

## McCubbin, Andrea

---

**From:** All Staff in the CON <CON-ALLSTAFF@LSV.UKY.EDU> on behalf of McCubbin, Andrea <akmccu0@UKY.EDU>  
**Sent:** Wednesday, October 9, 2019 12:39 PM  
**To:** CON-ALLSTAFF@LSV.UKY.EDU  
**Subject:** CON Staff Newsletter - OCTOBER 2019  
**Attachments:** Order Form. CON logo wear. Staff Council.xlsx



## HAPPY OCTOBER CON STAFF!



Can you believe it is already Fall?! We hope you enjoy this October CON Staff Newsletter, including bios and photos of colleagues. Wishing you a Fall season full of football, food and fun!

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

Kevin Garland [kwgarl1@email.uky.edu](mailto:kwgarl1@email.uky.edu)

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

---

## UK WORK+LIFE CONNECTIONS OFFERS COUNSELING SERVICES

Recently, the HR Office of Work-Life hired two new therapists to offer mental health counseling through our Work+Life Connections services, now providing access to four mental health clinicians that can offer appointments to UK employees. Appointments can be made via the online scheduler. The therapists can assist

employees with a variety of mental health related needs including anxiety, grief, depression, life changes, parenting, relationship or work concerns, etc.

Our counseling for UK employees and retirees is a free and confidential benefit that allows up to five free sessions per fiscal year. These consultations can be used by the employee, their spouse or sponsored dependents. [Counseling FAQ http://www.uky.edu/hr/counseling/faqs-worklife-connections](http://www.uky.edu/hr/counseling/faqs-worklife-connections)

For more information about Work + Life Connections services or to schedule an appointment with a therapist, visit our website at <https://www.uky.edu/hr/work-life/counseling/worklife-connections-counseling>.

---

## **RESULTS of COLLEGE OF NURSING and BIG BLUE PANTRY DRIVE**

**Thank you for your partnership** to support UK students in very tangible way by providing hygiene products to stock the Big Blue Pantry!

A message **TO YOU** from Izzy with the Big Blue Pantry after our FIRST CON BBP Hygiene Products Drive:

*“I just weighed the donation and it came out to 86.4 pounds. People have been asking us for hygiene products all school year and we have been unable to provide them for our patrons until now. Thank you so so much and I’m so happy this drive is continuing.”*



The next CON Staff Council sponsored Hygiene Products Drive will be in **November 2019!**

---

## LOOKING FOR SOME COLLEGE OF NURSING SWAG?

Staff Council is coordinating the sale of CON apparel items as listed below. This is **NOT** a fundraiser - Items are priced at cost (based on a required minimum number) as offered to us by 4Imprint, a UK-approved vendor. All items will be embroidered with the interlocking “UK College of Nursing” logo on the Left chest



- Men’s and Women’s Fleece Jackets \$25 each
- Men’s and Women’s Polo Shirts \$20 each
- Long Sleeve T-shirt \$ 13 each



**SAMPLES** of all items are in Kevin Garland’s office, 315 W CON. Order forms are **attached** to this Newsletter, and also available in Kevin Garland’s office.

**PRE-PAYMENT IS REQUIRED.** Checks should be made payable to Kevin Garland.

**Deadline to order is 4:00pm on 10/31/19. Items should be in hand by 12/1/19.**

---

## **HALLOWEEN COSTUME CONTEST & CHILI COOK-OFF** (sponsored by CON Work Life Council)!

Don't miss the **Chili Tastings**:

**When:** Thursday, October 31<sup>st</sup> from 11:30am-1:30pm (while supplies last...)

**Where:** CON315-T



---

## **GET TO KNOW CON STAFF**

**This month featuring: *Amanda Bucher, Kathy Collins, Joanne Davis, Kaitlin Voigts Key, and Kathy Rademacher***

[Amanda Bucher](#) has worked for UK for 10 years and for the College of Nursing for 5 years. As a UK College of Nursing staff member, Amanda assists communities across Kentucky in enacting local smoke-free laws. Amanda loves traveling, gardening, hiking, kayaking, and hanging out with her dog.



\*\*\*\*\*

**Kathy Collins** - Although born in Cleveland Ohio, I have spent most of my life in Lexington. One of five blessings born to my parents I am their only daughter. Mom often refers to me as the “rose among the thorns” others have referred to me as the “thorn among the roses”?! My entire family fancies their quick-witted humor and genuinely enjoys spending time together. The downside is that we are now scattered across five states so it is challenging to get everyone together. Bonus daughter Sara and two gorgeous granddaughters, Elizabeth (5) and Ella (12 mo.) are true blessings in my life. Always a joy to be around! Most of my work experience has been in business, health administration and student affairs with the past 20+ years at the UK CON. I am an alum of UK College of Health Sciences. When not working I enjoy spending time with family and friends, cooking, reading and traveling.



\*\*\*\*\*

[Joanne Davis](#) graduated from Asbury and worked there 4 years then came to UK to finish MS degree. Have worked in College of Education, Undergraduate Admissions and College of Nursing. In the picture is my sister (middle) and my best friend (left) and that is my favorite thing – my family and friends and the beach. I also love to read and decorate my house (but not clean and I hate yard work). I’m also a good cook. I’m busy at church and really enjoy sharing life with my friends there.



\*\*\*\*\*

[Kaitlin Voigts Key](#) joined the UK College of Nursing in 2018, and currently works as the Program Coordinator for the Corazón de la Familia study. She received her BSN from the UK CON, and is a current PhD student. This past summer, Katie married her husband, who she met while they were both BSN students at the UK CON. Outside of work, Katie loves playing with her 4-month old blue heeler, Libby, spending time with her family, reading, and traveling.



\*\*\*\*\*

[Kathy Rademacher](#) is a Data and Project Manager for BREATHE. Kathy graduated from the University of Kentucky with a degree in psychology. She has worked in research for almost 13 years. In her spare time, Kathy enjoys traveling with her husband, Tim, reading, and spending time outdoors when it isn't nearly 100 degrees. In the future, she hopes to travel to Greece, Norway, and Australia – just a few more dream vacations on 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 >](#)

**CON Staff BYO-Lunch!** Staff Council hosts a **BYO-Lunch** on the 3<sup>rd</sup> Tuesday of each month from 12pm-1pm in CON 315T – come and go as your schedule permits. Bring your lunch, an EASY/SHORT GAME (jenga, cards, Yahtzee jr, etc) and join friends in 315T for time away from your desk [Tuesday, October 15th!](#)

**Pet Therapy! October 17** from 12 to 1:30p. CON 3<sup>rd</sup> floor. 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.

**Chair Massages (sponsored by CON Work Life Council)!** 2<sup>nd</sup> Monday of the month. \$1/min. Here is the url, <https://tinyurl.com/CPRChairMassageF19> People can sign up for any of the dates/times available.  
October 14, 10am- 3pm  
November 11, 10am – 3pm

---

## DID YOU KNOW?

**Staff Holiday Schedule:** Paid leave benefits are among an employee’s total compensation package. In addition to vacation leave, the Univesrity offrs 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>