



**Minutes from Staff Senate Monthly Meeting of March 17, 2016**

Location: Newcomb Hall; Kaleidoscope Room

Time: 11:00 AM — 1:00 PM

Attending: *See pages following minutes.*

Meeting Summary

<b>Welcome and Announcements</b>	<b>Amy Muldoon</b> , Co-Chair <b>Maggie Stein</b> , Co-Chair
<b>Hoo's Well</b>	<b>Erin Erickson</b> , UHR Wellness Program Coordinator
<b>Updates</b>	<b>Logan Hobbs</b> , UHR Co-Chairs
<b><i>Committee Working Session</i></b>	

Welcome and Announcements

**Amy Muldoon**, Co-Chair; **Maggie Stein**, Co-Chair

- Next two senate meetings are *not* on the third Thursday of the month. Instead they fall on April 14 and May 26. The two remaining meetings after that are on June 16 and July 21.
- UHR is conducting research on Parental Leave policies. If you'd like help and reach out to peer institutions, please Contact [Mike Ludwick](#).
- Facilities Management is supporting the Ronald McDonald House in collecting aluminum soda can tabs. If interested in participating, contact [Molly Shifflett](#).
- Photos from the recent Staff Appreciation Pancake Breakfast are now [posted on flickr](#).
- At our June meeting, EVP Pat Hogan and EVP Rick Shannon will both make presentations.

## Guest Speakers

### **Hoo's Well**

Erin Erickson, Wellness Program Coordinator, UHR

[see [PowerPoint slides](#)]

### **Wahoo Fitness Challenge**

This optional program is open to active employees *and* spouses enrolled in the UVa health plan. Each participant can earn \$100 by tracking 52 workouts (30 mins or 5,000 steps) from Jan 19 through Apr 30. You can use your Fitbit to automatically record your steps, or just use it as a pedometer and manually enter your steps on the portal ([www.myactivehealth.com/hooswell](http://www.myactivehealth.com/hooswell)). Rewards will be included in the July 2016 paycheck (or Health Savings Account).

During the recent Fitbit promotion, 9336 employees received a Fitbit. Currently, 9256 are doing the activity portion of the fitness challenge. For last Fall's fitness challenge, there was 53% participation (very good when compared to our institutional peers).

When initially syncing your Fitbit, there is usually a lag time of 1 or 2 days until your data shows up. The syncing only goes forward; any activity prior to sync setup must be manually entered.

UVa health plan covers 20,000 people, of which 5,000 are spouses, so there will be more of a focus on spouses (and eventually dependents) in the future.

If you have a medical condition that prevents participation in the fitness challenge, there is a "reasonable alternative" which consists of 4 telephonic coaching calls with active health team scheduled at your convenience. 3-4 team members are dedicated to these calls. You do not need to reveal what your specific preventing condition is; however, you may be asked for a doctor's note. Schedule an appointment by phoning 434-982-0123.

### **Exercise, Fitness, and Nutrition**

IM-Rec Sports offers:

- Free week at the gym.
- Free pop-up classes for employees and spouses covered by UVa's Health Plan:  
Swimming, tennis, yoga, Cize Live dance, "couch to 5K training," and Pilates.  
See the [full schedule](#).
- Self Defense classes in April and May.

Hoo's Well will host a free pop-up fitness at your department or office if you can come up with a minimum of 8-10 participants. IM-Rec covers the first 3 classes; after that the department must pay.

Gym membership is only \$305 per year (see: [Full membership rates and details](#)).

**Q:** What about gym subsidies for non-local employees?

**A:** There are no formal subsidies, but there are area gyms in the UVa discount book. Some online coaching is available; also online videos. Some gyms will offer a UVa discount even if not advertised, so ask.

**Q:** What about parking at AFC?

**A:** There is limited paid parking from 8:00 AM – 5:00 PM. After that employees can park anywhere around the building or near the football stadium. The nearby facilities management lot is also open.

### **Steps @ UVa**

[www.uvaworkmed.com](http://www.uvaworkmed.com) or call 434-243-8232

- Offered each semester; 2x/week; 15-minutes fit breaks.
- Just need walking shoes. Registration started March 15.

### **Well @ Work**

- 6 week online program for improving eating & exercise habits (March 28 — May 6).
- Email & video instructor and individual participants.

Good choice for those who work remotely or off grounds.

### **Care Management**

Free support and information for over 40 health conditions from trained nurse coaches.

Contact: 1-855-231-3715; available 24/7.

Good for those with chronic conditions.

### **HealthyRx**

Offers free or reduced cost medications for any of the following health conditions: Asthma, Chronic Obstructive Pulmonary Disease (COPD), Diabetes, High Blood Pressure, High Cholesterol, Coronary Artery Disease, Stroke, Peripheral Artery Disease, or Heart Failure.

- Applies to dependents and spouses.
- Works at any pharmacy.

Contact: 1-855-231-3715

### **Lifestyle Coaching**

Free telephonic coaching; interactive online digital coaching tool also available.

Focus: Exercise, Stress Management, Nutrition, Weight Management, Tobacco Cessation, Sleep Health.

Contact: 1-855-231-3715

### **Informed Health Line 24/7**

Triage service of sorts; get medical questions answer from a Registered Nurse (RN) day or night.

Contact: 1-800-556-1555

### **Tobacco Cessation**

#### *Quit for Life*

24/7 Free telephonic coaching; includes medication and nicotine replacement.

Contact: 1-866-QUIT-4-LIFE (1-866-784-8454) or <https://www.quitnow.net/uva>

#### *Hoo's Kickin' It*

- 6 week cessation plan.

- In-person class offered in Spring and Fall.
- Open to entire community; no need to be UVA affiliated.

Contact: 434-243-1021 or email: [hooswell@virginia.edu](mailto:hooswell@virginia.edu)

### **UVA Nutrition**

(Located at Northridge Medical Center in Ivy.)

1-on-1 nutritional consulting — first session is *free*

EBT: Emotional Brain Training – helps with managing stress and emotional well-being

- 6-week course available to employees and spouses.
- Only fee is \$44 for workbook.

Contact: 434-243-4749 or [hwnutrition@virginia.edu](mailto:hwnutrition@virginia.edu)

### **Weight Watchers**

UVa discount + 50% reimbursement of monthly membership costs.

Local meetings available; also online.

*Employer ID: 60757*

*Employer Passcode: WW60757*

Call 1-866-204-2885 or <http://wellness.weightwatchers.com>

### **Hoo's Fit Friday's**

Informal program: Wear your sneakers to work!

**Q:** Are Fitbits still available?

**A:** The Pre-order was last December and those are now distributed. The remaining inventory at the bookstore were all returned. However, the bookstore continues to offer a 10% discount.

## **Updates**

### **UHR Update**

Logan Hobbs, UHR

- Lead @ Goals should be wrapping up now.
- Legislation update: Increase for state employees is currently under discussion.

### **Co-Chair Updates**

- Co-chairs met with Alison Miller, the Director of the Total Rewards program. She asked a lot of questions about what would motivate staff regarding rewards and recognition. She is eager to work with the Senate and was very responsive to our ideas and feedback.
- The general Staff Senate meeting set for August will not take place. In its place will be a training for onboarding newly elected Senators and Alternates and a team-building retreat (facilitated by the Center for Leadership Excellence) for Executive Committee.
- Co-chairs met with Lee Baszczewski at Organizational Excellence regarding [Ufirst](#). The program is still very much in the planning stage but they are looking forward to working with the Staff Senate as the first point of feedback. At our May Senate meeting, Bryan Garey, the Interim VP of Human

Resources, will be speaking to us about Ufirst.

- The elimination of the August meeting entailed changes to the bylaws; see email from Amy for the particulars. Voting will be by email. Proposed changes to the Senate Scope and Mission Statement will also be sent out for review and approval.
- The “Super” Alternate Option allows alternates to step up and take more of a leadership role. Essentially, the alternate commits to the same responsibilities as a Senator but without the voting rights. This option will be piloted in 2016-17. If you are an alternate who is interested, email [Amy Muldoon](#).
- New Coordinator Positions/Restructuring  
It takes a lot of admin work to run the Senate. Many of these jobs do not fit well into a specific committee. Therefore, new “coordinator” positions are being proposed in which one or two people will be responsible for a specific task. Performing the coordinator job would fulfill a Senator’s obligation to serve on a committee.

Coordinator Positions:

- Internal Communications
- Newsletter/Social Media
- Website
- Election
- Membership

Full descriptions with estimated functional timelines will be distributed by email. These roles are also open to Super Alternates.

The Executive Committee will take names (you may nominate yourself) and make the final decisions before the start of the next year.

— *Committee Working Time* —

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Next Meeting:

**Thursday, April 14, 2016**  
**Newcomb Hall, Kaleidoscope Room**  
11:00 AM – 1:00 PM

**Staff Senate Meeting Attendance - MARCH 17, 2016**

Schools/Business Unit	Senator	Attended?	Alternate	Attended?
Athletics & IM Sports	Schnell, Brett		Davis, Becky	
Audit/Compliance/Emergency/Police/Treasury	Berry, Scott		Castle, Molly	Yes
Business Operations/ Dining/ Housing/ Parking/ Printing/	Garwood, Cindy	Yes	Hunter, Katrina	
	Peek, Kathy	Yes		
College of Arts & Sciences	Stein, Maggie	Yes	Lamb, Jennifer	
	Zylstra, Mieke	Yes	Short, Rachel	
Curry School	Rhea, John	Yes	Kiley, Ryan	
Darden School	Weissman, James	Yes	Skriloff, Nick	
Engineering School	Cornell, Jan	Yes	Mauler, Jennifer	
Facilities Management	Bryant, Brett		Taylor, Duane	
	Campbell, Tony		Shifflett, Molly	
	Wenger, Jessica	Yes	Kevin Lawrence	
	Werlitz, Norman	Yes	J.R. Richardson	
	Stinnie, George		Smith, Jamel	
	Thompson, Tosh		Covington, Richard	Yes
			Rose, Reggie	
Finance/ Comptroller/ Budget/ Architect/ Procurement/	Doran, Chris	Yes	Galasso, Lynn	Yes
	Ludwick, Michael	Yes	Hoffman, Kobby	
Frank Batten School	Crombie, Amanda	Yes	Bainter, Hannah Rose	
Human Resources Central & HR Development	Small, Michelle	Yes	Ober, Diane	Yes
Information Technology: CIO/ ITS/ Communication Services	Buynak, Arlene		Cuadros, Pat	
	Hyder, Brandy		Townsend, Tony	
Law School	Morris, Sherry	Yes	Bennett, Holly	
Library Services (excludes Health Sciences Library)	Corey, Bill	Yes	Amico, Lorenza	Yes
McIntire School	Amos, Brandy	Yes	Ehrenberg, Peggy	
Office of Advancement (includes Development Office & R	Davidson, AJ	Yes	du Pont, Westley	

**Staff Senate Meeting Attendance - MARCH 17, 2016**

Schools/Business Unit	Senator	Attended?	Alternate	Attended?
President's Office (includes Diversity & Equity, EOP, Comm)	Adkins, Lee Ann		Prasley, Tammy	Yes
Provost	Henriksen, Melissa	Yes	Carter, Nysae	Yes
	Muldoon, Amy	Yes	Roem, Anna	
School of Architecture	Goldman, Melissa		Smith, Cynthia	
School of Continuing & Professional Studies	Merryman, Kelly		Shugart, Dannelle	
School of Medicine	Cross, Tina	Yes	Guy, Penny	
	Harris, Amanda	Yes	Logan, Elida	
	Johnson, Andrea	Yes	Clarke, Jill	
	Kriigel, Nancy		Blough, Elizabeth	
	Stepanski, Mary		Sullivan, Diane	
	Yowell, Leslie	Yes	Kish, Alex	Yes
	Foster, Sandra	Yes	Strickler, Edward	Yes
School of Nursing	Marsh, Della	Yes	Oswalt, Jackie	
Student Affairs / Student Health	Murray, Sandi		Eckert, Tim	Yes
VP for Research (Environmental Health & Safety, Compar)	Peairs, Bill	Yes	Mathes, Donna	Yes
Ex-Officio	Morris, Nina			
	Newsome, Eric			