

HSC Employee Recognition

People Appreciate Wonderful Staff (PAWS) April 2019 Award

Lynette Eisenbeck, Medical Education Program Specialist, OB GYN Administration
(Nomination and award from April 2019 when she worked in SOM Research Education Office)

Lynette's department has been under-staffed by one position for about two years and she has voluntarily increased her workload and duties without additional compensation and continually works beyond her position. Her priorities are always the students' success and faculty support in the many programs, and her leadership, commitment to excellent service, and upbeat and can-do personality are always appreciated by those she interacts with and is inspiring for others to achieve! Way to go, Lynette!



Pictured: Lynette Eisenbeck with her PAWS award (left) and Celeste Cole from the HSC Staff Awards and Recognition Committee (right).

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



Now Being Accepted: Nominations for the Outstanding Supervisor Award

Help us to recognize great supervisors, the effect they have in their organizations, the examples they set, and the way their example is emulated in others!

The Staff Council is now accepting nominations for the Outstanding Supervisor Award. This award recognizes supervisors who create work environments that facilitate work-life balance, professional development, and effective leadership in support of the values and mission of the University. Two recipients will be honored with a plaque and a \$1000 cash reward. Click [here](#) to read more about the award program and to download a nomination form. **The deadline for nominations is 5:00 p.m. on Friday 8/30/2019.**

Ways to Give

HSC Staff Mentorship Program



Do you have an interest in helping others or are open to exploring a mentee/mentor relationship? If so, the UNM HSC Staff Mentorship Program may be for you!

The 9-month program pairs mentees and mentors together based on preferences and goals, to meet monthly to discuss work, life, and career paths. The program also hosts guest speakers each month.

Help to improve a mentee's knowledge, skills, and abilities, as well as to understand the HSC culture. Mentors and mentees can exchange ideas and networking opportunities and be a part of the launch of the newly re-vamped program that will have more structure and pair flexibility!

Mentees and mentors can click [here](#) to apply or can send questions to HSC-Mentorship-Program@salud.unm.edu .

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!

ADOBE Program School Supply Request

Through medical and behavioral health care, wrap-around case management, and education services liaisons, the ADOBE Program assists young people coming out of incarceration to address trauma in their lives and to return to school. Many lack the support and supplies needed for this and could use supply support to succeed.

Please drop off supplies that you would like to donate at the Health Sciences Services Building (HSSB), in the donation box on the first floor. Please Note: calculators need to be brought to the third floor admin desk where they can be secured.

Donations can also be made to the program's [Amazon Wish List](#) where the items you purchase will be shipped directly to the ADOBE program coordinator.

Please contact Chamiza Pacheco de Alas at Chamiza1@salud.unm.edu or Elizabeth Castro at 505-272-785 with questions.

Lobo Food Pantry

The Lobo Food Pantry provides free groceries to students, employees, and the greater UNM community during their monthly mobile food pantry and this program is in collaboration between the Dean of Student Office (OSA) and Roadrunner Food Bank.

Please click [here](#) if you would like to donate.

Lobo Food Pantry

Dates: August 30th, September 27th, October 25th, November 22nd, 2019

Time: 10:00 a.m.-2:00 p.m.

Location: UNM South Lot

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!

Staff Council Events: ASK ME!

The Staff Council Student Success Committee needs your expertise to guide students on their first two days of school. You can sign up to volunteer for one-hour shifts beginning at 7am through 11am at 3 locations: Duck Pond, Centennial, or Yale Mall. Please click [here](#) to sign up.

Please contact Cindy Mason (clmason@unm.edu) or Gina Urias-Sandoval (gusand@unm.edu) with questions. Thank you!

Books, Books! Please Save Your Books!

Are you "Marie Kondo-ing" your life? Please still hold on to your books! We will be collecting book donations for the fall book exchange.

Our HSC Staff Book Exchange returns Friday November 22nd, 2019. Please see future flyer and updates for more information.

Events, Updates, & Information

Tune in!: UNM Health Hour Podcast

The University of New Mexico Health Sciences Center is the premiere health care practice and learning institution in the state.

Tune in on Sundays at 11am 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!

“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](#).

Save the Date: Safety Week

Safety Week is September 3rd, 2019-September 6th, 2019. Join our UNM Police Department on Tuesday September 3rd, 2019 for Coffee with a Cop! Officers will be on site from 10:30 a.m.-12:30 p.m. on the lower plaza in front of Happy Heart Bistro. Have coffee with a cop to discuss campus safety.

Join in the HSC Safety Walk on Thursday September 5th, 2019 from 8:00 p.m.-9:00 p.m. to walk in designated areas to locate safety-related issues. Please email HSC-Chancellor-Admin@salud.unm.edu if you would like to participate.

Please click [here](#) for more information on safety events happening during Safety Week.

UNM Benefits-Wellbeing Expo

UNM Benefits Department will host a Wellbeing Expo and the event will be free and open to staff, students, faculty, alumni, and retirees. Educational seminars on financial and personal wellbeing along with a vendor fair from numerous UNM departments and affiliates will also be highlights.

Sessions will include: pet therapy, eating healthy on a budget, managing money, improving credit, investing wisely, saving for children’s college education, and ensuring a comfortable retirement. Expo will also feature atrium exhibits by UNM Benefits, Employee Wellness, CARS, OMBUDS, Fidelity, TIAA, VOYA, AIG Retirement Services, and State of New Mexico’s The Education Plan. See UNM Human Resources’ newsletter for more info.

Wellbeing Expo-Main Campus

Date: Tuesday September 17th, 2019

Time: 10am-2pm

Location: SUB Lobo A&B

Wellbeing Expo-North Campus

Date: Wednesday September 18th, 2019

Time: 10am-2pm

Location: College of Nursing/College of Pharmacy Building, 3rd Floor

Parking and Transportation (PATS) Updates

UNM Parking Permits

Automatic renewals for 2019-2020 parking permits were processed from UNM Parking & Transportation Services (PATS) on Monday July 29th, 2019 and 2019-2020 parking permits need to be displayed starting Monday August 19th, 2019. Please click [here](#) and select the “rates” tab to see how rates have changed.

UNM PATS has also added additional payment methods for parking permits and methods include: Visa, Discover, American Express, MasterCard, cash, or automatic payroll deduction. Automatic payroll deduction is available to full-time, benefits-eligible UNM faculty, staff, and UNM temps and must be purchased in the PATS office.

UNM/ABQ Ride Buss Pass Program

ABQ Ride will honor the current 2018-2019 bus stickers until Sunday, September 15th, 2019. PATS will begin distributing the 2019-2020 bus stickers on Monday, August 12th, 2019.

Eligible UNM students, faculty, and staff can ride ABQ Ride/ART (City of Albuquerque transit system) for FREE with a bus pass sticker. UNM faculty and staff must meet the eligibility requirements (be former staff, faculty, or retirees; temporary staff/faculty are currently not eligible). Stickers must be renewed every academic year.

Bus pass stickers are distributed at:

Transportation Information Center (TIC) in the Student Union Building on Main Campus

UNM Hospital and Transportation at 1129 University Blvd. (Behind Carrie Tingley Hospital)

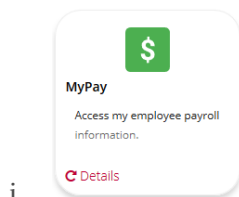
PATS Office at the Welcome Center in Cornell Parking Structure on Redondo Drive north of George Pearl Hall

Paycheck Calculators

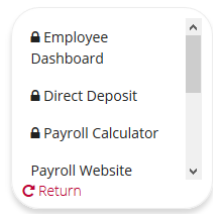
Two useful calculators related to your paycheck:

1. MyUNM Paycheck Calculator

- a. From [My.UNM.edu](https://my.unm.edu), click on “staff” (top right), and then click on the tile that says “MyPay” (bottom left).



- b. The tile flips over and you can select “payroll calculator.”



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- c. You can then login and add specific information related to your benefits (or benefits you are considering) to estimate your take-home pay under different scenarios.

2. Benefits Deduction Calculator

- a. The Benefits Deduction Calculator shows what you pay and what UNM pays for each of your benefits by month or year and can be found at:
<https://hr.unm.edu/benefits/calculator>.

Student Health and Counseling (SHAC) Staff Benefits

Did you know that Student Health and Counseling (SHAC) offers pharmacy, travel health, and massage services to UNM staff and faculty? Please click [here](#) for more information.

HSC Office Supply Exchange

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

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



Wellness

The Perks of Pilates (Mondays & Wednesdays)

Start the fall semester by participating in Pilates! This 8-week session starts on Monday, August 19th, 2019 and takes places Mondays and Wednesdays, 12:10p.m.-12:50 p.m. in Domenici 3720. Cost is \$15 per person for the entire 8-week class. Please plan on attending all classes and get ready to stabilize and strengthen your core, get stronger, more sculpted muscles, and gain flexibility. Better posture and enhanced wellbeing with a strong body-mind connection are part of it too! [Please create a SignUpGenius account](#) to enroll or [click here to enroll in the course](#) if you already have a SignUpGenius account.

Fall 2019 W.O.W.

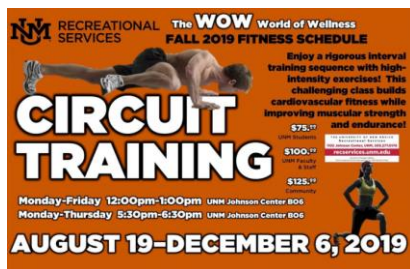
Fall WOW starts on Monday August 19th, 2019 and tuition remission can be used towards a W.O.W. pass. Please visit the [Recreational Services W.O.W. website](#) for more information and click [here](#) for tuition remission information.

Fall WOW: August 19th, 2019-December 6th, 2019

Faculty/Staff: \$100

Student: \$75

Community: \$125



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.

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.