

TAMIU STAFF SENATE

Meeting Minutes
January 8, 2019
2PM SC 231

Attendance: Kathy Casares, Jessica Vasquez, Cesar Castro, Fabian Castillo, Flora Bocanegra, Leonela Preciado, Evaristo Gallardo, Jan Aspelund, Margaret Gonzalez, Hilda Dennis, Veronica Juarez, Priscilla Martinez, Ana Maria Vargas, Jackelyne Briseno, Emily Lerma, Kelly Higgins, Melinda Rocha, Cihtlalli Perez, Nayeli Lopez, Juliana Medrano, Valentina Flores, Rocio Garcia, Alejandro Martinez, Lorenzo Rodriguez, Gloria Sanchez, Yelitza Howard

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 2:10pm.

II. Minutes (Review and Approval): Minutes approved by Jackelyne Briseno and seconded by Evaristo Gallardo

III. Treasurer's Report: \$ 3,921.00

IV. New Year's resolutions- Gloria Sanchez and Yelitza Howard: **Yeli-** There seems to be a lot of pressure in creating a resolution. There are things that we can do to improve ourselves. **Gloria-** Food, simple things like grocery shopping and sticking to the healthier foods. Little things in your daily routine and life can change. Little minor changes if you do not want to commit to something big and do something like changing food proportions. Trying one new exercise or parking further away to get more steps in. Switch from taking the elevator to taking the stairs. Taking different routes to the bathroom from your usual same floor routine take another floor. Exploring new hobbies, like nature walks. Playing upbeat music to increase productivity in your office in your work at home. You can also set up Well on Target to accumulate point for rewards through Blue Cross Blue Shield. **Valentina-** Walgreens app also rewards you with points. **Gloria-** You can also just log in your steps or workouts online the Well at Target website in case you do not have access to the app. Healthy you fair coming up on February 5; it is a fair where get checkups like blood sugar. Money-make a list before shopping at the grocery store to avoid overspending. A list also helps control cravings and save money. **Yeli-** A reminder to set up your wellness exams, you have until June 30. **Jane-**Do not let your doctor treat you for any other medical issues at the time when you are there for your wellness exam because it needs to be coded correctly. **Gloria-** Organizing your kitchen pantry or fridge and getting rid of old food or food that has expired. **Jackelyne-** there is an app that lets you upload what you have on hand in the kitchen and it will generate recipes for you. **Gloria-** Using shareable lists to organize household with items that are low stock or are needed (example-Google-keep). Keeping clutter out of the kitchen and

spend those extra ten minutes removing that out daily, also goes for the office. De-clutter your closet and donate clothing you no longer need. Glad to see everyone back, Happy New Year!

V. Staff Senate Book Scholarship: We are ready to go and maybe offer multiple scholarships to people who are taking classes. Applications are ready to go on our website and we are going to be sending out the application via email so people can take advantage of it. This scholarship is available to full-time employees who have worked here for over 6 months, to receive reimbursement for books.

VI. TAMIU News:

- a. **Upcoming 2019 events/projects:** **Kelly-** January 10 Faculty and Staff Appreciation Women's and Men's basketball game. **Yeli-**Some of the things that we are looking at is a bowl-a-ton in spring break. **Jackelyne** –Random acts of kindness week coming up for the spring semester. It takes place in February for this semester and we are asking the faculty and staff to sign up to commit yourself to at least one random acts of kindness to another person in that week. More info coming up in our next meeting from the student Philanthropy council. **Priscilla-** the last week of January the Office of Student Conduct hosts a Resolutions Week. Resolutions Week is an opportunity for students to come on out and get help starting resolutions or for students that might have failed at their resolutions and will be partnering with different university departments. The Small Business Development Center will also be hosting some information; Creative Plans Prepare for the Future- Tuesday, January 29 from 12-1pm in Room SC 231. Please spread the word. **Yeli-** Spirit week happening the week of Valentine's day and there will be a huge game with the Men's and Women's Basketball and there will be a silent Auction by the Alumni Association. It will be a great opportunity to take part in sharing your spirit.

VII. Open Floor:

VIII. Door Prizes: Valentina Flores, Priscilla Martinez, Cesar Castro, Kelly Higgins, Fabian Castillo, Nayeli Flores, Margaret Gonzalez, Kathy Casares, Flora Bocanegra, Lorenzo Rodriguez, Jessica Vasquez, Jackelyne Briseno, Jan Aspelund

IX. Adjournment: Meeting adjourned at 2:43pm. Motioned by Kelly Higgins and Priscilla Martinez seconded.