

TAMIU STAFF SENATE

Meeting Minutes
January 9, 2018
10 AM STC 230

Attendance: Vanessa Almaraz, Cihlalli Perez, Leticia Valle, Veronica Juarez, Anette Lara, Jose Hernandez, Miguel Valdez, Juanita Villagran, Merari Teran, Melinda G. Elizondo, Juan M. Martinez, Cesar E. Castro, Armandina Ramos, Maria G. Gonzalez, Jose M. Flores, Stephanie Martinez, Yelitza Howard, Jessica Palacios, Karla Gutierrez, Jorge Dimas, Lorenzo Rodriguez, Julie Barrera, Michelle Begwin, Fructuoso San Miguel, Sergio Moreno, Ana M. Vargas, Taryn Shehab, Norma A. Cortez, and Veronica Guzman.

Executive Board: Michael Gonzalez, Yelitza Howard, Gloria Sanchez, Karla Gutierrez, Vanessa Almaraz, Cihlalli Perez, and Martha Laura Medina.

I. Welcome

Michael Gonzalez called the meeting to order at 10:02am.

II. Minutes (Review and Approval)

Change needed on section Open Floor.

Approved by Juanita Villagran and seconded by Veronica Guzman.

III. Treasurer's Report

\$1, 187.00

IV. Presentation

Hannah Frey - Mindfulness and Deep Breathing. She spoke about how to calm the body and decrease stress, reduce anxiety and integrate emotions. How do we practice mindfulness? By deep breathing, slogans and sayings, meditation, stretching, focusing on something or someone we love, and focusing on a feeling or thoughts. How do we integrate mindfulness into our daily life? Keeping it simple and try using alternate nostril breathing. For more assistance, there is an app called Headspace that will help you with meditation. You can also check out "Yoga with Adrienne, Yoga For Bedtime". You may contact Hannah for her presentation at hannah.frey@tamiu.edu or 956-326-3160.

V. TAMIU News

- a. Traffic Patterns- Chief San Miguel came to speak about the new traffic pattern on campus. For those parking in the reserved parking, you will need to drive through the old exit to get in the parking lot. To exit the parking lot you will need to leave through the old entrance. They are

now reversed. They wanted to eliminate traffic of picking up students and parking on the side of the road.

- b. Movie of the month- We are looking from a list of titles from the planetarium. Once the list has been provided, employees will get the chance to vote on the new movies.
- c. Staff Senate Survey- All employees will have an opportunity. You will receive an email once the survey is up and ready and will stay open till early February.

VI. Professional Development, Vanessa Almaraz – Was skipped due to time restraints.

VII. Open Floor

Stephanie Martinez - Students will be on campus Friday the 12th, they will be on a tour. Let's welcome them on campus.

Jose Martinez - There is a workday app that can help you with any questions you may have and help you outside the use of a computer. TAMUS is the code to use for the app. With the app, you can submit your time and your leave but you will not be able to access your benefits. At the moment there have been about 700 to 800 logins to Workday. There have been many calls to HR regarding Workday so all calls may be backlogged but you can also access any information through the website through their "search" section.

Michelle Begwin – Information Session for Summer Camps will open registration January 18th from 5:30 to 6:30, please contact Continuing Ed for more information at ce@tamiu.edu or call 956-326-2838.

VIII. Door Prize

Julie Barrera, Lorenzo Rodriguez, Veronica Guzman, and Jorge Dimas.

IX. Adjournment

Meeting was adjourned at 11:04 am by Veronica Guzman and seconded by Michelle Begwin.