

HSC Staff Committee News

Meditate to Manage Stress— Monday & Friday 12-1pm

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 noon to 1 p.m. in room 2403 of the North Building in the Domenici Center for Health Sciences Education. No prior experience is necessary (newcomers' instruction is available). For more information, please contact Michael Haederle mhaederle@salud.unm.edu.



Lobo Cancer Challenge — September 8, 2018

Join a UNM Team in the Lobo Cancer Challenge

There are 13 UNM teams registered for the Lobo Cancer Challenge (so far). Can you raise more than your co-workers' team? We bet you can! Enjoy biking 25, 50 or 100 miles, or run/walk in the 5K, while raising funds for cancer treatment and research at the UNM Comprehensive Cancer Center. [See all the UNM teams online](#). Click on Advanced Search, and enter 'UNM' in the Company Name field.

[Or create your own team.](#)

A few great team names:

[Save 2nd Base](#) • [Pedal It Forward](#) • [Team Tiki Tiki](#)



Morning RAVE— Friday, September 14th from 7-9am

Come one, come all, come early! The HSC Morning Rave is a great way to start your day with energy and intention! Instead of hitting the gym come interact with others with a positive vibe! Wake up early Friday, September 14th, and get yourself to the HSC Plaza area from 7:15-9:30.

Running Medicine will be there early for registration for the walk or run starting at 6:45am. For more info visit their Facebook page, call 505.340.5658 or send an email to runningmedicineabq@gmail.com.

The opening ceremony will be at 7:15 in the HSC Upper Plaza.

Events taking place in the HSC Upper Plaza - Walk/Run, Yoga (bring your mat!), Tabata, a Mindful Meditation Walk, and Laughter Yoga.

Events in the HSC Lower Plaza - Zumba, Dance breaks, refreshments, and Employee Health Tables of information.

Refreshments in the Lower Plaza. Bring your coffee mug, your water bottle, and your yoga mat. Come get your glow stick and work out with us!



People Appreciate Wonderful Staff — PAWS

The UNM Staff Council PAWS Award is presented each month to one staff employee who provides exceptional service to the UNM community. This employee exemplifies University values and shows initiative outside of their job scope. The deadline for nominations is the last Friday of each month at 5:00 p.m. <https://staffcouncil.unm.edu/staff-awards/paws.html>

Free HSC Yoga — 12-1pm

Fall Semester 2018 Yoga is available. There are 2 formats this Semester. Live and Video.

Live instruction by Emma Johnson Tuesdays & Thursdays Domenici North 2710 free to HSC students, faculty & staff. W.O.W. enrollment appreciated
Video group is Monday, Wednesday, Friday in the Nursing Bldg B15* (room 359 on specific dates)

*with posted exceptions

Video group will meet in Nursing 359 on following dates: 9/10, 9/12, 11/14, 12/12
Note that on 9/14 there will be no video group.

The HSC Staff Council Fall Book Exchange is Coming!

Start getting your book donations ready! Date to be announced.



Check Out the HSC Office Supply Exchange!

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 8-10 am and 1-3pm.

Did you know that UNM SHAC offers services to employees as well as students?

Go to SHAC, located between Mesa Vista Hall and Johnson Center, for (1) international travel immunizations, (2) pharmacy to fill prescriptions, and (3) \$40 massages! Call 277-3136 for more information.

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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.

staffcouncil.unm.edu/committees/hsc-staff/ | HSCS Committee Email address: HSC-Staff-Committee@salud.unm.edu

Current HSCS Membership

Nancy Shane, Co-Chair (SOM UME Program Evaluation)
Christine Heinemeyer, Co-Chair (SOM Dept of Surgery)
Cheryl Dilger (College of Nursing)
Mark Fischer (Pathology)
Cindy Garcia (School of Medicine Admissions)

Jessica Gutierrez (College of Nursing)
Melissa Meier (Project Echo)
Patrick Newman (SOM Dept of Surgery)
Paula Popp (IM Administration)
Desiree Quinones-Soria (College of Nursing)

Monya Robeson (Pediatrics Administration Division)
Carla Sakiestewa (Cancer Center)
Jessicayeagh Serna (SOM Dept of Surgery)