

FINAL
UI Staff Council Meeting
Online via Zoom
Wednesday, January 13, 2021

Present: Wendy Askling, Damien Blair, Mihaela D. Bojin, Matsalyn Brown, Jackie Curnick, Em Domingues, Brian Douglas, Kathleen Ford, Jadvyga Gerasimovic, Zach Girazian, Shari Heick, Michael Hesseltine, Erika Holm-Brown, Genevieve Johnson, James Jorris, Becky Keogh, Jackie Kleppe, Monica Madura, Emily Milke, Heather Mineart, Debra O'Connell-Moore, Jamie O'Meara, Emmett Oldham, Stephen Pacha, Steve Paulsen, H J Pedelty, Yelena Perkhounkova, Carlton Petty, Lisa Piper, Theodore Potter, Jeremy Richardson, Rubia Ruiz, Teri Schnelle, Lisa Schumacher, Mary Shumaker, Jenny Simpson, Sonia Slevinski, Jennifer Stout, Erin Turnis, Brenda Van Dee, Yashwant Prakash Vyas, Cassie Walizer, Angela Ward, Michael Weaver, Linda Weir Jacobi, Jessica Welter, Carrie Whittaker, Anne Wilson, Toni Woodbury, and Kevin Zihlman

Absent: Gregory Hopson, Tyler Lantz, Kathryn Reynolds, Jessica Richardson, Glenda Smith, Jim Verry

Administrative Liaisons: Marla Rosenblum, Cheryl Reardon

Guests: Dr. Gerard Clancy, Megan Hammes, Maggie Moore, Tami Diebel, Rachel Goetzinger, Collin Grady, Raymond Haas, Debra Henricks, Kim Parang, Kristoper Marnin, Samantha Mitchell, Mary Neuberger, Isaac Podolefsky, Hannah Rounds, Greg Schmitt, Brenda Vergara

Welcome, Zoom Meeting Protocol, Attendance, meeting minutes: Heather Mineart, UISC President

Minutes approval:

- SC Minutes of December 9, 2020. Ted moved and Kevin seconded. Approved via Zoom poll.
- SCEC Minutes of January 6, 2021 were presented; corrections were noted.

Presentation Topics:

Executive Committee Roles – Kevin Zihlman, Vice President/President-Elect, Staff Council

- Kevin presented a document on behalf of the Elections Committee that is intended to help councilors discern whether they would like to run for Executive Committee in the next election. Officer responsibilities and time commitments, in broad strokes, were included.
- The Elections Committee wants councilors to be informed with this information when considering and speaking with supervisors about the extra time commitment necessary to participate on the Executive Committee.
- Nominations for Executive Committee positions open in April; elections occur in May.
- Heather noted that the next SC Vice President/President-Elect will be working with the new UI President, so it's an exciting time.
- Genevieve asked that Kevin clarify the circumstances under which a councilor's term might be extended if elected to Vice President/President-Elect or Budget Officer. Heather and Mike referred to Article IX Section 1 of the [Bylaws](#) and verbally clarified the circumstances.

Bylaws Amendment Vote – Em Domingues, Chair, Bylaws Committee

- Second read of Article XIII, Section 6 which reads: "Minutes taken at Staff Council meetings will be sent to the members of the Council in draft form no later than 8 business days post-meeting."
- Yashwant Prakash Vyas moved, Mike Weaver. seconded; Approved via Zoom poll.

Mental Health Considerations in the Pandemic – Dr. Gerard Clancy, Senior Associate Dean for External Affairs, Carver College of Medicine

- Dr. Clancy gave a great talk on health disparities in our nation. He focused on his work in Tulsa from 2005 to 2015 in which his research determined there are measurable and clear disparities across racial lines. His work in Tulsa produced positive results but much work needs to be done

to continue that progress. He is working with leaders at UIHC on several ways to address the disparities in our community.

- For more information, please see Dr. Clancy's prepared slides.
- Questions arose regarding the COVID vaccine. Dr. Clancy said that the vaccine rollout will help reduce COVID rates, which is a positive; however, even as the pandemic subsides, society will deal with the mental health issues for many years to come.

Mental Health Resources, Mindfulness and More – Maggie Moore, Director UI Employee Assistance Program and Megan Hammes, Senior Director, UI Wellness

- Ms. Moore discussed services available through the UHR Well-Being website; UHR is aware that employees are concerned about many aspects of their health so the website has resources for family & relationships, emotional support, workplace wellness, physical health, financial well-being, and resilience. These resources are offered through Family Services, the Employee Assistance Program (EAP), and liveWELL. There's also a Mental Health at Iowa website that helps direct campus community members to the appropriate mental health resources, including coping with COVID-19.
- Ms. Hammes started her time with a "exercise snack" which in this context was taking time to get up and move to help reset our bodies and minds after 45 minutes of sitting down. She asked councilors what we know about mindfulness via a Zoom poll; most answered that they had some idea of mindfulness, so Ms. Hammes went on to provide a definition that explored what is and what isn't mindfulness. (see her slides) Ultimately, mindfulness takes intentionality and work. She provided some tips for mindfulness development. (see her slides) She introduced the [Mindfulness-Based Stress Reduction Program \(MBSR\)](#) that is an 8-week program that helps participants implement mindfulness in their lives. The program has readings and exercises; to get the most out of the program, one should treat it like a 3-credit college course. It will be offered in March, June and September and costs \$450. With a referral from a [liveWELL Health Coach](#), UI employees can participate at no cost.
- Bev Klug will present Mindfulness in Action to UI Staff Council on February 11, 2021 – details to follow.

DEI Updates -

- Reimagining Campus Safety Action Committee Update – Matsalyn Brown; listening sessions are coming up; she will forward the information and encourages councilors to attend.

President's Update – Heather Mineart, UISC President

- Heather brought up Becky Keogh's achieving a Leadership Certificate from the Tippie College of Business – congratulations, Becky!
- Presidential Search Committee Update; Heather was impressed by significant staff attendance at the listening sessions; the committee reviewed draft attributes and a draft position description; more information is available on the Presidential Search and the BOR website. Heather also reminded everyone that all Presidential Search Committee meetings are live-streamed via the BOR.

Breakouts

- Councilors were sent into small groups within Zoom to discuss issues and concerns with one another. Each group had a member of the Executive Committee to facilitate conversation as necessary. Councilors expressed appreciation for this opportunity

Meeting adjourned: Mihaela Bojin moved to adjourn; Kevin Zihlman seconded motion; Heather Mineart adjourned the meeting.

Next Meeting: February 10, 2021, 2:30-4:30 PM (via Zoom)