office of HUMAN RESOURCES NEWSLETTER



### September 2021 Edition

#### AFT Professional Staff Performance Evaluation

AFT staff will complete the annual performance evaluation in the Oracle Cloud for the September 1, 2020 through August 31, 2021 performance cycle. We have updated the [AFT Staff Performance Management Site](#) with instructions, process steps and timelines. Your own evaluation will be available in Oracle by Friday, September 10.

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### Back to Work & School: A Focus on Your Health

#### COVID-19 Vaccination Update

Today was the final day to be eligible for a \$25 gift card for uploading your proof of vaccination to the Oracle Cloud portal, [link](#). We have had an overwhelming response to our outreach with 89% of regular employees uploading their vaccination card to their portal. We are just 11% away from 100%. Can we get there by Friday?

#### TCNJ Fall Flu Vaccination Clinics

Student Health has scheduled several flu clinics this autumn. More information will be shared when it is available. Clinic dates include:

- September 29 at 12:00 p.m. to 2:00 p.m. in the Education Building, Room 212
- October 20 at 12:00 p.m. to 2:00 p.m. in the Education Building, Room 212
- November 17 at 12:00 p.m. to 2:00 p.m. in the Brower Student Center, Room 100 East

Information on the flu season may be found on the [CDC and Influenza Updates for 2021](#)

#### NJWell

You are eligible to receive \$250 or more if you participate in NJWELL, the SHBP/SEHBP wellness program. You must complete the online health assessment to earn money. Just answer questions about your medical history and lifestyle habits to learn how to improve your current health.

Once you've completed the health assessment, and the other required activities, you'll get a Visa® Prepaid card worth \$250 or more.

Your covered spouse or partner can join NJWELL, too! [Sign in](#), select Wellness & Services and follow the NJWELL prompts. You'll land on My Health Manager. Select the health assessment prompt. [Learn more about the NJWELL health assessment.](#)



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#### Horizon Behavioral Health Offers Mental Health Services

Is stress or anxiety affecting your family as you return to pre-COVID activities? Horizon Behavioral Health can help. Visit [HorizonBlue.com/shbpaskforhelp](https://HorizonBlue.com/shbpaskforhelp) and learn to spot signs of stress, how to care for yourself and your family. You can also use online screening tools to get a quick snapshot of your mental health. Call Horizon Behavioral Health at 1-800-991-5579, or visit [HorizonBlue.com/shbpaskforhelp](https://HorizonBlue.com/shbpaskforhelp) to find the care and support you need.

#### Get Back to a Healthier You

Join September webinars to help you get back to a healthier and stronger you. Topics will cover mind and body health, along with quick fitness routines for your day. Click on the title to register. Space is limited.

[Opioids and Substance Use](#), Wednesday, September 15, 12 p.m. - 1 p.m.

Addiction is not a choice, so get the facts about how addiction can affect your body, brain and behavior. Join this session about evidence-based prevention, treatment and recovery methods.

[Virtual Fitness](#), Thursday, September 23, 3 p.m. - 4 p.m.

In this class, you will share fun and interactive exercises that you can do whether you're at home or on the go. So, jump-start your fitness routine with these simple moves.

[Calm, Cool and Collected](#), Tuesday, September 28, 12 p.m. - 1 p.m.

Looking to manage your stress better? This session will discuss its causes and symptoms, how to cope with stress, and goals to improve your outlook and reduce the risk of stress-related conditions.

For a list of recorded webinars, please visit <https://www.horizonblue.com/shbp/njwell/njwell-webinars>.

#### Staff Senate Mental Health Council and Your Mental Wellbeing

The TCNJ Staff Senate Mental Health Council (SSMHC) is composed of staff members from across campus who have a strong interest in supporting the mental wellness of our community. The Council supports mental wellness in a way that builds compassion and a community of support by making information, tools, and resources accessible to enhance overall mental wellbeing. Please take a few moments to view the website, here: [Mental Wellness Toolkit](#)

#### Caring for Your Loved Ones at Home: A Live Online Webinar

Many elders prefer home care over institutional care, but the task can seem daunting – during this webinar there will be discussion about the many considerations when determining the best option for care, and resources will be shared that can make living arrangements safe, affordable, and enjoyable for all. Register for this event at: [MyLifeExpert.com](https://MyLifeExpert.com), OR

