

Ways to Give

Operation Gratitude: Halloween Candy/Toiletry Collection

Dates: November 1st-7th, 2019

Donations: click [here](#) for donation locations

Employee Wellness and the Blue Star Mothers of Valencia County are collecting items to send care packages to individual soldiers, sailors, airmen, and marines who are deployed to remote regions of the world. They are collecting excess candy, newly purchased wrapped candy, food items such as granola bars, beef jerky, trail mix, and toiletries through November 7th, 2019.

Happy Tails Donation Drive

Dates: November 4th-December 2nd, 2019

Donations: click [here](#) for donation locations

The Animal Humane Happy Tails Drive is accepting donations of pet food, toys, and supplies for dogs and cats at [Main Campus and North Campus locations](#). Help support our animal friends!

The HSC Staff Mentorship Program is Changing it Up!

Application Dates: March 15th-April 15th, 2020

For additional information: click [here](#)

For questions: HSC-Mentorship-Program@salud.unm.edu

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!

Lobo Food Pantry

Dates: November 22nd, 2019

Time: 10a.m.-2p.m.

Location: UNM South Lot

Donations: Toiletry & household goods donations at Hodgin Hall Alumni Center, M-F, 8a.m.-5p.m. or click [here](#) to donate

The Lobo Food Pantry provides free groceries to students, employees, and the greater UNM community during their monthly mobile food pantry and this program is in collaboration between the Dean of Student Office (OSA) and Roadrunner Food Bank.

Annual Giving Tree

Dates: November 4th, 5th, 13th, 19th, 26th, 2019

Time: Click [here](#)

Locations: Click [here](#)

For questions: Gianna Joerg

(gjoerg@salud.unm.edu) & Victoria M Berroteran

(vmberroteran@salud.unm.edu)

Many of our patients and their families need extra help during the holidays. Take a tag off the giving tree and fulfill a holiday wish!

Books, Books! Please Donate Your Books!

Collecting donations: November 13th-21st, 2019

Donation bins: Domenici West Lobby, Happy Heart Bistro, & College of Pharmacy/College of Nursing Lobby

Book exchange date: November 22nd, 2019

Time: 9a.m.-1:30p.m.

Location: Domenici B102

Are you "Marie Kondo-ing" your life? We will be collecting book donations for the fall book exchange soon! It is almost time for MORE BOOKS!



Events, Updates, & Information

Honoring our Veterans

Date: November 11th, 2019

Time: 10-11a.m.

Location: Happy Heart Bistro

The HSC Staff Committee is honoring all staff, faculty, and students who have served in the Armed Forces this Veteran's Day with coffee, pastries, and much appreciation. Please drop by to say hello and show off your favorite mug!

UNM Thanksgiving Holiday Break

Dates: November 28th-29th, 2019

The University of New Mexico will be closed for the Thanksgiving Holiday. Have a wonderful and safe break!



Influenza Campaign

Dates: September 28th-December 1st, 2019

Locations: click [here](#)

For more information: click [here](#)

The 2019-2020 Influenza Campaign begins Saturday September 28th, 2019. Employees have until Sunday December 1st, 2019 to get their flu shot.

HSC Employee Recognition

To recognize our HSC Staff members in future newsletters, please send awards and nominations to Desireé Quiñones-Soria (DQuinonesSoria@salud.unm.edu); thank you!

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.

HSC Staff Committee Updates: North Campus Tunnel Tour

This year's North Campus Tunnel Tour was on October 29th, 2019. PPD provided a guided tour to participants and made the Tunnel Tour a special experience. Thank you! Stay tuned for updates on future Tunnel Tours!



Pictured: October 29th, 2019, Christine Heinemeyer (HSC Staff Committee) and this year's Tunnel Tour participants!

UNM FLSA Changes

The University of New Mexico will move all positions in Grades 8-10, which do not qualify for a special exemption under the law, to non-exempt, becoming eligible for overtime pay, effective November 23d, 2019. Part-time status and exempt employees who fall under the revised FLSA threshold will also move to non-exempt on this date. Click [here](#) to read more in the UNM HR November 2019 newsletter.

UNM Flexible Spending Accounts (FSA) Open Enrollment

Dates: November 6th-22nd, 2019

Flexible Spending Accounts are a way to maximize your pre-tax dollars for IRS qualified out-of-pocket health care and dependent day care expenses on a pre-tax basis. To learn more about how to enroll, click [here](#) to read more in the UNM HR November 2019 newsletter.

Tune in or Be A Guest!: UNM Health Hour Podcast

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](#).

Save the Date: Creative Jam Live

Dates: November 14th & 21st, 2019

Time: 5-7:30p.m.

To register: cjam.in/unm

Compete in a Creative Jam! A fast-paced, fun, creative competition hosted just for the University of New Mexico by Adobe.

Free food. Prizes. Swag. Fun.

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

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!

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



Halloween Floor Wars!

UNM Comprehensive Cancer Center Halloween Wars is a big yearly event and has been for 10 years! Many departments participated and were evaluated on their adherence to theme, creativity, costumes, and overall affect.

UNMH, UNMMG, and HSC-SOM departments participated and the themes were “Hocus Pocus” from Radiation Oncology, “Mario Brothers/Arcade Games” from Patient Services, “A League of Our Own” from 2nd floor Women’s Clinic, “Mad Scientists” from 2nd floor Clinical Trials Admin, “Harry Potter” from Medical Oncology Clinic, “80’s” from Chemotherapy, “Willy Wonka” from Fiscal Services/UNMMG Billing/IT, and “Coco-The Movie” from the Cancer Research Facility (CRF).

This was one of the toughest years for the judges and everyone did an amazing job. Kudos to everyone who participated and congratulations to the Cancer Research Facility (CRF) for winning 1st place with the theme of “Coco-The Movie!” Click [here](#) to see more of the event.

Thanks to everyone who participated and for making this such a neat event for staff and patients!



Pictured: Halloween Floor Wars, October 31st, 2019



Pictured: Halloween Floor Wars, October 31st, 2019

Wellness

Running Medicine: Friday Flash Mob Walk/Runs

Dates: November 8th & 22nd, 2019
 Time: 12:15-12:45p.m.
 Location: Start in HSC Plaza in front of library

Friday Flash Mob Walk/Runs



RUNNINGMEDICINE

Who: All speeds and abilities are welcome!
Where: Start in HSC Plaza in front of library
When: 2nd and 4th Fridays in Oct/Nov, 12:15-12:45pm
 → Oct 11th, Oct 25th, Nov 8th, and Nov 22nd
What: Come join us to walk or run this Friday!

Just 30 minutes a day of exercise has been shown to improve both our physical and mental well-being. Take a break from studying/work! Take a few minutes to get out and move on Fridays!

We hope to get 50+ people at each walk/run!

Chronic Disease Self-Management Program

Dates: October 15th-November 21st, 2019
 For flyer information: click [here](#)



HSC Wellness Turkey Trot FitBit Challenge

Dates: November 25th-December 15th, 2019
 Enrollment deadline: November 11th, 2019, 5p.m.
 To enroll: click [here](#)
 For questions: wellness@unm.edu, 505.727.4460



STEP IT UP FOR HSC WELLNESS!

TEAMS WILL BE SET UP FOR THE FITBIT CHALLENGE!
NO NEED TO FIND TEAMMATES.
 WE WILL HELP MATCH YOU BASED ON FITNESS LEVEL.

ALL HSC, UNM, SRMC, UNMH & UNMMG FACULTY,
 STAFF & STUDENTS WELCOME TO JOIN!

COST: FREE!

SIGN UP AT:

<https://bit.ly/31Gpwhz>

PRIZES FOR THE WINNING TEAMS!

hsc.unm.edu/about/wellness

All HSC, UNM, SRMC, UNMH, and UNMMG faculty, staff, and students can join this team-based challenge and teams across all campuses will compete against each other! You will automatically be assigned to a team based on your self-selected step level and you will be given instructions once you are enrolled to enter your Fitbit information.

Participation requires your Fitbit aggregate information (including but not limited to stairs, sleep, steps, distance, and gender). You will be able to opt-out of the current challenge or any future challenges at any time. Come Turkey Trot!

Fall 2019 W.O.W.

Fall WOW starts on Monday August 19th, 2019 and tuition remission can be used towards a W.O.W. pass. Please visit the [Recreational Services W.O.W. website](#) for more information and click [here](#) for tuition remission information.

Fall WOW

Dates: August 19th-December 6th, 2019
Faculty/Staff: \$100
Student: \$75
Community: \$125

North Campus Yoga

Dates: Tuesdays & Thursdays
Time: 12-1p.m.
Location: Domenici North, Room 2720

The Yoga class requires seasonal World of Wellness 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.



North Campus Meditation Group

Dates: Mondays & Fridays
Time: 12-1p.m.
Location: Domenici North, Room 2403
For more info: Michael Haederle,
mhaederle@salud.unm.edu, 505.272.2558 (o)

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!



North Campus LifeSteps® Weight Management Program

Dates: Wednesdays
September 4th-December 13th, 2019
Time: 12.-1p.m.
Location: Domenici North, Room 3706 or online
For pricing & sign-up info: click [here](#)

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.

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 listerv](#).

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.

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.