

## Subscribe to Receive the Email Newsletter: New Mexico Daily Lobo

The New Mexico Daily Lobo has served as the independent newspaper at the Join the more than 6000 people across campus and beyond who subscribe to receive the email newsletter that features the best of the New University of New Mexico since 1895. The student staff works in news, editing, design, production, classifieds, advertising, and accounting. Articles feature not only local students, faculty, research, and events but also cover local and statewide issues that are important to the campus community.

The students produce the e-newsletter three times per week year-round (campus holidays excluded). There is also a print publication that now comes out on Mondays that you can find in news boxes across campus. And, you can find breaking news stories on the *Daily Lobo* [website](#).

Stay connected and [subscribe](#) today!



**WFA** Wilderness First Aid  
Online Certification Course

Want to know how to handle common emergencies in the backcountry setting? This introductory level course will teach students how to recognize and manage a variety of emergencies in the wilderness setting. No previous training required.  
\*UNM TUITION REMISSION ELIGIBLE\*

2 year certification  
Self-paced & virtual live sessions  
Course cost \$240

For more information or to register email  
[HSC-IMMC@salud.unm.edu](mailto:HSC-IMMC@salud.unm.edu)

**NM** SCHOOL OF MEDICINE  
International Mountain Medicine Center | Department of Emergency Medicine

## Wilderness First Aid (WFA) Online Certification Course

This online wilderness first aid course is offered by UNM's International Mountain Medicine Center. The course is eligible for tuition remission, so staff are encouraged to participate! Want to know how to handle common emergencies in the backcountry setting?

This introductory level course will teach how to recognize and manage a variety of emergencies in the wilderness setting. No previous training required. 2-year certification, self-paced & virtual sessions.

Online content available: Nov. 20, 2020

Virtual Live Sessions: Dec. 8<sup>th</sup> from 1-4pm and Dec. 11<sup>th</sup> from 9a-12pm

For more information or to register email [HSC-IMMC@salud.unm.edu](mailto:HSC-IMMC@salud.unm.edu)

## **New Offering! HSC Wellness Fitbit Care Emotional Wellbeing Series**

### TAKE CARE OF YOURSELF & YOUR WELLNESS

Now more than ever, it's important to keep your wellness a top priority. That includes taking time to care for your emotional wellbeing too. That's why HSC Wellness is excited to announce a new offer as part of our Fitbit Care program.

**Introducing the Fitbit Care Emotional Wellbeing Series.** A 5-week health coach-led series designed to elevate your happiness, help reduce your stress, and support your overall wellbeing.

Sign up with Vanessa Roybal at [vapodaci@unm.edu](mailto:vapodaci@unm.edu) for the **FREE** Emotional Wellbeing Series!

The series will kick off **Monday, November 16** so be on the lookout for an email from Fitbit on launch day with additional guidance and a link to get started! Be sure to sign up early to make the most of this experience!

**WEEK 1:** Understanding Stress & How We React to It

**WEEK 2:** Moving to Manage Stress

**WEEK 3:** The Big Impact of a Little Gratitude

**WEEK 4:** Sleeping for Your Emotional Wellbeing

**WEEK 5:** Cultivating Mindfulness

### **PATS releases new guidelines for shuttle riders as of October 14, 2020, for the Fall semester**

UNM's Parking & Transportation Services has made changes to the shuttle service and parking enforcement.

These changes will remain in effect through the end of the Fall 2020 semester:

- Shuttle Service will be running from 6:30 a.m. to 7 p.m., Monday – Friday.
- There will be no Night Bus Route.
- The T-Lot and Rainforest shuttle routes will be combined. T-Lot/Rainforest Shuttle Route will run from 6:30 a.m. to 7 p.m., Monday through Friday. The first pick up at Rainforest is 7:30 a.m.
- UNM PATS will be operating an “On-Demand” shuttle service to/from the G Lot and U Lot U-Lot Monday – Friday 7:23 a.m. to 5:30 p.m. (see posted [schedule](#)). If shuttle services are required to or from the U Lot (to/from G Lot), please call the Transportation Office at 505-277-0850 during the posted time.
- The Mesa Del Sol shuttle schedule has been updated; view [here](#).
- Effective immediately, Parking Enforcement will operate on the following (limited) schedule:
  - Monday-Thursday: 7 a.m. – 6:30 p.m.
  - Friday: 7 a.m. – 5:30 p.m.

Parking can still be enforced in any space restricted by signage or any parking in a student residence lot 24/7. Email [patsenforcement@unm.edu](mailto:patsenforcement@unm.edu) for questions about parking enforcement.

Changes are also being made in the Parking Business Office. Located at 2401 Redondo Dr. NE, the office will be open Monday through Friday

from 7:30 a.m. to 4 p.m. Appointments must be made in advance by calling (505) 277-1938 or emailing [parktran@unm.edu](mailto:parktran@unm.edu).

Parking & Transportation Services at the University of New Mexico has implemented new guidelines and requirements for passengers riding the shuttle bus system. To view new guidelines please visit Parking and transportation website, see link below

<https://news.unm.edu/news/pats-releases-new-guidelines-for-shuttle-riders>

### **NM State Board of Finance Approves Phase II of NHT Project**

As you all know, we've been progressing well in Phase I of the New Hospital Tower (NHT) Project. We'd like to share the exciting news that the NM State Board of Finance has approved Phase II of the NHT Project. We'd like to express our gratitude to the state for its support as we move forward in our journey toward creating the extra space we need to better serve our patients and community.

NHT Phase II will include the construction of the new parking garage and various supportive logistical structures. This work is scheduled to kick-off at the beginning of 2021. Following the completion of the new garage, the current west parking structure and UNM department buildings just west of the BBRP will be demolished to make way for the new care delivery tower. Continue to watch your email for NHT Project updates. All communications will include the subject title, “Hospital Tower Construction Update”. Thanks again for your patience and support during this time!

### **Human Resource November 2020**

Information on current initiatives, program updates, and emerging workplace topics.

Please visit link in pdf: [PDF format](#)

<https://recservices.unm.edu/facility-info/index.html>

## Mentorship Program

Due to the on-going COVID-19 crisis and the limited services available on campus, the HSC Staff Mentorship Program has been postponed until 2021. Please continue to monitor this site for updates and announcements regarding the revised schedule for the HSC Staff Mentorship Program.

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 to 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>

## UNM HSC Newsroom

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/>

Other Routine Physical Activity. Many gyms and yoga studios are offering virtual classes to maintain a connection and normalcy. Take advantage of Employee Wellness.

## 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](#).

[FREE daily fitness classes](#) led by Lauren Lewis, health education consultant and personal trainer. Get a buddy and do a 30-day [squat challenge](#)

### 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>.

**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).

## Johnson Center, Seidler Natatorium & Recreational Services Recreation and Facility Hours Fall 2020 Oct 19 - Dec 11



For more information please visit the link below:

**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 visit <https://hsc.unm.edu/about/wellness/covid-19/emotional.html>

### 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

In preparation for colder weather, the *happy heart Bistro* is relocating the to-go and pick-up order stations to the inside. Please enter the Bistro through the double doors on the east end of the storefront, and exit through the doors on the west end. *There is no indoor seating at this time.*

Hours of operation remain 7 a.m. - 2 p.m. Orders will continue to be accepted as follows:

- Breakfast, 7 - 9:30 a.m. (order as early as 7 a.m., no pick up until 7:30 a.m.)
- Lunch, 10:30 a.m. - 1 p.m. (order as early as 10:30 a.m., no pick up until 11 a.m.)
- Any orders received after 1 p.m. will not be filled. Your order will be canceled.
- Orders will not be accepted between 9:30 - 10:30 a.m.

To maintain physical distancing, please stay 6 feet away from the person in front of you. For those picking up online orders, please wait to receive a text notifying you that your order is ready for pick up. [Order online here.](#)

**The *happy heart Bistro* will be closed for Thanksgiving (Nov. 26 - 27) and during Winter Break (Dec. 23 - Jan. 1).**



## 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

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## Share Your Recipes

As the holidays approach, we all know they're going to look a little different this year. We may find ourselves thinking about how to connect with loved ones and our communities in new and innovative ways. And one answer is simple and obvious: Food.

Starting just before Thanksgiving and up until UNM's Winter Break, we would like to share your favorite holiday recipes! [Send us the recipe](#) for one of your favorite dishes to make during the holiday season, along with a brief anecdote and/or image, if you have one. Each week, we'll feature one or two recipes here in HSC Connects, to help us reach across the digital divide this holiday season.

