The UCSC will advise on matters of importance to classified employees including, but not limited to: appropriate policies and procedures; strategic planning and directions; recruitment, retention, promotion, and transfer of classified staff; budget and planning issues; UTHealth-wide communications and resource networking; staff awards; classified staff status, rights, and responsibilities. Every UCSC member serves on one of the five standing committees.

Communications: Creates the UCSC @ Work newsletters, brochures, banners, takes photos, maintains the UCSC website and edits/approves outgoing communications.

Elections: Recruits nominations of classified staff from each school/unit throughout the University for representation on the UCSC.

Education Awards: Brainstorm fundraising ideas, distribute and collect scholarship applications, create selection committee and present awards to students.

Staff Development: Organize events all over the University for training and career development opportunities afforded to classified staff.

Staff Recognition: Plan the annual UCSC Workshop in recognition and appreciation of classified staff.

UCSC meetings are open to UTHealth classified staff and are held on the second Wednesday of every month in the President’s Conference Room, UCT 11th floor at 2pm. Please join us!

Council Member Working for You...

2011 UCSC Officers

Standing: Claudia Geyen, Secretary; Elizabeth Stephenson, Chair-Elect; Nancy Pesina, Treasurer

Sitting: Michael Dixon, Parliamentarian and Suzanne Paramore, Chair

Coordinating Committee and Standing Committee Chairs

Standing: Brenda Enard, Staff Development; Sandra Grant, vice chair Educational Awards (standing in for chair Denee Velazquez not pictured); Dennie Clemons, Communications; Rebecca Chapa, Elections; and Michael Graham, Staff Recognition.

Sitting: UCSC Officers

Winter 2011

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Save The Date

2011 UCSC Workshop
Leadership Development, “Finding the Leader in You”

Featured Speaker: Jim MacIngvale “Mattress MAC”
June 17, 2011
Brown Institute of Molecular Medicine Building (IMM/SRB)
STAR Awards Luncheon

“Service, by the numbers!”
Sincere congratulations to all of the STAR Award recipients. This year’s event represents milestones for 450 employees at UTHealth. When I first wrote on this topic in 2006, there were no recipients of the 35 years award, but this year there are seven: Pat Caver, Susan Denson, Charles Ericsson, Allan Katz, Bill Seifert, Betty Tung and Faye Viola. This group cumulatively represent 245 years of service, and isn’t that just amazing!

Longevity at the university means several things. Among these are that each recipient has made a personal investment to the institution and to the goals of working to treat, cure and prevent diseases through education, research and practice. It also means continuity, which is so very important in stability for our young institution. You can find many of these same people, not only at their desk or in their research labs but also volunteering in service outside of the university, another testament to their strive for the well being of our city and the world.

When looking at the numbers, there are 1,025 years of service just from the 25 and 30 years recipients. The 25 years STAR award is bestowed upon 25 recipients, and the 30 year STAR award is bestowed upon 15 recipients. That translates to 53,300 weeks of service, which is quite impressive.

There are 88 recipients of the 20 years award. That means they have provided 1,760 years of service, cumulatively. If you multiple that by 52 weeks in a year, that is 91,520 weeks of service.

Three more groups of recipients are building on this legacy. There were 51 recipients of the 15 years STAR award; that represents a total of 765 years.

Additionally there are 94 recipients of the 10 year STAR award; that represents a total of 940 years. The largest group remains the 5 year STAR award group. This year there are 172 first time recipients of the STAR award, but they represent 860 years of service to The University of Texas Health Science Center at Houston.

Our 2011 recipients represent 5,595 years of service OR 290,940 weeks of caring, smiling and giving for the health, education and welfare of faculty, staff, students, patients and associates.

By Beth Ardoin Watson, B.A., M.Ed.

Our classified staff had one STAR with 35 years of service, 9 with 30, 8 with 25, and 52 with 20 years of service.

Mr. Eric Fernette, VP & Chief HR Officer, gave the opening remarks and Dr. Patricia Starck, Dean of the UTHealth School of Nursing, presented Dr. Brent King with the Michael J. Jimenez Leadership in action award. This award includes a $5,000 cash prize funded by the President’s Excellence Fund, a part of the annual giving program of UTHealth. Since 2006, winners of this award have been either faculty or A&P. This year, there were 9 individuals honored as nominees. Three of them were our very own classified staff: Michael Dixon who is our UCSC Parliamentarian; Cynthia Gutierrez and Sandra Hernandez, prior chair of Educational Awards Committee.

Just being nominated is quite an honor. You can feel the sense of appreciation from two of this year’s nominees.

“I would like to express my humble appreciation to those who took the time to enter my name as one of the nominees for the Michael J. Jimenez Award this year. I have been truly blessed with such a wonderful group of people to work with throughout my career here at UTHealth. Together we have faced some mighty challenges over the last few years but together we have conquered each one and continued to make time to have fun along the way! We try to laugh out loud at least once every day, even if it is at ourselves. My greatest reward is simply knowing they see me as a leader deserving such an honor. Thanks everyone and keep laughing!”

- Maria Hillman

“I have been working for The University of Texas - Houston Health Science Center for 23 years. It was a privilege to be nominated by The University Classified Staff Council for this prestigious award, the Jimenez Award 2011. A special thank you to all the UCSC members, for your wonderful support and friendships. Again, it was an honor to be nominated before I retire in May 2011.”

- Sincerely, Ms. Sandra Hernandez

Congratulations to all of the individuals (https://inside.uthouston.edu/star_awards/index.htm) for all they have given to this great institution.

PeopleSoft Time & Labor Project

UTHealth will be implementing a new Time and Labor (T&L) solution to replace the existing Time Management System (TMS). The new T&L solution is a PeopleSoft product which is fully integrated with HCM. The project scope includes configuration, prototype, development, and testing in order to support UTHealth time entry, time approvals, and payroll processing. The project will include establishing HCM leave processing including leave accrual, leave requests and leave monitoring, as well as appropriate FMLA tracking and enhanced FMLA reporting capability. Timesheets and leave information will be available through Employee Self Service. The functionality and flexibility of T&L will allow us to better meet evolving business needs and eliminate TMS which requires ongoing and costly maintenance.

The project team consists of UTHealth experts from the IT, HR, Benefits, and Payroll areas along with technical and functional consultants. An Advisory Committee is comprised of representatives from the schools and administration. The T&L project is still in the early stages, but be watching for more information as the project advances. PeopleSoft Time and Labor should be in place by the end of the fiscal year.

- Mike Tramonte & Eric Fernette
Empower yourself to protect your health and prevent tragedy!

The UCSC sponsored two brown bag sessions presenting Stefano Sdringola, M.D. titled “Century Health Study for a Lean World.” Dr. Sdringola, Associate Professor, NTC and Weatherhead Distinguished Chair of Cardiovascular Medicine, offers his ten plus years of experience to the success of this study. Launched in March 2009, the objective is simple: the study of coronary heart disease prevention and treatment. The study is based at the Weatherhead PET Center for Preventing and Reversing Atherosclerosis at Memorial Hermann Hospital - Texas Medical Center.

Dr. Sdringola’s approach to educating participants and explaining the importance of a healthy heart lifestyle makes his talk well received. Lifestyle factors and choices individuals make have huge impacts on quality of life and can reduce the risk of heart disease by as much as 90%. Dr. Sdringola’s well presented talk provided the audience with a multitude of facts and personal choices that will benefit them. Many of the lifestyle improving suggestions can have a big impact on the individuals if they take the leap and put their health first.

I encourage all classified staff to learn about this study to enable you to make proactive choices in caring for yourself and your family. Remember, the University’s goal to create a healthier future can begin with you.

- Suzanne Paramore, UCSC 2011 Chair

CENTURY HEALTH STUDY

For a lean world

It is a five-year clinical research study on coronary heart disease prevention and treatment. The study team is exploring a comprehensive approach to heart disease prevention that includes healthy diet, regular exercise and weight loss, combined with high-tech medical testing, education and support.

The Century Health Study was launched in March 2009 by Sdringola and Dr. K. Lance Gould, co-investigator and The Martin Bucksbaum Distinguished University Chair in Heart Disease at the medical school.

The study is based at the Weatherhead PET Center for Preventing and Reversing Atherosclerosis at Memorial Hermann-Texas Medical Center. Before the study is complete, approximately 1,300 participants will have been assigned to one of two groups for comparison. Eligible patients must be at least 40 years old, have sufficient cardiovascular risk factors, symptoms of heart disease or documented coronary heart disease, and be under the care of a family physician or cardiologist.

For more information regarding the study please call Century Study Hotline at 713-500-5200.

There is a wealth of information about the study online at www.centuryhealthstudy.org

Testimony of a Clinical Trial Volunteer

Have you ever wondered if volunteering for a clinical trial is for you? It sure could be. We’re part of a wonderful medical community where we and our families can make a difference in health and medicine by playing even a small part in studies. My father, who lives in another state, recently participated in a clinical trial for a serious medical condition. Despite moments of discouragement, he was determined to finish the plan in order to help someone else in the future, perhaps one of his own grandsons. His outcome and prognosis are good.

During a family visit last fall dad inquired as to whether I’ve ever been part of a medical study, especially since I work at UTHHealth. Ashamed, I admitted that I hadn’t really given it much thought. The following week I reviewed the volunteer opportunities provided in News on the Go and identified a study of personal interest that I now participate in. Not only will I help find better ways to treat and prevent diseases, I am benefitting from a more fit lifestyle.

Volunteering – it’s for just about everyone!

- Rhonda Walton

HEART ATTACK

3 WARNING SIGNS

Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.

Discomfort in one or both arms or in the back, neck, jaw or stomach.

Shortness of breath, cold sweat, nausea, lightheadedness.

Not all these warning signs occur in every attack. If one starts to occur, call 9-1-1 to get medical help right away.
Win one of three (3) baskets filled with things that will help jump start your Rest & Relaxation.

The drawing for the baskets of goodies will take place

Friday, March 25, 2011.

Donation: $2.00 per ticket or 3 tickets for $5.00
Ticket sales March 1st – 18th, 2011

Please contact your area UCSC representative (listed on page 7) to purchase tickets.
All proceeds will be donated to the UCSC Educational Awards Program established for college bound high school students who are children of UTHealth classified employees.
The UCSC would like to bid farewell to the University President, Larry R. Kaiser, M.D., F.A.C.S. with best wishes for his future endeavors. We know he will continue to excel as he moves onto his career.

We offer a warm welcome to incoming Interim President, as of April 1, 2011, to Giuseppe Colasurdo, M.D., Dean of the Medical School. Dr. Colasurdo has been Dean of the Medical School since September 2007 and Chairman of the Department of Pediatrics since November 2005. Under Dean Colasurdo’s leadership, the Medical School has seen continual improvements in all areas of its mission.

In research, the Behavioral and Biomedical Sciences Building opened on South Campus, the Medical School Extension building opened and the Brown Foundation Institute of Molecular Medicine/SRB was incorporated into the Medical School. In the clinical aspect, the reach of UT Physicians expanded and is growing into Bellaire and Sienna Village. In education, the Medical School had more than 3,600 applicants for the 230 first year slots with a passing rate of 98% on the USMLE step I.

With the current state of affairs in our great country, many are gasping about what can happen next. Change can at times be disconcerting. Dr. Colasurdo’s ability to wear many hats and assist at such a high level offers a wonderful example of something all classified staff should do well, adapt to the changes and face each challenge knowing we can and will succeed together.

As UTHealth faces upcoming changes, staff should follow Dr. Colasurdo’s example and remember the importance of wearing multiple hats to ensure the mission of the University is met continually.

**Together...we can create a healthier future.**

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### How To Stay Fit, Eat Well & Reduce Stress on the Run

In today’s fast pace world, people have very little time to do anything. We take on more and more things, resulting in unhealthier eating habits and increased stress.

Sam Hester, a Certified Wellness Coach of the UT Counseling and WorkLife Services within the UT Employee Assistance Program, can help show you “How to Stay Fit, Eat Well and Reduce Stress on the Run.” This was the topic of discussion at the January 20, 2011 UCSC sponsored Brown Bag session. Mr. Hester informed the group that the, “best exercise program is the one you’ll do”.

There are things that can be done on a daily basis that can be very beneficial. If you would like to distress your body, the two things you need to do is move and breathe. The body is meant to move 30-40 miles per day. Therefore, exercising as little as 10 minutes, 3 times per day would benefit the body greatly.

Examples of exercising that can be done while at work are push ups on the wall, stomach crunches in your chair and arm curls.

Mr. Hester also gave some examples for reducing stress such as the breathing techniques that one could do while sitting at your desk. One in particular was the **4-7-8 Technique:**

- Breathe in for 4 seconds
- Hold your breath for 7 seconds
- Slowly breathe out for 8 seconds
- Repeating for 5 minutes

Feeling stressed? Try the 4-7-8 technique; you will feel calm, more relaxed and ready to focus on the rest of the day.

In relation to eating well, there are 3 E’s that we need to be mindful of:

- **Eat** less
- **Eat** better
- **Eat** more often

Start your day with a good breakfast. Make sure your body gets enough protein, include fruits, veggies and nuts in your daily diet. Use of protein supplements is another way of getting the recommended daily amount; however, intake no more than 25 grams per serving. This will cut down on carb cravings. Keep in mind that what your body does not need it will convert to fat.

By the numbers, keep it simple:

- **Weight**
- **Body Fat Percentage (BF)**
- **Lean Body Mass (LBM)** - all bones, muscle, organs, blood, etc.
- **Resting Metabolism Rate (RMR)** - the number of calories burned if sitting in a chair all day

Increase your LBM and boost your RMR.

If you would like to develop a personal plan or have Mr. Hester come speak to your group, he is available at any time to help get you on the right road. You can contact him at 713.500.3013.

http://publicaffairs.uth.tmc.edu/worklife/worklife/
Health and Wellness Puzzle

Word Search
There are 21 healthy words for you to find.

AEROBIC
CARDIO
CHALLENGE
ENERGIZE
FITNESS
GOALS
GRAINS
HEALTHY
MOTIVATION
NUTRITION
PREVENTION
SERVING-SIZE
SMALL-MEALS
STRENGTH
SUCCESS
TRAINING
VEGGIES
WALKING
WATER
WELLNESS
WORKOUT

What can you do today to get started on the road to a healthy lifestyle?
Need ideas? Visit UT System “Living Well. Make it a Priority.”
online at http://www.utsystem.edu/benefits/livingwell/

UCSC Educational Awards

Gift In-Kind & Honorariums
The UCSC invites you to consider a tax-deductible gift to the Educational Awards fund as it seeks to raise money for freshman college scholars. Honorary memorial gifts are a wonderful way to honor the memory of a special family member or a friend; celebrate a significant life event; or show appreciation to a co-worker, boss, family member or friend. Giving is easy, and your very important gift will go toward the college education of a very deserving senior of a classified staff employee.

Your gift will help a student become a responsible and productive member of our community. All gifts benefit the UCSC Educational Award Program which was established for college bound high school children of UTHealth classified employees.

Each year the Educational Awards Committee continues to advance its mission of identifying, honoring and aiding these students. We have seen many lives changed for the better.

If you have questions about making a gift or would like more information, please contact Denée Swann at 713.500.7928.

A Heart Felt Thank You!
On behalf of the UCSC & the Educational Awards Committee, we thank you for your support of our recent Winter Wishes and Boo Bag fundraisers. They were a big hit! We hope you enjoyed sending and receiving the bags of treats as much as we enjoyed delivering them.

With your help, over $2,300 was raised for the program. We extend a special thanks to those who allowed us to help them recognize and appreciate their staff while supporting this awesome program.

Your gifts were well received and greatly appreciated. Those who received these wonderful bags of treats were excited and felt very appreciated.

We will be stepping up our fundraising efforts to raise as much money as possible to make more scholarships available. With the help of supporters such as you, the Committee continues to increase the monetary value of the awards.

Please accept our sincerest thanks for your continued generosity and support!

Call for Applications!
Are you a member of the UTHealth classified staff with a college bound high school senior? Would you like help with college expenses? If you answered yes, we have some great news for you!

The UCSC is accepting applications until April 1, 2011 for Educational Awards that will be presented at the UCSC Workshop in June 2011.

Applications must be postmarked on or before April 1st. Each application is judged on preparedness to begin college, evidence of award achievement and clearly stated educational objectives and career goals. The college must be accredited and located in the United States.

For details please visit the UCSC online at http://www.uth.tmc.edu/ucsc/ or contact Denée Swann at 713.500.7928.

Best of luck to our 2011 applicants!

Previous 1st Place Award Recipients

2010  Vincent Lau
2009  Amit Desi
2008  Nancy Huang
2007  Richard Post
2006  Ashley Jenet’ Ardoin

2010-2011 UCSC Representatives

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical School</th>
<th>School of Public Health</th>
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</thead>
<tbody>
<tr>
<td>Maria Barrientos 713-500-7372</td>
<td>Rodney Ball 713-500-5435</td>
<td>Sandra Grant 713-500-9818</td>
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<tr>
<td>Dennie Clemons 713-486-2235</td>
<td>James Bibb 713-500-5953</td>
<td>Vacant - Recruiting</td>
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<tr>
<td>Michael Dixon 713-500-8182</td>
<td>Sandy Cegieski 713-500-7500</td>
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<tr>
<td>Claudia Geyen 713-792-3350</td>
<td>Rebecca Chapa 713-500-7008</td>
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<tr>
<td>Henry (Hank) James 713-500-3246</td>
<td>Sonya Emmert 713-500-7344</td>
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<tr>
<td>Nancy Pesina 713-486-6092</td>
<td>Brenda Enard 713-500-8296</td>
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<tr>
<td>Teresa (Terrie) Schade-Lugo 713-500-3062</td>
<td>Cynthia Garcia 713-500-6164</td>
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<tr>
<td>Elizabeth Stephenson 713-500-3340</td>
<td>Myishia Gray 713-500-5056</td>
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<tr>
<td>Denée Swann 713-500-7928</td>
<td>Dona Mesquita 713-500-7584</td>
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<tr>
<td>Vacant - Recruiting</td>
<td>Suzanne Paramore 713-500-7350</td>
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<td><strong>Dental Branch</strong></td>
<td><strong>Vacant - Recruiting</strong></td>
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<tr>
<td>Joanne Murrell 713-500-4341</td>
<td>Sofia Payne 713-500-717</td>
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<tr>
<td><strong>Harris County Psychiatric Center</strong></td>
<td><strong>Vacant - Recruiting</strong></td>
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<tr>
<td>Michael Graham 713-741-4836</td>
<td><strong>Vacant - Recruiting</strong></td>
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<tr>
<td>Vacant - Recruiting</td>
<td><strong>LBJ Hospital</strong></td>
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<tr>
<td><strong>Institute of Molecular Medicine</strong></td>
<td>Felicia Wilson 713-566-4635</td>
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<tr>
<td>Vacant - Recruiting</td>
<td><strong>School of Biomedical Informatics</strong></td>
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<tr>
<td><strong>Graduate School of Biomed Sciences</strong></td>
<td><strong>School of Nursing</strong></td>
<td></td>
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<tr>
<td>Heidemarie Porter 713-500-9881</td>
<td>Allegra Johnson 713-500-2042</td>
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UCSC 2011 Council Positions - Nomination Form

The UCSC elects representatives from UTHealth units each spring. The UCSC needs motivated, hard working people as members. If you would like to be a UCSC representative or would like to nominate someone else, please complete this form.

There are currently vacancies that need to be filled for the following locations:

1. Administration
2. Medical School
3. School of Public Health
4. Institute of Molecular Medicine / SRB
5. Ex Officio Members

If you or someone you know is interested in joining the UCSC please complete this form and return it to Rebecca Chapa at MSB 7.132 or contact her at 713/500-7008.

For more information on the UCSC please visit our web site at www.uth.tmc.edu/ucsc

Please note that the UCSC bylaws require that each member must be a full time classified employee who has fulfilled the obligations of his/her probationary employment period.

Suzanne Paramore
2011 Chair
University Classified Staff Council
ucsc@uth.tmc.edu
713-500-7350

For additional information about the University Classified Staff Council, visit us at: http://www.uth.tmc.edu/ucsc

2010-11 UCSC Communications Committee
Special “Thanks” for a job well done!
Dennie Clemons (Chair)
Hank James
James Bibb
Dona Mesquita
Joan Payne
Huyen Tran
Beth Watson, WEB

UCSC meetings are open to UTHealth classified staff and are held on the second Wednesday of every month in the President’s Conference Room, UCT 11th floor at 2pm. Please join us!

<table>
<thead>
<tr>
<th>Name of Nominee</th>
<th>Unit (e.g. MSB, DBB, SON)/Department</th>
<th>Institutional Address</th>
<th>Institutional Phone</th>
<th>Email Address</th>
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</table>

Note: All members are posted to the UCSC website www.uth.tmc.edu/ucsc.