



## Welcome to Fridays with the Flock!

Join us for Human Resources information and insights to help you thrive at work and beyond. If you would like to print our newsletter, you can access it [here](#). Happy Friday!



## Benefits Open Enrollment is Here!

2025 Benefits Open Enrollment has begun! This is your annual opportunity to make election changes to your health benefits. This year, Open Enrollment will take place **October 15 – November 8**, closing promptly at 5 p.m. You can access all important health plan details and information in the State of Maryland [2025 Health Benefits Guide](#).

For all Open Enrollment details and links, [click here](#). If you have any questions or need further assistance, please contact Human Resources at 410-543-6035 or [humanresources@salisbury.edu](mailto:humanresources@salisbury.edu).

## ComPsych GuidanceResources EAP October Update

As we enter the busy fall season, we urge you to make the most of the resources, tools and support provided by your ComPsych GuidanceResources Employee Assistance Program (EAP). GuidanceResources provides confidential emotional support, as well as legal, financial and work-life guidance, whenever and wherever you need it. The videos below offer guidance on common mental health issues and healthy practices:

[Video – Affirmations for Easing Anxiety](#)

[Video – Practicing Gratitude](#)

**World Mental Health Day** is observed every October 10 in an effort to raise awareness of mental health issues around the world and to mobilize support for those in need.

[World Mental Health Day 2024](#)

October is **National Breast Cancer Awareness Month**, an observance dedicated to increasing awareness of breast cancer issues, especially the importance of early detection.

[Breast Cancer Awareness Month](#)

Keep your children safe and healthy during **Halloween** with these important safety tips covering costumes, candy, trick-or-treating and more.

[Halloween Safety Tips and Tricks](#)

**Adolescence** is a period of major social, hormonal and emotional change. With all of these changes going on amid the increasing pressures of family, friends, school and a future career, some adolescents can become depressed. Learn how to help your teen develop the resiliency needed to get through these tough times.

[Adolescents and Mental Health](#)

Please stay safe and do not hesitate to reach out if you need assistance. EAP details and links can be found here: [SU Employee Assistance Program](#).

## HR News & Notes

- **Reminder: 2024 Wills Week Virtual Conference begins Monday!** Join us for five free, expert-led webinars sponsored by the USM Foundation during **National Estate Planning Awareness Week, from October 21-25**. Are you one of the millions of Americans who have put off estate planning? If so, you're in good company. An estimated 67% don't have plans in place. Don't let procrastination, misconceptions, and lack of knowledge cost you and your loved ones peace of mind (or more). [Register here](#) today! Sessions will be recorded and made available to everyone who registers. *Please request supervisor approval prior to attending a webinar during scheduled work hours.*
- **Staff Senate Employee Benefits Snack & Chat:** Join us for a Snack & Chat session to discuss a topic of interest and enjoy a snack provided by HR. Staff Senate will be joined by HR Benefits Specialist, Nadalyne Campbell, as she discusses plan updates, how to view and change your benefit elections, and other features like the Wellness Program. [RSVP](#) today and join us on Tuesday, **October 22, at 2 p.m.** in the Commons, Worcester Room (2nd floor).
- **Health Benefits Open Enrollment Fair:** Each year, the State of Maryland holds a limited number of onsite Health Benefits Fairs during Open Enrollment. Take advantage of the opportunity to talk with benefits representatives on SU's campus on Tuesday, **October 29, from 10 a.m.-1 p.m.** in the Guerrieri Student Union, Wicomico Room. For additional Health Benefits information, visit [MyMDBenefits](#). Here you can find plan information, access benefit plan websites and more!

## Current Job Postings

Human Resources is committed to assisting and promoting recruitment efforts for campus vacancies. We recognize that our faculty and staff are valuable recruitment tools and encourage you to forward and share these job postings with potential applicants.

### Recent Postings:

[Adjunct - Business Law Lecturer](#)

[Dean of Libraries and Instructional Resources](#)

[Academic Program Specialist - Accounting & Legal Studies](#)

[Admissions Counselor](#)

[Housekeeper](#)

[Grants Specialist - Post Award](#)

[Clinical Counselor](#)

[Plumber Specialist](#)

[Senior Maintenance Mechanic](#)

[Food Service Specialist](#)

Applications will be accepted via Salisbury University's Online Employment Application System. Please visit our [website](#) to view position details and apply online.

## LinkedIn Learning This Week

Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

[Building Resilience as a Leader](#)

[Managing Your Energy](#)

Access your free SU [LinkedIn Learning account](#) to browse additional courses.