

FEBRUARY 2024



Deadline January 30th

Last Chance to Submit Your Application!

UUSC Professional Development \$500 Award

All awards are intended to support staff aiming to further their professional development while contributing to the University of Utah's Strategic Priorities. Staff Awards applicants must clearly designate how the selected professional development will enable the awardee to support the University's Strategic Priorities. All awards are funded as reimbursement for funds spent and must provide accompanying receipts. You may apply for personal expenses not covered by department reimbursement relating to any of these expenses. Each award may be up to \$500.

[APPLY NOW](#)

What is it Like to Live in Utah Right Now?



The past few years have been challenging for LGBTQ+ Utahns and those who care about them. Our University of Utah research team wants to take the "PULSE" of well-being in Utah, before and after the legislative session, to understand these challenges. Our 10 minute survey is targeted to LGBTQ+ Utahns and those who care about them. Help us understand what it's like to live in Utah at this historical moment. This study has been approved by the Institutional Review Board at the University of Utah. We want to represent as many voices as possible! If you have questions, or want to be alerted when we release the results of this study, contact diamondlab@utah.edu

SHARE YOUR THOUGHTS

UTAH Gymnastics Staff Discount Night



February 2nd at 6:00pm

PURCHASE DISCOUNT TICKETS HERE



Osher Center for Integrative Health Offerings

The Osher Center for Integrative Health understands that your wellness affects my wellness, which is why we've launched our Culture of Wellness campaign. All programming is available to all University of Utah employees as a way to elevate well-being across campus. See below for a list of resources and offerings available to you!

- Mental Health and Support Resources list.
- Blomquist Hale is one resource that you need to know about. It is the group that administers our Employee Assistance Program. All the information you need to know can be found on the benefits webpage, and on Blomquist Hale's YouTube Channel.
- Wellness Book Club - open to all University of Utah employees. Books chosen relate to the pillars of health, or how we move, eat, sleep, and connect with ourselves, others, and the world around us. The goal of creating a space to discuss wellness is to elevate the University of Utah employees' well-being and our campus wellness culture. **This month's book is Atomic Habits by James Clear.**
 - This virtual meet up will be February 15th at noon.

RESOURCES

BENEFITS

YouTube

BOOK CLUB



Wednesday, March 20th

DETAILS HERE

REGISTRATION - OPENS IN FEBRUARY

Join the campus communities from around the state to explore important and relevant topics affecting campus safety for all users, explore future trends, and discuss new approaches to campus safety that are making a difference. Some topics that will be addressed include hazing, engaging international students, interpersonal violence, free speech on campus, safety and security for large stadium events, and innovative approaches to mental health.

U of U staff will be eligible to register for in-person attendance on March 20th for a \$50 fee, which is half-off general admission. Additionally, a registration option for virtual attendance will be available for \$5.

Contact for this event is [Kimberly Barnett](#), Deputy Chief Safety Officer of Support Services

Seeking Input - Path to a More Accessible U

The One U Thriving's Universal Design and Access committee is undertaking an initiative called "Path to a More Accessible U". They've developed a survey which is designed to provide recommendations and strategies to make the University campus more accessible and inclusive for people with mobility impairments.

The survey is aimed at any **University student, staff, faculty member, or visitor with a mobility impairment** who is interested in participating.

Please note that all information collected from this survey will not be shared outside of the UDA Committee or the project for which it is collected.

You Are Invited!

February 7th, from 2-4pm

All staff are welcome to join our monthly Staff Council General Meetings.

Some topics and guest speakers slated for February are:

- Joe Canfield, Director of Affinity Partnerships in Auxiliary Business Development
 - The new "U of U+" initiative
- Amy Emrazian, HR Training Specialist
 - Management Essentials Certificate and other professional development available to staff

ZOOM LINK

Upcoming Events & Staff Discounts

- January 27th
 - U of U Staff Discount Night for the Utah Grizzlies hockey game! 7:10PM at the Maverick Center. Discounted tickets available [HERE](#).
- January 30th
 - Last day to share your favorite staff perk, resource or professional/mentoring group and be entered into a drawing! Respond [HERE](#).
- February 1st
 - **Healthcare Stories** at Kingsbury Hall from 7-9PM. Tickets available [HERE](#).
- Through May 27th
 - [Becoming Jane: The Evolution of Dr. Jane Goodall](#) exhibit at Natural History Museum of Utah. FREE for University faculty, staff, and students with UCard.

Resources

- Check out [UCAN.utah.edu](https://ucan.utah.edu) to learn about upcoming coaching events!
- Watch "[Women in Leadership & Their Well-Being](#)" Webinar
- Visit [Red Butte Garden FREE](#) with your UID card
- [Special Discounts Available to Health Plan Members](#)

Contact Us

Have an event or announcement you'd like us to share in an upcoming newsletter?

[GIVE US THE DETAILS](#)



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