

HSC Staff Newsletter

December 2019

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EVENTS, UPDATES, & INFORMATION

The HSC Staff Mentorship Program

Changing It Up!

The HSC Staff Mentoring Program's mission is to provide staff with experiences and resources to explore the many opportunities for growth at the University and the new program framework will have more structure with set workshops that are the result of a partnership with UNM Human Resources. Additional resources and tools have been developed to enhance the mentor-mentee relationship. The new program will be 6 months, commencing in June 2020.

Please help the Mentorship Committee spread the word about these exciting new changes!

Application Dates:

March 15th-April 15th, 2020

[Click here](#) for additional information.

For questions please email:

HSC-Mentorship-Program@salud.unm.edu

Student Health and Counseling (SHAC)

Staff Benefits

Did you know that Student Health and Counseling (SHAC) offers pharmacy, travel health, and massage services to UNM staff and faculty? Please [click here](#) for more information.



UNM Health Hour Podcast Tune in or Be A Guest!

The University of New Mexico Health Sciences Center is the premiere health care practice and learning institution in the state. Tune in on Sundays at 11am on KKOB 770 AM or 94.5 FM to hear Health Sciences employees talk with UNM faculty and staff to bring you informative and entertaining insights on how you can stay healthy in New Mexico!

Want to do more than just tune in? Do you have work, strides, or discoveries to share with the greater Albuquerque community?

If so, please contact Elizabeth Sandlin (EMSandlin@salud.unm.edu) for information about guest submissions.

“Increasing Community Impact,” “Embarking on the Path to STEM-H Careers,” and “The Foundations of Kindness” are some of the past discussions. To view past discussions and subscription options: [click here](#).

Parking and Transportation (PATs) Updates

UNM/ABQ Ride Buss Pass Program



Bus stickers for 2019-2020 are available now.

Eligible UNM students, faculty, and staff can ride ABQ Ride/ART (City of Albuquerque transit system) for FREE with a bus pass sticker. UNM faculty and staff must meet the eligibility requirements (be former staff, faculty, or retirees; temporary staff/faculty are currently not eligible). Stickers must be renewed every academic year.

Bus pass stickers are distributed at: Transportation Information Center (TIC) in the Student Union Building on Main Campus

UNM Hospital and Transportation at 1129 University Blvd. (Behind Carrie Tingley Hospital)

PATs Office at the Welcome Center in Cornell Parking Structure on Redondo Drive north of George Pearl Hall



Annual HOPE Arts & Crafts Fair December 6th

Vendor Registration Now Open

The Annual HOPE Arts and Crafts Fair will be on Friday, December 6th, 10 a.m. - 2 p.m. in the HOPE Large Break Room. The event is open to employee or employee-relative vendors only. Only handcrafted items are allowed and no food may be sold. Each vendor must pay a \$15 table fee (cash only, exact change), which will be donated to the UNM Children's Hospital.

Please note, the provided craft fair tables are not full-size, six-foot tables and you may not bring your own tables. Registration for this event is now open in the IT department in the HOPE Building, Suite 3131. The deadline to register and pay the fee is Nov. 27.

If you have questions, please contact Patricia Jenkins: pmjenkins@salud.unm.edu.

Please Note: you must make arrangements to be off the clock to sit at a booth at the craft fair.

HSC Office Supply EXCHANGE

What can't people get enough of?!

OFFICE SUPPLIES!

Come and visit the HSC Office Supply Exchange! Bring your gently-used items, or come see what others have left for you!

Located in the HSC Copy Center in the basement of Reginald Heber Fitz Hall, and is open 8-10a.m. and 1-3p.m

EMPLOYEE RECOGNITION

People Appreciate Wonderful Staff (PAWS) Award



*Pictured: August 2019
People Appreciate
Wonderful Staff
(PAWS) Award recipient
Elizabeth Espinosa.*

Elizabeth Espinosa, Medical Oncology Nurse ICU For 2 years at the Cancer Center, has gone above and beyond for patients. She cares for patients with professionalism, compassion, and pure love. Elizabeth is the primary triage nurse for the Cancer Center and helps patients to get the services they need, comforts

scared patients about the symptoms they're experiencing, and keeps patients comfortable at home when it's safe to do so. She listens to each person, validates their concerns, and directs them on the path they need to feel better. Way to go, Elizabeth!

2019 HSC Staff Administration Award Winners

Congratulations to the 2019 HSC Staff Administration Award Winners Cynthia Meche-HSC Communications and Marketing, Kyle Vick-HSC CIO Office, Bernadette Romero-HSC Facilities Management, and Kristine Connolly-HSC Legal Office! [Click here](#) to see the video.

To Recognize Our HSC Staff Members in Future Newsletters

Please send awards and nominations to Desireé Quiñones-Soria
(DQuinonesSoria@salud.unm.edu).



WAYS TO GIVE

UNM Gives

The University of New Mexico is currently in the middle of this year's UNM Gives campaign and the **online giving portal is open** through Friday December 20th, 2019. Donations can help UNM to have a great impact on New Mexico!

[Donate Online Here](#)

Dates: Now through December 20th, 2019

Second Annual Diaper Drive

The 2nd Annual Diaper Drive is Sunday December 1st, 2019.

Come cheer on the Lobos at this very special game!

All infant and child diaper sizes are welcome and donations benefit the UNM Children's Hospital. Show your badge and get a discount on your tickets or **[click here](#)** to donate if you can't make it to the game.



LOBOS 
Lil Lobos



 HEALTH
DELIVERING MORE

[Donate to the Diaper Fund](#)

EMPLOYEE

North Campus Meditation Group

Meditate to Manage Stress - Meditation is a potent antidote for our busy, hyper-stimulated lives -- and it has proven benefits for physical and emotional health. Faculty, staff, and students are welcome to join the HSC meditation group. No prior experience is necessary; newcomers are welcome!

Dates: Mondays & Fridays

Time: 12-1pm

Location: Domenici North, Rm. 2403

For more info: Contact Michael Haederle
mhaederle@salud.unm.edu, 505.272.2558

North Campus Yoga

The Yoga class requires seasonal World of Wellness (W.O.W.) program registration. North Campus Yoga is taught by NASM personal trainer and corrective exercise specialist Amy Suman. The class focuses on correcting postural dysfunction and improving kinetic chain biomechanics by addressing common postural compensations (particularly tight low backs and hamstrings, tight shoulders and neck, weakened glutes and shoulders) endemic to those individuals who work in a seated position or at a computer, carry a backpack or purse, or suffer aches associated with repetitive movement.

Range of motion, flexibility, and balance are emphasized, as are muscular strength and endurance. This yoga class is appropriate to all levels and abilities, as modifications are frequently offered.

Dates: Tuesdays, Wednesdays, & Thursdays

Time: 12-12:50pm

Locations:

T & TH - Domenici North, Room 3720;
W - Basement of Emergency Medicine building



W E L L N E S S

North Campus LifeSteps® Weight Management Program

LifeSteps is a 3-month program provided by Employee Wellness that offers structure and accountability for your healthy eating and weight loss goals. The program combines a realistic and holistic approach to food with physical activity and group support and includes weekly healthy eating topics, ongoing support of a registered dietitian nutritionist, a Fitbit activity tracker, review of stress management topics, Exercise Physiology Lab testing and optional W.O.W. fitness pass add-on.

Dates: Wednesdays, September 4th-December 13th, 2019

Time: 12.-1pm

Location: Domenici North, Rm. 3706 or online

[Click here for pricing & sign-up info.](#)

Eat Well Listserv

Looking for a way to stay on track with your healthy eating goals? Subscribe to the Eat Well Listserv to receive tasty recipes, wellness tips, and inspiration from Employee Wellness registered dietician Reed Vawter, MS, RDN, LD.

To subscribe: Send email to listserv@list.unm.edu with a blank subject line and write “subscribe EAT-WELL-L firstname lastname” (no quotes, and replace firstname and lastname with your actual first and last name), or add yourself to EAT-WELL-L following **[UNM IT’s steps of how to join a listserv.](#)**

Free UNM Ergonomic Evaluations

UNM Safety & Risk Services provides free information and evaluations for staff.

Check out the **[Ergonomics website](#)** for guidelines that include workstations, chairs, visual ergonomics, posture and stretching guides, and click **[here](#)** to make an Evaluation Request!

UNM Employee Wellness Program

Did you know that Employee Wellness will bring their stress management presentation to your department? All you have to do is ask!

For more information on this and many other initiatives, visit their website at **<https://hr.unm.edu/wellness>**.

The University of New Mexico offers a variety of programs focused on health, wellbeing, and personal development. We are even stronger if we work together – that is why the UNM Wellness Alliance joined forces to build a healthy University for all students, staff, and faculty. Employee Wellness is a proud member of the UNM Wellness Alliance.

R E C E N T E V E N T S

HSC Honoring Our Veteran's Update

The HSC Staff Committee honored staff, faculty, and students who have served in the Armed Forces with coffee, pastries, and much appreciation on November 11th, 2019 in the Happy Heart Bistro. Everyone who was able to participate was appreciative of the gesture. We look forward to finding more ways to honor our veterans and active military around UNM in the years to come! Thank you!








HSC Book Exchange Update

This year's HSC Book Exchange on November 22nd, 2019 had many visitors and staff and many books were taken. Staff was interested in this event and is looking forward to the next one! Thanks to everyone who donated their books and who gave of their time to make this event possible!



SIMPLE THINGS **YOU** CAN DO TO **SAVE ENERGY**



-  Turn off the lights in your room when you step out
-  Turn off computers, monitors, and printers each night and when not in use, and manage the power options during the day
-  Take responsibility for public and personal spaces:
 - Turn off lights
 - Close windows
 - Secure doors
 - Turn off all applicable office equipment
-  Turn heater/air conditioner off or to low when you step out
-  Always use day lighting when available



UNM | *Energy Conservation*

LOVE RED LIVE GREEN



HSCS Committee Charge

As a standing committee of the UNM Staff Council, the HSCS Committee carries out the missions of the Staff Council as they relate to staff within the Health Sciences Center (HSC). The Committee collaboratively develops and implements activities, initiatives, and proposals that improve the lives of staff within the HSC, and enhances the visibility and recognition of the important role staff play in the overall success of the HSC. Membership on the committee is restricted to, and optional for, HSC staff.