



UPDATE

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<http://uaad.unl.edu>

What's New at UNL?

UNOPA/UAAD Joint Meeting

Tuesday, January 15

11:45 am -1:00 pm

Jackie Gaughan Multicultural Center

The annual joint meeting of UNOPA and UAAD is hosted by UNOPA this year on Tuesday, January 15 in the Multicultural Center.

Dr. Amy Goodburn, Associate Vice Chancellor for Academic Affairs will address the joint meeting providing an update regarding the many exciting changes on campus.

This annual meeting of both professional groups is a great opportunity to network with an even larger number of colleagues at UNL. Lunch is brown

bag with water provided, however; we ask that you register to ensure adequate seating.

UNOPA's 50/50 drawing recipient will be the Lincoln Literacy Council this month so please plan to support this worthy cause by participating!

The registration form, included in the email with this newsletter, should be returned by January 10.

The UNOPA contact for more information is:

Alicia Arnold, aarnold6@unl.edu.

Heads Up! Founder's Day is February 20, 2013!

The Founder's Day committee will produce a video featuring UAAD members discussing what they enjoy most about being a UAAD member.

We will be filming before and after the January meeting. To volunteer to be featured in this video, please email ewirth@unl.edu



It is the policy of the University of Nebraska-Lincoln not to discriminate based upon age, race, ethnicity, color, national origin, gender, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion or political affiliation.

Donaldson and Oldt Awards Nomination Deadline is February 1

The Carl A. Donaldson Award for Excellence in Management & The Floyd S. Oldt Award for Exceptional Service and Dedication at UNL are great ways to recognize the people you love to work with!

Submit your nominations by February 1, 2013 – awards are presented at the UAAD Founder's Day Celebration on February 20, 2013.

For more information, nomination forms, and contact information see our web site: <http://uaad.unl.edu/awards>

December Graze & Mingle Wraps Up 2012

A big thanks to our hosts at the School of Music!



The following members received recognition for attendance based on October, November and December meetings:

Becky Carter – Day Pack
Terese Janovec – Water bottle
Jason Farber – T-shirt
Michael O'Connor – T-shirt
Kate Engel – Husker Ear Buds

Many thanks to the UNL Computer & Phone Shop for our recognition items!

We have extended invitations to 109 new UNL employees to join

UAAD. Do you have new employees in your department? If so please follow up with a personal invitation and ask them if they would like to attend a meeting or an event with you.

Your new co-workers receive a great deal of information and navigating it all can be somewhat intimidating. You have an opportunity to engage them early on in a very personal way.

Be sure to take the time to reach out! Our organization is a great networking resource for those who are new to UNL.



Schedule

At-A-Glance

Monthly Meetings
Every 3rd Wednesday

January 15 (Tuesday)

UNOPA/UAAD Joint Meeting
Speaker: Dr. Amy Goodburn

February 20

Founder's Day
Oldt & Donaldson Awards
Speaker: Dr. Ellen Weissinger

April 17

Looking Ahead & Reaching Back: Lessons In Living For The Sandwich Generation
JoAnne Owens-Nausler

May

Year-end Picnic

Professional Development Workshops

November 8, 2012

Paul Wesselmann
Best Work/Best Self: Time and Stress Management for Busy People

April 18, 2013

JoAnne Owens-Nausler
Secure Your Own Mask First: Managing Your Own Health

UAAD Community Outreach



Volunteering our time to help others is even more fun when we volunteer with friends! For our January Community Outreach project, we want to give our members the chance to let other UAAD members know with which organizations you volunteer your time to and why you love volunteering for that organization.

In our February newsletter, we will publish a listing of our members' volunteer efforts. Thus, if you are a member looking for a volunteer opportunity and someone to volunteer with, you will be able to easily find a volunteer adventure you will enjoy and a volunteer buddy!

To have your volunteer efforts included in this listing, please respond to the survey that will be emailed to you this month.

*“Volunteers are not paid – they are priceless.”
“They do not necessarily have the time; they just have the heart.”*

Also this month be sure to participate in UNOPA's 50/50 drawing at the joint meeting on January 15th in support of Lincoln Literacy Council!

This Month's Focus: Physical Wellness



“Maintenance of a healthy body through good nutrition, regular exercise, and avoidance of harmful habits.”

<http://wellness.unl.edu/>

The UNL Wellness website asks us to take a Wellness Pulse Check. Are you engaged in the process of Physical Wellness?

Evaluate your own physical wellness with this brief quiz.

- Do I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels?
- Do I get annual physical exams?
- Do I avoid using tobacco products?
- Do I get a sufficient amount of sleep?
- Do I have an established exercise routine?

A wise person once said, “Those who think they have no time for exercise will sooner or later have to find time for illness.”

Physical wellness can be maintained by applying the knowledge and skills of sound nutrition, exercise, and safety to everyday life.

Resolutions you can live by:

- Exercise three times a week, 20-30 minutes per session
- Use the stairs instead of the elevator or escalator, and walk whenever possible
- Get consistent and adequate sleep
- Use seat belts and helmets - encourage others to do so
- Learn to recognize early signs of illness
- Eat breakfast - it's the most important meal of the day
- Eat a variety of healthy foods
- Control your meal portions and try to eat smaller, more frequent meals throughout the day
- Use sugar, salt, fat, and alcohol in moderation



UAAD 2012-2013 Membership Roster



Hollis Anderson
Kathy Anderson

Marie Barber
Rebecca Barnes
Ricardo Barrera
Kimberly Barrett
Patrick Barrett
Keith Bartels
Kathy Bennetch
Beth Benson
Eileen Bergt
Jessica Bowen
Zac Brost
Sally Buchholz
Terri Butler

Cindy Cammack
Stan Campbell
Kate Carlin
Becky Carter
Rod Chambers
Josh Clausen
Valerie Crook

Deborah Dahlke
Keith Dawson
Jan Deaton
Michele Deaton
LuAnn Detwiler
Kay Dinkelman
Daniel Duncan

Vicki Eastman
Valerie Egger
Deborah Eisloeffel
Kate Engel
Nicki Evans
Dodie Eveleth

Helen Fankhauser
Jason Farber
Marilyn Fenton
Peggy Filliez
Jim Fischer
Charlotte Frank
Susan Frodyma

Rachel Garver
Belinda Gillam
Jennifer Gilmore
Barbara Gnirk
Bill Goa, Jr.
Joe Goodwater
Ronnie Green

James Griesen
Jelena Gude

Juliana Hagemeyer
Beth Hartman
Cheryl Hassler
Richard Haugerud
Jennifer Hellwege
Tyler Heng
Holly Henrichs
Vicki Highstreet
Jill Hochstein
Judy Hostetler
Betsy Howe

Terese Janovec
Cathy Jewell
Casadi Johnson
Deb Johnson

Debbie Kane
Karen Kassebaum
Gary Kimminau
Shelli Krupicka

Mary LaGrange
LaRita Lang
Amy Lanham
Todd Lanham
Tony Lazarowicz
Randy Leach
Grace Li
Teresa Loseke
Suzan Lund
Cathy Lund

Linda Mahloch
Kathi Malone
Ranelle Maltas
Kaye Mankhey
Rene Mayo-Rejai
Angi McAndrew
Paula McKillip
Karen S Miller
Duane Mohlman
Mandi Mollring
Lorraine Moon
Davod Morgan
Nathan Morris
JoAnn Moseman
Terri Murray
Nancy Myers
Kathy Nance
Trudy Nienaber
Jeff Noel

Michael O'Connor
Joyce Ore
Britta Osborne
Sue Ostrander

Roshan Pajnigar
Kristi Pease
Pamela Peters
Sally Pfeiffer
Deloris Pittman

Karen Randall
Linda Ratcliffe
Alli Raymond
Mary Ellen Reeves
E. Suzanne Reinke
Nathan Ross
Jennifer Rutt

Nancy Schneider
Dan Shattil
Nancy Shoemaker
Janet Sievert
Lynne Smejdir
Dori Smidt
Nicole Smith
Lyda Snodgrass
Allen Specht
Alfred Stark
Mary Sutton

Jolene Tederman
Julie Thomsen
Sherri Tompkins
Melissa Townsend
Barbara Trail

Ruby Urban

Shannon Vaccaro

Gretchen Walker
Sue Walker
Sara Weixelman
Robin Whisman
Jeanne Wicks
Emily Wilber
Karen Wills
Erin Wirth
Wanda Wood