

**McCubbin, Andrea**

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**From:** McCubbin, Andrea  
**Sent:** Wednesday, February 19, 2020 10:08 AM  
**To:** 'CON-ALLSTAFF@LSV.UKY.EDU'  
**Subject:** CON Staff Newsletter - February 2020



We hope you enjoy the **February Staff Newsletter** including bios and photos of colleagues, updates from around the college, reminders of upcoming events, and tips for self-care.

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**SPRING 2020 CON STAFF RETREAT**

Save the Date

Friday April 24<sup>th</sup>, 2020



- Date.....** Friday, April 24, 2020
- Time.....** Morning session: 9:00am-11:15am  
Afternoon session: 11:15am-??
- Where.....** 9:00am at Palomar Hills Subdivision Clubhouse - 4025 Palmetto Dr, Lexington, KY 40513  
11:45am at Keeneland Race Course – 4201 Versailles Road, Lexington, KY 40510
- What's next...** 1) Check with your supervisor for permission to attend the event

2) RSVP to Kevin Garland at [kwgarl1@email.uky.edu](mailto:kwgarl1@email.uky.edu). Currently 36 Staff members have RSVP'd for the event!

**Agenda.....**

- 9:00am Doors open at the Palomar Hills Clubhouse; light breakfast snacks provided
- 9:15am UK Wellness presentation: *Practical strategies for stress management and useful meditation practices for mindfulness and well-being in the workplace*
- 10:15am Bill Meck's *Weather 101 for adults – Be weather aware in the workplace*
- 11:15am Wrap-up, distribute Keeneland tickets and leave for Keeneland
- 11:45am Meet outside the Keeneland Sales Pavilion for a brief Tour (led) of Keeneland, and a tutorial of the Keeneland program basics
- 12:30pm Lunch (choose on our own)
- 1:05pm Races begin!!

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**INTERESTED IN SERVING ON CON STAFF COUNCIL?**

CON Staff Council has an opening for a representative to serve from March 2020 through June 2021! If you would like information on serving as a Staff Council member, or have questions about what the Council does, please reach out to any Staff Council member (Andrea McCubbin, Kevin Garland, Jennifer Sherwood, Carol Simpson, Karen Minton).



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**GET TO KNOW CON STAFF – Daniel Beasley, Amy DelRe, Brenda Ghaelian, Mary Jane Lesshafft, Malik Underwood - *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!)

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My name is Daniel Beasley, and I am originally from Elizabethtown KY. I have eight brothers, two sisters, and 14 nieces and nephews. I am engaged to be married to my fiancé Tyler in July of 2020. I love to sing at my church Bluegrass United Church of Christ it is something enjoy in addition to spending time with my family and my friends. I graduated from the UK College of Social Work in December 2019 and will graduate with my Masters in Social Work from U.K. in December 2020. I will continue in the next few years to pursue my doctorate from the University of Kentucky. I am currently working at The Beyond Birth Comprehensive

Recovery Center out on Eastern States Campus as a patient relations assistant. I am passionate about social justice, policy creation and implementation as well as advocacy. My goal for the future is to work alongside and for marginalized people to empower them to advocate for themselves, their communities and all people. My social work education has wholly prepared me to do that work as my future unfolds.



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**Amy DelRe** joined the College of Nursing in 2005 with over 20 years of business experience. She is the practice & clinical engagement contract administrator for the College, and also serves as the practice manager for the UK College of Nursing Phyllis D. Corbitt Community Health Center in Wilmore, KY. Additionally, she coordinates clinical and educational contracting, clinical evaluations and provider credentialing. She is married to Stephen DelRe (a wonderful insurance agent for Nationwide if you should need one) and they have 1 daughter—Erin Kathleene Byrd who most of you already know as she was a student worker here in the CON while going to school and most recently in the summers. Erin is a speech pathologist in Bourbon County and the mother of the most beautiful baby girl-Charlotte Anne. Amy is an animal fanatic and has an oversized cat named Chloe Marie (it is sad when you have to lean up against the wall to groom yourself-she has had too many Little Sheba’s) and one scruffy rescue pup named Evie DelRe. Most of all she is Charlotte’s Honey and can’t wait to take her to dance class! She loves to cook and read and volunteer at God’s Pantry.



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Hi! My name is **Brenda Ghaelian**. I've been associated with the University of KY for a long, long time. I got my degree in Computer Science, a relatively new degree at the time. Unbelievably we wrote our code on punched cards. The computer at the time was a mainframe, IBM System 360. PCs were not very commonplace. My first programming job was with the College of Agriculture. To be hooked into the IBM 360 mainframe I used a 300 baud dial up modem (very slow compared to today) and we called first thing in the morning to ensure we were connected and could do our work.

My next experience was working in the Computer Center as a consultant. Here I setup and ran the university's first personal computer lab. We started out with Commodore 64s and IBM PCs. When the Macintosh came out, we installed these into the lab. These computers were among the 1st to have a graphical user interface (GUI). When we opened the Macs up to work on them, we saw the inscription of Steve Jobs and the other inventors at Apple. Wish I had one of these.

Years passed and I started working a joint position for the College of Nursing and the Medical Center's Chancellor Office. Eventually I became a full time CON employee. I was here when the DNP Program transitioned to a hybrid course design; I was here for the implementation of Examssoft, and Echo360; I was here for the transition of online courses from TopClass to Blackboard and then for conversion from Blackboard to Canvas. The wheels keep on turning.

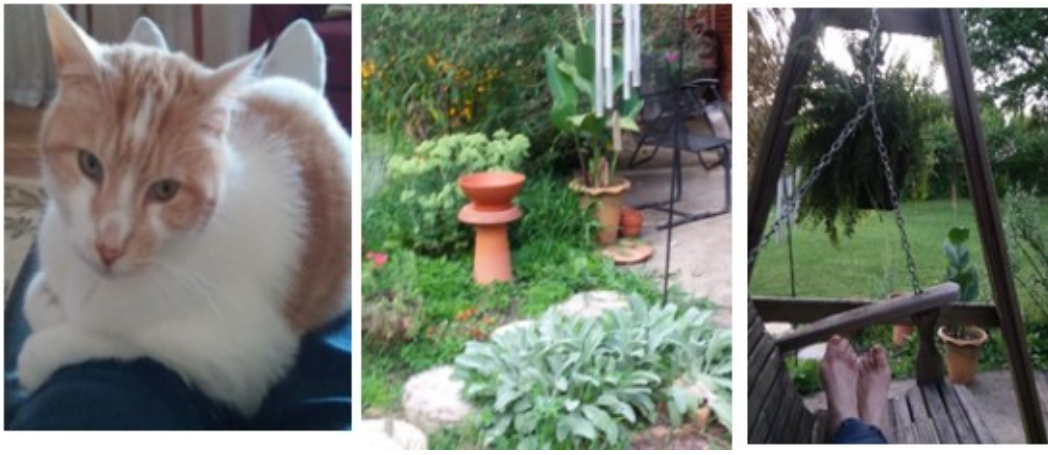
I love what I do in the College but my biggest love is for my family. Especially my almost 3yo granddaughter Elizabeth, my almost 2yo great niece, Eliza, and 7-month-old nephew, Isaac. Elizabeth is a wild one and I love it. I think 3yo and wild go together. Eliza loves to paint and Isaac is a swinger.



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My name is **MJ Lesshafft**. I am a native Kentuckian, born in Louisville, and have lived in Lexington, Erlanger, and Elizabethtown. I attended UK after high school, but didn't finish a degree. I enjoyed my college years working various jobs and hanging out at the Newman Center, versus going to classes. (I don't recommend this!). I finally finished my undergraduate and master degrees as an adult. I've been with UK for several years I worked at the College of Medicine before joining the College of Nursing as an Academic Advisor and Student Compliance Coordinator.

I have two daughters, three grand cats, and my own lovable cat, Poplar. I volunteer at the Lexington Opera House, where I enjoy a variety of shows and concerts, in exchange for ushering or ticket-taking. My indulgences include attending concerts of my favorite musicians and buying plants for the yard.



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**Malik Underwood** is from Lexington, KY. He graduated from the University of Kentucky in May of 2019 with a degree in Health Promotion/Exercise Science. He spent his undergraduate years working as an athletic trainer for the UK Football, Track and Field, and Volleyball teams. When not working, he enjoys spending time with friends and family, hiking, and watching sports.



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## CON STAFF CANVAS PAGE!



Staff Council introduces the new staff Canvas page called *CON Staff Site*. In addition to announcements and resources, the Staff Council will add an “All in the Family” page. This is where you can include information about any business you or immediate family members have. Piano lessons, Pampered Chef, insurance sales, babysitting, tennis lessons, etc. Email [jennifer.sherwood@uky.edu](mailto:jennifer.sherwood@uky.edu) with the information and she’ll get it posted.



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## TAKE TIME FOR SELF-CARE

**CON Work-Life Council** – Be sure not to miss Zach Schmidt’s monthly Work-Life update emails and videos!

**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.

**UK Work-Life Events February 2020!** 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)

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**Feb  
19**

Working Parents' Brown Bag Lunch

🕒 12:00 pm to 1:00 pm

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**Feb  
19**

Expectant Parents' Panel: Tips to Prepare

🕒 12:00 pm to 1:00 pm

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**Feb  
20**

Stretched Too Thin Book Club

🕒 12:00 pm to 1:00 pm

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**Feb  
25**

Elder Care: How to Implement Your  
Legal, Financial & Healthcare Goals

🕒 12:15 pm to 12:45 pm

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**Feb  
26**

Imagine U: Self-Care series "Vision  
Board"

🕒 11:30 am to 1:00 pm

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**Feb  
27**

Stretched Too Thin Book Club

🕒 12:00 pm

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**Mar  
5**

Stretched Too Thin Book Club

🕒 12:00 pm to 1:00 pm

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## **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>

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## **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!

Kevin Garland, Vice-Chair [kwgarl1@email.uky.edu](mailto:kwgarl1@email.uky.edu)

Andrea McCubbin, Chair [akmccu0@uky.edu](mailto:akmccu0@uky.edu)

Jennifer Sherwood [Jennifer.sherwood@uky.edu](mailto:Jennifer.sherwood@uky.edu)

Carol Simpson [carol.simpson@uky.edu](mailto:carol.simpson@uky.edu)

Karen Minton, Ex-officio [kminton@uky.edu](mailto:kminton@uky.edu)

[You!](#) We're seeking a new staff council member!