

PAWS Award for June 2020

The Staff Council is pleased to announce two awardees for the June PAWS! Marisa Marquez, and Reed Vawter!

Marisa is a Program Coordinator with Project Echo, and Reed is a Registered Dietitian and a Health Education Consultant for the HR Employee Wellness Office! Please help us thank and congratulate Marisa and Reed for their unyielding commitment to UNM! The PAWS (People Appreciate Wonderful Staff) Award is presented each month to staff employees who provide exceptional service to the UNM community. This employee exemplifies University values and shows initiative outside of their job scope.

The Staff Council Rewards and Recognition Committee selects a recipient from candidates nominated each month by members of the UNM community. **The deadline for nominations is the last Friday of each month at 5:00PM.** Click here to access the nomination form.

Staff Council marks three decades of advocacy

<https://news.unm.edu/news/staff-council-marks-three-decades-of-advocacy>

Look at our thriving and blooming HSC beautification planters!



PATS LIMITED OPERATIONS IN RESPONSE TO COVID-19

SHUTTLE SERVICE 6/4/2020: Effective June 5, 2020, the following [shuttle routes](#) are on regular summer semester schedule from 6:30 a.m. to 7:00 p.m., Monday- Friday:

[G/Q/\(U\) Shuttle route](#)

[Redondo Shuttle route](#)

[SSSC Shuttle route](#)

UNMH 1925 Phase 1 Construction of the New UNM Hospital Tower and Patient Parking Structure on North Campus

This is a reminder that the Phase I construction for the new UNM Hospital Tower and Patient Parking Structure is underway. This is an update from the communication sent on July 17, 2020:

A portion of the sidewalk located along the south side of Innovation, Discovery and Training Complex (IDTC) and Novitski Hall buildings will close on Wednesday, August 12 and will remain closed until further notice. The closure is to facilitate the realignment of Camino de Salud between Yale Blvd. and its terminus at the Richardson Pavilion. Please follow detour signage and plan ahead to avoid this area. A map indicating the closure, highlighted in yellow, is attached for your reference.

UNMH is taking steps throughout the Phase I work to help mitigate potential traffic and access issues in the area. Please be aware that the Phase II construction activities are scheduled to start in December 2020. UNM PATS will continue to send out notifications as we are made aware of any additional changes in the project, including utility outages, parking lot and/or road closures.

Please plan for extra time in your commute and be aware of workers while in the area.

Please call UNM PATS if you have any questions. 505-277-1938



The HSC Staff Mentorship Program

**Due to the on-going COVID-19 crisis and the limited services available on campus, the 2020 HSC Staff Mentorship Program has been postponed until a later date.

Please visit the HSC Staff Mentorship Program for more information.

<https://hsc.unm.edu/programs/mentorship>

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

For questions, **email:**

HSC-Mentorship-Program@salud.unm.edu

Tune In or Be a Guest: UNM Health Hour Podcast

University of New Mexico Health Sciences Center is the premier health care practice and learning institution in the state. Tune in on Sundays at 11 a.m. 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](#).

UNM Joins CABQ Initiative to Offer Free Outdoor Wi-Fi Access

For more information, please visit the link below.

<https://news.unm.edu/news/unm-joins-cabq-initiative-to-offer-free-outdoor-wifi-access>

UNM Newsroom Begins Series on Race and Racism

As of Friday June 19th - the 155th anniversary of Juneteenth - and running through the end of August to coincide with the 57th anniversary of the March on Washington, the UNM Newsroom is running an ongoing feature called [Racism: An Educational Series](#), spotlighting pieces by many of our faculty exploring, among many other topics, the history of the civil rights movement and the origins of Juneteenth, race-related protests in the United States, and anti-Blackness in the media.

Race Matters Webinar Series Recordings

Miss the live sessions? [Watch them here.](#)

HSC News Special Childcare update

Please visit:

<https://mailchi.mp/ebf44b4be744/specialeditionjune26-4464292?e=258a2f3336>

Recreational Services has Home Workouts!

Hey Lobos! Need a new way to stay active during quarantine? Try the Rec Services daily challenges! These quick workouts are short, high intensity, and can be done with minimal equipment. Add them into your current routine or use them as a starting point. Check out their [Instagram](#) every Monday for a new weekly series - the Instagram story each day will also feature modifications to make the exercises easier or more difficult.

Visit the link below for more information on Social Distancing Resources and disclaimer:

<http://recservices.unm.edu/social-distancing-resources/index.html>

Other Routine Physical Activity. Many gyms and yoga studios are offering virtual classes to maintain a connection and normalcy. Take advantage of Employee Wellness.

[FREE daily fitness classes](#) led by Lauren Lewis, health education consultant and personal trainer. Get a buddy and do a 30-day [squat challenge](#)

Practicing Meditation and Mindfulness. Meditation helps mentally clear and emotionally calm the mind. Michelle DuVal, UNM Center for Life instructor, has five guided meditations online. [Hear them here.](#)



REMINDER: COVID-19 Decompression Sessions Hit the Road

UNMH Employee Well-being and Nursing Excellence are collaborating to offer drop-in decompression sessions at new locations including 1650 University and Mental Health Center!

These teams have developed a variety of self-care/decompression activities to help health care personnel cope with stress during COVID-19:

- Neck & Back Massagers
- Mindful Snacks
- Stretching
- Coloring / Thank You Cards
- Reading
- Healing Music

All Health System staff and providers are welcome to participate. Please see the attached flyers for additional information about each location. BBRP, 1650 University and Mental Health Center!

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](#).

Stop by happy heart Bistro

The happy heart Bistro is now open daily from 7 a.m. - 2 p.m., serving a limited menu with everyone's favorites, along with specialty coffee drinks, fresh produce, and so much more. Hate waiting in line at the store for groceries? Come see what happy heart Bistro's farmers market has for you!

Coming up in September!

September is Suicide Prevention Month



Join the UNM and HSC Wellness community team Out of the Darkness Walk, **Sept. 19**, to show solidarity in raising awareness and donations for the American Foundation for Suicide Prevention.

Due to COVID-19, this year's walk will be held virtually. Stay tuned for more information on how you can participate while social distancing.

When you participate in the Out of the Darkness Walk, you join forces with hundreds of thousands of people across the United States to help the American Foundation for Suicide Prevention

(AFSP) invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

You can become a member of the Lobo team now by signing up at [UNM/HSC Lobos website](#).

Questions? Contact Employee Wellness at wellness@unm.edu

Lobo Cancer Challenge goes Virtual September 19



Annual Event to support cancer research and patient care in New Mexico balances critical fundraising with COVID-19 orders Opportunities at the fourth annual Lobo Cancer Challenge are wide open.

This year, the Lobo Cancer Challenge is meeting the challenge of a global pandemic by holding the event **virtually on Saturday, Sept. 19**. Far from a limitation, a virtual event will give participants the opportunity to set new courses, find different routes, and ride along different trails, all to raise critical funds for New Mexico's fight against cancer. In past events, participants chose to ride a bike for 25, 50 or 100 miles or to run or walk a 5K, and they committed to a fundraising minimum. Because of the virtual format for this year's event, participants will choose their own challenge and are encouraged to raise money. Liotta explains that their challenge this year can be anything: riding, running, walking, hiking, volunteering, or something else.

It is hoped that out-of-state friends and family of New Mexico participants will join the virtual event, too. All registered participants will receive a t-shirt and dedication bib to wear while completing their challenge on Sept. 19.

Register and [learn more](#) about the event at LoboCancerChallenge.org.

Mental Health Resources

Please visit mental health at <https://mentalhealth.unm.edu/>

Ombuds Services

Website: <https://ombudsforstaff.unm.edu>

Staff Ombuds E-mail: jransom@unm.edu

It can help to have a neutral sounding board who can listen and support you in navigating a challenging situation at work.

Ombuds Services supports staff, faculty supervising staff, and their coworkers. Ombuds listen respectfully and emphasize collaboration and fair consideration of all sides of an issue. This is a confidential, independent, informal, and neutral resource for UNM staff, faculty supervising staff, and their co-workers. **We are currently providing services by phone and Zoom.** Individual visitors can think out loud with an ombuds about a workplace situation, gain clarity and perspective, and receive information about resources and possible constructive approaches. Also, check out the upcoming Outreach, Trainings, and Events

To schedule a confidential visit, please e-mail Ombuds Services at jransom@unm.edu or Anne Lightsey at alightoi@unm.edu. For more information, see <http://ombudsforstaff.unm.edu/>

HSC Information & Resources

Please visit:

<https://hsc.unm.edu/covid-19/index.html>

Links to Return to Full Operations

Research Return to Full Operations

HSC Policies and Guidelines including Travel and Visitors Restrictions

Travel Restrictions

Event Registration

Reimbursement for **Canceled Travel**

UNM Health System



Also attached in PDF information about
Resident Fellow Leave Policy COVID
Resident Fellow Leave Policy COVID FAQ
UBN Health System Travel Guidance
UNM Main, HSC (non-UNMH) & Branch
Campuses Travel FAQ