

North Meets South! Thursday June 27th, 2019, 10am-12pm

Help us to bring North Campus to South Campus

It's a field trip to meet our South Campus counterparts! These student service staff recruit students, admit and register them, administer financial aid, get us our student employees, and take care of our athletes. They often are unable to leave their posts to attend Staff Council events; so we thought we would take one to them! There will be corn hole, spike ball and refreshments. Bring a t-shirt to decorate. And get your bus pass while you're down there.

Please meet us at the regular Redondo North Campus bus stop (East of Domenici Center, on Marble between Stanford and Columbia) at 10am. We will be back to North Campus by 12pm. *Policy 1150 allows staff up to 3 hours/ month to attend Staff Council special events, subject to supervisor approval.*

Please RSVP with Christine (cheinemeyer@salud.unm.edu) or Nancy (NLShane@salud.unm.edu).



Corazones de Nuevo México

The Corazones de Nuevo México Faculty Memorial Garden was commissioned to Celebrate the 50th anniversary of the University of New Mexico's first medical school class in 1964 and will stand in honor of our faculty that are deceased and their dedication to excellence in teaching, discovery, and patient care.

More information about the faculty memorial [here](#).



HSC Employee Recognition

2018 Outstanding Manager of the Year Award

UNM Facilities Management (FM) Area Two manager, Leo Lucero, was nominated by three members of the Area Two maintenance team and was presented with the 2018 Outstanding Manager of the Year award. Leo's ethics, communication style, commitment to customer service, respect, and concern for the well-being of his employees were a common thread in his nominations. Read more about it [here](#).

Lucero named Facilities Management Outstanding Manager of the Year



2019 Jim Davis Staff Council Award for Meritorious Service

The Jim Davis Staff Council Award for Meritorious Service recognizes significant contributions to the Staff Council.

2019 Jim Davis Staff Council Award for Meritorious Service, Gina Urias-Sandoval, EMBA Program: Anderson School of Management

Gina is a Program Director in the Anderson School of Management and serves as the Co-Chair of the Staff Council Student Success Committee. Throughout her involvement, she sets the bar for our committees and charters, where she brings her leadership and delegation capabilities and where she has done so much for the University, which includes staff, students, faculty, and non-University customers. She contributes to the University, her department, and her peers, and gives back to the community showing her commitment to why it is better to pay it forward.

Great job and way to go!

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



Lobo Cancer Challenge! Help us to Fight Cancer!

The Lobo Cancer Challenge will be held September 14th, 2019 at Dreamstyle Stadium. Help us to raise funds for cancer research and patient support at UNM CCC. Register as an individual or as a team, or join a team that is already registered. Family and friends can support by giving towards your goal and 100% of donations benefit the cancer fund of your choice. Blake's Lotaburger is the presenting sponsor for the third year in a row. Register today at LoboCancerChallenge.org!



WELLNESS

Summer 2019 W.O.W.

Summer WOW started on Monday June 3rd, 2019. Schedule and registration is on the "Fitness" tab (under Recreational Programs) on the Recreational Services website.

All classes scheduled in Rm 150 (Piyo on Tuesday/Thursday and Pilates on Wednesday/Friday) have been moved to Rm 120 (opposite hall from 150). As Recreational Services' office attendant for directions on your way to class if needed.

North Campus Yoga Class (Tuesdays & Thursdays, 12-1 p.m.)

The Yoga class requires seasonal World of Wellness program registration (eligible for UNM Tuition Remission). To register for WOW Summer 2019 participation, please visit [UNM Recreational Services' website](http://UNMRecreationalServices.com) and email your related [Tuition Remission form](#) to jcbilling@unm.edu with "N. Campus Yoga" listed on your form. Please refer to the "[Summer 2019 North Campus Yoga Locations](#)" document for location details.

Summer WOW: June 3rd, 2019-August 2nd, 2019

Faculty/Staff: \$75.00

Student: \$50

Community: \$100

Meditation Group (Mondays & Fridays)

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, which meets Mondays and Fridays from 12pm-1pm in room 2403 of the North Campus Domenici Center. No prior experience is necessary; newcomers are welcome!

For more information, please contact Michael Haederle (mhaederle@salud.unm.edu), 505.272.2558 (o).

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.

UNM Employee Wellness Fit Life Program Coming July-August!

If you struggle with making physical activity a priority and need guidance on how to start and stick with a regular exercise routine, this program is for you! Fit Life is a 6-week course that meets 2x a week and is designed to help you develop fitness strategies that fit your lifestyle and make physical activity a consistent part of your life. Register on Learning Central by searching “Fit Life.” Contact Lauren Lewis, lclewis@unm.edu if you have further questions. Please see flyer below.

Dates: July 9th, 2019-August 15th, 2019, every Tuesday 12-1pm, every Thursday 2:15-3pm

Cost: \$120 (tuition remission eligible)

UNM EMPLOYEE WELLNESS FIT LIFE PROGRAM



COMING JULY 2019! If you struggle with making physical activity a **priority** in your life and need guidance on how to start and stick with a regular exercise **routine**, this program is for you!

Fit Life is a six-week program designed to help you develop fitness strategies that fit your lifestyle and make physical activity a consistent part of your life.

PROGRAM INFORMATION

Fit Life will meet twice a week for six weeks.

Class One will be a one-hour lecture and class discussion on various topics including:

- Mindset
- Different Training Styles and Finding What You Enjoy
- Scheduling Strategies
- Goal Setting
- How to Create a Fitness Plan and Follow It!

Class Two will be a 45-minute group fitness class held at Johnson Center. In class you will:

- Receive guidance and motivation from a certified personal trainer
- Learn various exercises and styles of training
- Be part of a supportive environment open to all fitness levels



QUESTIONS? CONTACT:
wellness@unm.edu
505.272.4460

This program is
TUITION REMISSION AVAILABLE!
VISIT OUR WEBSITE TO LEARN MORE
Full details coming soon at:
hr.unm.edu/wellness

Watch the HR Newsletter for
program announcement

5th Annual Research Symposium



You are invited to the 5th Annual

RESEARCH SYMPOSIUM

Friday, June 14, 2019
Domenici Center

Donald E. Fry, MD Lectureship

Guest Speaker



Kelly McMasters, MD

- Ben A. Reid, Sr. Professor and Chair of the Hiram C. Polk, Jr., MD Department of Surgery, University of Louisville School of Medicine
- Director of the Multidisciplinary Melanoma Clinic, James Graham Brown Cancer Center, Louisville, Kentucky

“Melanoma: Not just for surgeons anymore”

Schedule

8:00 am - 9:00 am Grand Rounds Lecture —Domenici Auditorium

9:00 am - 12:00 pm Presentations—Domenici Auditorium

12:00 pm - 1:30 pm Poster Session—Lawn area outside Auditorium



*This activity has been approved for
AMA PRA Category 1 Credit(s)[™]*

For more information please contact:

Misty Carpenter at 505.272.9971

Love Our Little Lobos!: Ongoing donations to NBICU

Did you miss our “Lovin’ on Little Lobos” drive in February?

You can still “love on our little Lobos” throughout the year! The NBICU is accepting donations:

For babies: Newborn and premie socks, newborn clothes and onesies, hardback baby children story books, and receiving blankets

For mom: Canvas bags, water bottles, hand lotion, Chapstick

Please contact Kathy Johnson to donate (KMJohnson@salud.unm.edu, 505-272-1405); thank you!

HSCS OFFICE SUPPLY EXCHANGE

What can't people get enough of?! OFFICE SUPPLIES!

Come and visit the 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 Fitz Hall, and is open 8-10am and 1-3pm.



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.