

HSC Staff Committee News

All Staff All Stars — Friday, June 8th

The HSC ALL STAFF, ALL STARS even will be on the HSC Plaza from 11:30-1PM. There will be sandwiches, gifts, love muffins to pet, and a raffle. Come see what all the excitement is about!

[All Staff All Stars flyer](#)



Be A Wellness Ambassador!

UNM Employee Wellness is looking for UNM Staff and Faculty to join its Wellness Ambassador Program as the program enters its third year. Wellness Ambassadors are employee volunteers who, through their enthusiasm and motivation, inspire others to participate in workplace wellness activities. Ambassadors serve as liaisons between Employee Wellness and their Departments, promoting health and wellness among coworkers. Contact Lauren Lewis, Health Education Consultant, Employee Wellness, for more information about the program and how to apply. (505) 272-3989 lclewis@unm.edu

Author Reading: The Compassionate Connection— Wednesday, June 13th

UNM's Mission: Excellence aims to transform cultures across the UNM Health System to achieve the best patient experience possible. It will be hosting a reading of Dr. David Rake's important new book. The Compassionate Connection: The Healing Power of Empathy and Mindful Listening, from 10am-11am on the HSC Upper Plaza. The reading will feature complimentary refreshments and the sale of signed books, with proceeds benefiting the UNM School of Medicine's Medical Education Fund.

International Day of Yoga — Thursday, June 21st

Celebrate International Day of Yoga! Employee Wellness and Recreational Services are hosting a free Yoga Class at Domenici North Room 3720. The class will be conducted by Yoga Instructor, Emma Johnson from 12:00-12:50PM and is open to all. Since space is limited, be sure to show up early and bring your own mat and hydration.

HSC Staff Committee Open House — Thursday, July 5th

Think you'd like to meet some other people across campus and create some positive change? The HSC Staff Committee is hosting an open house on Thursday, July 5th, 11:15–12:00 AM, Domenici West Room 3110. Come and see what the committee is planning for the next year and how you might fit in. Come meet our amazing members!

Recognizing HSC Staff PAWS Nominees



Lynn Lessard, Program Coordinator— UNM Health Systems— Mission Excellence Coordinator. Lynn's nominator describes her as "an outstanding Lobo who embodies the behaviors of caring for each other, doing good work, sharing knowledge, and valuing diversity to name a few characteristics."

Lynn works with Health Systems leaders, faculty and staff to coordinate Studer coach visits every embodies the HSC values by treating everyone with the utmost respect.

People Appreciate Wonderful Staff—PAWS— Friday, June 29th

The UNM Staff Council PAWS Award is presented each month to one staff employee who provides exceptional service to the UNM community. This employee exemplifies University values and shows initiative outside of their job scope.

The deadline for nominations is the last Friday of each month at 5:00PM.

[Find form here.](#)

Lobo Cancer Challenge — September 8, 2018

Help Challenge Cancer! Each of knows someone who has been affected by cancer. Honor those who have lost their battle, support those facing cancer, and celebrate those who have overcome it by joining the Lobo Cancer Challenge. Bicycle 100, 50, or 25 miles. Run or walk in the 5K. Register at LoboCancerChallenge.org

[Lobo Cancer Challenge Flyer](#)

HSC Book Club: Everyone Welcome! Thursday, June 28th

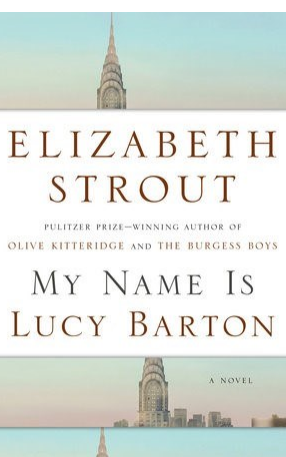
HSC Book Club will discuss *My Name is Lucy Barton: A Novel* by Elizabeth Strout on June 28th.

Lucy Barton is recovering slowly from what should have been a simple operation. Her mother, to whom she hasn't spoken for many years, comes to see her. Knitting this powerful narrative together is the brilliant storytelling voice of Lucy herself: keenly observant, deeply human, and truly unforgettable.

The HSC book club meets on the fourth Thursday of the month in the Dean's Large Conference Room on the first floor of Fitz Hall from noon - 1 pm.

The HSC Staff Committee organizes the book club and welcomes all members of the campus community who like to read and share ideas. Please join us!

For more information, contact Roxanne Humphries at rhumphries@salud.unm.edu.



Meditation and Relaxation Group — Tuesdays

A guided meditation, relaxation and imagery group to help ease stress and improve coping. Open to patients, loved ones and staff. Located at the UNM Comprehensive Cancer Center—Meditation Room, 3rd floor.

Meditation Group Mondays & Fridays

The group meets Mondays and Fridays from noon to 1 pm in Room 2403 of the North Building in the Domenici Center for Health Sciences Education — just down the hall from the Anatomy Lab. Faculty, staff, and students are welcome to attend. No passes or fees are required, and a quick introduction to meditation can be given for newcomers. People can come late or leave early, if need be.

HSC Yoga Flow Runs June 5th — July 26th

HSC Yoga Flow, free to all HSC students, faculty and staff, begins with stretches, then continuous poses and ends with relaxation. Yoga flow runs noon-1 PM on Tuesdays and Thursdays. Tuesdays event is in Domenici North, room 3710.

[Check digital bulletin on any floor for Thursdays locations.](#) All levels welcome; please bring a mat. Okay to quietly arrive late or leave early.

Check Out the HSC Office Supply Exchange!



What do a telephone, an adding machine, and ink cartridges for small printers have in common? They are all free for the taking in the Office Supply Exchange. Right now there are also packets of transparencies, pen refill packs, binders, and organization tools. Take what you like, and bring your gently used items for re-use.

The supply exchange is located in the HSC Copy Center in the basement of Fitz Hall, and is open 8-10am and 1-3PM.

Did you know that UNM SHAC offers services to employees as well as students?

Go to SHAC, located between Mesa Vista Hall and Johnson Center, for (1) international travel immunizations, (2) pharmacy to fill prescriptions, and (3) \$40 massages! Call 277-3136 for more information.

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HSCS Committee Charge

As a standing committee of the UNM Staff Council, the HSCS Committee carries out the missions of the Staff Council as they relate to staff within the Health Sciences Center (HSC). The Committee collaboratively develops and implements activities, initiatives, and proposals that improve the lives of staff within the HSC, and enhances the visibility and recognition of the important role staff play in the overall success of the HSC. Membership on the committee is restricted to, and optional for, HSC staff.

staffcouncil.unm.edu/committees/hsc-staff/ | HSCS Committee Email address: HSC-Staff-Committee@salud.unm.edu

Current HSCS Membership

Nancy Shane, Co-Chair (SOM UME Program Evaluation)
Danelle Callan (Family & Community Medicine)
Cindy Garcia (School of Medicine Admissions)
Jessica Gutierrez (College of Nursing)

Melissa Meier (Project Echo)
Jodi Perry (College of Pharmacy)
Christine Heinemeyer, Co-Chair (SOM Dept of Surgery)
Roxanne Humphries (College of Nursing)

Patrick Newman (SOM Dept of Surgery)
Carla Sakiestewa (Cancer Center)
Jessica Serna (SOM Dept of Surgery)