Human Resources Newsletter, December 2022

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December 2022

Human Resources Newsletter, Vol. 14, December 2022

As we gather with friends and family and celebrate the holidays, it is essential to remember to take care of ourselves and our loved ones. The transition to winter and the holiday season can be fun, but it can also be difficult for various reasons. Amid the hustle and bustle, enjoy some fun, rest and recharge, and schedule some time for self-care activities. And although pandemic guidance is winding down, remember to be safe at holiday gatherings. Simple things can make a difference, like washing your hands and opting to stay home if you aren’t feeling well.

It will come as no surprise that December includes several observances dedicated to health and safety, including National Handwashing Awareness Week, World AIDS Day, and National Influenza Vaccination Week. Read more about these observances and find health and wellness information in the Monthly Resources section.

Stay safe, and enjoy everything that the holiday season brings!

Interesting News, Notes and Reminders

Compliance Training Reminder

The deadline has been extended! Don’t forget to complete your annual compliance training by December 30th, 2022.

Monthly Resources

- CDC Handwashing Information
- CDC Winter Health & Safety
- Ready.gov Winter Weather Safety
- NAMI Self-Care During the Holidays
Featured Days in December

Human Rights Day - December 10, 2022
On this day in 1948, the United Nations General Assembly adopted the Universal Declaration on Human Rights (UDHR), which proclaims certain inalienable rights all human beings are entitled to. This December 10th marks the beginning of a year-long campaign to celebrate the 75th anniversary of the UDHR and all that comes with it. Read More About Human Rights Day...

International Migrants Day - December 18, 2022
The United Nations General Assembly adopted the International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families on this day in 1990. It is now celebrated annually to honor and recognize the growing number of migrant workers that we rely on across the globe. Read More About International Migrants Day...

International Human Solidarity Day - December 20, 2022
This day was established by the United Nations General Assembly in 2005 to reinforce solidarity as a universal value that should be upheld between all nations and all people. This is a guiding principle that is especially important if we wish to solve some of the problems we face worldwide. Read More About International Human Solidarity Day...

Maine Events to Explore in December

Sparkle Celebration
Where: Freeport, ME
When: December 2-11, 2022
Read More About the Sparkle Celebration...

Christmas Prelude
Where: Kennebunkport, ME
When: December 1-11, 2022
Read More About Christmas Prelude...

Wabanaki Winter Market
Where: Orono, ME
When: December 10, 2022
Read More About the Wabanaki Winter Market...

More Maine Festivals and Events

We Want to Hear From You!
Do you have feedback about our newsletter? We want to hear it. Do you know an accomplished employee we should feature in the newsletter? Tell us more! Are there upcoming events we should share with the UMS community? We can spread the word. Please consider sharing your
thoughts by clicking the button below. Thank you!

Submit Feedback & Ideas Here!

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