

McCubbin, Andrea

From: All Staff in the CON <CON-ALLSTAFF@LSV.UKY.EDU> on behalf of McCubbin, Andrea <akmccu0@UKY.EDU>
Sent: Tuesday, June 23, 2020 10:25 AM
To: CON-ALLSTAFF@LSV.UKY.EDU
Subject: CON Staff Newsletter - June 2020

Importance: High



Hello SUMMER! We hope this **Staff Newsletter** brings helpful information and updates from around the College, reminders of upcoming events, and tips for self-care. **Take care of yourself and stay well!**

UK RESTART PLAYBOOK

President Capilouto provided details for our return to campus operations this summer and fall, and you can read the June 16, 2020 news release [here](#).

FALL 2020 CON FACULTY AND STAFF RETREAT

Here are a few important reminders from Dean Heath's 6/17/20 Memo:

- The retreat focus includes raising awareness and promoting resources for mental health and wellness. This will include QPR training (question, persuade and refer) to build skills to help prevent suicide
- The "summer book read" will be **Yellow Tulips** by Helen Joy Georgie and we will have ZOOM breakout sessions to discuss its meaning and the relevance it might bring to our lives and our work for the College
- Please DRIVE-BY to pick up your book and a special TREAT on Monday June 29th from 10am-12noon or Tuesday June 30th from 2pm-4pm

- Faculty and Staff Councils will have a tent set-up on the sidewalk of the CON between our building and the MDS building
- Please pull in the drive way were the ambulances park, and turn around
- You will be handed the book through your passenger side window – without getting out of your car
- The expectation for social distancing and wearing masks will be upheld during the DRIVE BY pick up
- We will provide agenda and any other material updates closer to the date

CONGRATULATIONS NEW CON STAFF COUNCIL MEMBERS



Congratulations to our newly elected CON Staff Council representatives, serving from July 1, 2020 – June 30, 2022.

- Joey Conrad
- Patty Foster
- Carol Simpson

In addition to the newly elected representatives, your CON Staff Council for July 2020-June 2021 will include:

- Kevin Garland, Chair
- Jennifer Sherwood
- Jesse Stallsworth
- Andrea McCubbin, Past-Chair
- Karen Minton, Ex-Officio

The Staff Council purposes are:

- 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.

UNIVERSITY STAFF SENATE

The College of Nursing is excited to have a representative at the table - **Andrea McCubbin** was elected to the University of Kentucky Staff Senate in May 2020 to serve a 3-year term. The Staff Senate represents the interests of University staff in order to strengthen relationships at the University of Kentucky and foster a climate that promotes and empowers all university employees and students to participate in the decision making process. Learn more about the Values, Goals and Mission of the Staff Senate at <https://www.uky.edu/staffsenate/about-us>

“The more people we have engaged in our Senate, which is a representative body, the better we serve and the better we live up to being the University for Kentucky.” – President Capilouto

CREATING AN HERB GARDEN with Shari Dutton from UK’s College of Agriculture



Did you miss the June 5th Zoom Lunch and Learn with [Shari Dutton from UK's College of Agriculture](#)? Shari provided great tips on how to grow herbs in our home gardens – from soil type, to spacing of the herb plants, to sunlight needs, a tour of the UK Greenhouse, and more! Catch the recorded zoom session at <https://www.youtube.com/watch?v=LhQqZa75rs8>

MONTHLY FEATURE

We've heard from many of you who have enjoyed the monthly "Get to Know CON Staff" segment in each Staff Newsletter – and we thank you for your participation and feedback! If you are a CON staff member and have not been contacted to be featured in a Staff Newsletter, we apologize!! **Please send your short Bio and a few pictures of your choice to Andrea McCubbin** (akmccu0@uky.edu). We want to be sure to include ALL CON staff who are interested in participating in this fun way to get to know one another!

Check out next month's Staff Newsletter for a new "Monthly Recipes Feature" segment!

HAPPY JUNE BIRTHDAY TO OUR STAFF

A blue-themed graphic celebrating June birthdays. It features four staff members: Jennifer Downey (June 8) with a birthday cake icon, Malik Underwood (June 10) with a birthday cake icon, Holly Dye (June 13) with a portrait, and Dan Rios (June 21) with a portrait. Below the portraits are two quotes: 'Life is always about perseverance. Nothing is easy but with hard work you can achieve anything.' and 'We are all stronger when we are held together.' The UK College of Nursing logo is at the bottom.



Tara Grana
June 29



TAKE TIME FOR SELF-CARE

CON Work-Life Council – watch for monthly CON Work-Life update emails!

CUK Self-Care Series – Visit <https://www.uky.edu/hr/selfcare> to learn more! (below is a screenshot, you must use <https://www.uky.edu/hr/selfcare> to open links)

JUNE 24

Imagine U: Self-Care series "Back to Breath"

JULY 22

Imagine U: Self-Care series "Don't Box Yourself In"

Free counseling services for employees

All workshops were developed by Ann and Rhonda. They'll be at each facilitating all the fun too!

As an employee, you have five free counseling sessions a year.



Ann Bassoni, LCSW

Therapist, University of Kentucky HR Work+Life
Connections Counseling

Schedule an appointment ➤



Rhonda Henry, CSW

Therapist, University of Kentucky HR Work+Life
Connections Counseling

Schedule an appointment ➤

UK Work-Life Events 2020! Find details at <https://www.uky.edu/hr/work-life/>

Upcoming Events

**Jun
22**

Build a community photo journal
"Common Views"
🕒(All day)

**Jun
24**

Imagine U: Self-Care series "Back to
Breath"
🕒 11:30am to 1:00pm
Canceled

**Jun
24**

Build your own self-compassion
meditation
🕒 3:00pm to 3:15pm

**Jul
21**

Care to Create: UKHC Self-care Series
🕒 12:00pm to 2:00pm

**Jul
22**

Imagine U: Self-Care series "Don't Box
Yourself In"
🕒 11:30am to 1:00pm

**Aug
18**

Care to Create: UKHC Self-care Series
🕒 12:00pm

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 2020-21 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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Andrea McCubbin, Chair akmccu0@uky.edu

Jennifer Sherwood Jennifer.sherwood@uky.edu

Carol Simpson carol.simpson@uky.edu

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Karen Minton, Ex-officio kminton@uky.edu