



# THE UNIVERSITY *of* NEW ORLEANS

## STAFF COUNCIL

**December 21, 2017**

**UC 208, 10:00AM**

- I. Call to Order  
Corresponding Secretary, Karen Paisant, called Meeting to order at 10:08 am.
- II. Approval of Minutes  
Quorum was not met thus minutes were not approved.
- III. Executive Committee Reports
  - a. President, LeeAnne Sipe—excused absence.
  - b. Vice-President, Rajni Soharu- excused absence.
  - c. Treasurer, Taryn Chevis  
All account information as of October 20, 2017
    - i. Credit union acct. \$5.42
    - ii. Foundation Endowment acct. \$10,870.91
    - iii. Foundation Activity/Spending acct. \$3,009.87
    - iv. General Fund \$2,750
  - d. Corresponding Secretary, Karen Paisant
  - e. Recording Secretary, Reagan Laiche
    - i. No report
- IV. Committee Reports:
  - a. Membership/Elections Committee: no report at this time. This committee is more active in the spring.
  - b. By-Laws Committee: no report
  - c. Staff Concerns Committee: Presented by David Richardson. Attached to this document.
  - d. Events Committee: Presented by Karen Paisant: Door Decorating Contest has wrapped and in January, we will announce the Shoebox decorating contest.

- e. Awards Committee: Meeting in January and will announce the scholarship award in May.
  - f. Professional Development Committee (ad hoc)-no report.
- V. New Business
- i. Kassie Thibodaux from the Rec. Center: Handouts are in the back for Faculty and Staff Volleyball leagues. Workplace Wellness Corner initiative and new faculty and staff rates will begin in January. See attachments for more information.
- VI. Old Business-Karen Paisant:
- i. The Christmas Door Decorating contest was a great success! The winners for this year's contest: COBA (Group Category) for their Gingerbread House themed door. The individual door winner was Mike Esordi for his Hawaiian theme complete with complementary Hawaiian punch. Winners received trophies and an Athletics prize pack.
  - ii. The T-Shirt fundraiser: 53 T-Shirts sold and \$260.00 raised. A new link appears on the Staff Council webpage if you or someone you know would like to purchase additional shirts.
- VII. Guest Speaker: Nina Stewart of UNO Counseling Services and special guest, Chris Cameron, Executive Director from Hands on New Orleans. Presentations attached to this document.
- Chris Cameron: Hands on New Orleans was born out of Hurricane Katrina as a disaster response. At the beginning, the work was about cleaning up and gutting homes then developed from there as the community rebuilt. The volunteer center serves seven area parishes through volunteer engagement and community revitalization. One-third of the programs are disaster response. Currently there are 100+ community partners. How do you plug in and help? Go to the website and create an account. <https://www.handsonneworleans.org/>  
There is a calendar of events and you can filter by your interests. Pick your passion. During 2018, HoNO collaborated with the Tri centennial committee to perform 300,000 hours of community service in celebration of New Orleans' 300<sup>th</sup> birthday. Since its founding, HoNO has over 86,000 volunteers.
- VIII. Next Meeting - 1/18/2018 in UC 208 at 10:00 am. Guest Speaker TBD.
- IX. Door Prizes - Thirteen Holiday Ornaments raffled off.
- X. Adjournment at 11:02 am.



# THE UNIVERSITY of NEW ORLEANS

## STAFF COUNCIL

Sign-in Sheet

Councilors

DATE: 12/21/2017

LAST	FIRST	Members FY 17
Athey	Amanda	
Berry	Sarah	
Calamari	Susan	<i>Suzy Calamari</i>
Chevis	Taryn	<i>Taryn</i>
Foster	Alicia	
Gibbs	Shelita	
Laiche	Reagan	<i>Reagan Laiche</i>
Lambour	Davis	<i>Davis Lambour</i>
Lunn	Carol	
McDonald	Brian	
Mitton	Carol	<i>Carol Mitton</i>
Mukherjee	Norma	
Paige	Lajana	<i>Lajana Paige</i>
Paisant	Karen	<i>Karen Paisant</i>
Richardson	David	<i>David Richardson</i>
Sipe	LeeAnne	
Soharu	Rajni	



# THE UNIVERSITY of NEW ORLEANS

STAFF COUNCIL MEETING

Sign-in sheet for STAFF MEMBERS

DATE: 12/21/2017

Kassie Thibodeaux

Gretchen Smith

PARADE STEWART

Joseph E. Hesse

Elaine Ramond

Jeanne Augustini

Aliza Vasquez

Michael Esordi

Rosamond Myers

Don Hargis

Rachel Massey

Tyone Shoemaker

Nick [unclear]

Susan Graham

STEVEN DAG

Rebecca Chaiban

Marhek Janov

Joshua Burns

Joy Ballard

Kim Gaiennie

Natalie Temple

[unclear]

Brydia Duke

Leslie Lindsey

Karen Bean

Syrette D. Bates

Barak David

Ebtehal At-Sawalneh

Samra Hempfling

Marty D'Aunoy

Michael McMoray

Marilyn Hayden

or deeb

## December 2017 meeting – Staff Council

### Question

Is there any way for marketing/pr to highlight awards that staff receive outside of UNO? I always see the awards that faculty receive from various organizations. Staff members participate in professional organizations and earn accolades as well that should be equally be celebrated and acknowledged by the university.

### Answer

Just as with faculty, we are happy to promote great news about our staff members' accomplishments. The first step is for people to provide it. They can send it to [pr@uno.edu](mailto:pr@uno.edu). We cannot guarantee that everything we get we share, several factors are taken into consideration, but we definitely try.

### Question

After attending commencement, I am very curious as to why our president, LeeAnne Sipe, was not included on the platform party. It was very awkward as Dr. Nicklow thanked the entire platform party by name, and then pointed to President Sipe across the arena to recognize her. Staff play a major role in helping students get to graduation, arguably as great as the faculty role. I think it is only fair that they be properly represented in the platform party as well.

### Answer

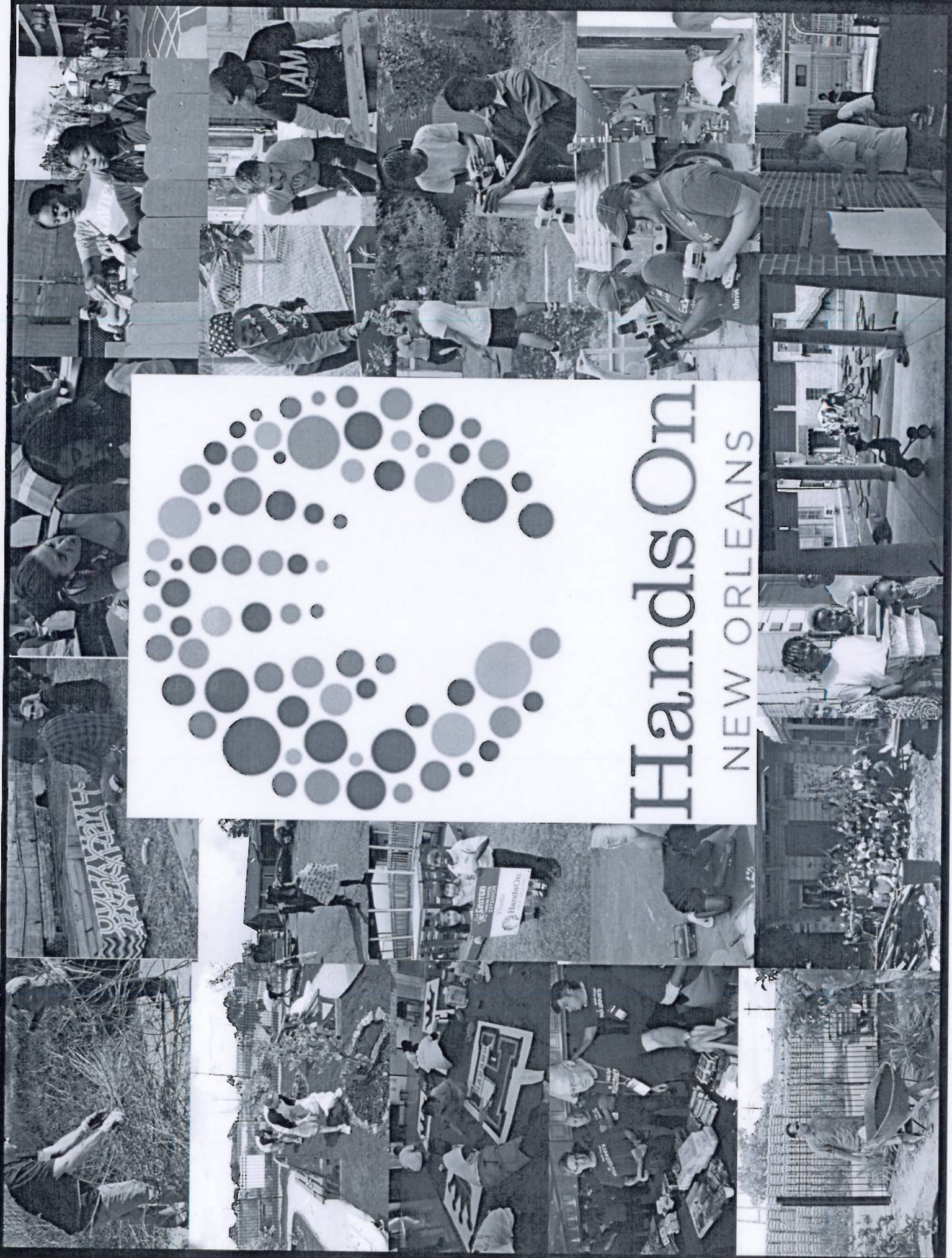
Both the President and Provost make the decision regarding the platform party. We will investigate stage parties at other universities but typically, the Staff Council President does not sit on the stage. I will let you know what our investigation reveals.

### Question

UNO should implement a 360 review process for managers. Employees should not be held accountable for processes and procedures that managers failed to teach.

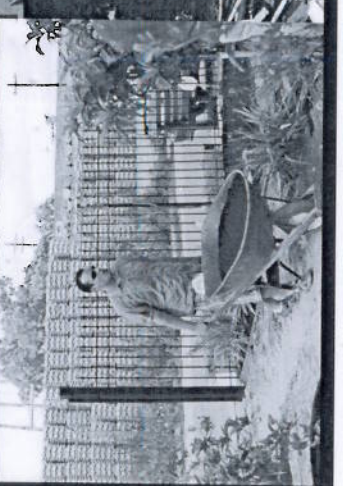
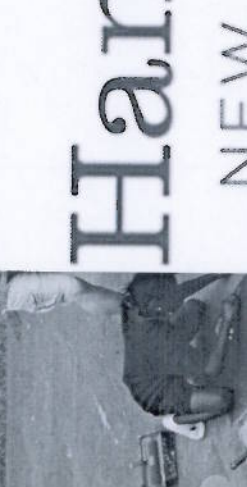
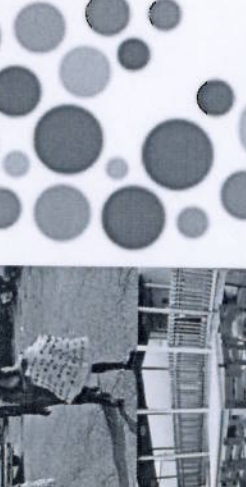
### Answer

Waiting for answer



# HandsOn

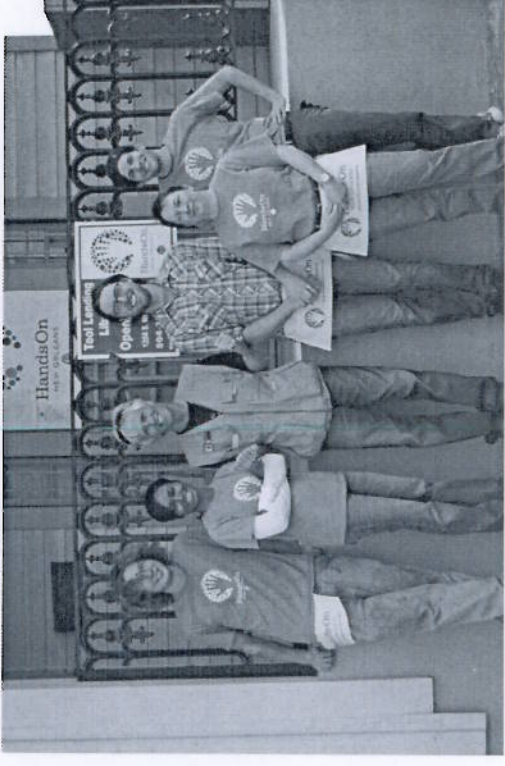
NEW ORLEANS



# Mission & Vision

MISSION:

To engage, empower, and transform our community through volunteer service.



VISION:

To connect every passion to its purpose.



# HandsOn History

- 2006: The national HandsOn Network organized Hurricane Katrina relief and rebuilding efforts by establishing a presence in New Orleans.
- 2008: the organization became an independently operated affiliate under its own 501c3 status.
- 2009: HandsOn Network merged with Points of Light, the world's largest volunteer organization.
- 2009-2011: Evolved from a disaster response project into a thriving volunteer action center for grassroots service opportunities.



# HandsOn Today

We leverage core strengths to strengthen families and transform neighborhoods.



**Volunteer  
Engagement**



**Community  
Revitalization**



**Disaster  
Management**

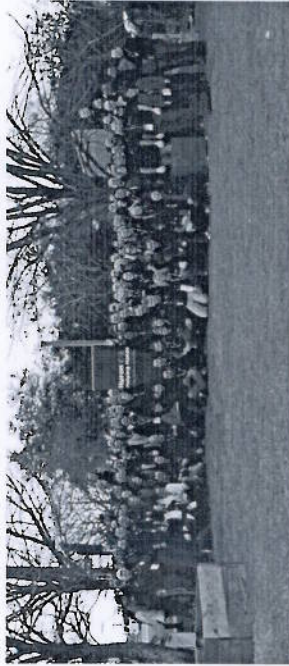
## The organization's work:

- Improves access to resources
- Supports educational equity
- Promotes healthy eating and active lifestyles
- Sustains the natural and built environment through blight reduction and conservation projects
- Advises the community on emergency preparedness, response, and recovery.



# What We Do

We support 70+ community partners (schools, park and recreation centers, neighborhood associations, and nonprofits) by **identify pressing needs, creating high-impact projects, and recruiting and deploying volunteer teams** to promote sustainable change.



Hands On  
NEW ORLEANS

# How We Do It

We promote service in New Orleans through three initiatives:



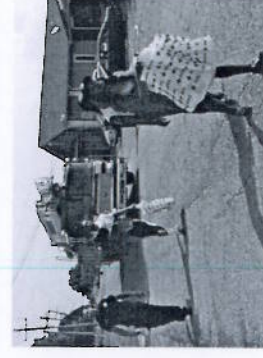
**Volunteer  
Engagement**

Individuals  
Organizations  
Corporations



**Community  
Revitalization**

Service Projects  
Community Partners  
Volunteer Leaders



**Disaster  
Management**

Preparedness  
Evacuation  
Recovery

# Customized projects for many impact areas



**School Renovation**



**Youth Recreation**



**Mobile Projects**



**Urban Gardening & Environmental Restoration**



**Neighborhood Beautification & Blight Reduction**

# How You Can Do It

[www.handsonneworleans.org](http://www.handsonneworleans.org)

The screenshot displays the website's navigation bar with links for RETURN TO OUR WEBSITE, SIGN UP, LOGIN, HELP, and CALENDAR. The main header features the text "Volunteer Center" and "United Way and HandsOn partner to create the city's leading volunteer center" over a background image of a person's hands working with a shovel. A sidebar menu on the left includes links for HOME, NEEDS, EVENTS, SERVICES, HURRICANE-HARVEY RESPONSE, CONTACT US, HOLIDAY VOLUNTEERING, and VOLUNTEER INFO. The main content area is titled "Step 1 of 2: Create an Account" and includes a "SIGN UP WITH FACEBOOK" button and a form for signing up with an email address, with fields for First Name, Last Name, and Email, all marked as required.

# How You Can Do It

[www.handsonneworleans.org](http://www.handsonneworleans.org)

The screenshot shows the website for the Volunteer Center, a partnership between United Way and HandsOn. The main heading reads "Volunteer Center" with the subtext "United Way and HandsOn partner to create the city's leading volunteer center". Below this is a navigation menu with options like "HOME", "ABOUT US", "VOLUNTEER", "NEEDS", "EVENTS", "AGENCIES", "HURRICANE HANEY RESPONSE", "CONTACT US", "HOLIDAY VOLUNTEERING", and "GIVE US HELP".

The central feature is a calendar for January 2018. The calendar grid shows dates from 1 to 31, with columns for Sun, Mon, Tue, Wed, Thu, and Fri. Each date cell contains a small icon and a link to a specific event, such as "Board Meeting with Arc of Or" or "Sand boxes to people in pr".

At the bottom right of the calendar, there is a "SELECT FILTERS" dropdown menu. The "HANDS ON" logo is visible in the top right corner of the page.



# How You Can Do It

[www.handsonneworleans.org](http://www.handsonneworleans.org)

## Key Features:

- Robust filtering by impact area, location, age and much more.
- Automatically builds a volunteer transcript for reporting.
- Ability to sign up and check in from your device.
- Can sign up as a team captain.
- Customize your profile to receive more information.

# Our Impact

**86,000+**

Managed volunteers

**286,596**

Service hours

**21,000**

Underserved youth impacted

**4,744**

Projects completed

**230**

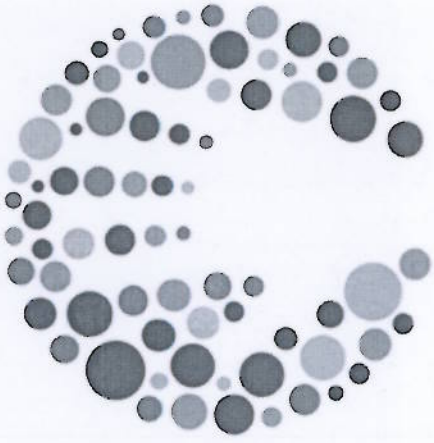
Volunteer Leaders trained

**\$17 million**

Community savings through volunteer time







**HandsOn**  
NEW ORLEANS

**Thank You!**

**Christopher Cameron, Executive Director**

**[ccameron@handsonneworleans.org](mailto:ccameron@handsonneworleans.org)**

**504-827-6854**

# **KEEP IT MERRY, A GUIDE TO MANAGING HOLIDAY STRESS**

**Nina Stewart, MS, NCC, PLPC  
UNO Counseling Services  
A Division of Student Affairs  
University Center 226**

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**UNWRAP GRATITUDE &  
DITCH YOUR INNER GRINCH**

Welcome Chris Cameron

Executive Director of Hands On New Orleans!

<https://www.handsomneworleans.org/>



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# IT'S THE HAP-HAPPIEST SEASON OF ALL

- Christmas music may take a mental toll, psychologist says.
- People love the holidays, but spend them doing things they hate.
- While 'tis the season to be merry, for many of us, it's also a season for stress, anxiety, and angst, which leads us to behave in ways we're sure to regret later.
- Survey confirms: Almost everyone is stressed around the holidays.
- 'Tis the season for Holiday Stress!



# STRESS & THE HOLIDAYS

- Stress is your body's way of responding to any kind of demand or threat.
- Common symptoms of stress may include:
  - Low-energy
  - Headaches
  - Upset stomach
  - Aches, pains, and tense muscles
  - Chest pain and a rapid heartbeat
- What about holiday stress?



# HOLIDAY STRESSORS

Make a self-care plan & check it twice.



- Slow down & find joy in the little things.
- Re-evaluate your traditions.
- Make time to rest and rejuvenate.
- Do something nice for yourself!

# HOLIDAY STRESSORS

The weather outside is frightful, and the vibe inside is awkward.



- Be realistic.
- Plan ahead.
- Take breaks.
- Identify an ally.
- Say no with a smile!
- Set boundaries.

# HOLIDAY STRESSORS

I'm givin' nuttin' for Christmas  
I've got no money this year.

All I want for Christmas is  
~~YOU.~~  
MONEY

- Set a budget.
- If you can't afford it, don't buy it!
  - Be creative with gift giving.
- Embrace presence rather than presents.



# HOLIDAY STRESSORS

All I want for Christmas is food.

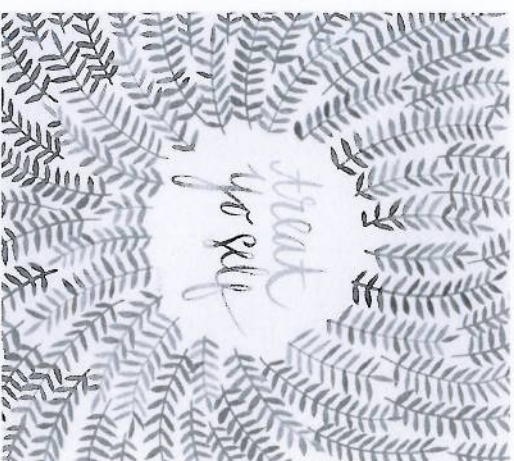


- Stick to your routine & set the tone early in the day
- Add a healthy spin to your favorite recipe.
- Treat Yo' Self!

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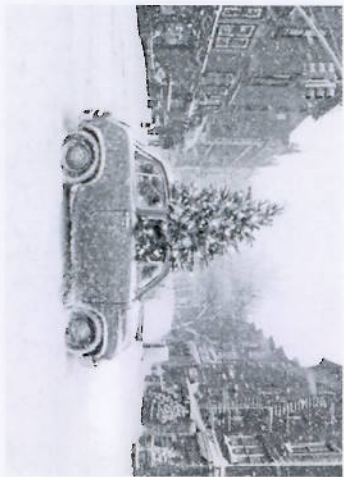
## LET'S MAKE A PLAN!

- One thing I can do for myself this holiday season is...
- One friend, relative, and/or group I could connect with is...
- This year, I will remind myself of the importance of...
- One “tradition” I may need to give up is...
- One “tradition” I can create is...



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**THE TAKE-AWAY:  
I AM DREAMING OF A  
STRESS-FREE HOLIDAY**



**Be realistic.**

**Connect.**

**Breathe.**

**Re-evaluate  
traditions.**

**Self-Care.**

**Give back.**

# CREATING A COZY, MINDFUL & GRATEFUL HOLIDAY SEASON STARTER LIST!

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- Create a self-care plan
- Enjoy time alone
- Drink hot chocolate
- Volunteer
- Practice gratitude
- Go for a walk
- Prepare a homemade soup
- Build a bonfire
- Create new traditions
  - Check-out blogger, Show Me Your Nola's 15 Christmas-y Things to Do in New Orleans for a kick-start!

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# REFERENCES

- <https://www.cbsnews.com/news/christmas-music-can-harm-mental-health-cause-stress-psychologist-finds/>
- <https://www.cbsnews.com/news/stop-stressing-over-holiday-spending/>
- <https://lifehacker.com/how-to-get-through-a-miserable-winter-with-the-danish-c-1791001000>
- <https://www.elephantjournal.com/2017/12/15-ways-to-hygge-up-your-holidays/>
- <https://twistednutritionblog.com/2017/12/14/homemade-holiday-treats/>

## The Coping with Holiday Stress Worksheet: Creating My Own Plan for a Happy and Healthy Holiday Season

The American Psychological Association conducted a “holiday stress” poll which revealed that more than eight of every 10 Americans anticipate stress during the holiday season (American Psychological Association, 2015). Heightened stress during the holidays can trigger unhealthy behaviors, such as overeating and drinking to excess. But there are other coping behaviors that you can adopt during the holiday season that are both healthier and longer-lasting. This “Coping with Holiday Stress Worksheet” introduces nine important strategies to help ensure a happy and healthy holiday season.



**You can use this interactive worksheet to:**

1. ***Identify the main sources of your holiday stress***
2. ***Learn to make healthier choices during the holiday season***
3. ***Develop a plan to manage your holiday stress***
4. ***Make the holiday season a happier one***

### **1. Let go of unrealistic expectations:**

You can't recreate the past  
You can't have perfect holidays

**[Fill in the blank] One thing I would like to have happen this holiday season that probably won't is:**

---

### **2. Acknowledge and express your feelings honestly**

Give yourself permission to feel a sense of loss because of illness, divorce, death, separation, anxiety, dread, or other pressures

**[Fill in the blank] One thing I'm feeling today as the holidays are approaching is:**

---

### **3. If you tend to isolate, try to keep busy instead:**

Invite others to get together  
Be proactive, not reactive  
Stay active. Get out. Go for a walk. Window shop

**[Fill in the blank] One friend or group I could get together with is:**

---

**4. Don't expect issues with others to disappear just because it's the holiday season**

If possible, reduce the amount of time you plan to spend with difficult family members or friends

Let go of past conflicts and resentments

Acknowledge feelings related to the holidays, but try to avoid associating the holidays with unresolved family issues or a painful childhood

Respect and support each family member's choices about participation in family activities, and allow for changes in plans and participation, when possible

Keep expectations realistic and learn to forgive

Balance your own needs with your family's needs

**[Fill in the blank] One positive and supportive family member or friend I will spend time with is:**

---

**5. If you are struggling with loneliness or are facing the loss of a loved one with whom you have shared the holidays**

Go to a place where you can find support and encouragement

Spend time with people who care about you

Volunteer your own time or your family's time to help others. Helping others can take the focus off one's own pain

Accept feelings of sadness. These feelings may not go away just because holiday cheer abounds

**[Fill in the blank] One activity I will do to deal with loneliness or loss is:**

---

**6. Prepare for the extra intensity**

Eliminate stressful or unnecessary activities or chores

Devote time to relaxation and rejuvenation

Do something special for yourself. Make an appointment with yourself to do something you enjoy

Always seek support if you need it. Don't be embarrassed to ask for help any time of the year

**[Fill in the blank] One stressful activity I can abandon is:**

---

**[Fill in the blank] One relaxing and rejuvenating activity I can enjoy is:**

---

**[Fill in the blank] One special thing I will do for myself is:**

---

**7. Re-evaluate your holiday traditions. Are they too stressful or time-consuming?**

[Fill in the blank] One "tradition" I may need to give up is:

---

**8. Beware of over-indulgence**

Eat, drink, and spend *in moderation*

Stick to non-alcoholic drinks

Set spending limits

Increase physical activity

[Fill in the blanks] I will spend no more than \$ \_\_\_\_\_ per person on gifts.

One way I will increase physical activity (exercise) is to \_\_\_\_\_

for \_\_\_\_\_ minutes per day.

**9. Remind yourself of the true meaning of the holidays that you celebrate**

Focus on what is most important to you about the holiday season

[Fill in the blank] This year I will remind myself of the importance of:

---

**Congratulations on completing your very own *Plan for a Happy and Healthy Holiday Season!***

Please note that the plan that you have created to cope with holiday stress and ensure healthy and happy holidays can be utilized to manage stress and promote health throughout the year.

*A SARDAA volunteer with a 26-year history of schizoaffective disorder and extensive experience as a health care professional wrote this article and adapted this worksheet from the November 2009 version of Cigna's "Coping with Holiday Stress" Wellness Workbook.*

*Next in this series will be an article by the same author entitled, "SARDAA Offers Tips for Peace of Mind during the Holiday Season."*





# THE UNIVERSITY of NEW ORLEANS

## WORKPLACE WELLNESS PROGRAM

Workplace Wellness Program kick-off; Wednesday, January 10<sup>th</sup> from 11:30-1:00.  
Stop by the Rec Center to find out more about the programs being offered.

### Workplace Wellness Corner (WWC)

Visit the WWC in the Rec Center for monthly handouts and recipes.

#### Walk-in-Wednesdays

1<sup>st</sup> Wednesday of the month UNO Faculty/Staff can use the Rec Center at no charge. Dates: 1/3, 2/7, 3/7, 4/4, 5/2. *Must show your UNO Faculty/Staff ID at front desk to enter.*

#### Workout Cards

will be available in the WWC for you to track your workouts.

#### Track Your Fitness

Once every 3 months we will offer weigh-in sessions: weight, body fat test, hip & waist measurements, and blood pressure.

#### Coming Soon!

#### Walk the Louisiana Festivals

Be the first to walk the distance between designated Louisiana festivals.

### Calendar of Events

#### January 2018

- National Stalking Month – RAD workshop offered by UNOPD – Wed, Jan 24<sup>th</sup> 12:15-1:00. Email Kassie if interested in participating, [kthibode@uno.edu](mailto:kthibode@uno.edu).
- Track Your Fitness Weigh-in – Jan 10<sup>th</sup> 11:30-1:00
  - Faculty/Staff volleyball begins Tuesday, January 16<sup>th</sup>. Email Edgar if interested, [egavilal@uno.edu](mailto:egavilal@uno.edu).

#### February 2018

- America Heart Month – CPR & AED training

#### March 2018

- National Nutrition Month – nutrition lectures.

#### April 2018

- National Donate Life Month – LOPA speaker & sign-up to be an organ donor
- Sexual Assault Awareness & Prevention Month – RAD workshop offered by UNOPD.
- Track Your Fitness weigh-in – April 4<sup>th</sup> 11:30-1:00

#### May 2018

- Mental Health Month – Lecture on stress and anxiety
- National Physical Fitness & Sports Month

*Membership NOT required to participate in programs.*

## New Membership Rates starting Wednesday, January 3<sup>rd</sup>.

### UNO Faculty/Staff/UNO Retiree

	Initial Member	1st Additional	2nd Additional	3rd Additional
1 month trial	\$45.00	\$45.00	\$45.00	\$45.00
3 months	\$75.00	\$31.25	\$18.75	\$18.75
9 months*	\$200.00	\$110.00	\$60.00	\$60.00
12 months*	\$250.00	\$125.00	\$75.00	\$75.00
Guest Pass	\$5.00 for F/S and guest of F/S ONLY			

**\* 9 & 12 month memberships are payroll deduct ONLY.  
Complimentary 1 month trial for new F/S members ONLY.**



For additional information please email Kassie at [kthibode@uno.edu](mailto:kthibode@uno.edu)

# University of New Orleans Faculty/Staff Intramural Volleyball

*Come out and have fun while competing against  
your fellow co-workers and departments!*

**League Starts:** Tuesday, January 16th

**Captain's Meeting:** Thursday, January 11th @4:45pm in  
RFC Conference room

**League Days/Time:** Tuesdays at 4:45pm & 5:45pm

**Registration Deadline:** Tuesday, January 9<sup>th</sup> at 4:30pm

**Championship game:** Tuesday, May 1st

- Teams will consist of at least 6 people.
- Games will be played at the Recreation and Fitness Center
- To register your team, email Edgar at [egavila1@uno.edu](mailto:egavila1@uno.edu)
- League is open to UNO Faculty and Staff.
- ***No games the week of Mardi-Gras.***

*For more info on how to register  
please contact : Edgar Avila Jr.  
at [egavila1@uno.edu](mailto:egavila1@uno.edu)*

