

### **PAWS Award for July 2020**

**The Staff Council is pleased to announce the awardees for the July PAWS! Rosemary Melendez**

Rosemary is a Security Supervisor with UNM PD and also a former (2014) recipient of the Gerald W. May Outstanding Staff Award! The picture featured is Rosemary with President Stokes and Security staff at the 2019 Safety Walk. Please help us thank and congratulate this wonderful staff member 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.

### **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.

### **HSC Staff Mentorship Program**

<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](mailto:HSC-Mentorship-Program@salud.unm.edu)

### UNM HSC Newroom

Check out the latest news you can use from UNM Health Sciences Center. Please visit the link below

<https://hsc.unm.edu/news/news-you-can-use/>

### REMINDER: Childcare Resources

#### In-Home Childcare Providers

If you are looking for an in-home care provider, [please fill out this form](#). Please note, **in-home care provider availability is limited**. We will do our best to accommodate folks, and will do so on a first-come, first-serve basis. For additional resources, you can review [available childcare sites here](#), and/or [childcare programs by school district](#).

#### Childcare Provider Sign-Up

Lend a helping hand by providing in-home childcare and/or educational oversight! If you're a student, staff or faculty member interested in supporting families in our community, please sign up here

<https://app.smartsheet.com/b/form/8a1637f4243e485fac3abc1516aad6e1>.

### City of Albuquerque Updates Youth Programs for Working Families

The City of Albuquerque has adjusted their full-day youth programs to be available for working families through the rest of the fall semester. For additional information visit

<https://www.cabq.gov/mayor/news/mayor-keller-updates> on how you can take advantage of these programs!

#### Availability at UNM's Children's Campus

The University of New Mexico Children's Campus (UNMCC) has limited availability for the fall semester and is currently enrolling families in our infant, young toddler, older toddler, Early Pre-K and Pre-K classrooms. If you are interested in this immediate enrollment opportunity, please email us at [weecare@unm.edu](mailto:weecare@unm.edu). Please include the following information:

- **Your name in the body of the email**

- **Your child's name and date of birth in the body of the email**

- **Type "Enrollment" in the subject line**

Requests will be reviewed and enrollment offered to interested families based on the time and date your email was received. All questions and email requests should be sent to [weecare@unm.edu](mailto:weecare@unm.edu). We look forward to hearing from you!

### Get Your Free Flu Shot to Protect Our Pack

This year, The University of New Mexico's office of Benefits & Employee Wellness is encouraging all employees, including faculty, staff, and students, to [take advantage of no-cost flu shots available in the community](#). The flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 to 60 percent. A flu shot protects you, your family, and the Lobo pack. There are many options for the UNM campus community, including [drive-thru clinics](#) available through October 31, and [walk-up clinics](#) offered October 20 and October 21. Additional options are also available for faculty and staff enrolled in a UNM medical and prescription drug plan. You can learn more about the flu shot and options for faculty, staff, and students at our [2020 Flu Shot webpage](#)

### Tentative Reopening of Johnson Center and Seidler Natatorium Scheduled for October 12

Johnson Center's recreational facilities and Seidler Natatorium are tentatively scheduled to reopen on October 12, 2020

Also, during this first phase, it is anticipated that Johnson Center and Seidler Natatorium will only be available to UNM students, faculty, and staff. Depending on demand, reservations for fitness equipment might be required. For more information follow <https://recservices.unm.edu/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](#)

**Starting Tuesday, Sept. 15, Lauren will also be leading quick, 5-10 minute stretch breaks via Zoom.** Take a break from your desk at 10 a.m. and 3 p.m. every Tuesday and Thursday. Email Lauren to receive a calendar invite so you don't miss a session at [lclewis@unm.edu](mailto:lclewis@unm.edu).



### **New Class Starting Soon: Laughter Yoga & Meditation**

Free Intro Class to Laughter Yoga and Meditation

Thursday, October 8th at 12pm OR Saturday, October 11th at 12pm

1. Intro to the course and its benefits
2. 15 Min. Laughter Yoga Demo

3. 5 Minute Meditation Demo

4. Q & A

6 Week Laughter Yoga Class:

Monday, Wednesday & Thursdays from 12pm - 12:20pm via Zoom (3 days per week for 20 minutes)

15 minutes Laughter Yoga & 5 Minutes of Meditation \$99 for 6 weeks.

UNM employees are eligible for tuition remission and UNMMG/UNMH employees get a 10% discount

Each class is a stand-alone class. You can attend all 3 each week or any that fits your schedule.

This will be the best way you have ever used part of your lunch hour. Re-Set the tone of your day, feel relaxed, rejuvenated, and energized by just 15 minutes of Laughter and connection followed by an optional 5 minutes of meditation.

“Laughter is the best medicine”

Please RSVP with the FREE INTRO Date you'd like to attend. You will receive an email with the Zoom link

from [Nicole@nicolewhitewellness.com](mailto:Nicole@nicolewhitewellness.com) (Please check your spam mail) or text 505.204.1437 for the link.

If you have any questions you can contact [Nicole@nicolewhitewellness.com](mailto:Nicole@nicolewhitewellness.com) or call her at 505-204-1437.

### **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!

### **Community and Connection During COVID-19 Humans Need Connection**

Medical evidence now shows that when humans honor their innate need for social connection, they become less vulnerable to anxiety, depression, dementia and other psychiatric conditions. We also build a vibrant, more meaningful life. Humans need connection, it is as simple as that. To read more about Staying Connected While Socially Distanced, please visit

<https://hsc.unm.edu/about/wellness/covid-19/connection-community.html>

### **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](mailto: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](#).

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### **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! Come see what happy heart Bistro's farmers market has for you! Order online and pick up through this link <https://bit.ly/3zDs9VJ>

### **Mental Health Resources**

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

### **Ombuds Services**

<https://ombudsforstaff.unm.edu>

Staff Ombuds E-mail: [jransom@unm.edu](mailto: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](mailto:jransom@unm.edu) or  
Anne Lightsey at [alight01@unm.edu](mailto:alight01@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

Updates for HSC Campus Ongoing operations to  
01.03.2021 Travel Restrictions

Event Registration

Reimbursement for **Canceled Travel**

UNM Health System

Also attached in PDF information about

UNM Health System Travel Guidance UNM Main,

HSC (non-UNMH) & Branch Campuses Travel

Flu shots

FAQ Updates for HSC Campus Ongoing  
operations to 01.03.2021 Travel Restrictions

