UCSC PREPARES FOR FY20 - Veteran and new members of the University Classified Staff Council (UCSC) came together to plan for the upcoming fiscal year during the annual UCSC retreat Aug. 23. See a list of incoming members on Page 3.

UCSC Chair Report: Reflections on fiscal year 2019

BY ALAINNA TALTON
Senior Administrative Manager
Department of Radiology

Thank you for a great year as Chair of the UCSC. I would like to thank my officers for being a great sense of support. Verlincia Williams (Treasurer), Bethany Roachell (Secretary), Officer Arenas (Parliamentarian) and William Severson (Chair Elect) thank you for all your hard work this year. We were able to sit at the table with the president and top executives at the university and discuss key issues and have our voices heard. I am hoping that we will continue to have changes in issues like tuition reimbursement, essential staffing, and communication. My main focus was to be a change-maker and do a great job of keeping the organization focused on these key issues.

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RG Grill replaces French Corner

RG Grill has replaced The French Corner as a food vendor in four UTHealth buildings: Cizik School of Nursing, UTHealth School of Dentistry, University Center Tower, and McGovern Medical School.

According to an email released June 12 from Charles Figari, Vice President and Chief Auxiliary Enterprises Officer: “As a state institution, UTHealth engages in a competitive bidding process for all of its vendors, including food services. The French Corner has had a presence on campus since 2005, but the Food Service Request For Proposals

See REPORT on PAGE 2

See VENDOR on PAGE 14
service to classified staff.

All of the committees have done a great job this year and been very successful. The Staff Development Committee completed four Brown Bag Sessions this year. Our Brown Bag Sessions have been a tremendous success and very helpful to the staff, with sessions on health and wellness, technology tools, generational differences, and partnering and mentoring. The Communications Committee successfully completed four newsletters this year. The Staff Recognition Committee put on the annual workshop with a theme of “communication,” which delivered great information. We were able to give out 15 scholarships with the help and great work of the Educational Awards Committee. My hope is that we will be able to continue these efforts in the future, which is why it is a great honor to have the commitment of $25,000 for the next three years from the president of the university. This will ensure that more children of classified staff are helped every year. The Elections Committee gained more members this year and put on the annual UCSC retreat with the theme “Shoot for the Moon.” I will continue to help and be a presence on the UCSC and offer my assistance in the future. We have done great, but we still have a lot of work to do.

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.” – Barack Obama

Continued from PAGE 1

The UTHealth University Classified Staff Council includes five standing committees.

Staff Recognition
- Put on the Annual UCSC Workshop with the theme of “Communication: Let’s Chat, UTHealth!”
- Contacted guest speakers and vendors to present at the workshop
- Contracted a food vendor to provide both breakfast and lunch for all the workshop attendees
- Coordinated the registration and confirmed the attendance of over 150 workshop attendees
- Provided giveaways to all attendees and door prizes

Communications
- Four newsletters with over 50 articles
- Created a mailing list
- Emailed over 1,200 new classified staff members to welcome them to UTHealth
- Created numerous flyers and publicity graphics for other UCSC events and initiatives

Educational Awards
- Raised over $3,800 in funding and received a special gift of $25,000
- Received 32 applications from students of classified staff members
- Solicited and invited five members to join the selection committee
- Redacted the applications of the students and provided the selection committee with a grading rubric
- Awarded 15 applicants with Educational Awards of varying amounts at the Annual UCSC Workshop

Elections
- Planned for and put on the UCSC Retreat for all outgoing and incoming UCSC representatives
- Maintained attendance records from monthly meetings
- Ordered UCSC polo shirts for new members
- Initiated the call for nominations for UCSC representatives
- Managed the UCSC elections process

Staff Development
- Held four Brown Bag Sessions on the following topics:
  - Health & Wellness
  - Mentoring
  - Diversity & Inclusion
  - Technology Tools (Webinar)
- The average attendance for the Brown Bag Sessions was 27 with 100 people logging into to view the Brown Bag Webinar

UCSC accomplishments from FY2019
UTHealth HOOP Policies of interest

BY SANDY SOUTHERN
Senior Administrative Coordinator
Pediatric Cardiology and Critical Care

HOOP 20 – Conflict of interest, Conflict of Commitment and Outside Activities

Many of us have second odd jobs or enjoy serving on boards in our communities. Did you know that we have to register our work outside UTHealth with the Office of the EVP/CAO?

HOOP Policy 20 Conflict of interest, Conflict of Commitment and Outside Activities, requires that we have to report outside activities. These activities include outside employment or other compensated activities, service on certain outside boards and any uncompensated activity that would reasonable appear to create a conflict of interest.

These do not include activities that pertain to the University or provide important elements of employee development. Other activities that do not require registration include serving in organizations on the employee’s own time such as religious organizations, neighborhood associations, parent-teacher, sports or other groups of a primarily personal nature.

If there is a perceived conflict of interest in the employee’s outside activity, the University will design a plan to mitigate any conflict of interest.

UTHEALTH Discount Program

HOOP Policy 170 addresses the discount program procedures and guidelines. One of the benefits of state service with the University of Texas Health Science Center at Houston is that we have access to special discount programs.

The opportunities for discounts include dining, child care, entertainment, housing, wellness, retail, technology, cell phones, and other services. It is easy to click through the list to find something of interest. If you use the discounts, be ready with your UTHealth badge to prove you are an employee.

UCSC welcomes 2019-2021 representatives

Every year, a new group of representatives joins the University Classified Staff Council (UCSC) to fill the positions of those rotating off the council. Each representative serves for a two-year term during which they help represent the needs and concerns of UTHealth classified staff to leadership. In addition, every representative serves on one of UCSC’s five standing committees: Staff Development, Staff Recognition, Communications, Elections, and Educational Awards. We are excited to welcome this year’s incoming members, who began their two-year terms this month. We look forward to the contributions they will make.

Qiana Allen  
Lexus Bradford  
Jacqueline Brooks  
Lakeisha Burkes  
Allan Cambel  
Colin Dunham  
Telisha Green  
David Hern  
Stephen Jones

Nickey King  
Stanley Malbrough  
Diana Medrano  
Amy Metoyer  
Pauline Monsegue-Bailey  
Yuliana Nunez  
Jennifer Seay  
Elmer Sigaran  
Consuela Sims

Jimaya Tates  
Tricia Thomas  
JaQue Vickers  
Christina Villarreal  
Jerry Walker III  
Beth Watson  
Nichelle Watson

For a list of all representatives, visit our website.
Let’s Chat UTHealth: 25th Annual UCSC Workshop focuses on communication

BY WILLIAM “BRYAN” HILLIER
Education & Information Resources Manager
Center for Education & Information Resources

The 25th Annual UCSC Workshop. Wow 25 years! The workshop has been around for a long time! Let’s Chat UTHealth was the theme of the workshop, and the workshop was all about communication.

The first speaker was Kevin Dillon, who serves as the Senior Executive Vice President, Chief Operating Officer of the University. He spoke about many topics, including the new ground breaking of the UTHealth Continuum of Care Campus for Behavioral Health and how the university works with this health care system. He also discussed the EPIC health care system, which the university will be using for our electronic medical record software, and various other things. It was a privilege to hear from one of our university leaders.

The next part of the workshop featured a discussion panel, which was made up of leaders in various roles from different parts of the university. This included a senior group therapist for UTHealth, the vice president and chief human resources officer of UTHealth, a police sergeant with UT Police at Houston, and other leaders from the university. This panel was moderated by Laura Morales, who is a network coach, trainer and public speaker. The panel talked about communication topics, and it was very interesting to hear.

See WORKSHOP on PAGE 5
WORKSHOP

Continued from PAGE 4

the viewpoints of these different people.

The next speaker was Stephen W. Jones, program manager of Interprofessional Education at UTHealth, who discussed enhancing team performance through better communication. The presentation was very helpful, and Jones discussed different strategies for improving team performance and brought real-world examples of how to use these strategies.

After Jones, Officer Manuel Leston from UT Police at Houston brought a presentation about conflict management called “Verbal Defense and Influence,” which is aimed at preventing and managing conflict using non-escalatory and de-escalatory verbalization skills.

The last speaker was Laura Morales, who was the moderator for the earlier panel. Morales was very energetic! In fact, her company is called Energize Your Outlook. She had an awesome presentation that was funny, interesting, and very helpful. Her presentation was called “Accentuate the Positive to Mitigate Frustration and Improve Communication,” and I especially loved when she donned her different hats to accentuate the different points of her presentation! There were several interactive activities where workshop attendees grouped together to come up with ideas and answers to questions posed by Morales.

All in all, the workshop was a wonderful day of helpful and useful information. I think that everyone who attended learned something new!

Panelists at the 25th Annual UCSC Workshop respond to questions from the moderator. From left to right: Sgt. Gabe Wisneski with UT Police at Houston; Sharlene Johnson MA, LPC-S, LBSW, LCDC; Eric Fernette Vice President and Chief Human Resources Officer; Scott Patlovich, DrPH, director of Environmental Health & Safety in the Office of Safety, Health, Environment, and Risk Management at UTHealth; Laura Morales, Motivational Speaker.

Make your voice heard!

Do you have an issue you want to bring before leadership? Email the University Classified Staff Council at UTHealthUCSC@uth.tmc.edu.
Performance Reviews: What they are, why they exist, and how to use them as a personal tool

BY AKILAH MOY
International Visitor Advisor
Office of International Affairs

A lot of employees dread performance reviews. They can be time-consuming, and self-evaluations can be quite a challenge. In order to understand what performance reviews are actually for and how they impact classified staff, I met with Karla Crabtree, Director of Employee Relations and Client Based Resources, to gain a little more clarity.

What I Learned:
Performance reviews are really a tool for employees. They help to establish reasonable expectations, accumulate all of your accomplishments for the year, and facilitate an ongoing conversation between employee and manager.

• Performance reviews are really a tool for employees. They help to establish reasonable expectations, accumulate all of your accomplishments for the year, and facilitate an ongoing conversation between employee and manager.

What should you do if you have issues?
If you’re having technology issues, the Learning and Development team are here to assist. They can also help with developing goals. Employee Relations can assist in facilitating the process.

At the end of the day, does your evaluation really matter?

See REVIEWS on PAGE 7
The short answer is: YES!
Evaluations can affect you moving forward in the year. “Fully meets expectations” means you are doing your job and doing well and is required for employees to be eligible for promotions and transfers within UTHealth. This is a policy of the UT System, and UTHealth’s regional campuses are included as well. Also, UT System must certify 100% completion when audited every six years by the Texas Workforce Commission.

At the end of the day, Employee Relations is always a resource to you!

The Performance Management website contains resources that can assist. If you haven’t noticed already, Career Corner articles are available now to assist and typically open in a week prior to evaluations opening. They are located on UTHealth’s main webpage.

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**REVIEWS**

Continued from PAGE 6

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At the end of the day, Employee Relations is always a resource to you!

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**Brown Bag Session focuses on technology**

**BY SANDY SOUTHERN**
Senior Administrative Coordinator
Pediatric Cardiology and Critical Care

Thursday, August 8, Colin Dunham and LaDonna Watts presented a Brown Bag Session titled “Beyond, ‘Hey, Siri’: Simple, Free Tech Tools and How to Use Them at Work.”

We all know “Siri” and “Alexa,” but now we know more digital tools that can help make us more efficient in our jobs. UTHealth provides its employees access to Webex, OneNote, and UTH-Share (Google Suite).

This Brown Bag Session was presented via Webex, a software package that allows participants, via the web, to have conversations, see presentations, or meet one-on-one or in groups online. This works well when a team is not in one location or is unable to travel to a meeting. This provides an opportunity for better communication and interaction when meetings need to happen between UTHealth campuses.

OneNote is part of the Microsoft Office Suite. This works like your paper notebook. You can create sections and have unlimited pages in each section. This can be used as the “ultimate organizational tool.” OneNote allows insertion of web links, pictures, graphs, tables, and more. Within UTHealth, it’s best to save your OneNote file on your shared drive so you can access it from wherever you are. When opening it for the first time, it can feel overwhelming, but you start with page one and then page two and soon you have everything you need at your fingertips.

UTH-Share (Google Suite) offers many applications from simple storage to documents, spreadsheets, and presentations. You can upload and download from both the office and away from your desk. UTHealth offers unlimited storage as well as HIPAA-compliant space. Google files can be shared with others, but they can be limited to view only, comment only, or even full edit options. When working on a document with several authors, you will be able to see who is working where and have the ability to revert to a previous version if necessary.

Another benefit of OneNote and Google is there is no need to save. These applications save in real time.

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**Quick tips for maximizing your review**

**Self-Evaluations:**
1. This is really a good time to ‘toot your own horn.’ “Here’s what I did this year!”
2. Rate yourself fairly.
3. Be honest.
4. Keep a running calendar or list of projects or presentations. Use tracking measures throughout the year so that it is easier to recall all of the things you’ve accomplished.

**Manager Evaluations:**
1. Evaluations are a part of an ongoing conversations.
2. Don’t be confrontational. “Here’s what you do well; here’s what needs to get done.”
3. Be transparent.
The best of both worlds

Brownsville campus staff member shares reflections

BY CHRISTINA VILLARREAL
Senior Administrative Manager
UTHealth School of Public Health in Brownsville

The UTHealth School of Public Health in Brownsville lies 365 miles south of the main UTHealth campus and remains one of its best-kept secrets. Though few know who we are, this School of Public Health campus is behind the scenes of many activities determined to build a better and healthier Brownsville.

The campus started back in January 2001 with two faculty members and one staff member. Today the campus consists of eight faculty members and about 140 classified staff on our own UTHealth-owned property. As staff, we feel it is our mission to help the researchers better the lives of the people in our community — people we consider both friends and family.

On our campus, which is one of six School of Public Health campuses, our faculty members produce award-winning research in diabetes, tuberculosis, human development, and behavioral health. Additionally, the Brownsville campus offers a certificate program, four different master’s programs, and two doctoral programs ranging in subjects from health promotion to epidemiology. All of these educational pursuits focus on community health and research aimed at preventing negative health outcomes, especially for at-risk communities.

We know we work for a great institution that is known worldwide, and we take great pride in that. However, the challenge we face in the Rio Grande Valley is helping people understand how we are connected to UTHealth Houston. Our own families have a difficult time conceptualizing how we live in Brownsville and work for Houston. Thus, we are constantly explaining the hierarchy of the University of Texas System so they can understand. In addition, the community often thinks we are part of the University of Texas Rio Grande Valley or other University of Texas institutions — any institution except Houston — and this only adds to the confusion. In fact, most of our own staff have never seen the Houston campus, and many of our Houston colleagues do not even know we exist! We consider ourselves the “hidden gem of the Valley,” but the challenge is to stop being so “hidden.”

To do this, we must help our families and community understand how we fit with the other schools and what makes us unique and special.

The valley is home to over 1.3 million people and many local businesses. Sometimes the processes that UTHealth has (as a state agency) are difficult to follow, which makes our administrative lives a bit stressful! However, in working with the local business people, we are able to promote our mission and help them understand who we are. Part of the charm of being a smaller entity within the overall structure of UTHealth is that, instead of talking to a machine, we get to talk to real people who are willing to understand and meet our everyday research needs. Although we sometimes get frustrated living “in between,” the human aspect makes our work fulfilling.

An interesting aspect of working at a regional campus is that we work day-in and day-out with people we have never met in person. Another facet to working at the Brownsville campus is that we all wear different hats, depending on the day, and we routinely trade those hats with our co-workers. Many of us become knowledgeable in other areas because we have to be, and we enjoy helping each other out. For example, when IT personnel are out of the office, other team members step in to fill the gap.

See BROWNSVILLE on PAGE 11
Member Spotlight: Rosa “Rosi” Gonzalez

BY JESSICA VANDERPOOL
Development Writer II
Office of Development

Rosa “Rosi” Gonzalez loves her pets. In fact, she describes it as having a “zoo” – because she has more than a dozen of them. Between the pets she has in Costa Rica, where she is from, and her dog here in Houston, she has 14 animals – nine turtles, four kissing doves, and a toy poodle named Princess.

But her interests do not stop there. She also enjoys baking and decorating. And to top it all off, she serves as Senior Administrative Manager within the Internal Medicine department – Center for Antimicrobial Resistance and Microbial Genomics at McGovern Medical School at UTHealth. In total, she has 20 years of state service, including 16 years at UT MD Anderson Cancer Center.

In addition, she serves on UTHealth’s University Classified Staff Council (UCSC). This year will be her second year on the council. Last year, she served as co-chair of the council’s Staff Recognition Committee, and this year, she is serving as chair of the same committee.

Why did she join UCSC? She explains it simply.

“I wanted to make a difference by bringing ideas (and) recommendations that I hear from classified employees,” she said. In addition, she said she was drawn to the council because she knew it would allow her to meet a variety of people, including those with different backgrounds and positions.

But pets, hobbies, and work are only a few pieces of her life. Another piece is her love of family. She has three children: Natasha, 28, whom she describes as a dreamer who loves “cats and would get every single cat she finds in the streets”; Joe, 27, an Army veteran; and Gabriel, 19, whom she affectionately describes as the family “nerd” who is always studying.

When asked what her favorite memory is, she said, “It couldn’t be better than witnessing the birth of my grandson – there are no words that can express the emotions.”

From her zoo of pets to her growing family, Gonzalez has a life filled with love.
By Colin Dunham
Talent Acquisition Specialist
Human Resources

In fulfillment of our overview of Employee Assistance Programs (EAP) at UTHealth, this newsletter article will give an overview of the discounts and online maps offered to all UTHealth employees. See the previous issue for information about a different area of support provided by UTHealth’s EAP.

Employees at UTHealth earn a paycheck, and while a lot of that money goes toward things like bills, food, and other necessary items, UTHealth offers a wide array of discounts! These discounts are afforded to employees for no other reason than to help them save money. They range from dining and child care, to utilities and housing. If you can dream it, there is probably a discount for it. All of the available discounts can be found on the Employee Assistance Program’s website under the “Personal and Professional Life” section. After finding what section of discounts you want, continue reading in order to find out how to utilize the discount. Some discounts only require that you mention “UTHealth” when checking out, while others have a special code for you to use.

There are three types of discounts available to UTHealth employees: Blue365 Discounts, UTHealth Discounts, and Beneplace discounts. Blue365 Discounts are available to UTHealth employees through our insurance provider: Blue Cross Blue Shield. All you have to do is create a profile and enter part of your identification number from the insurance plan and then you’re on your way to saving money on a variety of health-related apps and services. The UTHealth Discount Program shows a list of vendors with discounts specifically for UTHealth employees. Often employees need only visit the website using the provided link and enter the discount code at checkout. The final type of discount is Beneplace discounts, which is similar to the UTHealth Discount Program but on a broader scale with deals for all State of Texas employees. On the left-hand side of the screen, employees can search broad categories of discounts and click to view specific details within subcategories. All these discounts and more are only a few clicks away and can help you save potentially thousands of dollars over your work tenure with UTHealth!

Another critical set of resources EAP provides to UTHealth employees are maps of several resources available here at UTHealth. There are maps that show employees where to locate the nursing mother rooms. If you have recently given birth to a child and need to express milk during the workday, you will want to visit this page to find the closest room to you and additional information on how to record your time and who to contact with questions or concerns. Another map located on this section of EAP’s website is for the Farm to Work Program. This incredible program connects local farmers with employees who can buy healthy produce using sustainable practices. The drop-off locations are available through the EAP website as are links to learn more and order through this program. Another beneficial map is one that marks all the painted stairwells that encourage exercise and well-being around UTHealth. If you have taken the stairs to a meeting recently or taken a leisurely stroll during the workday, you may have seen inspirational messages or tick marks to track your distance. These areas encourage wellness while at work to keep UTHealth employees both happy and healthy. In conjunction with these stairwells, all the shower locations across the UTHealth campus are marked on a map via the EAP website. If you would like to utilize your lunch or break time to get a quick workout in but do not have the option to run home and shower in order to return to work in a presentable way, this map will be a huge benefit to you! After taking that stroll or engaging in some physical activity, you may want to check your weight, heart rate, or blood pressure. Luckily, there are wellness kiosks scattered...
members often have to help troubleshoot when IT issues arise. Similarly, when the maintenance worker is out, the team comes together to fix whatever is broken that day. While the main UTHealth campus has all the resources of a large organization, the regional campuses often have to perform “other duties as assigned.” However, it brings us closer together! Some of us have made longtime friends with people in Houston whom we have worked with over the years. We have shared tears of joy and tears of sadness with them. When Hurricane Harvey devastated Houston, we in Brownsville hurt as well because so many of our colleagues up north had been hit hard by the storm. Our Brownsville operations were crippled since our Houston campus was down. In situations like these, we are reminded that we are not alone, both on a professional and personal level.

As UTHealth employees with truly rewarding careers, we appreciate the resources that are available to us. The same technology tools that the Houston campus uses, we too use. The ability to be a part of the University Classified Staff Council, Student InterCouncil, and InterFaculty Council allows us the representation to make our voices heard. However, not all UTHealth experiences are universal. We get the same invitation to Fun Fest every year that the Houston offices receive, but we are unable to attend given the distance. Neither are our STAR Award celebrants able to attend a special ceremony celebrating their tenure with the institution. These unique environmental factors present opportunities for staff, faculty, and leadership to bring about new traditions that both contain the spirit of Houston campus events and celebrate the hardworking individuals of UTHealth School of Public Health regional campuses. In addition, we can represent UTHealth in our local community celebrations, like Charro Days, a celebration of friendship between the border cities of Brownsville, Texas, and Matamoros, Tamps, Mexico.

I look forward to helping promote the work and the excellence of our amazing staff and school.

**Recipe Corner**

### Instant Pot Mongolian Beef

Yield: 6 servings • Calories: 338 kcal

Prep Time: 10 minutes • Cook Time: 10 minutes

**Ingredients**

- 1.5 pounds flank steak
- 3/4 cup brown sugar
- 3/4 cup soy sauce
- 2 cloves garlic
- 3/4 cup water
- 2 tbs corn starch
- 1 cup shredded carrots

**How to Make It**

1. Place pot on saute setting.
2. Add oil, steak, and garlic.
3. Pour in carrots, soy sauce, brown sugar, and water.
4. Manual high pressure 10 minutes
5. Quick release.
6. Place pot back on saute, bring to a boil.
7. Whisk in cornstarch.
8. Continue on saute for about 2-3 minutes until sauce thickens.

*Recipe by: Adventures of a Nurse*

Nutritional and other information can be found at: https://www.adventuresofanurse.com/instant-pot-mongolian-beef/
Bringing the mind and body together

BY ROBIN DICKER
AND MUDITA UPADHYAYA
Employee Assistance Programs

Compounding stress from the seemingly never-ending workday can be damaging to our health, and it is no surprise that more than one in four Americans describe themselves as “super stressed.” In our rush to get it all done, we are at risk of becoming chronically stressed. Chronic stress can weaken our immune system, increase our risk to cardio-vascular diseases, have a negative effect on our relationships, and decrease our overall happiness.

While a small amount of ‘good’ stress is necessary to keep us going, the key is to be able to manage stress through creating a balance in our work and personal lives. Achieving a healthy work/life balance is an attainable goal when you identify what makes the most sense for your individual needs and lifestyle. Although there is no one-size-fits-all solution, Mental Health of America suggests some practical steps to win back the balance in our lives and loosen the grip that stress can have on us. Read on and reap the benefits.

Strategies for maintaining work life balance:
• Set realistic and achievable goals each day. Make a to-do list and take care of important tasks first. Then eliminate unnecessary ones. Ask for help when necessary.
• Avoid procrastination. Divide bigger tasks into smaller action items so they seem achievable. Complete the first task before moving on to the next. Give yourself small rewards upon each completion, whether it’s a five minute break or a refreshing walk. You deserve it!
• Take frequent micro-breaks to reset your mind and body. You can listen to music, chat with a colleague or just stretch at your work station. These micro-breaks at work — or on any project — can help clear your head and improve your ability to deal with stress. You may find that you make better decisions when you jump back into the grind.
• Pay attention to your physical wellness. Stay active, hydrate, eat healthy, and get adequate rest. Being in good shape physically increases your tolerance to stress and reduces sick days.
• Most importantly, take advantage of your Employee Assistance Program (EAP).

What is the EAP?
The EAP provides you and your family with a variety of supportive services, including personalized mental health counseling referral and consultation services. The ser-

See WELLNESS on PAGE 13
WELLNESS
Continued from PAGE 12

Services provided by the EAP are free and confidential.

Why would I call the EAP?
The EAP provides counseling and consultative services for all types of life concerns. Some of the most common reasons for contacting the EAP include:
- Stress and Anxiety
- Burnout
- Depression
- Alcohol/drug problems
- Parenting and family concerns
- Couples and relationship issues
- Grief
- Anger management
- Change and life transitions
- Work-related issues
- Communication skills

How do I make an appointment?
By phone: Simply give us a call at 713-500-3327 (employees) or 713-500-3880 (faculty). You will talk with one of our experienced EAP staff members who take the time to fully understand your concerns and explore care options with you.
By Web: Visit our website go.uth.edu/eap (employees) or go.uth.edu/fap (faculty) and complete the contact form to receive a call from our EAP staff at a time convenient for you.

The EAP also offers consultation services and referrals to address areas of need such as:
- Physical health
- Child care
- Elder care
- Care for disabilities
- Legal services
- Resources for new moms
- Financial counseling
- Wellness resources
- Occupational well-being

Additionally, as a UTHealth employee you have access to Care.com where you can locate emergency and backup childcare and eldercare resources in your community and nationwide.
You can also find great discounts on a variety of useful products and services including dining, wellness, retail, utilities, housing and entertainment, and more through the UTHealth Discount Program. The discount program is available to all UTHealth employees, faculty, students, residents and fellows. For more information, check out the discount website.

What other services are available through the EAP?
For a full list of mental health and wellness offerings available through the EAP, check out our website.

Robin Dickey serves as Faculty Assistance Specialist. Mudita Upadhyaya serves as Senior Wellness Program Manager.

Curious about the University Classified Staff Council?
Visit the UCSC website: uth.edu/ucsc
EAP

Continued from PAGE 10

throughout the buildings to help you track your vital health data. Another map will give you the exact location of all these machines so you can start tracking while at work. To see other wellness-related activities offered through EAP, use the wellness calendar that is located on these pages.

For those UTHealth employees who may need some of the services listed above, please visit the Employee Assistance Programs website or call 713-500-3327 for direct assistance.

VENDOR

Continued from PAGE 1

Evaluation Team selected RG Grill to be our new food service vendor. The evaluation team was composed of UTHealth employees and students.”

According to a second email, the locations at UTHealth School of Dentistry and McGovern Medical School will offer “grab-and-go food services,” while locations at Cizik School of Nursing and University Center Tower will serve as “retail food establishments.”

Soft openings began in August as the vendor moved into the new spaces. More extensive repairs are still in progress at Cizik School of Nursing and University Center Tower.

COMING SOON

September UCSC Meeting
September 11, 2 - 4 p.m.
University Center Tower (UCT 1726) and via WebEx

October UCSC Meeting
October 9, 2 - 4 p.m.
University Center Tower (UCT 1726) and via WebEx

November UCSC Meeting
November 13, 2 - 4 p.m.
University Center Tower (UCT 1726) and via WebEx

December UCSC Meeting
December 11, 2 - 4 p.m.
University Center Tower (UCT 1726) and via WebEx

From your fiscal year 2019
UCSC Communications Committee,
we thank you for an amazing year
and look forward to many more to come!

Alainna Talton
2018-2019 Chair
University Classified Staff Council
UTHealthUCSC@uth.tmc.edu

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

Communications Committee members:
Valerie Buchanan
Colin Dunham
William “Bryan” Hillier
Karen Hunter-Frierson
Akilah Moy
Sandy Southern
Jessica Vanderpool
Christina Villarreal