

Staff Council precinct elections scheduled for May 4-8

Please visit Staff Council for more information

<https://staffcouncil.unm.edu/>

Decision follows March postponement due to coronavirus

Elecciones del recinto del consejo de personal programadas para Mayo 4-8

April 28, 2020

Si necesita cualquier otra información por favor visite Staff Council

<https://staffcouncil.unm.edu/>

La decision sigue el aplazamiento de Marzo debido al coronavirus

PAWS Award Recipient for April



Congratulations to Diana Meijers, MS
Program Coordinator
Department/Office/Division Project ECHO



Parking and Transportation (PATS) Limited operations due to COVID-19

Please see link below for more information

<http://pats.unm.edu/news/2020/index.html>

The HSC Staff Mentorship Program is changing it up!

**Due to the on-going COVID-19 crisis and the limited services available on campus, the 2020 HSC Staff Mentorship Program has been postponed until a later date.

Please help the Mentorship Committee spread the word about these exciting new changes!

For questions, email: HSC-Mentorship-Program@salud.unm.edu

Tune in or be a guest: UNM Health Hour Podcast

The University of New Mexico Health Sciences Center is the premiere health care practice and learning institution in the state. Tune in on Sundays at 11 a.m. on KKOB 770 AM or 94.5 FM to hear Health Sciences employees talk with UNM faculty and staff to bring you informative and entertaining insights on how you can stay healthy in New Mexico!

Want to do more than just tune in? Do you have work, strides, or discoveries to share with the greater Albuquerque community?

If so, please contact Elizabeth Sandlin (EMSandlin@salud.unm.edu) for information about guest submissions.

“Increasing Community Impact,” “Embarking on the Path to STEM-H Careers,” and “The Foundations of Kindness” are some of the past discussions. To view past discussions and subscription options click [here](#).

Parking Survey

A number of areas of inquiry have been identified and now we need your feedback regarding parking on campus. The survey will be available for a limited time and you can complete it [here](#). It will also be included in our weekly eNews for the next two weeks.

Recreational Services has home Workouts!

Hey Lobos! Need a new way to stay active during quarantine? Try our daily challenges! These quick workouts are short, high intensity, and can be done with minimal equipment. Add them into your current routine or use them as a starting point. Check out our [Instagram](#) every Monday for a new weekly series - our instagram story each day will also feature modifications to make the exercises easier or more difficult.

Visit the link below for more information and disclaimer

<https://recservices.unm.edu/recreation/fitness/world-of-wellness.html>

Other Routine Physical Activity. Many gyms and yoga studios are offering virtual classes to maintain a connection and normalcy. Take advantage of Employee Wellness

[FREE daily fitness classes](#) led by Lauren Lewis, health education consultant and personal trainer. Get a buddy and do a 30-day [squat challenge](#) or a 30-day [yoga challenge](#).

Practicing Meditation and Mindfulness.

Meditation helps mentally clear and emotionally calm the mind. Michelle DuVal, UNM Center for Life instructor, has five guided meditations online. [Hear them here.](#)

Eat Well Listserv

Looking for a way to stay on track with your healthy eating goals? Subscribe to the Eat Well Listserv to receive tasty recipes, wellness tips, and inspiration from Employee Wellness registered dietician Reed Vawter, MS, RDN, LD.

To subscribe: Send email to listserv@list.unm.edu with a blank subject line and write "subscribe EAT-WELL-L firstname lastname" (no quotes, and replace firstname and lastname with your actual first and last name), or add yourself to EAT-WELL-L following [UNM, IT's steps of how to join a listserv.](#)

Ombuds Services

Website: ombudsforstaff@unm.edu

Staff Ombuds E-mail: jransom@unm.edu

It can help to have a neutral sounding board who can listen and support you in navigating a challenging situation at work. Ombuds Services supports staff, faculty supervising staff, and their coworkers. Ombuds listen respectfully and emphasize collaboration and fair consideration of all sides of an issue. This is a confidential, independent, informal, and neutral resource for UNM staff, faculty supervising staff, and their coworkers. **We are currently providing services by phone and Zoom.** Individual visitors can think out loud with an ombuds about a workplace situation, gain clarity and perspective, and receive information about resources and possible constructive approaches.

To schedule a visit, please e-mail Ombuds Services at jransom@unm.edu. For more information, see ombudsforstaff.unm.edu. Thank you.

