

### PAWS Award for July 2020

The Staff Council is pleased to announce the awardee for the July PAWS! Marty Apodaca

Marty is a Counselor and Sr. Social Worker at Student Health and Counseling (SHAC). Please help us thank and congratulate this wonderful staff member for his 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.

### UNM IT is Excited to Welcome Staff for the Fall 2020 Semester!

Download digital tools for productivity, collaboration, creating web pages, graphics, videos, and more. Available to download for free or at discounted cost. Visit <https://webstore.unm.edu>

### 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](#)

### ABQ RIDE Bus Pass Sticker Program

Eligible UNM students, faculty, and staff can ride ABQ RIDE (City of Albuquerque Transit System) for free with a bus pass sticker. Stickers must be renewed every Fall at the start of the academic year. Find out more about our [ABQ RIDE Bus Pass Sticker Program](#).

### 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.

Please note that effective the **morning of Wednesday, August 26**, a portion of the sidewalk along the south and west side of Novitski Hall will be temporarily closed from **08:00 a.m. to 2:00 p.m.** Please plan ahead to avoid this area. Please see attached map for

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 visit:

<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)

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## 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](mailto: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

<http://hscnews.unm.edu/podcast>



## 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>

## Race Matters Webinar Series Recordings

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

## HSC News Special Childcare update

Please visit:

<https://childcare.unm.edu/Resources/childcare-assistance>

Unfortunately HSC Library hasn't announced an opening date yet. The library staff and faculty will continue to serve the HSC campus with virtual library services 8am-5pm, Monday-Friday. For more info click link below.

<https://libguides.health.unm.edu/services/home>

Beginning September 8, 2020, the reopening of UNM libraries will be as follows:

### UNM Libraries reopening to the campus

Lobo Card required to enter

UNM University Libraries (UL) is re-opening to the public in a limited way, in order to maintain safe and healthy COVID-19 practices.

Library buildings will reopen to the UNM Community on Tuesday, Sept. 8. A current Lobo Card will be required to enter.

### Zimmerman Library

Entrance and ID Check: North side doors

Exit: South side doors (Smith Plaza)

Monday-Thursday: 9 a.m. – 8 p.m.

Friday: 9 a.m. – 6 p.m.

Sunday: 1 p.m. – 6 p.m.

### Centennial Science & Engineering Library (CSEL)

Entrance and ID Check: West side doors

Exit: East side doors

Monday-Friday: 10 a.m. – 4 p.m.

***Fine Arts & Design Library (FADL)***

Students, staff, or faculty must have an authorized Lobo proximity card to enter George Pearl Hall, per the School of Architecture and Planning.

Monday-Friday: 10 a.m. – 4 p.m.

***Parish Memorial Library (PML)***

PML is permanently closed to the public for the transition to a library service building. [Read more here.](#)

UL leaders will be monitoring use and are prepared to amend hours of operation if necessary. Please check [library.unm.edu](http://library.unm.edu) for the most up-to-date information on hours and services.

**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](mailto: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](http://LoboCancerChallenge.org)

## Upcoming Research Administrators Symposium September 29 and 30, 20209 AM-12 PM

Register by September 25

<https://research.unm.edu/events/rasymposium2020>

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**YOU'RE INVITED!**

*Virtual!*

### Research Administrators Symposium

September 29 and 30, 2020 • 9 AM-12 PM • Zoom

*Coming to a screen near you, wherever you may be!*

Join us for two engaging mornings of virtual workshops, training, and panels with colleagues and experts.

This year will feature Beginner, Intermediate, and Advanced session tracks.

REGISTER BY SEPTEMBER 25: <https://research.unm.edu/events/rasymposium2020>

**SESSION TOPICS INCLUDE:**

- Budget Basics • System Resources for the New RA • Lifecycle of a Research Project • Skills Development and Professional Memberships • Advanced Proposal Development • Diversity, Equity, and Inclusion • Navigating Budgets During Uncertainty • and more!

**UNM RESEARCH**

## 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.

## ZOOM FIT CLASSES

[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).



**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.](#)

## HSC Fitbit Sale and Challenge coming soon!

Look out for news in HSC Communications and HSC BeWell emails coming this month.

## 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!

## Free Noon Meditation



### Description

Monday Noon Meditation

Time shows in Mountain Time

Sep 7, 2020 12:00 PM

Sep 14, 2020 12:00 PM

Sep 21, 2020 12:00 PM

**Join FREE Live Guided Meditation with Michelle**

**Aug. 31: 12 - 12:30 MST**

## 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](#).

## 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! Order online and pick up through this link <https://bit.ly/32Ds9VJ>

**If you want to get together with your friends virtually and play games here are a few apps available on google play.**

## House Party App

As its name suggests, the **app** is basically a virtual version of a massive get-together. If your friends are “in the **house**,” you can chat them up one on one—or you can gather a group in a room to talk or play games.

## Trivia app

Play trivia games with your friends. There are many apps to choose from on Google play

## Netflix app

If you want to watch Netflix with friends while on the go, Rave is for you. It’s available for iOS and Android. It lets you watch not only Netflix movies and TV shows with others, but also YouTube and **Vimeo**. You can even create your own music mashup with the RaveDJ feature.

## Word with Friends

By now, you’ve probably heard of Words With Friends, which is basically a variation of Scrabble for your phone. Invite your friends to play, and you’ll get alerts when it’s your turn to create a word. Play with people you know, or use the free app’s random opponent matchmaking tool.



### 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](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 [alightoi@unm.edu](mailto: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

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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

