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From: McCubbin, Andrea
Sent: Monday, December 16, 2019 10:02 AM
To: CON-ALLSTAFF@LSV.UKY.EDU
Subject: CON Staff Newsletter - DECEMBER 2019

Importance: High



The UK CON Staff Council wishes you, your family and friends a wonderful and blessed [Holiday Season!](#)

We hope you enjoy the [December](#) Staff Newsletter including bios and photos of colleagues, updates from around the college, reminders of upcoming events, and tips for self-care.

THANK YOU for Supporting the November COLLEGE OF NURSING HYGIENE PRODUCTS DRIVE

In November, the CON Staff Council partnered with UK's Big Blue Pantry for a hygiene products drive to help stock the shelves of the Big Blue Pantry. **THANK YOU** for your generous [donations of 59 pounds](#) of shampoo, razors, soap, toothbrushes, toothpaste and more to UK's pantry for students!

Please watch for dates in Spring 2020 for the next Drive!

CON STAFF CHRISTMAS Give-and-Get Game!

Join Staff Council on Tuesday, December 17th in 315T for the **2nd Annual “Christmas Give and Get” game**. Bring your lunch and enjoy time away from your desk with fellow CON Staff from 12pm-12:30pm, followed by the [Give and Get game at 12:30pm](#)! Cookies will be served!

To participate in the Give and Get game, bring a **WRAPPED \$10 gift** – NO GAG GIFTS please!

Game Rules:

- Each participant selects a number from a cup (numbers based on how many people play)
- The person with #1 chooses a wrapped gift from the pile, and opens it (player #1 gets the added bonus of having the FINAL gift selection of all ‘available’ gifts at the end of the game)
- The person with #2 can steal #1’s gift or choose an unwrapped gift from the pile, and open it
- If #2 steals #1’s gift, then #1 will choose an unwrapped gift from the pile, and open it
- The person with #3 can then steal the gift from #1 or #2, or open an unwrapped gift from the pile
- And the game continues until all players have a gift
- A gift may only be STOLEN twice! That means the 3rd person with the gift is the final owner!



CON STAFF PROPOSED BYLAWS CHANGE!



Periodically, Staff Council reviews the Staff Council Bylaws for needed updates. The following “tracked changes” indicates changes the Staff Council proposes to ensure our Bylaws and our work align.

Please watch for an email from Brenda Ghaelian which will include a [one question survey to vote on changes proposed below](#):

October 24, 2019 - Proposed Changes to Staff Council Bylaws:

College of Nursing Staff Council Purposes

- Enhance communication among staff, faculty, students, and administration
- Serve as a liaison to the Dean and Associate Dean for Administration regarding staff issues
- Coordinate meetings and activities to promote a sense of community within the College of Nursing.

Membership

- There will be up to six (6) members (minimum of 4), not including the Business Officer ex-officio member. Each term will be 2 years in duration, beginning July 1. The terms will be staggered to allow for continuity on the council. If necessary, the Staff Council will conduct a special election to fill an unexpected vacant seat on the Council. The individual elected to fill the vacant seat will serve out the remaining term of the individual who has resigned.
- Selection to Staff Council is made through the voting process conducted by the Council. Elections shall be conducted in May of each year in which new representatives will be elected.
- Staff Council officers consist of a chair, vice-chair, and a past chair. As past chair, they will not be eligible for reelection. The vice-chair will be elected from the two newly elected representatives each July 1. The Business Officer will not be eligible to run for Staff Council but will serve in an ex officio role. The chair will notify the CON staff of selection results.

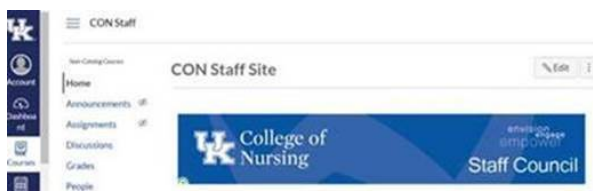
Guidelines

- The College of Nursing staff voting members are all regular full-time and half-time exempt and non-exempt staff employees, no longer on probation, including staff employees with faculty adjunct appointments and externally paid staff whose primary assignment and work responsibilities are performed within an academic unit of the College of Nursing and are supervised/evaluated by CON faculty or staff. These staff employees who are eligible to be voting members of the College of Nursing will be included in all staff meetings, may be eligible to serve on Staff Council, and be eligible for CON Staff Employee of the Year.
- Temporary, full-time staff will be included on the CON staff mailing list and may attend all College of Nursing staff meetings; however, they will not have voting privileges, serve on Staff Council, nominate or be a nominee of CON Staff Employee of the Year (temporary half-time/part-time is not included). In some circumstances, the temporary, part-time employees could petition the Staff Council as to their desire to participate in voting.

Functions

- Conduct a minimum of 4 (four) Staff Council meetings per year
- Conduct a minimum of 4.2 (two) College of Nursing All-Staff meetings per year
- Participate in the Year End Awards Ceremony of the CON in order to recognize Staff Service Awards. (This will involve working with the Business Office to identify those employees eligible for service awards and working with the Dean's office to ensure recognition of staff at the final College meeting in the spring.)
- Provide a Staff Council Representative to work with the Faculty Council on CON events that include staff the annual holiday function
- Plan and conduct an Annual Staff Retreat (held 2nd or 3rd week of May, June or July). (This will involve soliciting information of interest from staff in formal surveys/questionnaires and informal conversation as to areas of interest or need for professional development, training, etc.)
- At the request of the Dean, coordinate staff representation for committees as needed
- Represent issues of concern from staff and bring to the attention of the Dean and/or Administration

CON STAFF CANVAS PAGE!



Staff Council introduces the new staff Canvas page called *CON Staff Site*. Soon you'll find announcements, resources, and a few pages with resources, fun pictures, and even recipes that staff want to share. If you think of something you think would be helpful for CON staff, let Jennifer Sherwood (Jennifer.sherwood@uky.edu) know and we'll work to get it posted.

GET TO KNOW CON STAFF – *Letitia Ducas, Tara Grana, Angela Knapp and Sophia Weathers – thank you to these Staff members for sharing with us!*

(Each CON staff member will be invited throughout the academic year to provide a fun bio and photos! Please consider participating so that we can learn a little about one another!)

Letitia Ducas is a member of the Perinatal Research and Wellness team, and is also an alum of UK CON. Pictured are her very favorite people, who love all things outdoors. They spend a lot of time on Lake Cumberland, boating, skiing, fishing, and hunting. The game never goes to waste as the family has developed a love for cooking and eating most everything together! The journey of raising sons has been a blessing greater than Tisha could ever have imagined. By the way, the dogs are boys too, one of the many reasons Tisha loves working with women in research!



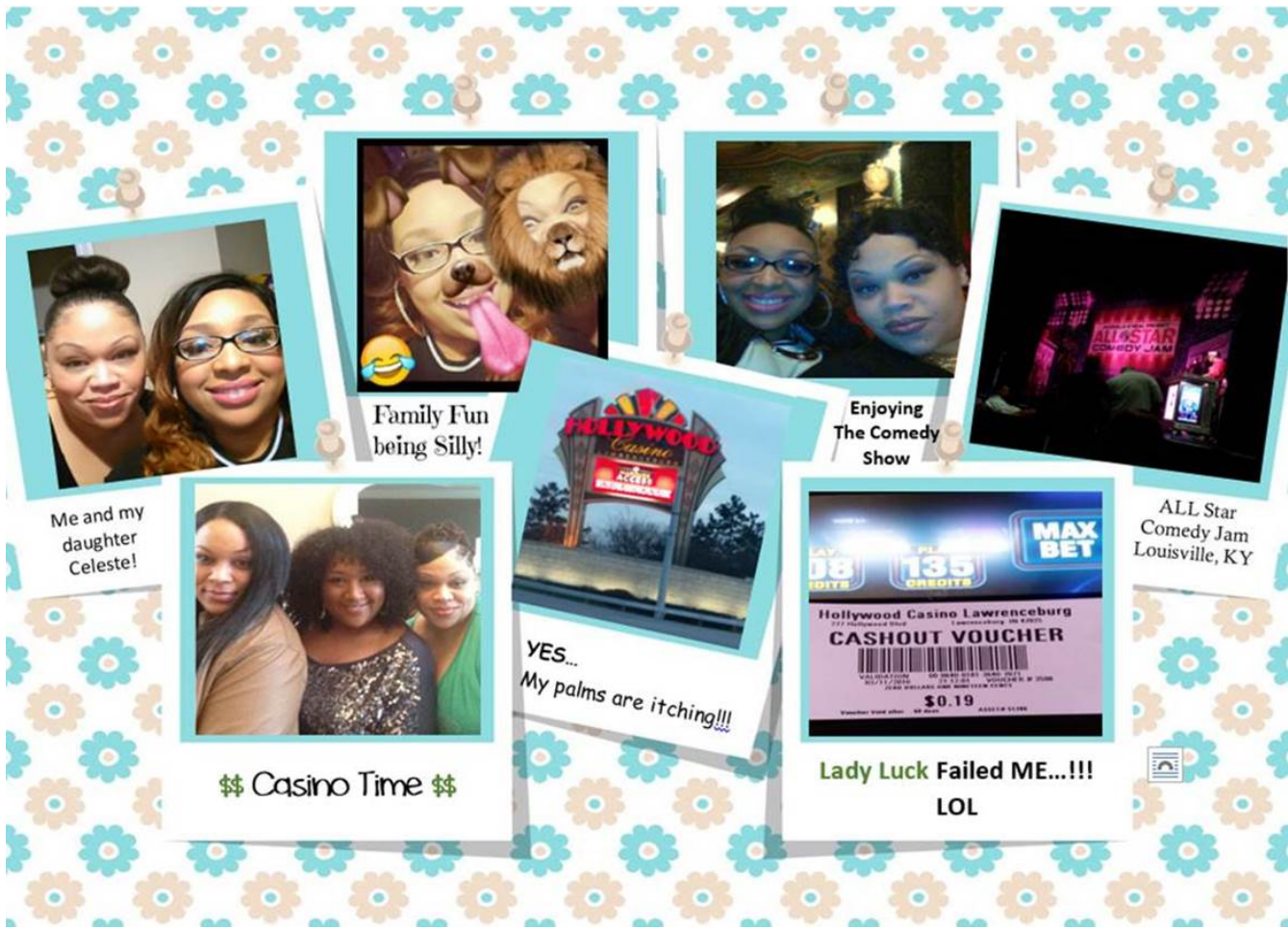
Tara Grana joined the College in 2017, and is currently the Academic Support Specialist for both the RN-BSN and LPN-BSN tracks. She graduated from UK CON in 1996 with a BSN and worked in the Labor and Delivery-Mother/Baby units at UKHC and CB. She is a single mom to three children. Her oldest daughter is attending Asbury University, her son is a freshman here at UK and youngest daughter is in the 5th grade. She also has 4 cats, loves to cook (and eat) good food, and enjoys warm weather and the beach.



[Angela Knapp](#) joined the CON research office in 2009, and is currently a Senior College Grants Officer. She has worked in Research and Administration for 19 years. She has a 11 year old son that is in the 6th grade, she has been married for 19 years to her husband Ryan and they a dog named Macy. They recently enjoyed a cruise to the Bahamas, then a trip to Chicago/Iowa and work conference in San Francisco CA. Away from work they enjoy watching their son Caiden play soccer.



Sophia Weathers is a native of Lexington, KY. She has been with the CON for 11 years. She enjoys spending time with her daughter Celeste, family and close friends. She comes from a family who is down to earth, always joking and laughing with good ole fashion ways. In her spare time, she enjoys going to the movies (and Netflix), reading, playing card games like Spades, Poker and Gin Rummy. Going to different Casino's to press her Lady Luck skills with her cousins on lady's night out is pure ! She also enjoys attending comedy shows as she loves a good laugh. Sophia hopes to travel more in the future to cross some more adventures off her Bucket-List.



TAKE TIME FOR SELF-CARE

MoveWell Rewards starts October 1! Beginning October 1, you can use a fitness tracking device and enter drawings for **cash prizes** based on how many steps you take. [Register for MoveWell Rewards >](#) Each month, MoveWell will choose three winners from five different levels of activity. The contest resets each month, so register today - and remember to sync your tracking device so every step counts. If you still need a device, Fitbits remain available at a 40%-70% discount [Purchase a Fitbit >](#)

Pet Therapy! Watch the CON monitors next to the elevators for reminders and details!

CON CPR Room! Check the schedule outside the CPR room on the sixth floor for Wellness activities. Also, check out the new books, equipment and massage chair inside. See your supervisor if you need the access code.

Work-Life Events December 2019! Find details at <https://www.uky.edu/hr/work-life>, including many great resources for PARENTS:

(this is screenshot, you must use <https://www.uky.edu/hr/work-life> to open links)

'No School' day camps

Check out these great camp options for days when school is out. [Read more »](#)

Big Blue Family Care and back-up care solutions

Learn how we can help you find back-up and occasional child care for when school is out. [Read more »](#)

Child care options

Find out about a few of the many child care options for your children. [Read more »](#)

For new parents

Info to know about benefits, leave time and resources at UK to help make the transition to parenthood as smooth as possible. [Read more »](#)

Lactation in the workplace

UK has breastfeeding and lactation support guidelines in place to encourage and support mothers in the workplace. [Read more »](#)

Summer Camps Information

Find a summer camp that interests your child(ren) and fits your family's schedule. [Read more »](#)

UK Working Parents Lunch Bunch @ Champions Kitchen

 12/16/2019 - 11:30am to 12:30pm

 Champions Kitchen

Dine with other UK parents. Engage in casual conversations about family, parenting and work life. Purchase your own lunch for around \$10.50 without the meal plan or for around \$6.50 on the UK Dining meal plan. Meet in the front section right behind the check-in register. Attend for as long as your schedule allows.

DID YOU KNOW?

Staff Holiday Schedule: Paid leave benefits are among an employee's total compensation package. In addition to vacation leave, the University offers paid holiday leave to eligible staff employees. [View the 2019-20 staff holiday schedule >](#)

Professional Development courses are offered to all UK employees on an open enrollment basis. [See our full list of courses >](#) Competency-based courses are designed to meet the University's goal to develop and retain excellent staffing. Courses provide all University employees the opportunity to strengthen job performance, build leadership capabilities, and foster personal and professional growth throughout their tenure at the University. Learn more at <https://www.uky.edu/hr/training/professional-development-training>

UK Employee Discount Program is offered in cooperation with businesses offering discounts or other incentives to University of Kentucky employees. A list of participating businesses can be found at <https://www.uky.edu/hr/benefits/more-great-benefits/employee-discount-program>

STAFF COUNCIL GOALS 2019-2020

1. Improve and increase communication among CON Staff
2. Identify partnerships for campus/community service
3. Create and foster CON staff engagement opportunities



Website: <http://www.uky.edu/nursing/about-us/our-staff/staff-council>

As always, we welcome your thoughts and ideas--simply email any of your CON Staff Council members!

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