I. Call to Order
Corresponding Secretary, Karen Paisant, called Meeting to order at 10:08 am.

II. Approval of Minutes
Quorum was not met thus minutes were not approved.

III. Executive Committee Reports
a. President, LeeAnne Sipe—excused absence.

b. Vice-President, Rajni Soharu—excused absence.

c. Treasurer, Taryn Chevis
   All account information as of October 20, 2017
      i. Credit union acct. $5.42
      ii. Foundation Endowment acct. $10,870.91
      iii. Foundation Activity/Spending acct. $3,009.87
      iv. General Fund $2,750

d. Corresponding Secretary, Karen Paisant

e. Recording Secretary, Reagan Laiche
   i. No report

IV. Committee Reports:

   a. Membership/Elections Committee: no report at this time. This committee is more active in the spring.

   b. By-Laws Committee: no report

   c. Staff Concerns Committee: Presented by David Richardson. Attached to this document.

   d. Events Committee: Presented by Karen Paisant: Door Decorating Contest has wrapped and in January, we will announce the Shoebox decorating contest.
e. Awards Committee: Meeting in January and will announce the scholarship award in May.

f. Professional Development Committee (ad hoc)- no report.

V. New Business
   i. Kassie Thibodaux from the Rec. Center: Handouts are in the back for Faculty and Staff Volleyball leagues. Workplace Wellness Corner initiative and new faculty and staff rates will begin in January. See attachments for more information.

VI. Old Business-Karen Paisant:
   i. The Christmas Door Decorating contest was a great success! The winners for this year’s contest: COBA (Group Category) for their Gingerbread House themed door. The individual door winner was Mike Esordi for his Hawaiian theme complete with complementary Hawaiian punch. Winners received trophies and an Athletics prize pack.
   ii. The T-Shirt fundraiser: 53 T-Shirts sold and $260.00 raised. A new link appears on the Staff Council webpage if you or someone you know would like to purchase additional shirts.

VII. Guest Speaker: Nina Stewart of UNO Counseling Services and special guest, Chris Cameron, Executive Director from Hands on New Orleans. Presentations attached to this document.

    Chris Cameron: Hands on New Orleans was born out of Hurricane Katrina as a disaster response. At the beginning, the work was about cleaning up and gutting homes then developed from there as the community rebuilt. The volunteer center serves seven area parishes through volunteer engagement and community revitalization. One-third of the programs are disaster response. Currently there are 100+ community partners. How do you plug in and help? Go to the website and create an account. https://www.handsonneworleans.org/
    There is a calendar of events and you can filter by your interests. Pick your passion. During 2018, HoNO collaborated with the Tri centennial committee to perform 300,000 hours of community service in celebration of New Orleans’ 300th birthday. Since its founding, HoNO has over 86,000 volunteers.

VIII. Next Meeting - 1/18/2018 in UC 208 at 10:00 am. Guest Speaker TBD.

IX. Door Prizes - Thirteen Holiday Ornaments raffled off.

X. Adjournment at 11:02 am.
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STAFF COUNCIL MEETING

Sign-in sheet for STAFF MEMBERS

DATE: 12/21/2017

Kassie Thibodeaux
Gretchen Smith
Pascale Stewart
Joseph E. Hugue

Elaine Raymond
Jeanne Auger-

Michael Esordi
Rosemond Myers

Don Hagen
Rachel Massy

Tyrone Stovall

Suean Graham

Steven D.

Rebecca Chatman

Martha James

Sue B. Borden

Joy Ballard
Kim Ganiatte

Natalie Temple

Lydia Duke
Leslie Lindsey

Karen Beaufage
Dorothy D. Bates

Carol David

Ebdehel At-Sawalnec

Sameca Hempel

Marty D'Auri

Michael McHenry

Marilyn Hayden

cr deeks
December 2017 meeting – Staff Council

Question
Is there any way for marketing/pr to highlight awards that staff receive outside of UNO? I always see the awards that faculty receive from various organizations. Staff members participate in professional organizations and earn accolades as well that should be equally be celebrated and acknowledged by the university.

Answer
Just as with faculty, we are happy to promote great news about our staff members’ accomplishments. The first step is for people to provide it. They can send it to pr@uno.edu. We cannot guarantee that everything we get we share, several factors are taken into consideration, but we definitely try.

Question
After attending commencement, I am very curious as to why our president, LeeAnne Sipe, was not included on the platform party. It was very awkward as Dr. Nicklow thanked the entire platform party by name, and then pointed to President Sipe across the arena to recognize her. Staff play a major role in helping students get to graduation, arguably as great as the faculty role. I think it is only fair that they be properly represented in the platform party as well.

Answer
Both the President and Provost make the decision regarding the platform party. We will investigate stage parties at other universities but typically, the Staff Council President does not sit on the stage. I will let you know what our investigation reveals.

Question
UNO should implement a 360 review process for managers. Employees should not be held accountable for processes and procedures that managers failed to teach.

Answer
Waiting for answer
Mission & Vision

MISSION:
To engage, empower, and transform our community through volunteer service.

VISION:
To connect every passion to its purpose.
HandsOn History

2006: The national HandsOn Network organized Hurricane Katrina relief and rebuilding efforts by establishing a presence in New Orleans.

2008: The organization became an independently operated affiliate under its own 501c3 status.

2009: HandsOn Network merged with Points of Light, the world’s largest volunteer organization.

2009-2011: Evolved from a disaster response project into a thriving volunteer action center for grassroots service opportunities.
HandsOn Today

We leverage core strengths to strengthen families and transform neighborhoods.

Volunteer Engagement

Community Revitalization

Disaster Management

The organization's work:

- Improves access to resources
- Supports educational equity
- Promotes healthy eating and active lifestyles
- Sustains the natural and built environment through blight reduction and conservation projects
- Advises the community on emergency preparedness, response, and recovery.
What We Do

We support 70+ community partners (schools, park and recreation centers, neighborhood associations, and nonprofits) by identify pressing needs, creating high-impact projects, and recruiting and deploying volunteer teams to promote sustainable change.
How We Do It

We promote service in New Orleans through three initiatives:

- Volunteer Engagement
  - Individuals
  - Organizations
  - Corporations

- Community Revitalization
  - Service Projects
  - Community Partners
  - Volunteer Leaders

- Disaster Management
  - Preparedness
  - Evacuation
  - Recovery
Customized projects for many impact areas

- School Renovation
- Youth Recreation
- Mobile Projects
- Urban Gardening & Environmental Restoration
- Neighborhood Beautification & Blight Reduction
How You Can Do It

www.handsonneworleans.org

Step 1 of 2: Create an Account

Already have an account? Click here.

Want to sign up your agency? Click here:

Facebook

Sign up with your email address

First Name (Required)

Last Name (Required)

Email (Required)
How You Can Do It

www.handsonneworleans.org

Key Features:

• Robust filtering by impact area, location, age and much more.
• Automatically builds a volunteer transcript for reporting.
• Ability to sign up and check in from your device.
• Can sign up as a team captain.
• Customize your profile to receive more information.
Our Impact

- Managed volunteers: 86,000+
- Service hours: 286,596
- Underserved youth impacted: 21,000
- Projects completed: 4,744
- Volunteer Leaders trained: 230
- Community savings through volunteer time: $17 million
Thank You!

Christopher Cameron, Executive Director
ccameron@handsonneworleans.org
504-827-6854
HOLIDAY STRESS
KEEP IT MERRY, A GUIDE TO MANAGING
Ditch your inner Grinch

Unwrap gratitude
Tis the season for holiday stress!

Survey confirms: Almost everyone is stressed around the holidays.

Later.

Anxiety, and angst, which leads us to behave in ways we're sure to regret.

While 'tis the season to be merry, for many of us, it's also a season for stress.

People love the holidays, but spend them doing things they hate.

Christmas music may take a mental toll, psychologists say.

It's the happiest season of all.
• What about holiday stress?

• Common symptoms of stress may include:
  - Low-energy
  - Headaches
  - Upset stomach
  - Aches, pains, and tense muscles
  - Chest pain and a rapid heartbeat

• Stress is your body’s way of responding to any kind of demand or threat.

I THINK IT'S STRESS!!
- Do something nice for yourself.
- Make time to rest and rejuvenate.
- Re-evaluate your traditions.
- Slow down & find joy in the little things.

Make a self-care plan & check it twice.

HOLIDAY STRESSORS
HOLIDAY STRESSORS

The weather outside is frightful, and the vibe inside is awkward.

• Be realistic.
• Identify an ally.
• Take breaks.
• Set boundaries.
• Say no with a smile!
Embrace presence rather than presents.

- Be creative with gift giving.
- If you can't afford it, don't buy it.
- Set a budget.

MONEY
YOU:
All I want for Christmas is
I've got no money this year.
I'm giving nothing for Christmas

HOLIDAY STRESSORS
Treat Yo’ Self!

Add a healthy spin to your favorite recipe.

Stick to your routine & set the tone early in the day.

All I want for Christmas is food.

Holiday Stressors
• One "tradition" I can create is...
• One "tradition" I may need to give up is...
• This year, I will remind myself of the importance of...
• One friend, relative, and/or group I could connect with is...
• One thing I can do for myself this holiday season is...

LET'S MAKE A PLAN!
STRESS-FREE HOLIDAY
I AM DREAMING OF A
THE TAKE-AWAY:

Give back.
Self-care.

Re-evaluate.
Breathe.

Connect.
Be realistic.
To Do in New Orleans for a Kick-Start!

- Check-out Blogger's Show Me Your Nola's 15 Christmas-y Things
- Create new traditions
- Build a bonfire
- Prepare a homemade soup
- Go for a walk
- Practice gratitude
- Volunteer
- Drink hot chocolate
- Enjoy time alone
- Create a self-care plan

Season Starter List!

Creating a Cozy, Mindful & Grateful Holiday
The Coping with Holiday Stress Worksheet: Creating My Own Plan for a Happy and Healthy Holiday Season

The American Psychological Association conducted a “holiday stress” poll which revealed that more than eight of every 10 Americans anticipate stress during the holiday season (American Psychological Association, 2015). Heightened stress during the holidays can trigger unhealthy behaviors, such as overeating and drinking to excess. But there are other coping behaviors that you can adopt during the holiday season that are both healthier and longer-lasting. This “Coping with Holiday Stress Worksheet” introduces nine important strategies to help ensure a happy and healthy holiday season.

You can use this interactive worksheet to:
1. Identify the main sources of your holiday stress
2. Learn to make healthier choices during the holiday season
3. Develop a plan to manage your holiday stress
4. Make the holiday season a happier one

1. Let go of unrealistic expectations:
   You can’t recreate the past
   You can’t have perfect holidays

   [Fill in the blank] One thing I would like to have happen this holiday season that probably won’t is:
   __________________________________________________________________________

2. Acknowledge and express your feelings honestly
   Give yourself permission to feel a sense of loss because of illness, divorce, death, separation, anxiety, dread, or other pressures

   [Fill in the blank] One thing I’m feeling today as the holidays are approaching is:
   __________________________________________________________________________

3. If you tend to isolate, try to keep busy instead:
   Invite others to get together
   Be proactive, not reactive
   Stay active. Get out. Go for a walk. Window shop

   [Fill in the blank] One friend or group I could get together with is:
   __________________________________________________________________________
4. **Don’t expect issues with others to disappear just because it’s the holiday season**
   If possible, reduce the amount of time you plan to spend with difficult family members or friends
   Let go of past conflicts and resentments
   Acknowledge feelings related to the holidays, but try to avoid associating the holidays with unresolved family issues or a painful childhood
   Respect and support each family member’s choices about participation in family activities, and allow for changes in plans and participation, when possible
   Keep expectations realistic and learn to forgive
   Balance your own needs with your family’s needs

   [Fill in the blank] One positive and supportive family member or friend I will spend time with is:

   ____________________________________________________________

5. **If you are struggling with loneliness or are facing the loss of a loved one with whom you have shared the holidays**
   Go to a place where you can find support and encouragement
   Spend time with people who care about you
   Volunteer your own time or your family’s time to help others. Helping others can take the focus off one’s own pain
   Accept feelings of sadness. These feelings may not go away just because holiday cheer abounds

   [Fill in the blank] One activity I will do to deal with loneliness or loss is:

   ____________________________________________________________

6. **Prepare for the extra intensity**
   Eliminate stressful or unnecessary activities or chores
   Devote time to relaxation and rejuvenation
   Do something special for yourself. Make an appointment with yourself to do something you enjoy
   Always seek support if you need it. Don’t be embarrassed to ask for help any time of the year

   [Fill in the blank] One stressful activity I can abandon is:

   ____________________________________________________________

   [Fill in the blank] One relaxing and rejuvenating activity I can enjoy is:

   ____________________________________________________________

   [Fill in the blank] One special thing I will do for myself is:

   ____________________________________________________________
7. Re-evaluate your holiday traditions. Are they too stressful or time-consuming?

[Fill in the blank] One “tradition” I may need to give up is:

________________________________________________________________________________

8. Beware of over-indulgence

Eat, drink, and spend in moderation
Stick to non-alcoholic drinks
Set spending limits
Increase physical activity

[Fill in the blanks] I will spend no more than $____________ per person on gifts.

One way I will increase physical activity (exercise) is to ________________________________

for _____________ minutes per day.

9. Remind yourself of the true meaning of the holidays that you celebrate

Focus on what is most important to you about the holiday season

[Fill in the blank] This year I will remind myself of the importance of:

________________________________________________________________________________

Congratulations on completing your very own Plan for a Happy and Healthy Holiday Season!

Please note that the plan that you have created to cope with holiday stress and ensure healthy and happy holidays can be utilized to manage stress and promote health throughout the year.

A SARDAA volunteer with a 26-year history of schizoaffective disorder and extensive experience as a health care professional wrote this article and adapted this worksheet from the November 2009 version of Cigna’s “Coping with Holiday Stress” Wellness Workbook.

Next in this series will be an article by the same author entitled, “SARDAA Offers Tips for Peace of Mind during the Holiday Season.”
Workplace Wellness Program kick-off; Wednesday, January 10th from 11:30-1:00. Stop by the Rec Center to find out more about the programs being offered.

**Workplace Wellness Corner (WWC)**
Visit the WWC in the Rec Center for monthly handouts and recipes.

**Walk-in-Wednesdays**
1st Wednesday of the month UNO Faculty/Staff can use the Rec Center at no charge. Dates: 1/3, 2/7, 3/7, 4/4, 5/2. Must show your UNO Faculty/Staff ID at front desk to enter.

**Workout Cards**
will be available in the WWC for you to track your workouts.

**Track Your Fitness**
Once every 3 months we will offer weigh-in sessions: weight, body fat test, hip & waist measurements, and blood pressure.

**Coming Soon!**
**Walk the Louisiana Festivals**
Be the first to walk the distance between designated Louisiana festivals.

**Calendar of Events**

**January 2018**
- National Stalking Month – RAD workshop offered by UNOPD – Wed, Jan 24th 12:15-1:00.
  Email Kassie if interested in participating, kthibodec@uno.edu.
- Track Your Fitness Weigh-in – Jan 10th 11:30-1:00
  - Faculty/Staff volleyball begins
  Tuesday, January 16th.
  Email Edgar if interested, egavila1@uno.edu.

**February 2018**
- America Heart Month – CPR & AED training

**March 2018**
- National Nutrition Month – nutrition lectures.

**April 2018**
- National Donate Life Month – LOPA speaker & sign-up to be an organ donor
- Sexual Assault Awareness & Prevention Month – RAD workshop offered by UNOPD.
- Track Your Fitness weigh-in – April 4th 11:30-1:00

**May 2018**
- Mental Health Month – Lecture on stress and anxiety
- National Physical Fitness & Sports Month

*Membership NOT required to participate in programs.*
New Membership Rates starting Wednesday, January 3rd.

UNO Faculty/Staff/UNO Retiree

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* 9 & 12 month memberships are payroll deduct ONLY.
Complimentary 1 month trial for new F/S members ONLY.

For additional information please email Kassie at kthibode@uno.edu
University of New Orleans
Faculty/Staff Intramural Volleyball

*Come out and have fun while competing against your fellow co-workers and departments!*

**League Starts:** Tuesday, January 16th

**Captain’s Meeting:** Thursday, January 11th @4:45pm in RFC Conference room

**League Days/Time:** Tuesdays at 4:45pm & 5:45pm

**Registration Deadline:** Tuesday, January 9th at 4:30pm

**Championship game:** Tuesday, May 1st

- Teams will consist of at least 6 people.
- Games will be played at the Recreation and Fitness Center
- To register your team, email Edgar at egavila1@uno.edu
- League is open to UNO Faculty and Staff.
- **No games the week of Mardi-Gras.**

_For more info on how to register please contact: Edgar Avila Jr. at egavila1@uno.edu_