

**McCubbin, Andrea**

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**From:** All Staff in the CON <CON-ALLSTAFF@LSV.UKY.EDU> on behalf of McCubbin, Andrea <akmccu0@UKY.EDU>  
**Sent:** Wednesday, January 15, 2020 3:21 PM  
**To:** CON-ALLSTAFF@LSV.UKY.EDU  
**Subject:** CON Staff Newsletter - January 2020  
**Importance:** High



Welcome to 2020! It's a great decade for a great decade!

We hope you enjoy the [January](#) 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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## **Support the College of Nursing Students' Fundraising Efforts for DanceBlue!**

If you have worked at UK for very long, you've heard of DanceBlue, the student run philanthropy program that has generated millions of dollars for the UKHC Pediatric Hematology/Oncology Clinic. Students work all year raising funds through a variety of methods. Student organizations and Colleges create teams that participate, as well as individual students. All of the fund raising culminates in the 24 hour dance marathon held in February/March every year. Dr. Angie Grubbs participated in the first one when she was a student!

The College of Nursing student teams have worked hard over the years and for two years in a row won the trophy for most donations for a small team (not a Panhellenic group). Let's join our students and show some spirit as we support the work of this important clinic. A fun opportunity for staff and faculty to participate in a way other than a monetary donation, you may sign-up for the two hour dance event on January 31.



**DANCEBLUE**  
*Dance Party*

January 31, 2020  
11a.m. - 1p.m.  
Gatton Student Center, Ballroom C  
students welcome to attend!

Scan the QR Code to:

- Register as a team or individual to dance! (\$20 person)
  - Buy a Dance Party t-shirt
- Donate to the DanceBlue-Golden Matrix Fund

For questions, please contact [Caitlin.Durbin@uky.edu](mailto:Caitlin.Durbin@uky.edu)

All proceeds given to DanceBlue-Golden Matrix Fund

*presented by* 



\$20 Short Sleeve Crew Neck T-shirt  
\$25 Short Sleeve V-Neck T-shirt

ON SALE NOW until January 31st  
Visit: <https://uky.ignitex.com/DanceBlue>  
to buy your t-shirt!

All proceeds go to the Golden Matrix Fund and the DanceBlue Kentucky Hematology/Oncology Clinic.  
For questions, please contact [Caitlin.Durbin@uky.edu](mailto:Caitlin.Durbin@uky.edu)

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## CON STAFF PROPOSED BYLAWS CHANGE APPROVED



Thank you for participating in the Staff Council Bylaws update vote last week. The proposed changes passed with a final vote of 26 (yes) to 0 (no) for approval.

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## SAVE THE DATE – SPRING 2020 CON STAFF RETREAT

# Save the Date

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



Details coming next month! Mark your calendars for the 2020 CON Staff Retreat on Friday, April 24, 2020.

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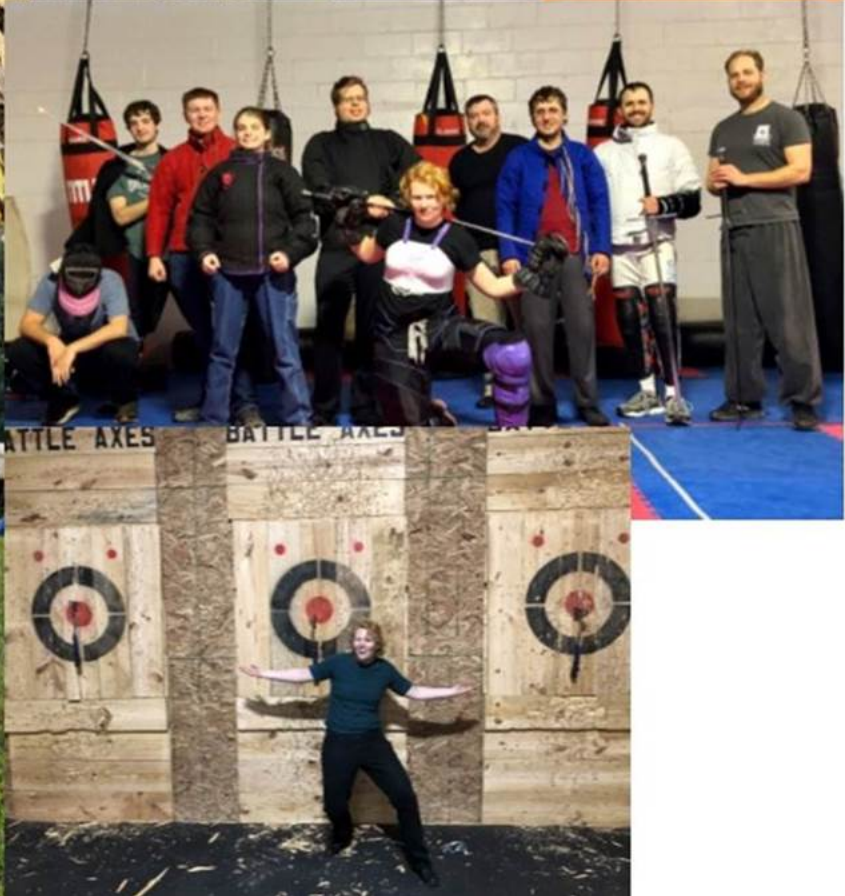
### ***GET TO KNOW CON STAFF –Michele Gulley and Lucy Williamson - thank you to these Staff members for sharing with us!***

(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 **Michele Gulley** and I'm from Georgetown Kentucky and attended the University of Kentucky for my undergrad in Media Arts. I started working as a student employee and am now employed with the BH Well Group to make animations and graphics.

My sister likes to call me a "wild woman", I'm not a fan of sitting still for long and am always looking for a new adventure. One of my main passions right now is martial arts. I started when I was 15 and got hooked. Right now I'm focusing on kickboxing, jujitsu, and HEMA. HEMA stands for Historical European Martial Arts, it's sword fighting but not quite like fencing. We mostly use longswords. When I'm not roughhousing with my friends I also like to dance. I like most types of dancing but am focusing on swing dance right now. I also love to take my Yorkie hiking. There are so many things I like to do but if you want to know more you're better off checking my YouTube channel, ShellyG14, where I post videos about a lot of the events I go to and some silly skits I like to make.



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[Lucy Williamson](#) graduated from UK College of Nursing and went on to experience a plethora of nursing jobs from ICU's to rural health clinics. She then obtained her Masters in Public Health, after discovering her passion for prevention. She currently gets to utilize a combination of her interests as a research coordinator for the Perinatal Research and Wellness Center on the 5th floor. She feels very lucky to work with such a wonderful team!

She and her husband have a 2 year old daughter and are expecting another (surprise!) baby in a few weeks. She enjoys all things movement and passionately teaches yoga and meditation. When she's not chasing her

daughter around you might find her outside, slowing down, dreaming about mountains and trying her darndest to just enjoy each moment life offers.



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## 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](mailto:Jennifer.sherwood@uky.edu)) know and we'll work to get it posted.

## TAKE TIME FOR SELF-CARE

**CON Work-Life Council** – Be sure not to miss Zach Schmidt’s monthly Work-Life update emails and videos! Zach’s most recent video can be found at <https://www.youtube.com/watch?v=HVDkmYpn5ok&feature=youtu.be>.

Additionally, Work Life shared this fabulous document of Reiki Principles and Self-Care!

### Reiki Principles and Self-Care

Principle	Implementation
Just for today, I release angry thoughts and feelings.	<ul style="list-style-type: none"> <li>• Recognize anger and take a time out.</li> <li>• Pause and take a deep breath.</li> <li>• Decide what the anger means (someone makes you angry spend less time with them).</li> <li>• Meditate to get to the root of the anger, which may be a sign that you have an imbalance or conflict.</li> </ul>
Just for today, I release thoughts of worry.	<ul style="list-style-type: none"> <li>• Live in the present.</li> <li>• Release worrisome thoughts by sharing your feelings with a trusted friend, family member or colleague.</li> <li>• Take any action that may be helpful (if you are worried about your health make changes).</li> <li>• Pray or meditate.</li> <li>• Let go of the worry by writing it on a piece of paper and then burn the paper to release the worry.</li> </ul>
Just for today, I am grateful for my many blessings.	<ul style="list-style-type: none"> <li>• Keep a gratefulness journal and add to it every day.</li> <li>• Spend time in nature.</li> <li>• Tell someone how much you appreciate him or her.</li> <li>• Smile often.</li> <li>• Develop strong and meaningful friendships.</li> </ul>
Just for today, I practice expanding my consciousness.	<ul style="list-style-type: none"> <li>• Think before you speak.</li> <li>• Simplify your statements so that others clearly understand your message.</li> <li>• Consider both sides of an issue to demonstrate objectivity.</li> </ul>
Just for today, I am gentle with all beings including myself.	<ul style="list-style-type: none"> <li>• Accept all aspects of yourself.</li> <li>• Be loving and kind to all living things.</li> <li>• Respect yourself.</li> <li>• Get plenty of rest.</li> <li>• Choose healthy foods.</li> </ul>

**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 January 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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Working Parents Brown Bag Meeting »

01/15/2020 - 12:00pm to 1:00pm

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Elder Care Lunch & Learn: The MIND Diet »

01/30/2020 - 12:10pm to 12:50pm

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

02/25/2020 - 12:10pm to 12:50pm

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Elder Care Lunch & Learn: Understanding &  
Responding to Dementia-Related Behaviors »

03/24/2020 - 12:10pm to 12:50pm

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Elder Care Lunch & Learn: Virtual Dementia Tour »

04/14/2020 - 12:10pm to 12:50pm

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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!

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Lisa Galvin [lggalv@email.uky.edu](mailto:lggalv@email.uky.edu)

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