

McCubbin, Andrea

From: All Staff in the CON <CON-ALLSTAFF@LSV.UKY.EDU> on behalf of McCubbin, Andrea <akmccu0@UKY.EDU>
Sent: Thursday, March 26, 2020 10:49 AM
To: CON-ALLSTAFF@LSV.UKY.EDU
Subject: Correction! CON Staff Newsletter - March 2020
Attachments: 2020 Award Criteria.pdf; 2020 Staff-Faculty Awards Nomination Form.docx; 2020 Research-Based Team Member Nomination Form.docx; Award Recipients - 2009-2019.xlsm; Munchie Madness Bracket - Fillable.xlsx

CORRECTION: This updated Newsletter has the CORRECT bio for Zac Schmidt!



March has been a month like no other! We hope this **Staff Newsletter** brings some fun including bios and photos of colleagues, updates from around the college, reminders of upcoming events, and tips for self-care. **Take care of yourself and stay well!**

A FEW KEY SITES FOR UK'S COVID19 UPDATES

- <https://www.uky.edu/coronavirus/>
- <https://www.uky.edu/nursing/about-us/news/college-nursing-covid-19-updates>
- <https://www.research.uky.edu/news/covid-19>
- <https://www.research.uky.edu/office-research-integrity/covid-19-alerts>

STAFF COUNCIL INVITES YOU TO PLAY MUNCHIE MADNESS 2020

In an effort to keep CON staff engaged during our work at home time. We will be running a “Munchie Madness” bracket. All CON staff are eligible to participate. One entry per person. Entry is free. The rules are as follows:

1. Attached is a 64 restaurant bracket, you fill it out based on how you think the bracket will “play out”, just like the March Madness brackets, there will be one champion. Make sure you fill out the entire bracket.
2. Submit your completed bracket to Kevin Garland via email kevin.garland@uky.edu **by 4/2/2020 at 4:30pm.** The bracket is in Excel and is fillable.
3. You will receive REDCap surveys from Andrea McCubbin over the next few weeks, keep an eye out for them. First one will go out the week of 3/30/2020 . All staff are encouraged to fill out a bracket AND to take the survey. The winner of each match up will move on to the next round and will be based on the voting of the CON Staff. Even if you don’t fill out a bracket you are invited to vote in the survey.
4. Points
 - a. First Round 1 point (round of 32) will “play out” 4/3/2020
 - b. Second Round 2 points (round of 16) will “play out” 4/10/2020
 - c. 3 points (Round of 8) will “play out” 4/17/2020
 - d. 4 points (Final 4) will “play out” 4/24/2020
 - e. 5 points (final 2) will “play out” 4/24/2020
 - f. 10 points (Champion) will be revealed 4/24/2020
5. The person with the most points will win. **Dean Heath has graciously offered to personally provide a \$100 gift certificate to Distilled restaurant.**
6. TIEBREAKER #1: How many years do Staff Council members have combined working in CON? Andrea McCubbin, Kevin Garland, Jennifer Sherwood and Carol Simpson. Enter answer in replay email with your bracket.
7. TIEBREAKER #2: How many pounds of items were Donated by CON to the Big Blue Pantry in the fall 2019 drive. To the nearest tenth of a pound. Enter answer in replay email with your bracket.
8. TIEBREAKER #3: How many horse(s) does Kevin own part of? Enter answer in replay email with your bracket.
9. Staff Council members are eligible to participate. As we will be voting just like you. We don’t know how this will turn out.

HAVE FUN! GOOD LUCK TO EVERYONE!

CON CELEBRATION OF EXCELLENCE

Nomination DEADLINE EXTENDED until April 15! Take the time to nominate a CON Staff or Faculty member for an CON Award! The College of Nursing Celebration of Excellence scheduled for May 13 will be postponed until a later date.

In the meantime, we are extending the nomination deadline until April 15, in hopes that many of you will take a few minutes to nominate one of your colleagues for an award. For your convenience, attached are the award criteria, and the nomination forms. Completed nomination forms should be returned to Lisa Jackson, 2020 CON Bldg, 751 Rose Street, Lexington KY 40536-0232 or via email: lisa.jackson@uky.edu.

NOW IS A GREAT TIME TO UPDATE UK ALERT INFORMATION

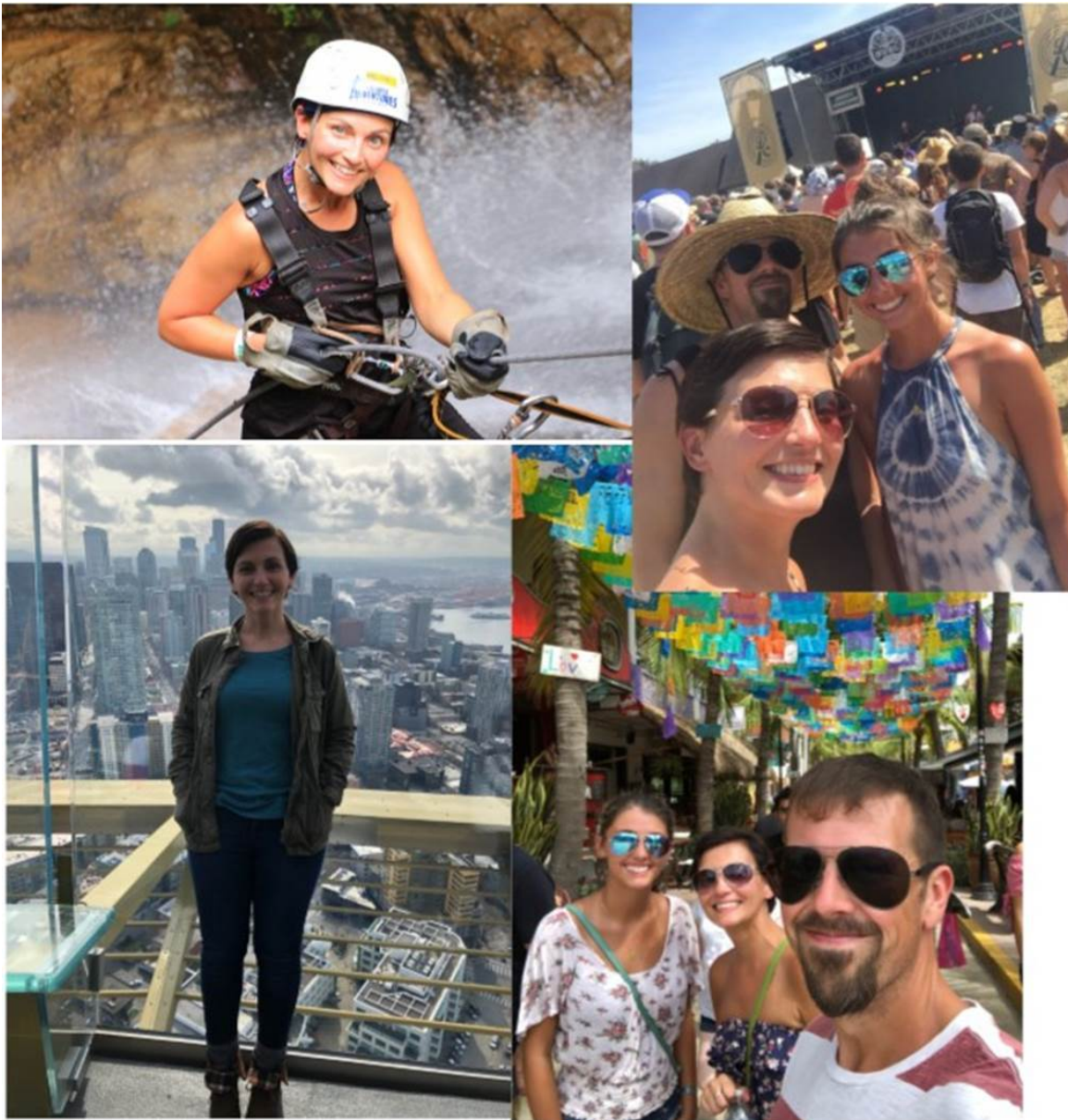
Your safety is a priority to the University of Kentucky. UK Alerts are an important part of keeping the University community safe. As we enter the severe storm season, this is an optimal time to add or update your information in the UK Alert system. UK Alert email messages are automatically sent to all UK community members with a uky.edu email address; however, you must add your phone number to the UK Alert database in order to receive calls or text messages in cases of emergency. Your phone number will not be shared. **To add or update information, visit www.uky.edu/EM/UKAlert/ or go to your myUK portal and click on "UK Alert."** Finally, we also want to remind you to download the LiveSafe App on your smart phone for increased campus safety and an easy way to find all your campus resources.

If you have any questions or concerns, please contact the UK Division of Crisis Management and Preparedness at CMP@uky.edu.

GET TO KNOW CON STAFF – Cynthia Fentress, Melissa Miller and Zac Schmidt - *thank you to these Staff members for sharing with us!*

Cynthia Fentress: I started at the University in January 2012 in Pediatrics, and transitioned to the College of Nursing in May, 2019. Prior to working at the University, I worked for a workers compensation/civil litigation medium sized law firm for 19 years. I have one daughter, Lauren Fentress, who most of you may have met since she is a student worker. She is a senior at Lafayette High School. We have one shih tzu we call Lil' Man, who just turned 9 years old. When I am not at work, you might find me on a patio enjoying some live music, socializing, or volunteering for something school related for Lauren. I love the beach, the lake, and most things outdoors. I also like to fish, but admit I am too much of a chicken to take my fish off when I catch one! I enjoy reading, baking, and have been described as "kinda" crafty.

My name is **Melissa Miller** and I am the Administrative Services Assistant to Dr. Kristin Ashford and the Undergraduate Programs. I have worked in the CON for almost a year but the University for 10 years, working in the Physics Dept, College of Dentistry, and most recently the College of Health Sciences. My husband, Jeremy, and I just celebrated our 20 year anniversary and we have a daughter who attends UK, majoring in Special Education. Outside of work I love to travel to as many different places as possible! Locally you can find me hiking trails, at a concert, or having a beverage on the patios of our local breweries. 😊



Hi my name is **Zac Schmidt**! I do the Work-Life videos if you ever watch those ☺ I have claimed Kentucky as my home for the last 2 years but am from Arizona originally. I love to be outside and am a very active body with sports, traveling, or home improvement projects (such as my bathroom). I try to travel as much as possible to see new places and try new things, I even went bobsledding in Norway believe it or not. My next big trip is to go and see the Great Barrier Reef the end of this summer. Being from the Southwest I love to eat and cook Mexican food, especially my homemade salsa (which is a big hit with Betty White). I try to cook as much as possible because it is a great stress reliever for me and I've been doing it since I was 5. My amazing girlfriend Kate and I have a pretty cute fur-baby named Bandit (it's a good thing he's super cute cuz he dum). That's me in a nutshell.



SPRING 2020 CON STAFF RETREAT

At this time, the CON Staff Retreat for 4/24/20 has been cancelled; however, **your CON Staff Council will reschedule a fantastic staff retreat as soon as the University resumes normal activities.**

INTERESTED IN SERVING ON CON STAFF COUNCIL?

We Need You! CON Staff Council has an opening for a representative to serve from [April 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).



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 with the information and she’ll get it posted.



TAKE TIME FOR SELF-CARE

The days of COVID19 provide unique challenges for self-care. But working from home can also provide a change of scenery.

- Spend your 15 minute breaks sitting on your porch/deck/driveway soaking up some SUNSHINE
- Try a brief Yoga session – currently FREE via the Down Dog app
- Watch for an upcoming email/survey from Staff Council to SHARE how you are distressing while working remotely

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

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)

APRIL 22

Imagine U: Self-Care series "Paws for Puppies"

Research shows the positive benefits from interacting with animals. Spend time with puppies in the Breckinridge courtyard!

MAY 27

Imagine U: Self-Care series "Cultivating Compassion"

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>, including many great resources including [NEW Telehealth Counseling appointments!](#)
(this is screenshot, you must use <https://www.uky.edu/hr/work-life> to open links)

NEW! Telehealth appointments

To meet the needs of our employees and to care for our UK community, we are offering all appointments online-only until further notice, either through Zoom or a phone call. Continue to request appointments as you normally would using the buttons below. Your appointment confirmation email will include details and instructions for connecting with Zoom or a phone call.

Individual and family counseling

Individual counseling through Work + Life Connections is a voluntary, confidential benefit that offers five free sessions with our licensed and certified therapist. All faculty, regular staff (FTE 0.50 or greater), spouses, sponsored dependents, unmarried children up to the age of 26 (or older if disabled before the age of 26) and UK retirees are eligible. Please note that "Family Counseling" does not include couples or marriage counseling. We encourage you to contact the REFER Counseling Service (UK Family Center) for counseling provided by UK graduate students or a local, licensed marriage and family therapist.

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!

Kevin Garland, Vice-Chair kvgarl1@email.uky.edu

Andrea McCubbin, Chair akmccu0@uky.edu

Jennifer Sherwood Jennifer.sherwood@uky.edu

Carol Simpson carol.simpson@uky.edu

Karen Minton, Ex-officio kminton@uky.edu

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