



STAFF SENATE

Meeting Minutes

Tuesday, February 8, 2022

2:00 p.m. | WebEx

Attendees: Anna Garza, Elizabeth C. Green, Krista Quintanilla, Miguel S. Olivas, Gladys D. Perez, Perla Echeverria, Lorena Rodriguez, Azeneth Vasquez, Daniel Berndt, Melissa Morin, Ana Manrique, Christine Rojas, Jessica Tamez, Heather Benavides, Jacky Briseno, Norma Cortez, Vanessa Martinez, Patricia Ornelas, Joselyn D. Ortegon, Jessica Perez, Alejandro Rocha, Merari Teran, Kristina Valenciano, San Juanita Vela, Nancy Ventura Vichareli, Juana Villagran, Luis Vazquez, Jessica Acosta Lopez, Anissa Aguilar, Aileen Espinoza, Shama Ali, Andrea Beattie, Carlos Bella, Ithiel Benavides, Celina Calderon, Cristina Calderon, Carmen Aquino, Ana Clamont, Athena Cortez, Elsa Real, Samuel Flores, Zoila Franco Hinojosa, Ana M. Gonzalez, Franz Gordillo, Julio Medina, Leonela Preciado, Maria Elena Hernandez, Maria Gonzalez, Monica Moreno, Pablo Reyes, Rosario Benavides, Marycarmen Salinas, Edelmiro Santos Jr., Georgina Zamudio, Elaine Almanza- Ortega, Ana Gonzalez, Armandina Ramos, Alice Arce, Juan Balderas, Bernardo Hernandez, Maria M Blasco, Lorissa Cortez, Daniela Ortiz, Christa Elizondo, Laura Elizondo, Erica Perez, Susan Foster, Virginia Lopez, Rosa Luna, Daniela Maldonado, Sofia C Maldonado, Cynthia Martinez, Martha Laura Medina, Juliana Medrano, Rocio Garcia Gurrola, Amy E. Rodriguez, Daniela Rodriguez, Ruben Mendez, Rosangela Calderon, Larry Lara, Adan Sanchez, Aquiles Barrera, Leslie Martinez, Rebeca Litman, Andria Hernandez, Ashley Carey, Rebecca S. Delgado, Margaret D. Gonzalez, Yelitza M. Howard, Rene G. Prado, David Pina, Mirasol Tabarez, Elena M. Martinez, Amy Palacios, Adriana H. Rodriguez, Diana C. Valdez

Executive Board: Cihtlalli Perez, Jessica Trevino, Amy Cortina, Alejandra Eligio, Vanessa Almaraz, Ana Vargas, Patsy Lopez, & Lisa Salazar

- I. **Welcome:** Staff Senate President Cihtlalli Perez called the meeting to order at 2:00 p.m.
- II. **Review of January 2022 Staff Senate Meeting Minutes**
Motion to approve January Meeting Minutes:
Amy Cortina 1st Motion
Jackeline Briseno 2nd Motion
- III. **Treasurer's Report:** \$3,384.00

IV. Speaker / Presentation: Loving Yourself: Promoting Resilience Through Self-Care – Dr. Ediza Garcia & Rebeca Madrazo

- **Self-care** – Positive, conscious actions that promote your wellbeing and functioning. Self-care is often thought of as something we don't have time for. It is an activity that must be incorporated into your schedule for it to happen. There may be things already done that are not thought of as self-care. Anything that brings enjoyment or allows you to detach can be considered self-care. Doing this will enable you to say I do things to take care of me.
- **Physical Self-Care** – Eating healthy meals regularly, sleeping enough, exercising, resting when needed, such as when you don't feel well, participating in activities you enjoy.
- **Psychological and Emotional Self Care** – Healthily express your feelings, talking, journaling – at the end of your day, write something that made you thankful this encourages a balanced perspective. Self-talk: speak to yourself the way you would talk to a friend. *I am practicing self-compassion and self-acceptance.*
- **Social Self Care** – Spending time with people you care about and whom you like. Invite others to join you.
- **Spiritual Self Care** – Prayer, meditation, time in nature, reflecting and thinking, and getting involved in things that mean something to you.
- **Professional Self Care** - Finding the balance between work and life. Keep a comfortable workspace, take breaks, taking on projects that mean something to you.
- **Questions to think about:** At what moment of the day do you notice a need for a break? What are the stressors? What self-care strategies can I try for those moments?
- **Planning for self-care** – What to think about: how can I prepare for when I neglect my self-care?
- Reminder self-care is a skill that you must practice. Start with small steps make time for yourself.
- A meditation link will be sent out.

“Taking care of myself doesn't mean me first. It means me too.” L.R. Knost

V. Staff Senate News

- **Larry Lara with Aramark** – Dusty Diner had a Lunar New Year celebration serving Chinese food all week. Thursday will be the beginning of the celebration of Black History Month. Spotlighting contributions made by African Americans to the culinary world. An Educational Corner is in the plans. This will be an area with plans to teach students how to cook. Each week will be something different. On Thursdays, there will be sample Tacos. Follow TAMIU Dining on Instagram. https://www.instagram.com/tamiu_dining/

- **Fundraiser Information Update** – Thank you to all those who joined us for the Chili’s Fundraiser and those who participated in Valentine’s Day Candy Gram event. Both events were huge successes. Valentine’s Day Candy Grams will be delivered Monday, February 14, 2022. The funds raised through these fundraisers are used for employee assistance programs and appreciation events.
- One of the employee assistant events is the **Staff Senate Book Scholarship** which will be open from Tuesday, February 8th – Sunday, February 27, 2022. This semester the scholarship may be used towards tuition payments.
<https://www.tamiau.edu/staffsenate/bookscholarship.shtml>
- **Random Acts of Kindness (RAK)** – Staff Senate wants to join RAK. You can join us by participating and being paired up with another employee. During the week of February 21 – 25, do a random act of kindness for your assigned partner
- **Staff Senate Employee Appreciation Event** – Scheduled for Thursday, March 3, 2022, with Loteria Night; and Friday, March 4, 2022, join us for Breakfast with Staff Senate. An email will be sent to RSVP for Loteria and reserve your spot for a breakfast taco.
- **TAMIU Ring Information** by Jacky Briseno from Alumni Association
 - Shared TAMIU ring traditions Trailblazers Legacy Night and TAMIU fountain dip for everlasting luck and prosperity.
 - To order your TAMIU class ring, visit
<https://alumni.tamiau.edu/s/1930/bp20/interior.aspx?sid=1930&gid=2&pgid=513>
 - Full-time employees receive a 30% discount, and the cost can be divided into three payments. March 10th is the deadline to order a ring and participate in the events.
- **COVID Updates** – The testing procedure has changed. TAMIU is no longer using the Binax test kit; the system is almost the same, but the Navica app is no longer being used. The new registration process requires you to use your phone to scan a QR Code and complete an application with your Net ID and password. Results will now be emailed to you.
 - Mandatory Testing will continue, and vaccines are still available till March 30th in the Student Center Rotunda
 - Be a Champ Update - Pending prizes, the \$500 grand prize, two paid days off (one per person), a parking permit, H-E-B, and Starbucks gift cards. There will be a drawing around Spring Break. The grand prize will be raffled off during TED. There is still time to participate; if you have already submitted your information, do not resubmit. You will be disqualified if you do so. <https://go.tamiau.edu/employeeestogether>

- **Agenda Item from the December Meeting.** In the December meeting, information was shared regarding an employee education program for faculty and staff who are enrolled in or will be enrolled in a Ph.D. program. Currently, the Provost is still working on guidelines, and they have not been finalized. When the policies have been set, the information will be shared.

VI. TAMIU News

- **Spirit Week** will start next week. If you are participating in the Door Decorating Contest, the winner will be announced during the halftime of the Men's basketball game on Saturday, February 19, 2022
- **Discover TAMIU Update** will now be held on Saturday, April 9, 2022, from 11 AM – 3 PM. There is still time to submit an activity for Discover TAMIU. The deadline is March 1st.
<https://tamiu.campuslabs.com/engage/submitter/form/step/1?Guid=0a396d0b-767e-442f-bc0c-413fac8bb4ec>
- **VITA** – You can schedule an appointment to have your 2021 Taxes done through VITA's Laredo IRS Certified Volunteers. Those with qualifying income can have their taxes prepared free of charge. Visit the website for further information and schedule an appointment at <https://vitalaredo.org>. A VITA site is located on campus in WHTC 125. TAMIU Employees do not need an appointment. Office hours are Tuesday, Thursday, and Friday from 5:30 PM – 7:30 PM.
- Upcoming events:
 - Thursday, February 10, 2022: Virtual Lecture Series on University, Social Justice Post George Floyd
 - Thursday, February 24, 2022: Virtual Lecture Series on Diversity, Driving While Black
 - Wednesday, March 9, 2022: IBC Keynote Speaker Immigration Reform

VII. Open Floor

- **Jessica Trevino with the Office of Recruitment** – Inviting the TAMIU community to the upcoming Spring Preview Day Saturday, March 5, 2022. Info at tamiu.eventbrite.com
- **Kristina Valenciano – Wellness** will have the annual Wellness Fair on March 8th from 10 a.m. – 2 p.m. in STC Ballroom. Airrosti will be available. The link will be sent out to schedule an assessment appointment. There will be vendors, and a ticket voucher will be offered to those who attend the Wellness Fair to use the massage chairs set up outside the following day.
- **Daniel Berndt – Office of Environmental Health and Safety.** The office is launching a new initiative EHS Workshops. The workshops are designed to go deeper into select health and safety topics to provide individuals with actions they can incorporate into their workspace. The first

workshop will be next week on Office Workstation Ergonomics. This session with a talk about setting up your workspace from the ground up to ensure the most comfortable ergonomic arrangement. Workshops will be held on the third Wednesday of every month. Both in-person and online. The first session will be Wednesday, February 16, 2022. There will be two sessions at 11 a.m. and one at 1 p.m. in Student Center 230. For more information or the register, visit the website.

<https://www.tamtu.edu/adminis/safety/health-and-safety/index.shtm>

- **Yelitza Howard Office of Career Services** – Virtual Career Fair Feb 24, 11 a.m. – 4 p.m. Sign on to Handshake:

<https://tamtu.joinhandshake.com/edu/events/968930>

Career Fair:

https://tamtu.joinhandshake.com/career_fairs/29782/student_preview?token=L-LEOq_IS7a-1AspBQ1j0929Utb1dfAlAk0-9ZM0R2I7bnwHuttdZw

- **Aileen Espinoza from the Office of Equal Opportunity and Diversity-** Consent Week has already begun. On Thursday, there will be the Green Dot Intervention Training for Faculty and Staff in person. There is a WebEx training with Ms. Lorissa Cortez Responding to Title XI disclosures training for only faculty and staff.
- **Pablo Reyes of OIT** - Currently working on the PC refresh project.
- **Shama Ali Office of International Engagement** – There will be a culture series presentation from faculty and staff initially from different countries. The first session is on February 28 from 11 AM – 12 Pm in STC 236. The first presentation will be on Pakistan.

VIII. Door Prizes

- Christine Rojas
- Georgina Zamudio
- Ruben Mendez
- Daniela Rodriguez

IX. Motion to adjourn

Meeting adjourned at 3:00 p.m.

- Ana Vargas 1st motion
- Leonela Preciado 2nd motion