

TAMIU STAFF SENATE



Meeting Minutes
February 12, 2019
2PM SC 231

Attendance: Cihlalli Perez, Mindy Downie, Kathy Casares, Michelle Espinoza, Nayeli Lopez, Juliana Medrano, Jessica Verastigui, Vanessa Almaraz, Leti Valle, Michelle Begwin, Gloria Sanchez, Elsa Real, Erika Medrano, Flora Bocanegra, Melinda Rocha, Connie Lara, Heather Benavides, Cindy Villarreal, Jackelyne Briseno, Emily Lerma, Fabian Castillo, Cesar Castro, Hilda Dennis, Martha Laura Medina, Jan Aspelund, Ana Vargas, Mandy Ramos, Mari Gonzalez, Valentina Flores, Juan M. Martinez, Lorenzo Rodriguez, Adriana Rodriguez, Yelitza Howard, Alejandro Martinez, Melinda Elizondo, Brittany Cedillo, Priscilla Martinez, Kristina Valenciano, Vincent Moreno, Lorna Espinoza

Executive Board: Yelitza Howard, Gloria Sanchez, Kathy Casares, Rocio Garcia, Michelle Espinoza, and Alejandro Martinez, Ana Maria Vargas

I: Welcome: Yelitza Howard called the meeting to order at 2:05pm.

II. Minutes (Review and Approval): January minutes approved Michelle Begwin and _____.

III. Treasurer's Report: \$ 1,632.00

IV. Current and upcoming Healthy U Initiatives Kristina Valenciano: Our mission is promoting the well-being not only ourselves but also the environment, which also involves the community aspect and also engaging healthy eating habits at home with families. We will be having many different activities and welcome feedback from our employees. One of our recent events was the Healthy U Wellness Fair, which was a very good turnout. We had many companies come in and offer their services and tips and tests. We do have this event every year. Employees who did attend the wellness fair did have an opportunity to win prizes too. I hope to see more of you attend the fair next year. If you did attend the fair and would like to see something we did not have at the fair, please let us know. Healthy U ambassadors are Martha Laura Medina, Brenda Diaz, Alfonso Vergaray, Veronica Guzman and Erika Navarro. We are going to think about how we need to engage and reach out of some of you because we understand there is a heavy workloads or not enough coverage in your departments but we want everyone to have that fair advantage, come, and participate in our wellness meetings. Upcoming events: Wellness Wednesdays will now invite HEB this month to talk about healthy eating. This year we are trying to focus on healthy eating. HEB will be here on the 20th at 2pm to talk about healthy eating in room 225. Please sign in if you would like to participate and bring your insurance information. Healthy snacks will be provided. This month of March, we will be focusing on stress. March 20th we will have two self-care workshops, to help with stress relieving exercises. A walking club will start on Mondays, Wednesdays and Fridays and led by Leticia Valle at 4:30pm. Please fill out the healthy release forms for time used. We will also have a hot yoga class on March 22 at 6pm and 40 people will be

able to go and try out the hot yoga class with 911 yoga. If you know anyone interested, we will be sending out reminders by email. For the month of April, our Catapult Group will be back for wellness exams on campus and it is included with insurance with no fee. Desk to 5k will be on April 27 in the front lawn. Please come by to participate whether you are a runner or a walker. Dr. Mukherji will also be holding another yoga class on campus and it is a free class. Some of the new things we will try to incorporate are including families and game night with board games. I hope that we can get this going in late March or in April. We are also doing the Spring/Summer movie on campus. You are more than welcome to bring family members and friends to participate in these activities to any of our events. If you have any other recommendations on what you would like to see on campus such as different activities, please feel free and let us know. Hope to see everyone on March 20 for our next wellness Wednesday.

V. Staff Senate Book Scholarship recipients for spring 2019: Juliana Medrano, Jackelyne Briseno, Jessica Verastigui and Melinda Downie

VI. Staff Senate Assistance for Dusty's Junior University Summer Camp: Yelitza Howard: we have collaborated with Continuing Ed to help assist employees with enrolling their children in the Dusty Jr. Summer camp. As you may already know, Continuing Ed offers many different programs throughout the summer. We have decided as Staff Senate to offer an application where people can apply to receive a stipend towards the cost of the camp. We will probably be issuing that out in the next meeting or April meeting. **Michelle Begwin:** Dusty U summer camp is offered for children from grades kinder through high school. We have an array of different programs and something for every interest for the kids. Every year this program improves and gets better every year. It is also a safe environment and all teachers are certified. **Yelitza Howard:** You may also have an opportunity to receive a discount in addition to the stipend offered if you sign up early for these camps.

VII. TAMIU News:

3rd Annual Bowl-A-Ton April 25: Yelitza Howard: This is an opportunity for people to win prizes, and have fun. Our theme this year is a comic theme. We encourage everyone to come out and create his or her theme team. We will also have best dressed team and most spirited team and some goodies in-between. It is \$125 for a team of five. If you do not have a team, there will be an opportunity to register as an individual and we will group you with a team. This is an event open to everyone. If you want to bring your kids, spouse and friends, you are welcome to do so.

VIII. Open Floor: Jackie Briseno: Just wanted to remind everyone about RAK TAG and that an email went out yesterday about this. A chance for faculty and staff to do random acts of kindness with our students for that week. There is a form going out or you can email Philanthropy@tamiu.edu if you want that link or visit our website and fill out the form. **Michelle Begwin:** We will be having another cooking event with Pete Mims on April 11. We will also have a paint and sip event on March 29. HEB will also have a wine tasting at the event. **Kristina Valenciano:** Just a reminder that this week is Spirit Week and we have many Spirit Week activities going on this week. We have something going on every day. We will have a pep rally at the KCB front steps at 8, then on Thursday we will have our tailgate at the side of the KCB at 4pm and the TAMIU Alumni silent auction is also happening at 5pm. We will also have both the men and women's basketball teams announcing Mr. and Mrs. TAMIU and along with who won the door-decorating contest. On Friday, we will be having a dunk tank to try to raise money for the Make A Wish Foundation. **Yelitza Howard:** TAMIU Alumni will be having a silent auction and we will be having quite a few items that will be auctioned out at the game. Some of the items include classes for continuing Ed. We will also be auctioning out a class ring and tickets to different events. **Nayeli Lopez:** We have three Green Dot Bystander trainings; the first one is February 2 from 2-5pm, March 29 and April 12. Please sign up on the Compliance web page.

Lorenzo Rodriguez: We still have a section of wellness magazines in the library for you to look at if interested.

IX. Door Prizes: Martha Laura Medina, Melinda Elizondo, Jessica Verastigui, Flora Bocanegra, Juliana Medrano, Michelle Begwin, Kristina Valenciano

X. Adjournment: Meeting adjourned at 2:55pm. Motioned by Heather Benavides and Cihlalli Perez seconded.