UUSC Newsletter | December 2020

Happy Holidays From Staff Council!

Joint Resolution Passed Affirming Support for Anti-Racism, Diversity, and Inclusion Scholarship, Teaching, and Training at the U

The Academic Senate Advisory Committee on Diversity voted to support the following Resolution, jointly proposed by Associated Students University of Utah, University of Utah Staff Council, and the School for Cultural & Social Transformation, and the Academic Senate then approved it unanimously at the regular Senate meeting of November 2, 2020.

Read the Resolution (as approved by the Senate).

U Staff Discount at the NHMU Store!

Find unique gifts for the holidays at the Natural History Museum of Utah store. From one of a kind Native American and other artisan jewelry, to NHMU-themed merchandise, dinosaur merchandise, and more, the Museum store is a wonderful source for your holiday gifts.

U of U staff with an active U ID get 20% off at our store on regularly priced items, and 10% extra off of sale items. U of U staff arriving can access the store by checking in with our front desk. Invite your U of U staff friends!

Face coverings are required for all. These discounts run from 12/1 through 12/24.

Part-time Jobs Available

The University is hiring to fill campus needs in coronavirus testing and contact tracing. The COVID-19 Testing – Student Paid Intern must be a current UU student, but not one on Financial Aid. The Contact Tracer position is open to anyone.

Contact Tracers: http://utah.peopleadmin.com/postings/108156

Stay Up-to-Date

Check out our new home page at http://staffcouncil.utah.edu! And follow us on social media: Facebook | Twitter | Instagram

#uustaffcouncil #heretosupportu

Are You Getting Enough Vitamin D?

As our days are shorter and winter is long, getting enough vitamin D is important. Research shows that vitamin D deficiency can negatively impact our health as we age and depending on the seriousness of deficiency, lack of vitamin D can lead to a variety of health problems including muscle pain, unexplained fatigue, deep bone pain, higher rates of heart and vascular disease, and more.

There are many ways to getting enough vitamin D this winter including:

- Smart food choices: Consume vitamin D rich foods like salmon, milk, tuna, and mushrooms.
- Getting sun exposure: A common recommendation is to get about 20 minutes of sun several times a week, but this can vary from person to person so reach out to your physician to see how much sunlight is safe for you.
- Other healthy foods that are rich in vitamin D include: salmon, herring, sardines, cod liver oil, canned tuna, egg yolks, mushrooms, fortified foods, dairy, soy milk, orange juice, cereal, and oatmeal.

Overall, spending time in the sun is a good way to get your daily dose of vitamin D, and adding vitamin D rich foods to your diet can help too! For more information on vitamin D, I welcome you to check out this article by the New York Times.

Staff Scholarship Applications

Scholarship applications are open on a rolling basis and reviewed 2-3 times per year. Applicants must have 2 years of service to the University and at least .75 FTE. Apply Today!

Interested in supporting our Staff Scholarship Fund? Please consider making a one-time or recurring payroll deduction today. We thank U!

Staff Council Meeting Minutes

There was no meeting in December.

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