

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

Meeting Minutes

Thursday, April 25, 2024

9:00 am-11:00 am

I. Call to Order

Jose Amieva, Parliamentarian

- Calls meeting to order at 9:05am

II. Roll Call / Establishment of Quorum

David Guerra, Secretary

- Roll call with 27 Senators Present and 2 Senators absent. Quorum is established

III. Welcome & Introduction

Veronica Villarreal, Staff Senate President

- Welcome and Introductory announcements.

IV. New Business

- March 2024 General Meeting Minutes
 - Staff Senate President Veronica Villarreal ask for a motion on the floor to table the March 2024 meeting minutes.
 - Staff Senator & VP Rolando Segovia moves to approve the March 2024 meeting minutes.
 - Staff Senator Marivel Mata seconds
 - Staff Senate President Veronica Villarreal ask for all in favor of approving the March 2024 meeting minutes to state AYE in Zoom Chat.
 - Staff Senate President Veronica Villarreal ask for all opposing of approving the March 2024 meeting minutes to state that in Zoom Chat.
 - Staff Senate President Veronica Villarreal ask for any abstention to vote on approving the March 2024 meeting minutes to state in Zoom Chat
 - Voting results show the March 2024 meeting minutes have been approved.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

V. Guest Speakers

- a. Office of the President – Dr. Guy Bailey
- b. UTRGV Professional Education and Workforce Development (PEWD) – Blanca Davila and Claudia Garcia
- c. Staff Health and Wellness– Dr. Escalona and Nina Barrientos

VI. Committee Reports

Communications Committee	Constitution & Elections Committee	Business Processes & Staff Support	Staff Success Committee
<u>Chair:</u> Jeremy San Miguel <u>Co-Chair:</u> Cristina Rodriguez <u>Members:</u> Jake Gonzalez Cristina De Leon Kayla Buentello Dina Lopez Melanie Garza Rolando Segovia	<u>Chair:</u> Yesenia Carter <u>Co-Chair:</u> Krystal Chappell <u>Members:</u> Melanie Garza Monica Granado David Guerra Veronica Villarreal	<u>Chair:</u> Omar Nedzelsky Jr. <u>Co-Chair:</u> <u>Members:</u> Travis McAlpine James Martinez Jaime Miranda Dr. Mirayda Torres-Avila Van Slusser	<u>Chair:</u> Aliver Lozano <u>Co-Chair:</u> Lesly Orozco <u>Members:</u> Tim Odoms Claudia Garcia Mayra Garcia Jeannette Garcia Dina Guerra Marivel Mata Jose Amieva

Communications Committee – Jeremy San Miguel presented update regarding the share your services, content and/or events during upcoming Staff Senate General Meetings please visit “Present During Staff Senate Meeting” page on the Staff Senate Website. Shared information on the Staff Graduation Campaign.

Constitution & Elections Committee – Yesenia Carter presents update upcoming General Elections process.

Business Process & Staff Support Committee – Omar Nedzelsky notes 3 new feedback submissions have been received but not yet reviewed by the committee for action to be taken. Also mentions 30 feedback submissions from the Employee appreciation event in February.

Staff Success Committee – Aliver Lozano shares appreciation on the success of the Staff Appreciation events and also asks for feedback forms to make future appreciation events better.

VII. Public Comments & Questions

Jose Amieva, Parliamentarian, opened the session to public comments & questions.

Nina Barrientos reminds staff that the following week the employee service recognition event will take place.

Staff Senator Melanie Garza: reminds staff that Early Voting began April 30th and Election Day is Saturday May 4, 2024

Staff Senator Melanie Garza: wishes A Happy belated Administrative Professionals Day

Staff Senator Omar Nedzelsky Jr. shared information on the upcoming presentation by Homeland Security Investigations

Deborah Guillen shared a link about vending machines, dining services, transportation, that's all handled by auxiliary services.

VIII. Adjourn

Staff Senate President Veronica Villarreal ask for a motion on the floor to adjourn.

Staff Senator & VP Rolando Segovia moves to adjourn Staff Senate General Meeting for April 2024.

Staff Senator Dina Guerra seconds.

Staff Senate President Veronica Villarreal asks for any debate or discussion.

Staff Senate President Veronica Villarreal calls for all in favor of adjourn the General Meeting to state AYE in Zoom Chat.

Staff Senate President Veronica Villarreal asks for all opposing adjourn the General Meeting to state that in Zoom Chat.

Staff Senate President Veronica Villarreal ask for any abstention from voting to approve to adjourn the General Meeting that in Zoom Chat

Results vote to adjourn the General Meeting April 2024 have been approved.

The meeting is adjourned by Parliamentarian Jose Amieva at 10:52am on Thursday, April 25, 2024.

APPENDIX A – WEBSITES MENTIONED

UTRGV

<https://utrgv.edu>

UTRGV STAFF SENATE

<https://utrgv.edu/staffsenate>

UTRGV STAFF SENATE FEEDBACK

https://utrgv.co1.qualtrics.com/jfe/form/SV_9meJmC4SHddG01n

UTRGV HUMAN RESOURCES

<https://www.utrgv.edu/human-resources/>

FEEDBACK ON EMPLOYEE APPRECIATION EVENTS:

<https://forms.office.com/r/fHPH3kNy2x>

UTRGV Rankings

<https://www.utrgv.edu/rankings/>

Professional Education & Workforce Development

<https://www.utrgv.edu/pewd/>

Office of Human Resources – Employee Wellness

<https://www.utrgv.edu/human-resources/current-employee/employee-wellness/>

Campus Auxiliary Services

<https://www.utrgv.edu/cas/>

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

APPENDIX B - PRESENTATION MATERIAL – Staff Health and Wellness – Dr. Escalona and Nina Barrientos



Employee Wellness


“Discover Wellness”
UTRGV Employee Wellness Initiatives & Services Overview

The University of Texas
Rio Grande Valley
Office of Human Resources

This slide features a dark blue header with a row of eight white icons representing various aspects of wellness: physical activity, sleep, nutrition, stress management, nature, mental health, fitness, and emotional support. Below the icons, the text 'Employee Wellness' is displayed. The main content area has a white background with the title '“Discover Wellness”' in orange script, followed by 'UTRGV Employee Wellness Initiatives & Services Overview' in orange script. The UTRGV logo and 'Office of Human Resources' are in the bottom right corner.



Overview



- UT System Wellness
- UTRGV Employee Wellness
- Campus Wellness
- Wellness Champions
- Wellness Presentations/Workshops

The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS 2

This slide features a white background with the title 'Overview' in orange. To the left of the bulleted list is a blue square containing a white logo of a person with arms raised, flanked by two green leaves. The bulleted list is on the right, with each item preceded by an orange square. The UTRGV logo and 'Office of Human Resources' are in the bottom right corner. At the bottom, there is a grey bar with 'EMPLOYEE WELLNESS' on the left and the number '2' on the right.

The University of Texas
Rio Grande ValleyTM
.....
Staff Senate



LivingWell
make it a priority

The University of Texas System™

ut.limeade.com

GET THE APP!

ut.limeade.com

QR code linking to the app

UT **Benefits**
The University of Texas System

Living Well
MAKE IT A PRIORITY.

BENEFITS 2023 | 2024

The UT System Living Well program offers several resources and programs to support employees, retirees, and their family members with UT SELECT[®] or UT CARE[®] medical insurance in today's hectic, ever-changing life. This includes resources for physical, mental and emotional well-being, taking charge of your health today!

The UT Living Well Platform powered by LindeatLIFE OHD

The new Living Well platform is a one-stop, easy-to-use tool that offers a wide range of well-being and engagement programs designed to help you live your best life. Achieve your physical, emotional, financial, and work well-being goals with personalized activities, a rewards well-being assessment, options with wellness challenges, or for the opportunity to earn your System Traveling Laptop. [View more](#)

Join the LindeatLIFE team to explore, meet and explore the LindeatLIFE OHD app to check in on your progress on the go!

The UT Living Well platform powered by LindeatLIFE is available for UT SELECT[®] and UT CARE[®] members, employees, retirees, and designated app users 18+.

Wellness Challenges

Join an 8-week team challenge for the physical activity and wellness challenges. They encourage a variety of fun and easy ways for you, members and family members to meet challenges. 16 hours a week rewards leaders and winning your institution the nearest leading trophy.

THINGS TO DO

LEARN TO LIVE

Based on the proven principles of Cognitive Behavioral Therapy

Learn to Live 2.0 is a behavioral health digital platform available to UT SELECT[®] members which offers content specific programs, such as delivered in a copy-paste multimedia experience. Sessions are available on demand with the option for live or on-demand coaching options. Treatment available to All Access for Members.

CENTERED APP

The **Centered** app, powered by **BEHAVIOR**, is designed to increase focus by helping users add mindful activity to their daily routines. Through the app, you can set goals for mindful minutes, choose from a variety of guided activities and track how your mood is impacted by mindfulness and activity.

About Living Well www.livingwell.utsystem.edu

LEADING WELL: TAKE IT TO THE NEXT LEVEL

LIVING WELL OFFERS RESOURCES TO IMPROVE YOUR HEALTH AND WELL-BEING.

BE ACTIVE

Blue360® Member Discount Program

Blue Cross and Blue Shield of Ohio (BCBSO) Health plans members can take advantage of special discounts for health-related products and services. With discounts on health and related products, along with discounts on health care services, savings mean more money in your pocket, so you decide what choices are right for you and your family.

Fitwell Discount Program

Fitwell SELECT® offers a fitness program through BCBSO. This fitness membership is designed to let members go through the state. For more information, log on to the Blue Cross for Members, and select the link to the Fitwell Program.

Silver Sneakers® by U2 CARE Members

U2 SELECT® members can take advantage of Silver Sneakers®, a fitness program for seniors and their spouses (age 50+). This program helps members take greater control of their health through physical activity, education and social interaction.

24/7 NURSELINE

With our Health Advisory Services, you'll still have access to a nurse 24/7. Get answers to your health care questions, information about major medical issues, stressors and lifestyle changes supporting your health. Call us at **(866) 882-3034**.

HEALTH AND WELLNESS PROGRAMS

Find additional programs and resources at your full membership by visiting www.livingwell.nyctsystem.edu or by the www.livingwell.nyctsystem.edu platform powered by Unumade

OFFICE OF EMPLOYEE BENEFITS | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 | 2030 | 2031 | 2032 | 2033 | 2034 | 2035 | 2036 | 2037 | 2038 | 2039 | 2040 | 2041 | 2042 | 2043 | 2044 | 2045 | 2046 | 2047 | 2048 | 2049 | 2050 | 2051 | 2052 | 2053 | 2054 | 2055 | 2056 | 2057 | 2058 | 2059 | 2060 | 2061 | 2062 | 2063 | 2064 | 2065 | 2066 | 2067 | 2068 | 2069 | 2070 | 2071 | 2072 | 2073 | 2074 | 2075 | 2076 | 2077 | 2078 | 2079 | 2080 | 2081 | 2082 | 2083 | 2084 | 2085 | 2086 | 2087 | 2088 | 2089 | 2090 | 2091 | 2092 | 2093 | 2094 | 2095 | 2096 | 2097 | 2098 | 2099 | 2100 | 2101 | 2102 | 2103 | 2104 | 2105 | 2106 | 2107 | 2108 | 2109 | 2110 | 2111 | 2112 | 2113 | 2114 | 2115 | 2116 | 2117 | 2118 | 2119 | 2120 | 2121 | 2122 | 2123 | 2124 | 2125 | 2126 | 2127 | 2128 | 2129 | 2130 | 2131 | 2132 | 2133 | 2134 | 2135 | 2136 | 2137 | 2138 | 2139 | 2140 | 2141 | 2142 | 2143 | 2144 | 2145 | 2146 | 2147 | 2148 | 2149 | 2150 | 2151 | 2152 | 2153 | 2154 | 2155 | 2156 | 2157 | 2158 | 2159 | 2160 | 2161 | 2162 | 2163 | 2164 | 2165 | 2166 | 2167 | 2168 | 2169 | 2170 | 2171 | 2172 | 2173 | 2174 | 2175 | 2176 | 2177 | 2178 | 2179 | 2180 | 2181 | 2182 | 2183 | 2184 | 2185 | 2186 | 2187 | 2188 | 2189 | 2190 | 2191 | 2192 | 2193 | 2194 | 2195 | 2196 | 2197 | 2198 | 2199 | 2200 | 2201 | 2202 | 2203 | 2204 | 2205 | 2206 | 2207 | 2208 | 2209 | 2210 | 2211 | 2212 | 2213 | 2214 | 2215 | 2216 | 2217 | 2218 | 2219 | 2220 | 2221 | 2222 | 2223 | 2224 | 2225 | 2226 | 2227 | 2228 | 2229 | 2230 | 2231 | 2232 | 2233 | 2234 | 2235 | 2236 | 2237 | 2238 | 2239 | 2240 | 2241 | 2242 | 2243 | 2244 | 2245 | 2246 | 2247 | 2248 | 2249 | 2250 | 2251 | 2252 | 2253 | 2254 | 2255 | 2256 | 2257 | 2258 | 2259 | 2260 | 2261 | 2262 | 2263 | 2264 | 2265 | 2266 | 2267 | 2268 | 2269 | 2270 | 2271 | 2272 | 2273 | 2274 | 2275 | 2276 | 2277 | 2278 | 2279 | 2280 | 2281 | 2282 | 2283 | 2284 | 2285 | 2286 | 2287 | 2288 | 2289 | 2290 | 2291 | 2292 | 2293 | 2294 | 2295 | 2296 | 2297 | 2298 | 2299 | 2300 | 2301 | 2302 | 2303 | 2304 | 2305 | 2306 | 2307 | 2308 | 2309 | 2310 | 2311 | 2312 | 2313 | 2314 | 2315 | 2316 | 2317 | 2318 | 2319 | 2320 | 2321 | 2322 | 2323 | 2324 | 2325 | 2326 | 2327 | 2328 | 2329 | 2330 | 2331 | 2332 | 2333 | 2334 | 2335 | 2336 | 2337 | 2338 | 2339 | 2340 | 2341 | 2342 | 2343 | 2344 | 2345 | 2346 | 2347 | 2348 | 2349 | 2350 | 2351 | 2352 | 2353 | 2354 | 2355 | 2356 | 2357 | 2358 | 2359 | 2360 | 2361 | 2362 | 2363 | 2364 | 2365 | 2366 | 2367 | 2368 | 2369 | 2370 | 2371 | 2372 | 2373 | 2374 | 2375 | 2376 | 2377 | 2378 | 2379 | 2380 | 2381 | 2382 | 2383 | 2384 | 2385 | 2386 | 2387 | 2388 | 2389 | 2390 | 2391 | 2392 | 2393 | 2394 | 2395 | 2396 | 2397 | 2398 | 2399 | 2400 | 2401 | 2402 | 2403 | 2404 | 2405 | 2406 | 2407 | 2408 | 2409 | 2410 | 2411 | 2412 | 2413 | 2414 | 2415 | 2416 | 2417 | 2418 | 2419 | 2420 | 2421 | 2422 | 2423 | 2424 | 2425 | 2426 | 2427 | 2428 | 2429 | 2430 | 2431 | 2432 | 2433 | 2434 | 2435 | 2436 | 2437 | 2438 | 2439 | 2440 | 2441 | 2442 | 2443 | 2444 | 2445 | 2446 | 2447 | 2448 | 2449 | 2450 | 2451 | 2452 | 2453 | 2454 | 2455 | 2456 | 2457 | 2458 | 2459 | 2460 | 2461 | 2462 | 2463 | 2464 | 2465 | 2466 | 2467 | 2468 | 2469 | 2470 | 2471 | 2472 | 2473 | 2474 | 2475 | 2476 | 2477 | 2478 | 2479 | 2480 | 2481 | 2482 | 2483 | 2484 | 2485 | 2486 | 2487 | 2488 | 2489 | 2490 | 2491 | 2492 | 2493 | 2494 | 2495 | 2496 | 2497 | 2498 | 2499 | 2500 | 2501 | 2502 | 2503 | 2504 | 2505 | 2506 | 2507 | 2508 | 2509 | 2510 | 2511 | 2512 | 2513 | 2514 | 2515 | 2516 | 2517 | 2518 | 2519 | 2520 | 2521 | 2522 |

The University of Texas Rio Grande Valley

Staff Senate

UT Living Well Program

- UT Living Well Platform powered by Limeade ONE
- Wellness Challenges
- Blue365® Member Discount Program
- Fitness Discount Program
- Silver Sneakers for UT CARE Members
- Health Advocacy Solutions (HAS)
- Tobacco Cessation Resources
- Specialized Pharmacists
- 24/7 NURSELINE



The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS

5

Employee Wellness



The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS

6

The University of Texas Rio Grande Valley™

Staff Senate

Campus Wellness

Nursing Mother Suites

[HOP ADM 04-103](#)



Edinburg – 6
Brownsville – 3
Harlingen – 1

Tobacco Cessation

[HOP ADM 04-10](#)



The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS

7

Wellness Champions



The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS

8

The University of Texas Rio Grande Valley™

.....

Staff Senate

Wellness Presentations/Workshops

“Discover Wellness”: UTRGV Employee Wellness initiatives & services overview.

“Just for the Health of It”: Practical recommendations to achieve a holistic state of wellness.

Effective Strategies for Managing Stress and Boost Energy

Work/Life Balance Workshop

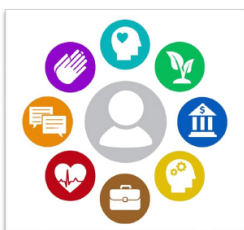
Positive Attitude and Gratitude

Developing and Maintaining Resilience in Times of Adversity

Staying Socially Connected While Observing Physical Distancing

Employee Engagement & Wellness: Supervisor Excellence Series

And more!



The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS

9

Nina Barrientos
Employee Engagement and Wellness Coordinator
Nina.Barrientos@utrgv.edu
(956) 665-5025 / (956) 665-2451

Employee Wellness
EmployeeWellness@utrgv.edu
(956) 665-5025 / (956) 665-2451



The University of Texas
Rio Grande Valley
Office of Human Resources

EMPLOYEE WELLNESS

10

The University of Texas Rio Grande Valley™

.....

Staff Senate

APPENDIX B - PRESENTATION MATERIAL – UTRGV Professional Education and Workforce Development (PEWD) – Blanca Davila and Claudia Garcia

The University of Texas
Rio Grande Valley™
.....
Professional Education
& Workforce Development

Overview of Programs

UTRGV Staff Senate
April 25, 2024

UTRGV™ Professional Education
& Workforce Development

Our Mission

To create relevant and accessible high-quality education, industry-specific workforce development programs and immersive language instruction.

Our Values

- ✓ Innovative Learning Experience
- ✓ Exceptional Participant Experience
- ✓ Industry Relevance
- ✓ Foster a Culture of Learning

The University of Texas Rio Grande Valley™

.....

Staff Senate

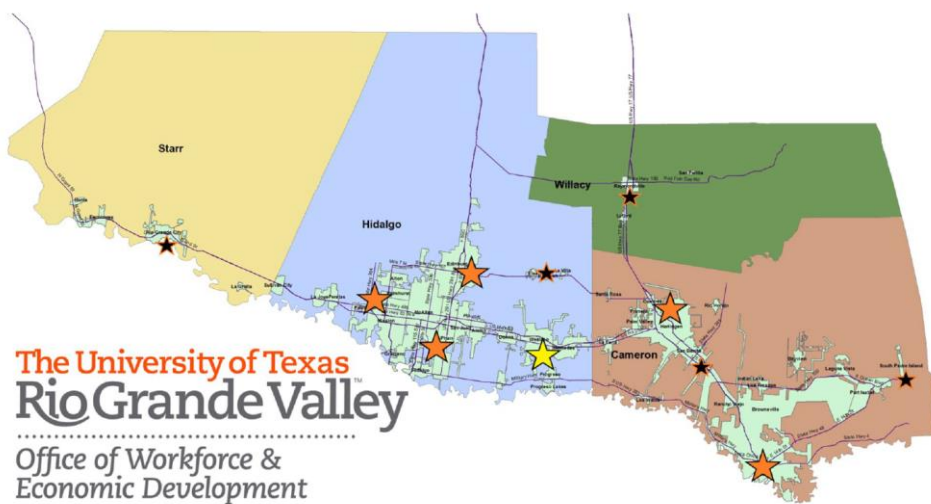
UTRGV Office of Workforce & Economic Development

Aligned with UTRGV's mission to create individual, social, and cultural transformation in the Rio Grande Valley (RGV).

Positioned within UTRGV's Division of Governmental and Community Relations to support and serve all communities of the RGV.

Works closely with cities, counties, Economic Development Corporations (EDCs), and stakeholders to

- Foster economic development opportunities,
- Cultivate small businesses, and
- Create workforce development programs for sustainable job opportunities and a resilient RGV economy.



The University of Texas Rio Grande Valley™

Staff Senate

UTRGV™ Professional Education & Workforce Development

- **50+ programs**
- **Locations**
 - Edinburg CESS Building
 - Brownsville Saint Joseph Academy
 - Hybrid – in-person and online
- **Modalities**
 - In-Person
 - Online via Zoom
 - Online self-paced
 - Hybrid
- **Customized Trainings**



BUSINESS AND LEGAL



EDUCATION



EXECUTIVE EDUCATION



HEALTH AND FITNESS



INFORMATION SCIENCE



LEADERSHIP AND MANAGEMENT



MARKETING AND CREATIVE TECHNOLOGY



TEST PREPARATION



ONLINE COURSES



ENGLISH LANGUAGE PROGRAMS




WORKFORCE



CAMPUS FOOD SECURITY INITIATIVE

UTRGV™ Professional Education & Workforce Development





UPCOMING COURSES





[ENROLL NOW](#)



The University of Texas Rio Grande Valley™

Staff Senate



INTENSIVE ENGLISH PROGRAM

Start Date: May 20, 2024

Location: Edinburg
Program Modality: In-Person

The Intensive English Program (IEP) is designed for non-native English speakers who want to learn American English in a university setting.

[More Info](#)



SEMI-INTENSIVE ENGLISH PROGRAM

Start Date: May 25, 2024

Location: Edinburg & Brownsville
Program Modality: In-Person

The Semi-Intensive English Program (SIEP) is designed for non-native English speakers who want to learn American English focusing on an integrative approach.

[More Info](#)



The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

UTRGV Professional Education
& Workforce Development

DID YOU KNOW?

You can obtain a certificate to work in the health field while you are pursuing your degree!

Expand your skill set and boost your career prospects without missing a beat. Discover our certificate programs today:



Clinical Medical
Assistant
Program



Dental
Assistant
Program



Bereavement
Coordinator
Certificate



Medical Billing
& Coding
Program



Personal
Trainer
Certification



Pharmacy
Technician
Program



Phlebotomy
Technician
Program



Veterinary
Assistant
Program



Learn more! Scan our QR code
or visit:

www.utrgv.edu/pewd



UTRGV.EDU

The University of Texas Rio Grande Valley™

Staff Senate

June 4 – June 25

HUMAN RESOURCE MANAGEMENT PROGRAM

Ready to level up your career in Human Resource Management?

This course enables you to quickly gain practical skills to manage critical HR functions on a daily basis. You'll learn about human resource management functions in a comprehensive overview and understand the stages of the employee life cycle.

As a participant, you will gain insight into:

- **Recruitment:** Find the right applicants and conduct useful and proper interviews.
- **Employee Development:** Creating job descriptions, developing a performance review process, and evaluating compensation.
- **Employee Relations:** Conducting employee investigations, employee conflict resolution, creating a positive work environment, and increasing employee satisfaction.
- **Employee Discipline and Separation:** Developing corrective action procedures, terminating employment, and staying legal and compliant.

ENROLLMENT INFORMATION

REGISTRATION DEADLINE

JUNE 3, 2024 AT 12 P.M.

LOCATION

EDINBURG CESS BUILDING

PROGRAM DATES

JUNE 4, 11, 18, & 25, 2024

PRICE

\$299

DAYS/TIMES

TUESDAYS: 6 P.M. - 9 P.M.

INSTRUCTOR

DR. MARCO GARZA



The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

REAL ESTATE CERTIFICATE PROGRAM

ABOUT OUR PROGRAM

This program is designed for individuals interested in earning a Texas Real Estate License which requires you to complete six qualifying education courses of study.

Each module is 30 hours in length and is designed to provide you with the knowledge you need to satisfy the state licensing exam.

Note: Modules may be taken in any order for participants entering the Real Estate Program in later modules.

June 8



MODULE 1

Real Estate
Principles I

June 3, 2024
July 22, 2024

MODULE 2

Real Estate
Principles II

June 5, 2024
July 31, 2024

MODULE 3

Laws of
Agency

August 5, 2024
September 30, 2024

MODULE 4

Laws of
Contracts

August 14, 2024
October 2, 2024

MODULE 5

Promulgated
Contract Forms

October 9, 2024
December 4, 2024

MODULE 6

Real Estate
Finance Essentials

October 14, 2024
December 2, 2024

The University of Texas Rio Grande Valley™

Staff Senate

The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

EVENT DESIGN CERTIFICATE PROGRAM - LEVEL 1

WOULD YOU LIKE TO MAXIMIZE THE IMPACT OF YOUR EVENTS?

The value of the event design profession lies in its ability to transform visions into tangible experiences that drive emotional engagement and achieve strategic outcomes.

Through this interactive program, you will gain a deep understanding of the complexities involved in creating successful events, from conceptualization to execution, and you will be equipped with the knowledge and tools of the internationally recognized #EventCanvas Methodology.



June 14



DATE:
June 14, 2024

TIMES:
8:00 a.m. - 5:00 p.m.

UTRGV MCALLEN RIO BANK
701 E Expressway 83
McAllen, TX 78501

COST:
PEWD exclusive price of \$395
(Program valued at \$595)
*Breakfast & Lunch provided.



INSTRUCTOR:
Devon Pasha, CMP, CED
Event Design Collective, Director of North America
Over 20 years of professional experience in the
events industry.



**Event Design Collective (EDC) Level 1
Mastery Certificate of Attendance
8 Continuing Education Units (CEUs) -
Events Industry Council**



To learn more about this program,
please scan the QR code.

June 24 – July 15

UTRGV Professional Education
& Workforce Development

GRANT DEVELOPMENT PROGRAM



ENROLLMENT INFORMATION

REGISTRATION DEADLINE
JUNE 23, 2024 AT 12 P.M.

PROGRAM DATES
JUNE 24, JULY 1, 8, & 15, 2024

DAYS/TIMES
MONDAYS: 6 P.M. - 9 P.M. CT

PROGRAM MODALITY:
ONLINE VIA ZOOM

PRICE
\$349

INSTRUCTOR
MR. ARNOLDO MATA



The University of Texas Rio Grande Valley

Staff Senate

UTRGV Professional Education
& Workforce Development

PARALEGAL CERTIFICATE PROGRAM

ABOUT OUR PROGRAM

The Paralegal Certificate provides an overview of the legal system, legal research, legal writing, civil procedure, ethics, criminal law, criminal procedure, criminal evidence, torts, and contracts. Student grades are based on the completion of weekly tests, online participation forums, and writing assignments.

WHAT WE OFFER

This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to interview witnesses, investigate complex fact patterns, research the law, create legal documents, and prepare cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of law in which paralegals are in most demand.



July 9 – Aug. 31



DATES

Registration Deadline: July 8, 2024 at 12:00 p.m.

Program Dates: July 9 - August 31, 2024



ONLINE

Via Zoom



DAYS/TIMES:

Tuesdays & Thursdays: 6:00 p.m. - 9:00 p.m. CT

Saturdays: 8:30 a.m. - 1:00 p.m. CT



COST:

\$2,195 - Private loans available.



INSTRUCTOR:

Ms. Kimberly Spokes



To learn more about this program, please scan the QR code.

(956) 885-2071

www.utrgv.edu/pewd

pewd@utrgv.edu

Online Self-Paced Courses (available year-round)

QuickBooks
Online Basics

Managing Change and
Resolving Conflict

Digital Marketing
Strategy

Effective
Business Writing

Certificate in
Leadership

Introduction to
Finance

Nonprofit
Management

The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

Scan to Learn More &
Find Other Courses



UTRGV.EDU

The University of Texas Rio Grande Valley™

Staff Senate

Private Loans

- For courses of \$500 or more.
- Information at the bottom of each program page.
- **Click on Private Loans** (UTRGV private lending site).

The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

Private Loans

Note: If you are applying for the Continuing Education Private Loan to cover the registration fee for a non-credit continuing education program, then please use the UTRGV Continuing Education School Code: 003500. The loan amount you note in the application cannot exceed the open enrollment fee noted on our website. Books will NOT be included in the loan amount. The minimum for the loans must be \$500.00. Some service charges may apply.

*The only loan provider PEWD accepts is **Sallie Mae***

Please email pewd@utrgv.edu once you have been approved so we may certify your loan.

Private Loans

Private Loans *(continued)*

- Include first and last name
- Start Borrowing Essentials to get the information needed for an informed decision.
- Continue to Loan Products.
- Look for Sallie Mae and select the first option "for Undergraduate Students".



While on your educational journey, Sallie Mae is here to help. Choose between a fixed or variable interest rate and a repayment option that works best for you. There are no origination or disbursement fees and no pre-payment penalties.

Product Name	Rate Type	APR Min	APR Max	Grace Period	Compare
Apply Sallie Mae Smart Option Student Loan for Undergraduate Students (Variable or Fixed Rate)	Fixed Variable	4.500% 6.370%	15.490% 16.700%	6 months	<input type="checkbox"/>
Apply Sallie Mae Graduate School Loan (Variable or Fixed Rate)	Fixed Variable	4.990% 6.870%	14.480% 16.470%	6 months	<input type="checkbox"/>
Apply Sallie Mae Medical School Loan (Variable or Fixed Rate)	Fixed Variable	4.990% 6.870%	14.460% 16.460%	36 months	<input type="checkbox"/>

[See all Sallie Mae Loans Products](#)

The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

The University of Texas Rio Grande Valley™

.....

Staff Senate

Upcoming Event

The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development



IT & STEM JOB FAIR

**Wednesday, May 1st, 2024**

**9am-12pm: Job Fair**

**9am-10am: Resume Workshop**

**CESS Building**
1407 E. Freddy Gonzalez Dr.,
Edinburg, TX 78539

IT & STEM employers and job seekers
are invited to attend. For questions, email
BusinessRelations@wfsolutions.org
or visit wfsolutions.org.

**SCAN QR CODE TO
REGISTER NOW!**



Employers Register by
04/24!

In partnership with:



Career | Professional Education
Center | & Workforce Development

Equal Opportunity: The Law, Lower Rio Grande Valley Workforce Development Board and Workforce Solutions is an Equal Opportunity Employer/Program. Auxiliary Aids and Services: Are Available Upon Request. To Individuals With Disabilities: TTY: 7148 Via Relay Texas Service AT 711 OR 711-686 1-800-735-2989. 4/21/24 12:00 PM

UTRGV™ Professional Education
& Workforce Development

Contact Us

Blanca Davila, Director

blanca.davila@utrgv.edu

Erika Carrizales, Program Manager

erika.carrizales@utrgv.edu

Claudia Garcia, Program Manager

claudia.garcia@utrgv.edu

Office

pewd@utrgv.edu

utrgv.edu/pewd



www.utrgv.edu/pewd

Follow Us On Social Media!



@utrgvpewd

UTRGV.EDU

The University of Texas Rio Grande Valley

Staff Senate

UTRGV OWED Leadership Team

Hector Landez, Director - APEX Accelerator Center

Hector.Landez@utrgv.edu

(956) 665-7564

Sai Mullapudi, Manager – Data Information and Systems Center (DISC)

Sai.Mullapudi@utrgv.edu

(956) 665-2301

Linda Ufland, Director – Entrepreneurship and Commercialization Center (ECC)

Linda.Ufland@utrgv.edu

(956) 882-4315

Maria Juarez, Executive Director – Small Business Development Center (SBDC)

Maria.Juarez@utrgv.edu

(956) 665-7538

Juan Santos Flores, Director – Veterans Business Outreach Center (VBOC)

Juan.Santosflores01@utrgv.edu

(956) 665-8931

Blanca Davila, Director – Professional Education & Workforce Development (PEWD)

Blanca.davila01@utrgv.edu

(956) 665-2701



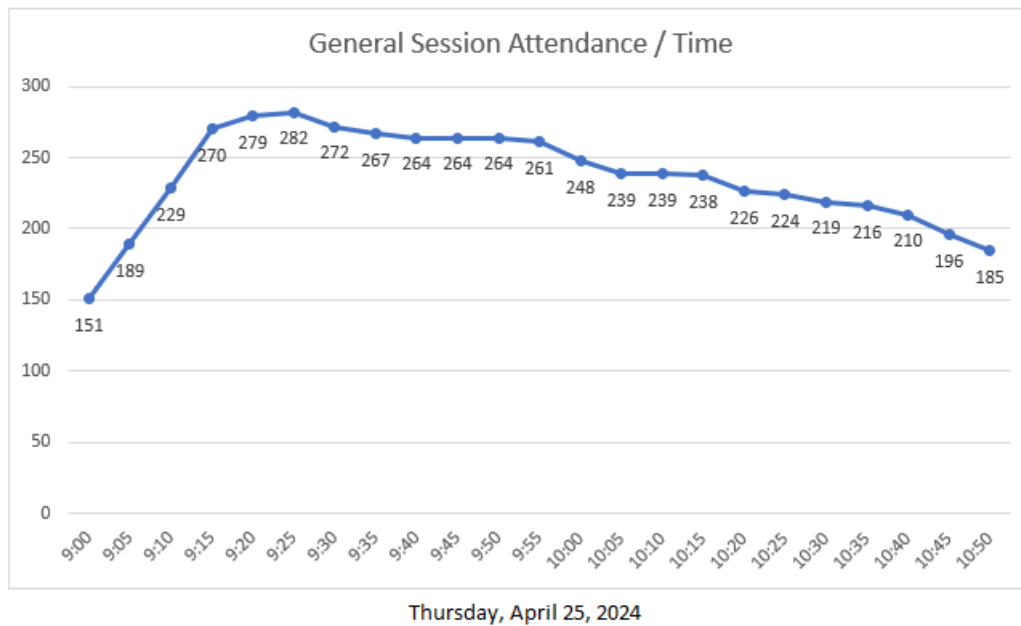
Thank you!
Any questions?

The University of Texas
Rio Grande Valley
Professional Education
& Workforce Development

UTRGV.EDU

APPENDIX C – ATTENDANCE CHART

This chart is a snapshot of attendees via ZOOM at the time of the day mentioned at the bottom of chart.



APPENDIX D – TRANSCRIPT / CHAT LOG

[Veronica Villarreal] 09:00:18

Good morning, everyone. We'll get started in a little bit, just waiting for others to arrive.

[Veronica Villarreal] 09:00:28

I hope everybody's morning has been really good today.

[Melanie Garza- Staff Senator] 09:00:40

You

[Melanie Garza- Staff Senator] 09:00:48

Thank you. The

[Melanie Garza- Staff Senator] 09:00:56

The

[Jose Luis Amieva] 09:01:10

Good morning. I call this meeting to order at 9 0 1 a. M. We will proceed with roll call with Mr. Secretary David Guerra.

[Staff Senator David Guerra] 09:01:18

Good morning and thank you. I will now begin roll call. Staff Senators, please indicate your attendance by stating I in the Zoom chat or out loud in the call.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Staff Senator David Guerra] 09:01:26

Oliver Lozano. Claudia Garcia. Christina, Vegas. Dina Guerra, Dina Lopez?

[Staff Senator David Guerra] 09:01:37

Marita Torres. I'm a Miranda. Jake Gonzalez, James Martinez.

[Staff Senator David Guerra] 09:01:45

Jeanette Garcia. Jeremy, Posey, Caleb, Crystal Chapel, Leslie Orozco.

[Staff Senator David Guerra] 09:01:58

Mari. Myra Garcia. Melanie, Alexis, Monica. Oh, Mar, Netsuke.

[Staff Senator David Guerra] 09:02:11

Rolando Segovia. Timothy Odoms. Travis Mackopine.

[Staff Senator David Guerra] 09:02:17

Band slusser. Veronica Viaria. Yesenia Carter.

[Staff Senator David Guerra] 09:02:25

Madam President, roll call is now complete with enough senators that quorum is established.

[Veronica Villarreal] 09:02:32

Alrighty, thank you so much David and good morning to everyone here. I'm so excited to be here.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 09:02:38

Happy Thursday and welcome to our staff Senate General Meeting for the month of April. We're gonna begin our meeting with our first, st with our new business.

[Veronica Villarreal] 09:02:48

Is there a motion on the floor for the approval of meeting minutes for the March of 2,024?

[Staff Senator Rolando Segovia] 09:03:00

To approve the minutes for the for March.

[Veronica Villarreal] 09:03:04

Is there a second?

[Claudia Garcia] 09:03:08

A second.

[Marivel Mata] 09:03:08

I second

[Veronica Villarreal] 09:03:10

All those in favor, please state I in the Zoom chat.

[Veronica Villarreal] 09:03:15

All opposed? Any abstentions?

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 09:03:36

Good March, 2024 meeting minutes have been approved. To our 1st guest speaker. Thank you so much for joining us, Dr.

[Veronica Villarreal] 09:03:44

Bailey.

[Guy Bailey] 09:03:45

Thank you for having me. I appreciate your Give me a few minutes. I'm in a hotel room in Austin.

[Guy Bailey] 09:03:52

So where else? But, anyway, I'd much rather be in the Rio Grande Valley than up here.

[Veronica Villarreal] 09:03:53

Thank you.

[Guy Bailey] 09:04:01

But I appreciate you're giving me a few minutes to talk to you. Actually, what I'd like to do is a little.

[Guy Bailey] 09:04:06

Slide show and I saw Lisa there at least is gonna run this for me to make sure it's run right and so what what we're finishing our 8th year as UTRGV.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:04:20

Now many of you started Since UTRG was formed, other of you Others of you have been here from.

[Guy Bailey] 09:04:28

You know, when we were UT, Brownsville, UT, Pran America and so forth.

[Guy Bailey] 09:04:33

So, or maybe even with the So. But in the last 8 years, a lot has happened and I just started thinking, I mean, what do we really, what all have we done in 8 years?

[Guy Bailey] 09:04:48

It's very useful to look back and see. And so I want to talk about that and then talk a little bit about where we're going and then I'll have be happy to answer a question or 2.

[Guy Bailey] 09:04:58

So basically what I want to talk about is how far we've come and where we're going.

[Guy Bailey] 09:05:04

So and that's the 1st slide. The next slide. Tells you about some of the things we've done.

[Guy Bailey] 09:05:09

We've grown our enrollment substantially. We've added 4,353 students.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:05:16

That's a 15.8% growth. That's a 15.8% gross. Over 4,000 students. That's a 15.8% gross.

[Guy Bailey] 09:05:20

Over 4,000 students think about that. There's some small universities that are not that large. We've added 1,160 graduate students.

[Guy Bailey] 09:05:27

That's an even faster, right? Of growth in the student body as a whole. That's that's more by more than a 3rd and and then if you look at the next number We've added a number of doctoral programs and you can see the growth in doctoral students.

[Guy Bailey] 09:05:42

This, I think that number will be close to a thousand. Think about that. A 1,000 students who can get professional or PhD degrees.

[Guy Bailey] 09:05:53

It's a it's a great accomplishment that you ever achieved. But maybe more important than all of that.

[Guy Bailey] 09:06:03

We've graduated more than 50,000 students. Think about that. 50,000 students. It's it is beginning to have an effect in the Rio Grande Valley and you'll see this going forward.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:06:14

Our fall enrollment was just under 32,000. We think it'll be. Over 32,000 this coming fall we pretty sure it will and so just how much we'll see when September gets here.

[Guy Bailey] 09:06:29

If you look at the new degree programs we've added. These are assets for the Rio Grande Valley and these are things that enable our students to get degrees and credentials here that they normally had to go outside the valley to get.

[Guy Bailey] 09:06:45

You can see 16 bachelors, 15 masters, 5 PhD, EDD degrees and for professional doctorates including the MD, the Doctor of Pediatric Medicine, the Doctorate of Nursing, Practice, Doctor.

[Guy Bailey] 09:06:59

Occupational therapy. So academically, we've done quite a bit and it's the next side shows.

[Guy Bailey] 09:07:08

No. Yeah. We've made significant financial investments in the valley. And the net worth of the university which is all of our assets together is grown significantly.

[Guy Bailey] 09:07:23

A lot of that net worth is buildings. We built a lot of buildings as you'll see because we're in the puff we're able to do that and but our operating revenues have increased quite a bit as well and again a lot of this is is construction from puff money but but it's more than just that.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:07:41

Notice that we've added. Over 2,000 employees. Is UTRGV. And we've grown from what, 50?

[Guy Bailey] 09:07:50

200 plus 2 over to 7,400. I mean that's that's a lot of employees more than 2,000 employees and so if you think about that That's payroll that supports families.

[Guy Bailey] 09:08:06

In the Rio Grande Valley. So you make a difference in that way. Some other things I'm really proud of the next one.

[Guy Bailey] 09:08:13

Our minimum wage is now \$16 and 25 cents. We worked really hard to make the minimum wage is now \$16 and 25 cents. We worked really hard to make the minimum wage a living wage, right?

[Guy Bailey] 09:08:25

And that's that was really what we're trying to do. Minimum. We want to make this a living way if you want this your jobs to be good jobs that support families and, and for students are.

[Guy Bailey] 09:08:35

Our lowest pay is \$12 an hour and you know we want to be able to compete with water burger and AGB.

[Guy Bailey] 09:08:47

We want students to work on campus. So if pay a well. And that's a good thing and not a bad thing.

[Guy Bailey] 09:08:50

The other thing is, Important too, we've provided pay increases every year of one kind or another.

[Guy Bailey] 09:08:58

It's been either merit, sometimes it's been equity. Adjust much sometimes we've tried to get people up to you know that certain percentile of our competitive universities.

[Guy Bailey] 09:09:11

So about 63 million in current employees and I've got something to a little hint to drop about that a little later.

[Guy Bailey] 09:09:17

At the end of the thing. And then we've invested this figure stunned me, but this is what the puff has done for us.

[Guy Bailey] 09:09:27

813 million a new Think about that across our multiple campuses. We have 12 new buildings and 11 in progress.

[Guy Bailey] 09:09:38

We've got Major renovations and more in progress. Again, part of this is TRB from the legislature.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:09:47

But if you wondered in 2,013 and 14 and 15 what the puff would mean. That's pretty much it right there.

[Guy Bailey] 09:09:55

And then we built a research enterprise here. We, our research expenditures when we started were a little over 20 million.

[Guy Bailey] 09:10:03

They were little over 82 million and that that is a joke to the economy of the Rio Grande Valley.

[Guy Bailey] 09:10:11

That number I'm hoping this at the end of this year will be close to 90 million. Our goal is to get into the 100 million \$4,050,000,000 range.

[Guy Bailey] 09:10:21

Which puts us up there with UT Dallas and and UTSA and UTIP.

[Guy Bailey] 09:10:27

As a major research university and then you can see we have some major research, and they're mostly in things that really affect the Rio Grande Valley, like diabetes and obesity.

[Guy Bailey] 09:10:40

So. Okay, the next slide shows. You know the thing that I'm really proud of. We've done this without.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:10:49

Spending on the back of students. We created a financial model. When we started the institution that was designed to help students graduate with as little debt as possible.

[Guy Bailey] 09:11:01

And again, if you graduate with a huge amount of debt, then do you that much good. But remember that our financial model limits tuition and mandatory fees to the maximum payout of a Pell Grant plus a Texas grant.

[Guy Bailey] 09:11:14

That important. 62% of our students are on Pell Grants. And so this really helps control tuition and mandatory thesis. And this is self-imposed.

[Guy Bailey] 09:11:27

We impose this on ourselves. And then we guarantee tuition and mandatory for 4 years. We're all undergraduates.

[Guy Bailey] 09:11:33

That's why you need to graduate in 4 years. We limit our tuition and fees to 12 h.

[Guy Bailey] 09:11:41

Anything over 12 h is free. Yeah, and then, we provide free tuition and, Tory fees for, you gotta be a Texas resident.

[Guy Bailey] 09:11:49

And good accus. Dimic standing in your family income less, 125,000 or less.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:11:55

Free tuition in fees so What that means, the result of that, is that 86% of our undergraduates pay no tuition, no mandatory fees.

[Guy Bailey] 09:12:08

And I, I don't know of any school in the country. They does better than that. And again, that's what All of us together do for our students.

[Guy Bailey] 09:12:18

And so the result of that, we have the 3rd lowest debt load in the US among a public institutions and our four-year graduation rates have grown dramatically about 10 percentage points.

[Guy Bailey] 09:12:32

I've never seen that happen before and I'm really proud of that. And that means our students are doing a great job and you're doing a great job of helping them progress.

[Guy Bailey] 09:12:41

Okay, our next slide shows Yeah, I'm gonna post this so you can read this more closely.

[Guy Bailey] 09:12:48

We've done a lot in workforce and economic development. You know, the thing that strikes me about the Rio Grande Valley did when I 1st moved here.

[Guy Bailey] 09:12:57

People like to start their own businesses. And so our, if you ask our students, what do you want to do when you graduate?

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:13:03

I want to start my own business. If you went to Texas Tech or Texas State. Yeah, I wanna work with X Corporation.

[Guy Bailey] 09:13:10

That's the difference that our students are entrepreneurial. And so we've we've helped a lot with business startup.

[Guy Bailey] 09:13:18

We've really been able to do make a difference in health care in the Rio Grande Valley too.

[Guy Bailey] 09:13:23

And you can see those numbers there. You can read over it to your leisure. So, and as our next slide shows.

[Guy Bailey] 09:13:33

We've gotten a lot of we're beginning to get a lot of recognition for this last year Washington monthly ranked 60th among all national universities, 31st among public universities and 1st in the state of Texas.

[Guy Bailey] 09:13:48

Our friends in college station and Austin weren't all that keen on that, but the rankings are the rankings.

[Guy Bailey] 09:13:57

And so, and why is that? Well, we were 1st in Texas for social mobility. 1st for, lowest net price and 1st in the performance of Pell Grant students.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:14:08

Hey, remember Pell Grant students are 60% of our student body. So it's really important to be 1st there.

[Guy Bailey] 09:14:14

Are you US News and World Report rankings are increasing dramatically? Notice that we were 60 second in the nation among all universities.

[Guy Bailey] 09:14:23

And for undergraduate teaching and that's something near and dear to my heart. And then if you look at degree choices in 3rd way, these are 2 rankings based on economic mobility and the economic value of your institution to students.

[Guy Bailey] 09:14:41

We were 15.th And the 1st and 6th and in 3rd way. So Okay. Excuse me, that really says a lot for what we've done and what we've achieved.

[Guy Bailey] 09:14:54

So. The next slide. It tells you a little bit about where we're going. We have a bunch of new construction and renovation going on a lot of that is in athletics and athletics has to self pay I mean unlike they can't get puff money Oh, so they have to raise the money and come up with it through sales and so forth and And so they've done a good

[Guy Bailey] 09:15:19

job. And so, we've got, but there is, academic and other construction in there as well.

[Guy Bailey] 09:15:26

We expect continued enrollment growth. We think we'll have a good. Assuming the federal government gets the FAS and the financial aid issues work out and some of you know about that because you're working on it every day.

[Jean McLaughlin | The University of Texas Rio Grande Valley] 09:15:35

Okay.

[Guy Bailey] 09:15:39

I think we'll have a good fall. Oh, we have new doctoral programs coming online, a PhD in computer science this fall.

[Guy Bailey] 09:15:48

A doctorate in physical therapy in 2025 and then. A doctor didn't optometry in 2027.

[Jean McLaughlin | The University of Texas Rio Grande Valley] 09:15:49

Good for all other community.

[Guy Bailey] 09:15:56

We continue. We. Will be hiring additional people as well. As you add programs, you hire people.

[Jean McLaughlin | The University of Texas Rio Grande Valley] 09:15:57

And I'll say, I don't know if it's the best news for, press one for computer mode.

[Guy Bailey] 09:16:05

And so We think that will be a good thing. And the last something else I'll tell you about near the end.

[Guy Bailey] 09:16:14

And then we think, We will have expanded medical education and healthcare and we want to expand our luminary scholarships as well.

[Guy Bailey] 09:16:25

I should mention the cancer in surgery center. Should be open. By the end of this year and we'll be taking patience in February, 2025 you'll be able to get Cancer care that you've had to go to Houston or San Antonio to get.

[Guy Bailey] 09:16:44

And that's a, remarkable thing for the Rio Grandi Valley. And again, we're going to open a Diabetes Management Lim Preservation Center.

[Guy Bailey] 09:16:55

The Rio Grande Valley has the highest. Amputation rates. In the state of Texas.

[Guy Bailey] 09:17:01

If you have a limb amputated. You it's very hard to support your family. It's it's And so if we can make a difference with those 2 things, think about how important that is.

[Guy Bailey] 09:17:13

For all of us in the valley. And then those preliminary scholarships, we will not. Expand the number of those and keep our our kids in the Rio Grandi Valley.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:17:24

Most of you know what those are. And I'd encourage you to talk to your friends and neighbors your own children and everybody else about the luminary scholarships and the opportunities they offer.

[Guy Bailey] 09:17:36

And as the next slide shows. We're gonna really expand our student life in athletics. One of the things that's concerned me our students can't They can get the same quality or better education and then get anywhere else in the state.

[Guy Bailey] 09:17:52

Can't always get the student live. So if you want the full student life experience, you might go to UTSA or Texas State.

[Guy Bailey] 09:18:01

Why shouldn't you get that right here? Why shouldn't you get it at UTRGV?

[Guy Bailey] 09:18:05

And so we're gonna provide that as you know, housing will start soon and we'll have new dining facilities on the Edinburg campus.

[Guy Bailey] 09:18:14

We're looking at things to do in Brownsville as well and I should say part you know the part of that new construction isn't browser we got the majestic that will be renovating you know the old goria school we're about this close to We need to finalize the contract to purchase that.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:18:32

And we'll renovate some of the old mobiles will tear down the school itself in great shape will renovate that.

[Guy Bailey] 09:18:40

And have a wonderful fine arts facility. We'll be able to do some good things with that. So.

[Guy Bailey] 09:18:45

Things are in progress down there too. We've expanded our student activities marching band on both campuses.

[Guy Bailey] 09:18:53

Is already in place and, as you know, if you were at the mcowan Christmas break or the Charl days parade or even if you were at the George Washington Parade Day Parade in the righto, you saw our band.

[Guy Bailey] 09:19:06

And women women swimming and diving begins this fall and it's all of you know football is in 2025 so quite a bit going on.

[Guy Bailey] 09:19:18

The one thing that we are also looking at doing. And I'll just give you a little hint about this and and we'll talk about it more in the fall.

[Guy Bailey] 09:19:28

As we move to emerging research university and and that's gonna happen we think this fall That sets a new standard for us in compensation.

[Guy Bailey] 09:19:40

So we're working on a big compensation plan for the for the fall. We hope to roll it out early in the fall.

[Guy Bailey] 09:19:51

We hope to roll it out early in the fall. So at the the expectations we have for compensating our employees.

[Guy Bailey] 09:19:57

Will go up as as we go up to emerge. In other words, our peer groups go up, right?

[Guy Bailey] 09:20:05

And, and we look at our compensation in relation to our peer groups. And so I, you know, just keep your, if you can be patient.

[Guy Bailey] 09:20:12

And give this is a big a really heavy lift But I think we'll have some some good news for you in the fall.

[Guy Bailey] 09:20:20

So. Anyway, I think, probably used up my time, but I'm happy to take a question or 2 if you have it.

[Guy Bailey] 09:20:29

Anyway.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:20:38

Any questions?

[Veronica Villarreal] 09:20:41

Checking the chat, we have a question about dining services in Is that in the works?

[Guy Bailey] 09:20:49

It is. I mean, we're trying to do something there.

[Guy Bailey] 09:20:55

If you know the facility was not really designed to provide food service, but as we've gotten more students.

[Guy Bailey] 09:21:04

With pediatry, we are going to need to do something and our pediatric accreditors kind of damed us for that too.

[Guy Bailey] 09:21:18

So, we're looking at doing something and exactly what that would be. You know is it a mini coffee zone type thing where you can get some sandwiches and soup or salad, is it a, is it food trucks?

[Guy Bailey] 09:21:31

I mean, you, you know. One of the most attractive, I mean, not far from where I live in Mcallen has been food truck park.

[Guy Bailey] 09:21:40

We go to sometimes. Exactly what that's gonna look like. We don't know, but we do, we are looking at options there.

[Guy Bailey] 09:21:49

Yes.

[Veronica Villarreal] 09:21:50

Thank you. Any other questions for Dr. Bailey?

[Veronica Villarreal] 09:22:04

They wanted to notify us that there's vending machines, currently in the Harlingen campus.

[Veronica Villarreal] 09:22:11

The hot food but we cannot access it. I think we'll have to reach out.

[Guy Bailey] 09:22:16

I know I've tried to I'm there, you know, every every week or so and And so I go and try to buy cookies and I have trouble doing it.

[Guy Bailey] 09:22:30

So not exactly nutritious food, but I do know that the vending machines have not worked well there.

[Guy Bailey] 09:22:35

So we are looking at a more comprehensive plan. There are some there are some other things we're looking at.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:22:41

In Harlingen as well. We are. You know working on a some expansion and some other things so those plans I hope will be able to announce in the next.

[Guy Bailey] 09:22:53

Well, if you if you just pay attention to the Next board meeting. So you'll see what some of those plans are the Board of Regents meeting.

[Veronica Villarreal] 09:22:59

Okay.

[Guy Bailey] 09:23:04

Yes.

[Veronica Villarreal] 09:23:04

Alrighty, thank you. Tony,

[Toni Saldivar] 09:23:10

Hi, Dr. Bailey. I was just wondering, are there any, I know there's a comment, but I was just gonna ask, are there any plans as far as, departments in the dorm area.

[Toni Saldivar] 09:23:19

Going into the campus or onto campus?

[Guy Bailey] 09:23:22

In which area?

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Toni Saldivar] 09:23:23

In the dorms in Brownville.

[Guy Bailey] 09:23:26

Yes, yes. Well, the don't our dorms aren't full there yet and as soon as we get them to capacity.

[Guy Bailey] 09:23:34

We'd like to add some housing space. We've actually looked at trying to. Add some housing right across in.

[Guy Bailey] 09:23:43

Downtown where some of the things are redeveloping. We like to. But we've had we've run into some roadblocks there so anytime there is demand we can we certainly can add to it.

[Toni Saldivar] 09:23:57

I'm sorry, I was talking about departments. Cause we currently have departments in the dorm area.

[Toni Saldivar] 09:24:02

Are there any plans to move those departments onto campus?

[Guy Bailey] 09:24:06

Onto campus the departments oh oh you mean like a Oh, yeah, so you didn't say apartments you said departments No, that's okay.

[Toni Saldivar] 09:24:14

Departments, yes, I'm sorry, yes, department, certain units.

[Guy Bailey] 09:24:18

That's okay. You know, we are currently reassessing all of our space down there. One of the things I should probably point out.

[Guy Bailey] 09:24:28

The the situation with TSC. Is becoming less and less tenable. And you know, as you'll hear more about it, unfortunately, probably down the road here.

[Guy Bailey] 09:24:46

But, but for a variety of reasons. It's pro, well, Rosterberg's a great example.

[Guy Bailey] 09:24:54

We have all kinds of issues there. Which they as owners should and we bring those compliance. Well, if you rent a house, you know, you expect your landlord to.

[Guy Bailey] 09:25:04

And so those. Issues are becoming. Less and less tenable. So we're doing a comprehensive analysis of our use of space there.

[Guy Bailey] 09:25:17

Where we can move things, what we need to add. On the Brownsville campus, because I don't know how long that situation will hold.

[Guy Bailey] 09:25:25

It's just, I mean, the lease. We've leased space there and of course we've leased less and less space.

[Guy Bailey] 09:25:33

Now that's become more and more a problem for TSC and so and so they're trying to charge us some of the space we don't we no longer release but that's you know we don't need to get into all those issues but the point is that situation is becoming more and more tenuous.

[Toni Saldivar] 09:25:42

Alright.

[Guy Bailey] 09:25:50

Over time and and so what it's causing us to do is to reassess All of the uses space there.

[Guy Bailey] 09:25:58

And so that's what's going on right now.

[Toni Saldivar] 09:25:59

Alright, thank you so much.

[Veronica Villarreal] 09:26:00

Thank you. Denise.

[Danice Rodriguez] 09:26:07

Hello, so my question was more so regarding student clubs and other activities on campus. As you're seeing the try and get more of the student life involved.

[Danice Rodriguez] 09:26:18

And so I think that could be potentially a good resource. Is there any plans right now to, work with some of the student clubs to try and build up partnerships with them to help build out those traditions and other student life in that aspect.

[Guy Bailey] 09:26:33

Well, that's a good idea. I, you know, that's, you know, Stephen and Maggie are probably the people to bring that up with.

[Guy Bailey] 09:26:43

I'm sure they'd appreciate suggestions. About how to integrate. Integrate the student organizations, into our student life activities.

[Guy Bailey] 09:26:54

So I think they'd be more than. Than happy to have suggested you might have.

[Danice Rodriguez] 09:27:01

Thank you.

[Veronica Villarreal] 09:27:03

We have one question in the chat. Are there any plans to add a new transportation service to the UTRGV port Isabel Research Campus and the UTRGV Coastal Studies Lab.

[Guy Bailey] 09:27:14

You know, that one is a harder thing to do because there aren't as many. People using it.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:27:21

And so if you know if user demand is there, we certainly will add services. So that that becomes a problem there.

[Guy Bailey] 09:27:32

If we get some information about. They use of that and what that means. Then I think.

[Guy Bailey] 09:27:40

You know, if there's a demand. We try to meet the demand.

[Veronica Villarreal] 09:27:47

Alright, any other questions for Dr. Bailey?

[Nick Balderas] 09:27:51

Hi, my name is Nick. A'll let us have a quick question. Was there any plans for adding potential, EV charging stations maybe in the Edinburgh and Brownsville campus.

[Nick Balderas] 09:28:02

I know a couple of us have. Electric vehicles and you know kinda difficult to charge so that's something that's been on my mind.

[Guy Bailey] 09:28:07

Actually.

[Guy Bailey] 09:28:10

Actually a car dealer has talked to us about that and so We currently have some discussions. Ongoing with a car dealer who would like to put some in there.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:28:23

And so. Yeah, we'll see how those discussions evolve, but yes, we understand there probably is a need for those.

[Nick Balderas] 09:28:32

Thank you.

[Veronica Villarreal] 09:28:35

Any other questions for Dr. Bailey?

[Staff Senator Dina Guerra] 09:28:38

Good morning. Just one question. Can we have dining services in Brussels just remain open when students are not in session because a lot of us Here in the Bronx, we have to like walk across the parking lot just to get over there and Haven't to lose our parking space by time we come back.

[Guy Bailey] 09:28:52

Oh, okay, yeah, yeah.

[Guy Bailey] 09:28:55

I mean.

[Staff Senator Dina Guerra] 09:28:59

So that kinda shortens our lunch hour.

[Guy Bailey] 09:29:00

Yeah, that's, that's an interesting, point. Let me talk to Jason about that.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Guy Bailey] 09:29:06

And see what we can do. We We should be able to do something. I mean, we may have to have more restricted hours, but.

[Guy Bailey] 09:29:11

But we should be able to do something. So let me let me, I'll bring that up with Jason.

[Guy Bailey] 09:29:16

And so Lisa remind me to do that.

[Staff Senator Dina Guerra] 09:29:16

Thank you.

[Veronica Villarreal] 09:29:20

Alrighty, well thank you so much for joining us. Dr.

[Guy Bailey] 09:29:21

Thank you. I appreciate your having me. Have a wonderful day. Thank all of you for everything you do for UTRGV and for the Rio Grande Valley.

[Guy Bailey] 09:29:31

I appreciate you very much. Thank you.

[Veronica Villarreal] 09:29:33

Thank you. For our next presenters, we have, Blanca Davila and Claudia Garcia from the HTTP Professional Education and Workforce Development Office.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Rosemary Kithcart] 09:29:34

Thank you.

[Rosemary Kithcart] 09:29:38

Okay.

[Claudia Garcia] 09:29:47

Good morning everyone, thank you. Veronica, I'll be sharing, the presentation for our group.

[Claudia Garcia] 09:29:55

If I could have access to share. Thank you. Thank you.

[Veronica Villarreal] 09:29:56

Yes, you should have access.

[Veronica Villarreal] 09:30:01

Hello.

[Blanca Davila - PEWD] 09:30:08

Good morning, everyone.

[Blanca Davila - PEWD] 09:30:21

Alright. Ready?

[Claudia Garcia] 09:30:25

Are you able to see the main slide or the one with the notes?

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 09:30:28

Oh, the main point. Yes, we got it. I think it's on with the notes actually, but that's okay.

[Claudia Garcia] 09:30:30

Okay, got it.

[Blanca Davila - PEWD] 09:30:36

Let me just.

[Claudia Garcia] 09:30:36

There you go. How about now?

[Blanca Davila - PEWD] 09:30:41

This works. Oh, good morning, everyone. My name is Manka Vabila.

[Blanca Davila - PEWD] 09:30:47

I am the director of professional education and workforce development with you, T. And with us, we have Gaga Garcia.

[Blanca Davila - PEWD] 09:30:57

She's 1 of our program managers and also Erika Carris. Who is our other program manager.

[Blanca Davila - PEWD] 09:31:00

A quick overview of our programs. We're very excited to share what we have to offer with you, TRGB.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 09:31:09

I'm sure you're familiar with continuing education and professional education. Other universities and with Utter.

[Blanca Davila - PEWD] 09:31:16

We're currently going through what we call a renaissance of reviewing. All of our information, we recreated our mission statement and our values and, we also revamped our department and I'm also sort of view.

[Blanca Davila - PEWD] 09:31:33

I've been here about 8 months or so. So we're very excited to present to this group of individuals.

[Blanca Davila - PEWD] 09:31:39

Next slide please.

[Blanca Davila - PEWD] 09:31:44

Yes, so our mission is very important to us. In the beginning of the fiscal year, we had a staff retreat to ensure that our mission reflected what we, what we do, right, and with you, with the HRGV offers.

[Blanca Davila - PEWD] 09:32:00

So we want to create relevant and accessible high quality education industry specific workforce development programs. And immersive language instruction.

[Blanca Davila - PEWD] 09:32:11

Part of what our department does, is programming for continuing education and English language. Years prior they were 2 different departments and now they all live under the professional education and workforce development.

[Blanca Davila - PEWD] 09:32:28

So that's the whole renaissance and revamping of our department to ensure that we function as one, offering high quality programs not only for our community, but also for you tier as well, right?

[Blanca Davila - PEWD] 09:32:41

Part of our values, and we share this with our students or not academic students, but also our instructors.

[Blanca Davila - PEWD] 09:32:47

That's innovative learning experience, exceptional participant experience, industry relevance, and we also, we're fostering a culture of learning.

[Blanca Davila - PEWD] 09:32:58

Education, all these 4 values are lived throughout our day-to-day and our programming. We're so looking at our curriculum and working with instructors to ensure that.

[Blanca Davila - PEWD] 09:33:12

These values are reflected in what they teach as well, right? Not just with our staff in our department, but our instructors as they are an extension of our department and UT.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 09:33:23

Next slide.

[Blanca Davila - PEWD] 09:33:29

So this is an overview of what, where our department lives. We are under, the government and, community affairs department with Veronica Gonzalez.

[Blanca Davila - PEWD] 09:33:45

And our Office of Workforce and Economic Development encompasses 6 different centers and the one with the star is where our department is.

[Blanca Davila - PEWD] 09:33:57

We do workforce development and we have data and information system center. It's disc. They do work with different municipalities industry just government entities to ensure that they provide data so they can make data driven decisions, different types of reports, especially regional reports.

[Blanca Davila - PEWD] 09:34:20

They work with different entities like RGB partnership, different municipalities like Edinburgh, Mission, they worked with Brownsville before.

[Blanca Davila - PEWD] 09:34:29

So it's a, it's a 1 person department and it's a, and he's a very good at doing all those reports.

[Blanca Davila - PEWD] 09:34:37

We also have the SBDC and I think Madiba is on here. So she's part of that with Maria or the director there and they do free business advising along with other trainings and curriculum for small businesses.

[Blanca Davila - PEWD] 09:34:53

Great resource for the university. Is such an anchor for our ecosystem here as Dr.

[Blanca Davila - PEWD] 09:34:59

Bailey mentioned a lot of our students are very entrepreneurial and they want to start their business. So I know that they're embedded very well in our community.

[Blanca Davila - PEWD] 09:35:09

The other one that also does partnership and commercialization is our ECC department. They live in Brownsville but they have satellite offices throughout the RGV as well.

[Blanca Davila - PEWD] 09:35:21

They're very, very good at doing the international business of entrepreneurship. They have a soft landing program.

[Blanca Davila - PEWD] 09:35:29

They have a Kaufman program as well. They work with different EDCs from SPI to Harlingen to Mission EDC to offer this program to teach small businesses and entrepreneurs about their business and how to grow and how to expand.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 09:35:46

The Veterans Business Outreach Center, it's V BO for short. They do similar things to the SBDC, but for veterans very focused on veterans and they have a lot more counties to offer to cover and the apex accelerator is a procurement technical advisory center.

[Blanca Davila - PEWD] 09:36:04

Apex or it's PTAC there, but I think it's apex or it's PTAC there, but I think it's Apex now for short.

[Blanca Davila - PEWD] 09:36:08

And it's again similar advising for short. And it's again similar advising for businesses that want to do government contracts.

[Blanca Davila - PEWD] 09:36:14

And anything related to procurement and that is such a valuable resource cause it is free advising for that And I mean, small businesses, they need to ramp up capacity in order to do a government contract, right?

[Blanca Davila - PEWD] 09:36:30

But you need certain certifications and certain capacity. Standards to be able to meet that. So this is part of our regional equal system development under the workforce and economic development office.

[Blanca Davila - PEWD] 09:36:44

That office and then different directors run the different centers. We have different satellite offices. Kelly, you can go to the next slide.

The University of Texas Rio Grande Valley™

.....

Staff Senate

[Blanca Davila - PEWD] 09:36:55

As we mentioned, ECC is embedded, but also all of the other. All the stars that you see in in the map are where you tier Dewey has a presence.

[Blanca Davila - PEWD] 09:37:06

But also our centers. So we do programming trainings as I mentioned, different services for the community and trainings as I mentioned different services for the community specifically for that community and about 2 or 3 centers have program specialists that do, for that community.

[Blanca Davila - PEWD] 09:37:29

And, about 2 or 3 centers have program specialists that do, have that direct liaison with all of our centers and, about 2 or 3 centers have program specialists that do, have that direct liaison with all of our centers and the community, depending on, on the to our departments because we can't be everywhere at once but having program specialists embedded in the community.

[Blanca Davila - PEWD] 09:37:38

they definitely relay the questions or the needs of customers so we can then act on or refer them or offer a program to them.

[Blanca Davila - PEWD] 09:37:48

So, we've done a really good job at covering our bases and hopefully we get to add more stars to the Ford County area.

[Blanca Davila - PEWD] 09:37:56

Next slide, please. So this is who we are as a department. We offer 50 plus programs for continuing education and English language learning.

[Blanca Davila - PEWD] 09:38:06

We have locations in Edinburg at the C building. We're currently housed out of there.

[Blanca Davila - PEWD] 09:38:11

We're currently house out of the Brussels St. Joseph Academy and the Brownsville campus as well and we do hybrid in person and online programming.

[Blanca Davila - PEWD] 09:38:21

Our modalities in person modalities online via zoom online self pace and we also do hybrid so we pretty much cover the spectrum of learning right And we're very intentional about that, especially about, after the pandemic, everything went online via Zoom, but now we're coming back in person, but a lot of our, participants want to still continue doing online because it's more convenient.

[Blanca Davila - PEWD] 09:38:46

They don't have to drive as much, but some people do need that in person. So we make sure that we offer an array of different modalities for our participants.

[Blanca Davila - PEWD] 09:38:55

One of the main things we'd like to discuss with you is our customized trainings. We are partnering with different communities with different departments within UTRG to offer any type of training that they would like the most recent being a partnership with the Office of Research.

[Blanca Davila - PEWD] 09:39:13

I know Omar, who's also on the line, is integral, was integral in that process, to ensure that their department staff or their office staff.

[Blanca Davila - PEWD] 09:39:23

Was trained on different levels of Excel depending on on where they were at basic intermediate and now we're working on offering an advanced Excel course with our instructors and with the Office of Research.

[Blanca Davila - PEWD] 09:39:34

So depending on their needs, a company, I mean, department. We work with with you all to ensure that we meet you where you're at and we also communicate with the instructors about what it is that is needed to be taught, right?

[Blanca Davila - PEWD] 09:39:50

And the images here are just big larger buckets of, different topics that we offer. We have for paralegal, we offer educational courses, executive education, HR, IT, leadership and management, marketing, and some of you may have taken some of those courses already.

[Blanca Davila - PEWD] 09:40:11

But we continue to offer them and obtain feedback from our participants. Our evaluations are very important to us.

[Blanca Davila - PEWD] 09:40:19

As we review on the programs, are completed, we want to ensure that we offer quality programs and also the instructor is answering questions and you know teaching practical things that you can apply to your day-to-day work, right?

[Blanca Davila - PEWD] 09:40:36

That's something that we are very big on. We want to ensure that it's practical and applied learning, right, that you can do at your job either to get that living wage that Dr.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 09:40:47

Bailey mentioned or a promotion. Or a pay raise or anything from from that so you can upscale or resale your knowledge.

[Blanca Davila - PEWD] 09:40:58

Next slide. I think that's it for me, right, Clavia? Yes, so I'll turn it over to Glavia.

[Blanca Davila - PEWD] 09:41:05

Pleasure. Thank you so much for inviting us. So I'll turn it over to Claudia.

[Claudia Garcia] 09:41:09

And thank you. So, Erika, Caris and I will be talking about our programs.

[Claudia Garcia] 09:41:15

We're gonna focus particularly on the ones are coming up, meaning the ones are currently open for enrollment to share with you.

[Claudia Garcia] 09:41:22

The

[Erika Carrizales] 09:41:26

The other program manager here at pew, we're gonna start sharing a little bit of I've probably mentioned a little bit of I've already mentioned a little bit about the upcoming programs that we have.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Erika Carrizales] 09:41:38

We're gonna start sharing a little bit about the upcoming program. So, a little bit about the upcoming program.

[Erika Carrizales] 09:41:42

So we have, we have included a QR code for your reference if you ever wanna go back. And we will put our website in the chat in a little bit, but you can always.

[Erika Carrizales] 09:41:51

And we will put our website in the chat in a little bit, but you can always count the QR code and learn more about in our next slide we have our intensive and semi intensive English programs.

[Erika Carrizales] 09:41:55

These programs have been a signature for our department since 1982. The main purpose of these program is to teach, English is a second language or, in, in students receive a, immersive learning experience.

[Erika Carrizales] 09:42:13

The Intensive English Program for those who complete the highest level of these program could qualify for a English proficiency waiver here at HRT.

[Erika Carrizales] 09:42:24

For admission purposes. And this program is Monday through Thursday from 8 30 to 1 30. And here at the Edinburgh campus.

The University of Texas Rio Grande Valley™

.....

Staff Senate

[Erika Carrizales] 09:42:33

At the S building. This is my instance of English program. It's Saturdays mainly focuses on those who are in the workforce and want to develop their English language skills.

[Erika Carrizales] 09:42:45

And we have classes available in Edinburgh and Brownville.

[Claudia Garcia] 09:42:54

I like to talk about the next set of programs. So we have a portfolio of different healthcare related programs that prepare participants.

[Claudia Garcia] 09:43:03

To get the state certifications that they need in order to get entry level positions within our health care industry.

[Claudia Garcia] 09:43:13

We have anywhere from clinical medical assistant all the way to veteran area assistant and we also have a fitness program that we have a personal trainer certification.

[Claudia Garcia] 09:43:23

This programs allow participants to within 2 months or 3 months depending on the program, be ready to take that certification exam, be ready for internship opportunities that we provide for about 80% of a programs that we offer so that they could get hands on experience, start building their professional network.

[Claudia Garcia] 09:43:43

Get that professional experience that employers always ask for when you're interviewing for positions and really be able to start a career in health care.

[Claudia Garcia] 09:43:51

We recently been attending sessions such as UX, Health and Wellness Fair to really spread the word to our current students.

[Claudia Garcia] 09:44:00

This is something that they can do while they are attending. School. So that way they get already the hands-on experience as they're completing their bachelor's degree and beyond.

[Claudia Garcia] 09:44:11

We have our pure code here for more information and, and start dates. We offer the programs around 3 times per year.

[Claudia Garcia] 09:44:20

Spring, summer, fall, our next programs begin as early as May, the 28th and all the way to June and July.

[Claudia Garcia] 09:44:28

And they're ending at around August time.

[Claudia Garcia] 09:44:34

The next one is human resource management. This is one of our signature programs that we have been offering with one of our own instructors, Dr.

[Claudia Garcia] 09:44:44

Marko Garcia, also our director for organizational development in HR and and coordinator for our master's program.

[Claudia Garcia] 09:44:51

He he does a really great job in bringing in bringing professional his professional experience as well as his expertise and his research to each of the cohorts that that he trains in this is an important set of skills that are not just important to anyone that works in the HR field, but a lot of our small businesses, as Dr.

[Claudia Garcia] 09:45:13

Bailey was mentioning, we are an entrepreneur community. There are tons of small businesses doing a great job.

[Claudia Garcia] 09:45:22

And in a lot of those instances, the owner or the manager is also their HR person. So this program allows you to learn the basics that you need.

[Claudia Garcia] 09:45:31

In order to be effective in recruiting and retaining talent and also being compliant with all the HR regulations.

[Claudia Garcia] 09:45:40

Our next program begins June 3rd and this one's also typically offer around 3 times per year.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Erika Carrizales] 09:45:50

Thank you. The next, program that we would like to share, some info with our real estate program.

[Erika Carrizales] 09:45:59

This program is the same for those who are interested and become a real or a realtor or one that earn, an acquire the real estate license.

[Erika Carrizales] 09:46:10

You are required to complete 6 modules, which we have the available. You can see them there.

[Erika Carrizales] 09:46:16

We're going to share the presentation. I've included the QR code so that you can scan and look more information about the program.

[Erika Carrizales] 09:46:24

Our next session begins June 8th here at the Edinburgh, at the S building. And these are in person.

[Claudia Garcia] 09:46:36

This is a very exciting new program that we are going to be offering in June. With a with an experience professional in the event industry the current president of the event design collective which is an international organization.

[Claudia Garcia] 09:46:53

That teaches their event design methodology called event canvas. We have it scheduled for June 14.th

[Claudia Garcia] 09:47:02

This one's gonna be offered at UTRGV, our rear bank location in Macallen.

[Claudia Garcia] 09:47:07

It's a 1 day workshop, that, gives you everything you need to start, you know, your way on, becoming a certified, event design professional.

[Claudia Garcia] 09:47:17

It offers 8 continuing education units as well. Recognized by the events industry council. And you can read more through the Q or code is a very exciting experience hands-on workshop you'll leave that session with all the toolkit that you need in order to really.

[Claudia Garcia] 09:47:37

You know, rethink. How an effective event can get you the outcomes that you want that are tied to your department, to your organization, to an institution.

[Claudia Garcia] 09:47:47

And really leverage the skills that you you have and take them to the next level.

[Claudia Garcia] 09:47:56

Okay. We have our grant development program, which is also a program that we've been offering the last few years of around 3 times per year.

[Claudia Garcia] 09:48:04

It's, important for organizations such as ours, where we have. We have a lot of activity in terms of grant writing and also for many of our nonprofit in our community.

[Claudia Garcia] 09:48:18

Information is here. It starts June, the 23rd and this one is an online program that is held by an instructor live via Zoom.

[Erika Carrizales] 09:48:34

Our next program is the parly alternative ticket program. This program provides an overview of the legal system, legal research, writings, civil procedure, ethics, criminal law, criminal procedure, criminal evidence towards.

[Erika Carrizales] 09:48:48

In contracts. This is an online program via zoom. We have the start date. It's July 9th and it runs all the way to all the 31.st

[Erika Carrizales] 09:49:00

The class substance are or the class base are Tuesday Thursday and Saturday. 30 to one. And again, we included the QR code.

[Erika Carrizales] 09:49:10

I'm quickly gonna, on the chat, the direct link to our programs. This is if you can learn a little bit more about what we have to offer in the descriptions. This is if you can learn a little bit more about what we have to offer in the descriptions.

[Erika Carrizales] 09:49:23

I know right now, what we have to offer in the descriptions. I know right now, well, we have to offer in the descriptions.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Erika Carrizales] 09:49:29

I know right now, Kelly and I, we just went, we provided a very high level of the programs, but there's a lot of information that there's more to each of the programs.

[Erika Carrizales] 09:49:32

Feel free to reach out to us. For any of the questions that you may have.

[Erika Carrizales] 09:49:37

And the next slide that we have, we also as Blanka mentioned, we also have online self page training.

[Erika Carrizales] 09:49:43

Or of course, we included here some of the courses that you that we have, available, but there's more to hear some of the courses that you have that we have, available, but there's more to it.

[Erika Carrizales] 09:49:55

We included here quick books, online basics, managing change in resolving conflict, digital marketing strategy, effective business writing, get a leadership, introduction to management, nonprofit, nonprofit management.

[Erika Carrizales] 09:50:07

But these are not only the programs. There's also a program management. We have computer skilled for the office so there is a variety of programs that you can learn.

[Erika Carrizales] 09:50:19

We have computer skilled for the office. So there's a variety of programs that you can learn.

[Erika Carrizales] 09:50:26

Again, if you, I know someone just shared and look, up our, full portfolio of programs.

[Claudia Garcia] 09:50:40

Okay, so we we typically get a question regarding whether scholarships or any financial assistant is is available to enroll in our courses.

[Claudia Garcia] 09:50:52

We do have an option which is called the private loans option. You you located under each program description there's an area if you are now in our on our website where you see the learning outcomes, the prerequisites, all the information about each course, then at the bottom you'll find a private loan.

[Claudia Garcia] 09:51:12

And when you click on that button, you're taken to the UTRGV private lending site.

[Claudia Garcia] 09:51:23

As a loan provider to assist any participants that are in financing the the cost of enrollment for the course.

[Claudia Garcia] 09:51:35

Again, it's a private personal loan. For the course. Again, it's a private personal loan.

[Claudia Garcia] 09:51:41

We, are not like this, our programs are not, we, is a private personal loan.

[Claudia Garcia] 09:51:45

We, are not like this, our programs are not eligible or part of what students can get through financial aid, but staff, anyone in the community and students can apply for for these loans.

[Claudia Garcia] 09:51:51

Details are included in our website. These are some. Reference photos so you know which is a loan provider that we currently can accept.

[Claudia Garcia] 09:52:00

And the type of loan that you should choose is the one that says for undergraduate students. There others are more for medical education and and graduate programs.

[Claudia Garcia] 09:52:12

Something important about our private loans is that they are available for courses that are \$500 or above.

[Claudia Garcia] 09:52:19

Many of our health related courses are in that category. And some of our other programs are, LES, they're around 200 to 300.

[Claudia Garcia] 09:52:30

But there's an option where you can bundle up if you want to take let's say 2 courses and you can include that as part of your loan application and you'll be able to then get that assistance to take 2 or 3 or more, you know, trainings and be able to pay for them.

[Claudia Garcia] 09:52:47

You know at your own pace a monthly.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Claudia Garcia] 09:52:52

The last thing that we wanted to share is an upcoming event that we're very excited to host here in the S building.

[Claudia Garcia] 09:53:00

We have partnered with Workforce Solutions as well as Career Center to host an IT and STEM job fair.

[Claudia Garcia] 09:53:08

You might have seen it in the alumni email if you're a graduate of our institution.

[Claudia Garcia] 09:53:13

It was recently shared as well. So it's open to anyone in our community and our students. So if you have students working in your departments or you know if you're in a college that that teaches IT and STEM.

[Claudia Garcia] 09:53:28

A degrees. Please share the word. This is a wonderful opportunity for for it for them to to have access to resources, network with employers and we're also gonna have a workshop.

[Claudia Garcia] 09:53:40

It's a it's a resume riding workshop. So it's it's it's free and anyone's welcome to attend.

[Blanca Davila - PEWD] 09:53:47

And Ka, if I may add, or just for everyone's knowledge, so that's 1 of the things that we're working on.

[Claudia Garcia] 09:53:48

Yes.

[Blanca Davila - PEWD] 09:53:56

To ensure that our participants not only take our classes or programs, right? We Don't do job placement, but we definitely are working with workforce solutions and career center.

[Blanca Davila - PEWD] 09:54:10

To ensure that we share opportunities for everyone for the community to find either a job or to find another job or whatever it is.

[Blanca Davila - PEWD] 09:54:18

And we also forward. Job opportunities. So if you know of anyone like the dentist, how Claudia mentioned she works for.

[Blanca Davila - PEWD] 09:54:27

If they looking for someone to work in their office, sometimes they do send us a job a description and we forward it to our subscribers.

[Blanca Davila - PEWD] 09:54:40

So that's also another way to get it information. You can subscribe on our website. To get all sorts of information including private loans and all the different types of courses that are coming up or events that we may have such as this one.

[Blanca Davila - PEWD] 09:54:53

Important to us if we don't do job placement but we definitely make an effort to ensure that we share those job opportunities with our participants.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Claudia Garcia] 09:55:09

Our contact information is included in this slides. Thank you everyone that has been sharing the link to our courses.

[Claudia Garcia] 09:55:17

We will be sharing more information in the chat as we continue in presentation our emails are here we'll also gonna put them in there on the chat reach out to us for any questions you might have, whether it's something for your own personal enrichment or professional development or for something that you like to do for your department.

[Claudia Garcia] 09:55:36

We're here to support you.

[Claudia Garcia] 09:55:41

We'll also like to display the contact information of all the wonderful centers, or sisters, departments that Blanker earlier talked about.

[Claudia Garcia] 09:55:50

In case you would like to put anyone in contact with them or you would like to reach out to them for any questions you might have.

[Blanca Davila - PEWD] 09:55:57

And, and please, if I may add, Gaia, please, you can scan the cure code for this one.

[Blanca Davila - PEWD] 09:56:04

These are great resources for our community. They, work very closely with different types of business owners or just different individuals in the community.

[Blanca Davila - PEWD] 09:56:17

A lot of people may know about them but still there are a lot of people out there that may not.

[Blanca Davila - PEWD] 09:56:21

So if you can please share this information with people you know that are interested in us all the different array of things that we talked about earlier.

[Blanca Davila - PEWD] 09:56:30

Including workforce with us, right, but also all the different departments. They are very knowledgeable individuals that, are very well trained on different topics.

[Blanca Davila - PEWD] 09:56:41

Such as entrepreneurship, small business, data, information, so please make sure and if you have time to refer anyone you can share the cure code or share the link or contact them via email here.

[Claudia Garcia] 09:57:02

Thank you everyone for this opportunity and thank you staff Senate for providing us this platform to share what we do and that we're here to support our professional developments.

[Claudia Garcia] 09:57:13

Thank you.

[Veronica Villarreal] 09:57:14

Thank you, Claudia. We do have a couple questions in the chat. It says here any chance that the Realtor course could be offered online in the future.

[Blanca Davila - PEWD] 09:57:24

Yes. So we are working, with our provider, our, track, it's called truck.

[Blanca Davila - PEWD] 09:57:35

It's the Texas real estate, you know, association for, Texas, right? We currently have the in person modality, but we are looking into offering the online because I know that it was very popular during the pandemic and we do have a lot of demand for it.

[Blanca Davila - PEWD] 09:57:52

So we are currently looking into that. Hopefully more information on that soon. Email us. I know Edica takes the lead on that so feel free to email Edica or pewed.

[Blanca Davila - PEWD] 09:58:01

I think our pewed email was shared on the chat as well or check back on our website. I think we do a very good job at updating that information and also sending newsletters.

[Blanca Davila - PEWD] 09:58:11

So please subscribe as well. So hopefully we'll have more information on that.

[Veronica Villarreal] 09:58:14

Thank you for that. There's another question says for additional loans when we will When will when will we see to request online for summer terms?

[Veronica Villarreal] 09:58:25

Is it the same page?

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 09:58:28

For loans for our programs. Yes, you can visit the program of choice and you want to enroll and they should have a private loan.

[Blanca Davila - PEWD] 09:58:40

There is a \$500 limit. And higher, right? But if you're looking at a program that is 1 99 or 2 99 it's less than 500 you can definitely couple it with a different program to make it above the 500 to ensure you know you get 2 classes if you want to pursue that route.

[Blanca Davila - PEWD] 09:59:02

But yeah, I mean, if we really think about it, most of our, if not all of them, our programs are eligible as long as you hit that \$500 threshold.

[Blanca Davila - PEWD] 09:59:11

Again, if it doesn't hit the 500 immediately, you can couple it. We've seen instances where people take 3 courses. You can couple it. We've seen instances where people take 3 courses.

[Blanca Davila - PEWD] 09:59:21

They're very ambitious where people take 3 courses. They're very ambitious and they're very go getters.

[Blanca Davila - PEWD] 09:59:23

So we appreciate that. But it's really a resource for the participants to ensure they want to continue their education and they don't have the funds available immediately.

[Blanca Davila - PEWD] 09:59:31

This is a great alternative for them.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 09:59:34

Thank you. Can you confirm if employees can use the employee tuition assistance program, the tab to take any of these courses.

[Claudia Garcia] 09:59:39

Hmm.

[Blanca Davila - PEWD] 09:59:42

That is a great great great question. We're gonna look into that. We're just gonna verify that information because that is a great resource at New Tier DVD offers.

[Blanca Davila - PEWD] 09:59:58

I know that they pay for academic courses, right? But we are making a note of that to follow up and see because this is continuing education.

[Blanca Davila - PEWD] 10:00:03

It's professional development. And we will send that information to Gloria so she can share with the staff Senate and I guess everyone attending here but we also share it on our website to ensure that our UT.

[Blanca Davila - PEWD] 10:00:18

Staff make note of that as well because that is a great resource to take advantage. Thank you for that question.

[Blanca Davila - PEWD] 10:00:24

We'll look into it, Claudia and and Edica.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 10:00:26

Thank you. Another question says here, where is the job there taking place? That's up the says, right?

[Claudia Garcia] 10:00:33

Yes, says building. So off of a Freddie Gonzalez and, 2 81. Space.

[Veronica Villarreal] 10:00:33

I think I.

[Claudia Garcia] 10:00:40

So it's here in the large conference multi-purpose room. We have a very large event room here on our site.

[Claudia Garcia] 10:00:48

Here, if you're not familiar with the S building, will include the, the location there, but it's part of our campus, maps.

[Claudia Garcia] 10:00:56

You can find it on the website. We're, we'll include the information here as well.

[Claudia Garcia] 10:00:59

This is where a UMC is located, also our small business. Development Center, testing center, a gear up, the GEERA program as well.

[Claudia Garcia] 10:01:11

We have several offices located in this satellite building.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Blanca Davila - PEWD] 10:01:13

And just to know, I mean, I think this is staff, but if you work with students, there will be a shuttle available from the visitor centers on the main campus and Edinburgh to SES and for Brownsville people if they want to attend there's obviously a bus that comes from Basel to Edinburgh and they can meet at the visitor center and go to Seth and they'll take

[Blanca Davila - PEWD] 10:01:34

him back as well if they don't have transportation, cause I know we're off campus. But we definitely wanted to make sure that transportation is provided for those, for students.

[Veronica Villarreal] 10:01:46

Well, thank you. Any last minute questions from anybody?

[Veronica Villarreal] 10:01:53

Alrighty, well thank you so much Blanca and Claudia for sharing that information. It was great information, a lot of information for professional development here.

[Veronica Villarreal] 10:02:01

I'm looking forward to hearing back from you guys. Oh, we have one more question. Our book still included in medical related courses.

[Claudia Garcia] 10:02:04

Thank you.

[Claudia Garcia] 10:02:10

Yes, they are.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Claudia Garcia] 10:02:13

Yeah, the only thing that would not be included is are the exam fees so that you do after you finish your program.

[Claudia Garcia] 10:02:21

You can get placed on your internship and you enroll in the exam fees, but they vary by program.

[Claudia Garcia] 10:02:26

Reference information to all of the possible examinations and accreditations you could get per are included on our website.

[Claudia Garcia] 10:02:35

So you have all the research there that you need in order to make an inform and decision as to which route you you want to go.

[Veronica Villarreal] 10:02:44

Thank you. Okay.

[Claudia Garcia] 10:02:46

Yes, thank you.

[Blanca Davila - PEWD] 10:02:47

Thank you.

[Veronica Villarreal] 10:02:50

Up next we have Dr. Skelona Nina Barrientos presenting on staff health and wellness.

[Cristel Escalona] 10:02:58

Hello there. I can share my screen, right?

[Veronica Villarreal] 10:03:02

Yes. You should be able to do it now.

[Cristel Escalona] 10:03:05

Okay, very good. So let me just start off with that. And I.

[Cristel Escalona] 10:03:16

For as many lectures as I do online you think I'd be have this would be like all well polished and like down pat by.

[Cristel Escalona] 10:03:23

Okay, I still have technological, challenges, no doubt. Okay, well for those of you that do not know me, my name is Dr.

[Cristel Escalona] 10:03:31

By training, I'm a pediatric hospitalist. But what I do Here in the School of Medicine along with my wonderful assistant who's also here with us and it's been like we don't need Gaddy I just Is that we're in charge of.

[Cristel Escalona] 10:03:45

Student wellness. So here at this school of medicine and of course you're like this is for staff.

[Cristel Escalona] 10:03:52

I get it, but you'll see how this all ties back to all of us. We have a lot of different things in place for our medical students because in in our particular field and in most people's fields in general are just even working here at the university, in our particular field and in most people's fields in general or just even working here at the university, it has its own set of challenges.

[Cristel Escalona] 10:04:08

And so. Whenever we have the opportunity, we offer everything for our students, but then we also try to try that tie back in our faculty or anybody else that wants to join along with us and so that we all do it together.

[Cristel Escalona] 10:04:19

But what I'm gonna cover here is what I cover with my students. For those of you that don't know, unfortunately physicians and medical students have like the highest suicide rate of any profession, which is super sad.

[Cristel Escalona] 10:04:32

And it all stems from the from the kind of like concept that. The way that we're trained the way we're brought up within medicine is to take care of others before you take care of yourself.

[Cristel Escalona] 10:04:42

I'm sure a lot of that it'll resonate with you. That you don't take the time for yourself and you kind of like run yourself into the ground, you know, to make sure and take care of your family.

[Cristel Escalona] 10:04:50

Or whatever other obligations you have. So it's not technically unique to us, but unfortunately physicians do have that.

[Cristel Escalona] 10:04:57

So that's why the wellness program is even in place here at the School of Medicine because they have that higher rate.

[Cristel Escalona] 10:05:02

And so our goal is to make sure that students and Hopefully one day anybody that works within this arena has the tools available to them so that they know how to cope.

[Cristel Escalona] 10:05:12

They know how to deal. They know how to stop. To take care of themselves. So for one second, you're going to become my medical students and then I'm going to share with you hacks on what I do personally to make sure that I stop.

[Cristel Escalona] 10:05:26

And do what it is that I need to do. Okay? And you guys can stop and ask me any questions.

[Cristel Escalona] 10:05:31

That you may have. Feel free and Nina chime in. Because a lot of the things that I'm going to end up bringing up, you're like, that's what we do.

[Cristel Escalona] 10:05:39

This is true. But I'm gonna tell them like which ones we, what I utilize from the batch of services that we have, which are all great.

[Cristel Escalona] 10:05:45

So, this is us. This is our little squad today. So welcome so you guys can email us afterwards in case you have.

[Cristel Escalona] 10:05:53

Any other questions or concerns. And so what I tell our students and even physicians, because I presented at the Texas Medical Association, There are 3 unshakeable pillars to your health and then they're going to be super simple.

[Cristel Escalona] 10:06:06

You're gonna be like, lady, you're wasting our time. I'm not wasting your time.

[Cristel Escalona] 10:06:11

As simple as they are, you have to repeat them to yourself every single day because if you don't make a commitment to these very small little things your health will absolutely suffer for it.

[Cristel Escalona] 10:06:20

So number one is what you eat. So if you want more information on what to eat, how to eat, there's a fantastic curriculum and it's called culinary medicine.

[Cristel Escalona] 10:06:30

I'm sad to say that eating plants and mostly plants are in your best benefit. Do I eat meat if?

[Cristel Escalona] 10:06:38

Cows are delicious. It makes me very sad and I'm super Mexican so it's It's challenging from the aspect that the diet that I was brought up on, which are free holidays at all. And I freaking love cows.

[Cristel Escalona] 10:06:51

I just told you, it makes me sad. I feel bad that I'm eating the cows.

[Cristel Escalona] 10:06:54

Please get this. But for long-term health, I need to make a concerted effort to try to get more vegetables into your diet.

[Cristel Escalona] 10:07:03

So culinary medicine, what it does is its whole curriculum. It kind of teaches you alternatives to how to incorporate more plants into your diet.

[Cristel Escalona] 10:07:13

So we're hopefully gonna bring this online here. I was able to get a very small grant from HIV.

[Cristel Escalona] 10:07:18

I'm hoping to expand it out pretty soon. I'm working with our diabetics department, thank God, because they can cook.

[Cristel Escalona] 10:07:24

I can't. I need a lot of take out. That's not good. But I'm hoping to turn.

[Cristel Escalona] 10:07:28

This all around. So we're gonna do a pilot this summer and basically what it does is it teaches you how to kind of you know, change the script on what it is that you're eating.

[Cristel Escalona] 10:07:38

So you'll make a recipe instead of meatballs with your spaghetti. They're like little like they're made, they're made out of legumes.

[Cristel Escalona] 10:07:46

So like they're made out of lentils or lentils, I guess is the English word for it.

[Cristel Escalona] 10:07:51

And so you use that to substitute for the meatball and the way that you're supposed to think about it, not that you're like, okay, I'm meaning this little ball of beans instead of the cow, right, which is super tasty, but the way that you're supposed to think about it is look at all these beautiful antioxidants and amazing things that are in this food and what

[Cristel Escalona] 10:08:08

it's going to do for my body. Am I telling you to give a beating meat all together?

[Cristel Escalona] 10:08:13

Absolutely not. Just try to incorporate more plants into your diet. So if you want more information, The website is health meets food.

[Cristel Escalona] 10:08:21

Dot org. And I'll put it in the chat once I'm done chattering on, but just try to make a more concerted effort to put more plants on your plate.

[Cristel Escalona] 10:08:29

Half of your plate should be veggies and fruit. And just try to do that. Instead of going for the process quick, I'm just going to eat this thing and get it over with.

[Cristel Escalona] 10:08:37

Try to make that conscious effort because you're investing in your health. And the reason why plants are so important is because everybody knows or maybe everybody doesn't know.

[Cristel Escalona] 10:08:47

So I'm telling you now what drives cancer is inflammation. What kills inflammation are plants.

[Cristel Escalona] 10:08:54

So you need to eat these guys. Nobody wants cancer. It's a bad time. So you can eat the cow every now and then, try to eat these things 1st and try to fill up on these things 1st before you go to that.

[Cristel Escalona] 10:09:05

But it's health. Food health meets food. Org and the whole program is driven by Dr. Harlan who's an internal medicine doctor and we're gonna have that pilot program coming up pretty soon with the diatics department.

[Cristel Escalona] 10:09:18

So we'll be we'll be asking for not guinea pigs but guinea pigs to take the class along with us.

[Cristel Escalona] 10:09:25

So we'll be reaching out to you guys. To come to the kitchen and if you want to learn how to make lentil meatballs, please join us.

[Cristel Escalona] 10:09:32

So here we are with the second pillar exercise, right? Nobody wants to exercise. It's hard, right, to actually Take the time and incorporate this into your schedule.

[Cristel Escalona] 10:09:45

We have a beautiful gym here. And so unfortunately, Nina is gonna hear a great. So. Blue Cross Blue Shield of Texas has a fantastic program which one of my coworkers get one.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Cristel Escalona] 10:09:57

He's all up in this. He'll at will go travel to Austin and he's like, I'm gonna go hit the Gold's Jim because it's part of the program and he'll just take off to this other gym in Austin, which he's not a member of, but through this program, he is.

[Cristel Escalona] 10:10:09

And so it gives you this like insane list of all the different workout places you can go to paying a single fee and it gives you a pass to be able to go to Gold's Chem or Planet Fitness or wherever it is that you may be.

[Cristel Escalona] 10:10:21

But my only concern with this. Is that before and I've been with the university a long time so I need this to be like oh god this is going to be my right I went to go see like cuz to go to the gym here you have to pay which is all fine and good and it's like 20 bucks and can they suck it out of your paycheck yes and you should do that right but before when I

[Cristel Escalona] 10:10:40

1st came with the university the old gym because I was a graduate from Pan Am and it's over with the PE department, right?

[Cristel Escalona] 10:10:47

And they had like leftover equipment and they're like, this is for the faculty to use and you don't have to pay anything and this is where you can go.

[Cristel Escalona] 10:10:52

Okay. So recently I was on a walk with them. Cynthia Jones from the Office of Advocacy and Violence Prevention, we were walking because I try to walk sometimes.

[Cristel Escalona] 10:11:01

And so I was like, let me stop off and see what the gin situation is. I stopped off.

[Cristel Escalona] 10:11:06

And I went in there and they're like, oh yeah, I know, are you faculty? Yeah, you can't come in here.

[Cristel Escalona] 10:11:11

And I was like, what? And they're like, well, you can come and exercise, but it's only between the hours of 1230 and one.

[Cristel Escalona] 10:11:16

So my gripe is not that I don't want to go to planet fitness and play Blue Cross Blue Shield, but there should be a good place for us to work out.

[Cristel Escalona] 10:11:23

So need I'm going to give you a little request. So either have more expanded hours back in the funky gym back there in the PE section or maybe work out a deal with the Uruk people here like a better deal because if it's only these like little restricted hours we're only halfway getting there.

[Cristel Escalona] 10:11:40

But regardless of all that. You can incorporate exercise into your routine right now living well has like a little squad where you can compete against each other.

[Cristel Escalona] 10:11:47

Make your team walk around and you get a prize at the end of it. I highly recommend that you do that and I'm sure he doesn't even tell us more about that.

[Cristel Escalona] 10:11:54

But in terms of exercise. At least try to get up from behind your desk at least once an hour.

[Cristel Escalona] 10:12:00

I have an eye watch my eye watch watches me all the time and it yells at me when I've ever been when I've been sitting for too long.

[Cristel Escalona] 10:12:07

It's like get up and go. So what I started to do is I when my watch gets angry, I get up and just walk outside really quick and then I come back so that I'm not sitting.

[Cristel Escalona] 10:12:16

Sitting for long periods of time in front of things is also adverse to your health. So I don't wanna give you a list of scary things that predisposes you, but just take my word for it.

[Cristel Escalona] 10:12:25

It's not a good time. So if you can try to get up. Relatively frequently throughout your day, even to just stand.

[Cristel Escalona] 10:12:33

If you want to try a standing desk, ask your department head to get you one. This the thing I'm on now stands up.

[Cristel Escalona] 10:12:38

So to kind of change it up so that you're moving and not just seated for the entire 8 h that you're here.

[Cristel Escalona] 10:12:45

So try to get that in, find a buddy, and Nina, please help us with our exercising situation.

[Cristel Escalona] 10:12:50

She's like, oh god. All right, and the last pillar that's unshakeable is sleep.

[Cristel Escalona] 10:12:56

People brush this off. All of my colleagues, we all have terrible sleep habits. But you need to have a fixed amount of time.

[Cristel Escalona] 10:13:05

To where you're like, this is it. I always have these green dearest ideas that I take this back.

[Cristel Escalona] 10:13:11

I don't know if you could see it. It's right back there. It comes with me every day home because I'm supposed to keep working when I get home.

[Cristel Escalona] 10:13:16

Don't do that. I never get to it anyways. My kids always take my attention away.

[Cristel Escalona] 10:13:22

Like if you've got like serious things that you've got to knock out, fine. That's 1 thing.

[Cristel Escalona] 10:13:25

But when you get home, be home. And whenever it comes time to go to bed, you need to make a pact with yourself saying, you know what, at 11 o'clock, that's it.

[Cristel Escalona] 10:13:36

At the very minimum, a human adult means at least 6 HI actually need more than that. Sadly, my profession doesn't give me that because I take call for the hospital.

[Cristel Escalona] 10:13:43

So sometimes I don't get to sleep at all. And I've got to do a whole bunch of other crazy things to try to catch up.

[Cristel Escalona] 10:13:48

That's a whole other lecture in and of itself. But if you have normal studying working hours, make a pact with yourself that you're going to go to sleep by this time.

[Cristel Escalona] 10:13:56

It is not negotiable. Not negotiable. Because if you don't sleep, That's also tied to developing hypertension, diabetes and a whole bunch of other scary things like not getting up.

[Cristel Escalona] 10:14:08

That I just mentioned before. So if you make a concerted effort to do it. You can do it.

[Cristel Escalona] 10:14:14

So like my watch also yells at me to let me know, hey, in an hour you said you were gonna knock out.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Cristel Escalona] 10:14:20

So please get off of your screens. Don't look at anything and just get ready to go to bed.

[Cristel Escalona] 10:14:24

So on the, when the watch starts yelling, I mean, I go take a shower and then I put on my jam jams.

[Cristel Escalona] 10:14:30

So this is not when I'm on not much service at the hospital. When I go to sleep, cause I've got a fixed schedule and I feel so much better.

[Cristel Escalona] 10:14:35

It wasn't until I made a concerted effort to say I'm going to go to sleep by this time that I actually started losing weight and having more energy.

[Cristel Escalona] 10:14:44

So good things are tied to it. Other good tips for good sleep, humans like to sleep cold. Don't sleep hot.

[Cristel Escalona] 10:14:51

The ideal temperature, which sounds a little crazy to me because that sounds really cold is like 68 just in case you were wondering.

[Cristel Escalona] 10:14:58

It also is tied to decreased incidence of sudden infant death syndrome, but none of us are infants here anymore.

[Cristel Escalona] 10:15:03

But human beings in general like to sleep cold. If you need a white noise machine. Put it on a full blast to block out all the noise and kill the notifications on your phone.

[Cristel Escalona] 10:15:13

If you tell your phone that you're going to bed, it'll, everything. And then that blue light thing is real.

[Cristel Escalona] 10:15:20

So most computers have a setting that after 6 PM. Like let's say that you're like, no I'm hardcore, I'm gonna go home and work more.

[Cristel Escalona] 10:15:26

You know, whenever I leave the university. I wish you wouldn't do that. But there is a setting on everybody's computer that will filter out the blue light.

[Cristel Escalona] 10:15:35

From your computer and then there's another setting on your phone as well. If you guys need help finding that setting after the talk, we can we can talk you through on how to kill that setting because the blue light what it does is it alters melatonin secretion in your brain and then you can't go to sleep.

[Cristel Escalona] 10:15:50

So if you ever talk to a sleep medicine doctor, they will tell you, 99% of all sleep problems and we're talking parasomnias, insomnia, any abnormalities with sleep can be fixed with good sleep hygiene.

[Cristel Escalona] 10:16:05

And that means you're a creature of habit, you're militant about when you go to sleep, you don't do other things in bed, like watch TV, you're like I'm gonna binge watch Bridger T or whatever your plan is.

[Cristel Escalona] 10:16:16

Don't do that. You do that in the living room. Your beds only for sleeping and your brain will associate with that and you'll knock out and go to bed.

[Cristel Escalona] 10:16:23

Okay. So now these are. Some really quick, little things that I do. That I use from the UT system.

[Cristel Escalona] 10:16:32

So the 1st one I mean is going to tell you about them more in detail is learned to live. So believe it or not, this is a free program and I have a QR code for it.

[Cristel Escalona] 10:16:40

And what it does is it gives you cognitive behavioral therapy modalities, but through their platform.

[Cristel Escalona] 10:16:45

So you take a quiz, it kind of like feels you out and then it's like for me it was like you need help with stress.

[Cristel Escalona] 10:16:53

I'm like, yes. And so what it does is it tailors a program utilizing cognitive behavioral therapy, which any of you guys like in the medical world will know that that's probably the most efficacious arm.

[Cristel Escalona] 10:17:05

And treating things like stress, anxiety, depression, and it does it. And if you're really all in, it'll even tie you in with a coach for free.

[Cristel Escalona] 10:17:14

My coach fired me, just FYI. I signed up with the coach. Just because like I wasn't like all in with it.

[Cristel Escalona] 10:17:24

I do do the. The little modules that it has for the cognitive behavioral therapy, because stuff comes up, I couldn't consistently meet with the coach so she fired me. That's okay.

[Cristel Escalona] 10:17:35

I'm gonna try again later. But know that there is if you if you're into that coaching thing there's 1 it's free it costs you nothing you can sign up through it and it's and it's really really good.

[Cristel Escalona] 10:17:47

It really is and it's beneficial. Md live so this is the telehealth platform the reason why I like it as a physician is because there's no copay there's no waiting room they'll plug you in with the physician or a psychiatrist or a counselor.

[Cristel Escalona] 10:18:03

Like the behavioral health aspect does take a little bit more time. I will give you that. But if you're sick, you're.

[Cristel Escalona] 10:18:07

Brood is sore, whatever. You can do their telehealth and it costs you nothing. So the reason why I like them is because a lot of times people have issues finding counselors, somewhat they trust in my world believe it or not there's licensing issues with physicians if you actually seek out the care of a psychologist.

[Cristel Escalona] 10:18:27

So for us, we need like a confidential means of being able to do that. Space to ask for help without having to suffer any consequences outside of that.

[Cristel Escalona] 10:18:37

But that's not free all, thank God. So here you have access to psychiatry and a counselor through them.

[Cristel Escalona] 10:18:43

It costs you nothing. All you have to do is devote the time forward. And it also does questionnaires in terms of seeing if you have more stress in your life or if you have signs and symptoms of depression so that everything gets taken care of.

[Cristel Escalona] 10:18:57

And then I'm also going to plug employee health across the street. Am I a fan that it's smashed in with student health?

[Cristel Escalona] 10:19:02

No. But that wasn't my choice. But the people that are in it. They're just amazing.

[Cristel Escalona] 10:19:09

So Nicole, believe it or not, Nicole, Goulzmann, she is my nurse practitioner.

[Cristel Escalona] 10:19:12

She is my primary care physician and I see her. The copay is only 10 bucks. There's tons of availability.

[Cristel Escalona] 10:19:20

Everything in that clinic from taking out your blood to getting EKGs all of that can be done here.

[Cristel Escalona] 10:19:26

So like she sent me off for my colonoscopy when I was 45. I thought that was excessive, but I went and got it done.

[Cristel Escalona] 10:19:32

So everything that you need to have done as an adult, she makes sure that that all gets done. So the staff is brilliant if you've not visited us.

[Cristel Escalona] 10:19:42

I think they do and I mean this is from a physician standpoint she does an amazing job and they care greatly so check them out if you not have the opportunity it does well and I already griped about the Blue Cross Blue Shield program.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Cristel Escalona] 10:19:56

So this is the activation link for MD Live. Don't be freaked out if they know who's on your plan.

[Cristel Escalona] 10:20:02

I did this with A MS. From the from the clinic. We were at UT in Austin and I signed up for MD live and all of us were there.

[Cristel Escalona] 10:20:11

My husband and my children, it knew everything. It was quite frightening actually, but it made sense.

[Cristel Escalona] 10:20:16

It was like, why do you know this? They're like, you're send the media.

[Cristel Escalona] 10:20:20

Who would you like to register? It was like, oh my god. But it's because they're on my Blue Cross Blue Shield plan.

[Cristel Escalona] 10:20:26

Don't be freaked out. It's not that it's like spying on me.

[Cristel Escalona] 10:20:29

But this is it and know that you can get quick medical care. It doesn't cost anything. So I really like it and then they send all your prescriptions to whatever pharmacy you want.

[Cristel Escalona] 10:20:38

Which is great and then this is the learn to live one the cognitive behavioral therapy that comes with the hell coach that mine fired me but that's okay I'm gonna get back to her.

[Cristel Escalona] 10:20:48

So these are some issues that you can learn to work with and deal with utilizing the service and it's really nice it really really is.

[Cristel Escalona] 10:20:54

So if you have and if you identify with any of the things on this slide. Consider reaching out to them.

[Cristel Escalona] 10:21:00

And utilize this QR code. It'll take you right to the registration site.

[Cristel Escalona] 10:21:08

And then my other 2 favorite things, and these are the older ones, which I'm like, you're probably like, lady, we've used it.

[Cristel Escalona] 10:21:10

I got in a bad car accident, so I have chronic back pain. So I signed up for this hinge thing and it's this cute little tablet and it's got like little resistance spans and so whenever I have flare ups I turn it on and I get to do really good PT.

[Cristel Escalona] 10:21:23

Using the little like. Like the tablet that comes with it. It's like an Amazon Kindle that comes with it and it helps you kind of get rid of pain because movement is what helps chronic pain.

[Cristel Escalona] 10:21:35

So I'll do the little exercises with the little animation guy that's there with my bands and it does wonders.

[Cristel Escalona] 10:21:41

If you have any issues with neck pain, back pain, anything like that, check out hinge, it's free.

[Cristel Escalona] 10:21:47

It sends you the kit at home and then you do it on your own time. The last one is, not as technically protect type 2 diabetes, but it's also for those that are predisposed.

[Cristel Escalona] 10:21:57

I told you guys I was Mexican. Everybody in my family has diabetes. I don't have it yet. Thank God.

[Cristel Escalona] 10:22:03

Let's hope I never develop. But this program, I was able to qualify for it. And the reason why I like it is because it has a little demon scale.

[Cristel Escalona] 10:22:10

And so the reason why I call it a demon scale is because it so it yells at me my phone yells at me saying you have to lead yourself this week and I'm like wow and this has been going on for years I've had this thing for 4 years and it still yells at me if I go like more than a week if I have it stood on the scale and then it reports the finding seamlessly back to my phone.

[Cristel Escalona] 10:22:29

So when I go see the fantastic Nicole over at Employee Health, she's like, oh, we can see what you're doing.

[Cristel Escalona] 10:22:35

I love that it does that. It also has like really nice support groups. Within Omata in mind, 4 years later, they're still meeting and they put their tips and tricks and their recipes on what they do to prevent the onset of diabetes, which is crazy cool.

[Cristel Escalona] 10:22:50

So if you have a family history. Or any of the risk factors that may tell you to becoming a diabetic leader on, consider them.

[Cristel Escalona] 10:22:59

Cause I'll tell you what, that little scales the best thing ever. Very good. And also because it reminds me of things.

[Cristel Escalona] 10:23:04

And so, I'm going to go ahead and pass this on to the fantastic Nina and then, but, onica is going to tell you a little bit about kind of like programs that we coincide with with Nina, but she takes care of all of us.

[Cristel Escalona] 10:23:17

So I'm going to go ahead and pass it on to her.

[Nina Barrientos (she/her/ella)] 10:23:18

Thank you. Dr. Skellana. And no worries. You didn't really put me too much on the spot.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:23:25

That's actually something, that comes up very often from from our employees and I will touch on that in just a little bit, but let me go ahead and get my, screen sharing.

[Nina Barrientos (she/her/ella)] 10:23:34

It says it's disabled for me, Vital. You wouldn't mind adjusting that for me.

[Veronica Villarreal] 10:23:38

You should have access now.

[Nina Barrientos (she/her/ella)] 10:23:40

Okay, awesome. Okay, awesome. Let's see.

[Nina Barrientos (she/her/ella)] 10:23:47

So I don't.

[Nina Barrientos (she/her/ella)] 10:23:56

Okay, here we are. Good morning, everybody. So, I mean, by the endos, I am the employee engagement and wellness coordinator here at the university.

[Nina Barrientos (she/her/ella)] 10:24:04

And if you haven't heard who I am, I am very, very sorry that I have not been present enough for you to know me, but I hope that will change very soon either today or in the new future.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:24:14

And so today, I'm going to go over a few of our wellness initiatives and services that we have not only the university but through UT system.

[Nina Barrientos (she/her/ella)] 10:24:22

Dr. Skelon did an amazing job touching on some very important ones and some very common ones that are utilized by by our employees but I'm going to share a little bit more with you.

[Nina Barrientos (she/her/ella)] 10:24:33

So when we talk about like UT system, UT systems goal is to enable its employees, as well as its retirees and its dependent to take charge of their health and to also develop their own personal wellness programs.

[Nina Barrientos (she/her/ella)] 10:24:48

So I have a QR code here on. On the screen. If you're able to scan it, the QR code is going to take you more, to learn more about the living world program and what it has to offer.

[Nina Barrientos (she/her/ella)] 10:24:59

And that's through the UT system site.

[Nina Barrientos (she/her/ella)] 10:25:02

Through the living world web page you'll have access to the living world resource guide and this guy's always gonna be the most current and it's going to give you in quick overview of what's available for the current plan year.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:25:15

Because we remember as employees, we are benefit eligible. So all of these resources are available to us. Yeah.

[Nina Barrientos (she/her/ella)] 10:25:23

Through the Living, Living World program, the different resources and programs that are available, they again not only support our employees but our retirees and their family members that have select or UT care medical insurance.

[Nina Barrientos (she/her/ella)] 10:25:38

Because we want them to lead like a happier and healthier lives and so the resources cover physical lives and so the resources cover physical mental and emotional well-being.

[Nina Barrientos (she/her/ella)] 10:25:49

So with that we have the UT Livingwell platform that is powered by Limeade One.

[Nina Barrientos (she/her/ella)] 10:25:56

If you haven't heard about this platform or we have, you don't have the application, I encourage you to download it to register.

[Nina Barrientos (she/her/ella)] 10:26:04

And if we have time after our presentation, I want to do a live demo on the platform before we let, redissmiss, but if not, I do want to let you know that I do monthly overview sessions on the platform where I show you how to register and how you can access some of the different services.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:26:22

Including the ones that Dr. Escalina just mentioned a few moments ago. So what the platform is, it is an engagement program that's designed for us, you know, to basically live our best life.

[Nina Barrientos (she/her/ella)] 10:26:34

There's going to be a well-being assessment that you can take on there. We do our system wide team challenges through the platform.

[Nina Barrientos (she/her/ella)] 10:26:43

So going on right now is the spring forward team challenge. If you are a participant of that challenge, I give you big kudos.

[Nina Barrientos (she/her/ella)] 10:26:52

We have a very high number of participants this season. We have a little over a hundred participants and we have about 23 teams between those and so it's 1 of our largest seasons that we've had in a while since kovat and so we're very very proud to to say that it's not too late to register by the way or if you are registered and you want more permission and join

[Nina Barrientos (she/her/ella)] 10:27:17

a team to get with me. We can definitely help you find someone there. The challenges and not just university based, but it's UT system wide base.

[Nina Barrientos (she/her/ella)] 10:27:25

So we are competing as an institution with other UT institutions. And then Dering our summer conference, there is actually a traveling trophy that the institution can can actually win.

[Nina Barrientos (she/her/ella)] 10:27:37

So that's 1 of our goals, right? Is to get that way.

[Nina Barrientos (she/her/ella)] 10:27:42

Let's see. So there's also the, for the bonus challenges to talk about the team challenges that are through there.

[Nina Barrientos (she/her/ella)] 10:27:49

There's the blue 365 discount program. So this here is, for you and your family for you to save money on healthcare products and services that are most often not covered by your health plan.

[Nina Barrientos (she/her/ella)] 10:28:05

There is a full range of services from top national and local retailers, some of their discounts, include like on dental vision and hearing products and services, maybe perhaps some fitness gear and apparel, gym memberships as well.

[Nina Barrientos (she/her/ella)] 10:28:18

You can get a discount through there. Family activities and healthy eating options. Do the fitness discount program, which comes to through the gym.

[Nina Barrientos (she/her/ella)] 10:28:29

So youT select offers fitness program through Blue Cross Blue Shield, Texas. This program offers discounts to several drums throughout the state.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:28:41

You can. When you get a copy of this presentation, each of these are hyperlinked, to the direct resource page.

[Nina Barrientos (she/her/ella)] 10:28:50

From UT system so you can get more information. But I do want to say that our U rack is on the fitness program list and we are the only institution UT institution that has our rec center as part of our discount program.

[Nina Barrientos (she/her/ella)] 10:29:07

So we're very happy at least to have that on there. So just recently during the month of February and March, you may have or should have seen the announcement that they were waving, registration fees for those months when you joined the program.

[Nina Barrientos (she/her/ella)] 10:29:23

So keep a lookout for those opportunities to save yourself some more money. And with the, the way that came about, it started off with our silver sneakers program.

[Nina Barrientos (she/her/ella)] 10:29:33

This is a program that is for our UT care members and for their spouses. So those are our retirees, that are ages 50 and above.

[Nina Barrientos (she/her/ella)] 10:29:42

The program helps our retirees take a greater control of their health through physical activity education as well as social interaction.

[Nina Barrientos (she/her/ella)] 10:29:49

Do the program we also have the health advocacy. Solutions. This is for all UT select medical plan members to have access to a health advocate through the health advocacy solution.

[Nina Barrientos (she/her/ella)] 10:30:02

The advocates can assist you with questions about your benefits and help manage complicated or chronic conditions such as coronary artery disease, asthma, as well as diabetes.

[Nina Barrientos (she/her/ella)] 10:30:14

Tobacco sensation resources, you know, we highlight this a lot here at the university. For the resources UT select medical plan does offer members a variety of tobacco cessation resources at no out of pocket cost.

[Nina Barrientos (she/her/ella)] 10:30:29

And the resources do include professional counseling and pharmaceutical therapy.

[Nina Barrientos (she/her/ella)] 10:30:35

The program also offers specialized pharmacies. So if you take medications to treat high cholesterol diabetes or one of several other conditions, a specialist pharmacist can answer your questions and also offer improvements in the quality and affordability of your pharmacy care.

[Nina Barrientos (she/her/ella)] 10:30:54

You can learn more by calling their 800 number. We also have a 24 7 nurse line. So this is with our health advocacy solution.

[Nina Barrientos (she/her/ella)] 10:31:06

You do them you have access to the 24 7 nurse line you can get answers to the 24 7 nurse line you can get answers on healthcare questions, nurse line.

[Nina Barrientos (she/her/ella)] 10:31:13

You can get answers on healthcare questions, nurse line. You can get answers on healthcare questions, information about major medical issues, information about major medical issues, chronic illnesses on healthcare questions, information about major medical issues, chronic illness, information about major medical issues, chronic illness, as well as lifestyle change support.

[Nina Barrientos (she/her/ella)] 10:31:20

Again, each of these icons are hyperlink. So when you get a copy of the presentation, you can, you can click on them.

[Nina Barrientos (she/her/ella)] 10:31:26

You can explore more on each of them specifically. You can also visit the UT Living Will platform.

[Nina Barrientos (she/her/ella)] 10:31:32

Again, through our Lyme made app, to just really explore and get direct access to, to these resources.

[Nina Barrientos (she/her/ella)] 10:31:42

So as for employee wellness here institutionwide, the Office of Human Resources, we promote employee wellness and well-being by providing opportunities.

[Nina Barrientos (she/her/ella)] 10:31:51

Which enhance health awareness, empower employees to make healthy choices in their lives and to create a culture of awareness throughout the university community.

[Nina Barrientos (she/her/ella)] 10:32:00

So these are icons that you can find on our web page. Each of these are hyperlinked as well.

[Nina Barrientos (she/her/ella)] 10:32:06

And our web page is designed to give you quick access to tools and wellness programs that are available.

[Nina Barrientos (she/her/ella)] 10:32:14

We want to ensure that our employees have what they need to be successful. We are offering several resources that can assist you with your health, your work, and your career.

[Nina Barrientos (she/her/ella)] 10:32:26

For campus bonus, these are 2 that I'm gonna highlight. These, these are available and of course apply to all not just our employees but our students as well.

[Nina Barrientos (she/her/ella)] 10:32:37

So we do have our nursing mother suites. So here at UTRGB, we offer the nursing mother suites to all of our faculty, staff, and students who are in need of a private secure and sanitary location to express.

The University of Texas Rio Grande Valley™

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:32:51

Breast milk and to also provide a comfortable and quiet location to breastfeed a child. We do support women who are balancing work instead of commitments with their needs as mothers, of young children.

[Nina Barrientos (she/her/ella)] 10:33:05

We have 10 nursing mother suites across all of our campuses. I put a little number there for each of our campuses there.

[Nina Barrientos (she/her/ella)] 10:33:11

You can visit our website or email employee wellness to request more information or to request access to the nursing mother suites, there is a request forum that you need to submit.

[Nina Barrientos (she/her/ella)] 10:33:22

If you have questions regarding, suites or private space for areas offsite, please contact me at employee wellness.

[Nina Barrientos (she/her/ella)] 10:33:32

Also, if you are hosting an event that is off campus, I highly recommend that you include if you don't already include the option for any special accommodations.

[Nina Barrientos (she/her/ella)] 10:33:46

So if any of your guests, need to request a private, location, it's really important for you as the event planner or coordinator to know that so you can be prepared.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:33:57

For when that time comes. In regards to the tobacco sensation. So here, HRGB, we are proud to say that we were the 1st public higher education system in the state of Texas to become 100% tobacco free.

[Nina Barrientos (she/her/ella)] 10:34:10

We do have a a no tobacco policy. This does apply to everyone. Not just our employees and students, but our guest as well.

[Nina Barrientos (she/her/ella)] 10:34:19

So again, like no tobacco related products are allowed while we're on campus or even on our parking lot dorms.

[Nina Barrientos (she/her/ella)] 10:34:24

You can visit our employee on this website for more information, and campus bonus initiatives. We do share information on our walking trails on campuses.

[Nina Barrientos (she/her/ella)] 10:34:36

There's a walk with walk with the dock, right? With school in medicine, usually host.

[Nina Barrientos (she/her/ella)] 10:34:41

So we like to share that information up there as well. We also have health monitoring kiosk located on our campuses where you can check your weight as well as monitor your blood pressure.

[Nina Barrientos (she/her/ella)] 10:34:50

So keep those in mind.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:34:53

Wellness champions, so we'll need champions. They are literally sent from heaven and earth. Okay, they help us support the health and wellness of our faculty and staff by providing programs and resources on making healthy choices and foster a culture of oneness.

[Nina Barrientos (she/her/ella)] 10:35:11

So Miss Veronica, the oils, she's 1 of our bonus champions. We do have a website where you can get information on becoming a wellness champion or what are won the champions do.

[Nina Barrientos (she/her/ella)] 10:35:21

We also have a roster of a runners champions for this fiscal year. They help us with facilitate the health and well-being, awareness, education, and engagement support in Vonus initiative activities and programs.

[Nina Barrientos (she/her/ella)] 10:35:35

I saw a comment when Dr. Escalona was talking about having activities after hours after work and then someone chimed in about let's get this started to do together.

[Nina Barrientos (she/her/ella)] 10:35:43

That's what our wellness champions do you guys. So look at our roster, identify who you have for your area or if you're interested in becoming a wellness champion.

[Nina Barrientos (she/her/ella)] 10:35:52

You know, do some research and then reach out and reach out to us and we'll be glad to have you.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:35:57

As part of our team.

[Nina Barrientos (she/her/ella)] 10:36:01

I do also want to mention that we have wellness presentations and workshops available, for our departments.

[Nina Barrientos (she/her/ella)] 10:36:08

These here are some of the, examples of some of the sessions that we offer. It's not limited to these.

[Nina Barrientos (she/her/ella)] 10:36:16

We also customize base off of the knees of your department. And so with this the we want to provide these informational opportunities on the diverse wellness programs that are available, our well-being educational resources as well as ongoing engagement activities.

[Nina Barrientos (she/her/ella)] 10:36:34

So you can request to schedule a presentation or workshop through our website. The icon at the bottom left is a hyperlinked.

[Nina Barrientos (she/her/ella)] 10:36:43

You can also visit our website and explore through there. Or just reach out to employee wellness or myself directly and we can definitely help.

[Nina Barrientos (she/her/ella)] 10:36:50

Coordinate something that meets the best of your department's needs.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:36:56

So this is a this is the end of just the brief overview that I have for you and our my contact information as well as to employee wellness.

[Nina Barrientos (she/her/ella)] 10:37:05

The that I'm sharing here are activities that we've had over the past couple of years that I've been very fortunate to be a part of.

[Nina Barrientos (she/her/ella)] 10:37:14

In November, we recently had our eliminate tobacco use day, you know, we've done well in its bingo, activities for appreciation as well as department request.

[Nina Barrientos (she/her/ella)] 10:37:24

We've done retreats, participated in the recent diehard orange fivek with our recent diehard orange fivek with our rec center so we really try to make a presence and and diehard orange fivek with our rec center.

[Nina Barrientos (she/her/ella)] 10:37:35

So we really try to make a presence and be there, you know, for a UT RGB community.

[Nina Barrientos (she/her/ella)] 10:37:40

So we really try to make a presence and be there, you know, for our UT RGB community.

[Nina Barrientos (she/her/ella)] 10:37:42

You know, for our UTRGV community. So again, never hesitate to, reach out.

[Nina Barrientos (she/her/ella)] 10:37:44

You know, for a UT RGB community. So again, never hesitate to, reach out.

[Nina Barrientos (she/her/ella)] 10:37:47

I'm gonna stop sharing for the meantime, cause I want to try to answer questions in the chat and then see if we have time to do that live overview of the, living world platform through line made.

[Nina Barrientos (she/her/ella)] 10:37:56

Hey, thank you so much for sharing that information with us in the Wellness Champions. Totally appreciate it.

[Veronica Villarreal] 10:38:01

Are there any questions for Nina or Dr.

[Veronica Villarreal] 10:38:06

Somebody asked if someone chooses to smoke or they, is it okay if they do it in their car while parked anywhere on UTGV property.

[Nina Barrientos (she/her/ella)] 10:38:16

No, nothing on university property. That also includes the, areas that we own that's not considered like campus.

[Nina Barrientos (she/her/ella)] 10:38:25

So anything that's basically owned by the university, you cannot have any, tobacco related products.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 10:38:35

Any other questions?

[Cristel Escalona] 10:38:39

For those of you to see the chat, I went to the far an auditorium just to see what would happen.

[Cristel Escalona] 10:38:45

I got to lap swim there for free and it's gorgeous. So during their last swim hours along as long as you like flash your ID, they let you go in there.

[Cristel Escalona] 10:38:53

It's a pretty pool. Check it out.

[Nina Barrientos (she/her/ella)] 10:38:57

I'm gonna do a screen share again, cause I'm gonna try to answer some of the questions also and where to find certain.

[Nina Barrientos (she/her/ella)] 10:39:03

But I'll continue. We'll continue to answer questions as I do this, okay?

[Veronica Villarreal] 10:39:05

Okay.

[Veronica Villarreal] 10:39:10

We might not be able to get through the line need just because we're running a little bit behind schedule.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:39:16

Okay, that's not a problem. So I'll go ahead and just stop sharing then. But again, when you get access to the presentations, there will be hyperlinks on there.

[Nina Barrientos (she/her/ella)] 10:39:25

Cause it'll be in a PDF format, but basically just visit our employee on this web page and you can find all the information on there and it's very, very user friendly and kind of self explanatory.

[Nina Barrientos (she/her/ella)] 10:39:36

And you can always just read out to me directly.

[Veronica Villarreal] 10:39:37

All right, well, thank you so very much, Nina, Dr. Spell enough for coming on today.

[Veronica Villarreal] 10:39:42

I think it was a great presentation. Really enjoyed it. Good stuff, with wellness and just now implementing it.

[Veronica Villarreal] 10:39:51

All righty, next part of our agenda is the committee reports. I will hand it over to the communications committee chair, Mr. Jeremy.

[Staff Senator, Jeremy San Miguel] 10:40:00

Thank you all for sticking. With us this long. Thank you for all the guest speakers.

[Staff Senator, Jeremy San Miguel] 10:40:05

For being here today and I know we are short for time, so I will do this with expediency.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Staff Senator, Jeremy San Miguel] 10:40:09

The 1st thing we wanted to share is our communications marketing form is ready and it's now launched.

[Staff Senator, Jeremy San Miguel] 10:40:18

So if you have any events or programs that you want to share with the campus community, we would love to help you in disseminating that right through a continuity of service.

[Staff Senator, Jeremy San Miguel] 10:40:27

And that's actually posted in the chat. Using the chat feature, you know, for all of our updates.

[Staff Senator, Jeremy San Miguel] 10:40:31

So we would love to connect with you all. So if you haven't connected with us or engaged with us on social media, yet we're also putting.

[Staff Senator, Jeremy San Miguel] 10:40:39

Our handles in the chat as well. And I think the most pivotal part of this update is we are launching our.

[Staff Senator, Jeremy San Miguel] 10:40:46

Staff graduation campaign. And so for those who have graduated and are graduating, 2023 to 2024.

[Staff Senator, Jeremy San Miguel] 10:40:53

Year. We want your photos. We want to commemorate you and you know, the value that you have towards our campus and being steadfast in your service to this community and also managing an insurmountable task of graduating from a degree program.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Staff Senator, Jeremy San Miguel] 10:41:08

So if you have, we would love to have them. And again, share your accomplishments with the rest of the campus.

[Staff Senator, Jeremy San Miguel] 10:41:16

And I think I was through the 3 and all of them are in the chats or going in the chat.

[Staff Senator, Jeremy San Miguel] 10:41:22

So regarding the grad photos, we're hoping to have your. Your pictures by May the 3rd And again, thank you.

[Staff Senator, Jeremy San Miguel] 10:41:31

So much for being with us today. That is the end of my committee report.

[Veronica Villarreal] 10:41:37

Up next, we have the Constitution and Elections Committee. Yes.

[Staff Senator - Yesenia Carter] 10:41:43

Hello everyone. I just want to give everyone a quick update. We are now in the process of election.

[Staff Senator - Yesenia Carter] 10:41:52

So we're requesting all of that information so that we can get them to your departments and hopefully everyone can.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Staff Senator - Yesenia Carter] 10:41:57

You know, maybe suggest somebody or you know what start telling people. Start telling your fellow staff. Members you know to join us and that way we will have a smooth process if you guys have any questions or concerns please just send a message and we can get that for you but as far as the constitution goes everything seems to be on track and we're gonna have it posted on the website pretty soon.

[Staff Senator - Yesenia Carter] 10:42:23

Thank you all for your attention. Have a good day.

[Veronica Villarreal] 10:42:27

Up next, we have the business processes and staff support. The chair is Omar and the

[Omar Nedzelsky Jr., Staff Senator] 10:42:35

Good morning, everyone. We have 3 new feedback submissions that were submitted. One of them has not been reviewed by the committee yet and the other 2 are proposed changes to the hot policy.

[Omar Nedzelsky Jr., Staff Senator] 10:42:47

Those need to be discussed with the, staff Senate executive board. So those will be reviewed, sometime from now to.

[Omar Nedzelsky Jr., Staff Senator] 10:42:54

The next meeting and we can share those updates with you guys once we have the final discussion. The other thing I wanted to discuss was last month we did share the employee appreciation feedback form.

The University of Texas Rio Grande Valley™

.....

Staff Senate

[Omar Nedzelsky Jr., Staff Senator] 10:43:09

For the staff event that we hosted I think it was in February. We only received about 30.

[Omar Nedzelsky Jr., Staff Senator] 10:43:16

30 responses so we would like to share that so that more staff can Go ahead and provide their feedback on those events and how we can improve them for next time.

[Omar Nedzelsky Jr., Staff Senator] 10:43:28

That's it for my committee and I will pass it over to Oliver.

[Aliver Lozano, Staff Senator] 10:43:34

Yes, good morning. Happy Friday, Junior. I do want to say on behalf of our committee, We just wanna appreciate everybody.

[Aliver Lozano, Staff Senator] 10:43:42

I know it's in the past, but I wanna appreciate Jeremy and Omar for helping us out making that.

[Aliver Lozano, Staff Senator] 10:43:47

Forms available for everybody because I know It's once a year that we have a staff appreciation a week, but we want to hear your feedback as far as how we can improve for following year.

[Aliver Lozano, Staff Senator] 10:43:59

So I want to thank their committee for for assisting this project with us and of course as Dr. Bailey and Erby knows.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Aliver Lozano, Staff Senator] 10:44:06

Yeah, we appreciate all the stuff if I see you around walking. I think San Jose Hi. I know we're just here as to represent everybody here.

[Aliver Lozano, Staff Senator] 10:44:15

So and feel free to reach out to myself or any of the staff senators. From now to the near future.

[Staff Senator Jose Luis Amieva] 10:44:24

Thank you, Oliver. I will now move to open the floor for public comments and questions.

[Nina Barrientos (she/her/ella)] 10:44:37

I'm not sure there's a particular order, but. I just wanted to just announce and remind everyone that next week it's our employee service recognition event.

[Nina Barrientos (she/her/ella)] 10:44:46

We're recognizing our employees who have reached their milestone years of service. In the chat, I have included a link to our staff service award web page as well as the general invitation that was sent to everyone.

[Nina Barrientos (she/her/ella)] 10:44:58

So whether you're being recognized or not, you are still invited so we can celebrate our staff as we congratulate them for their years of service.

[Nina Barrientos (she/her/ella)] 10:45:08

We have 2 events and on Tuesday we have 2 events and on Tuesday we'll be in Edinburgh in the morning and then on Thursday we have 2 events and on Tuesday we'll be in Edinburgh in the morning and then on Thursday we'll be on Brown so in the afternoon.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Nina Barrientos (she/her/ella)] 10:45:15

If you have any questions regarding this event you can reach out to me directly or reach out to employee engagement.

[Nina Barrientos (she/her/ella)] 10:45:22

Thank you.

[Melanie Garza] 10:45:27

Hi, everyone. I wanted to just share something that was in the slideshow earlier. Early boarding started this past Monday.

[Melanie Garza] 10:45:37

And it'll run through April 30.th Election day is Saturday May 4.th You can scan here to get some more information from the TURGE.

[Melanie Garza] 10:45:46

VOICE website. And then. Sorry if I didn't leave it for too long. I'll put the links in the chat and then, you can also find the Cameron County, pole locations and the Lago County or locations.

[Melanie Garza] 10:45:59

Through this, switch out for the links as well.

[Melanie Garza] 10:46:12

And happy belated administrative professionals day to everybody part of our staff it was yesterday so thank you for all the hard work that you all do for our teams.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Melanie Garza] 10:46:29

I do have one more.

[Melanie Garza] 10:46:35

I don't know if, stuff Senator Crystal, if you'd also like to elaborate on it, but it was the

[Melanie Garza] 10:46:43

Oh, my computer slowing down. Yeah. It was for the

[Melanie Garza] 10:46:51

I'm sorry guys, if anybody else wants to go, feel free. Yes, I'm trying to share it.

[Staff Senator Krystal Chappell] 10:46:53

Oh, sorry.

[Staff Senator Krystal Chappell] 10:46:57

Oh.

[Melanie Garza] 10:46:59

The The joy of medicine events.

[Staff Senator Krystal Chappell] 10:47:04

Oh yeah, it's for faculty and staff. So if anybody wants to register, for the event there's a flyer I can share on the chat box.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Melanie Garza] 10:47:13

Thank you, yeah, my computer was sharing that.

[Veronica Villarreal] 10:47:31

Any other public?

[Melanie Garza] 10:47:32

And then, yes, one more. And then if you sign up for grad school, you get \$2,000 up to \$2,000 in the summer.

[Melanie Garza] 10:47:42

So, you know, let's further our education. And then that's good for me.

[Veronica Villarreal] 10:47:47

Okay. Thanks, Crystal. We see the Joy of Medicine flyer on. The chats.

[Veronica Villarreal] 10:47:58

Thank you, Christina. She provided a link of where the locations for voting are in the Edinburgh College in in Bronxville as well.

[Veronica Villarreal] 10:48:04

Any other? Public comments.

[Veronica Villarreal] 10:48:11

Thank you, Nicole. They'll have a civility in the workplace session in June.

The University of Texas Rio Grande Valley™

.....

Staff Senate

[Veronica Villarreal] 10:48:17

They have the V-kind community on teams. We have leading effective meetings on the training portal.

[Veronica Villarreal] 10:48:26

Available.

[Veronica Villarreal] 10:48:29

We will have the, The city union is looking for, but, but stiff volunteers for the breakfast ranklers.

[Veronica Villarreal] 10:48:38

The link is on the chart. Thank you, to register. And then there is another. Flyer for the camp.

[Veronica Villarreal] 10:48:52

Where I'm still, is there gonna be one for Edinburgh? I'm not sure if that's on the link.

[Veronica Villarreal] 10:48:56

Okay.

[Samantha Gonzalez] 10:48:58

The link that I provided will be for Ed and Bronx, options the flyer because it's our 1st time having it in Bronxville, the flyer specific to Bronto.

[Veronica Villarreal] 10:49:02

Bye.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Samantha Gonzalez] 10:49:08

Fully accountable. Of course.

[Veronica Villarreal] 10:49:09

Alrighty, thank you.

[Veronica Villarreal] 10:49:14

Any other public comments or questions?

[Veronica Villarreal] 10:49:19

If there aren't any further public comments or questions, we will now move to make a motion to adjourn.

[Melanie Garza] 10:49:27

And see everything. Oh, I'm sorry. I just wanna say, y'all are awesome.

[Veronica Villarreal] 10:49:29

Okay.

[Melanie Garza] 10:49:33

Remember that it's Thursday almost Friday. So enjoy the rest of the week, everyone.

[Veronica Villarreal] 10:49:37

Yeah.

The University of Texas Rio Grande Valley™

.....

Staff Senate

[Staff Senator Rolando Segovia] 10:49:39

Thank you.

[Omar Nedzelsky Jr., Staff Senator] 10:49:41

So I also wanted to make a comment.

[Deborah Guillen] 10:49:41

If I can comment.

[Staff Senator Rolando Segovia] 10:49:43

Okay.

[Veronica Villarreal] 10:49:43

Yes.

[Omar Nedzelsky Jr., Staff Senator] 10:49:45

So there's a presentation today by Homeland Security Investigations. They're offering insights into The project shield America initiative.

[Omar Nedzelsky Jr., Staff Senator] 10:49:54

And that is raising public awareness of US export control laws. So if you guys are in academic research and want to know a little bit more about the United States homeland security investigations initiatives on export controls.

[Omar Nedzelsky Jr., Staff Senator] 10:50:11

The event is today at 2 o'clock. In the Edinburgh campus and I'm going to send over some information in the chat.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 10:50:19

Thank you.

[Nina Barrientos (she/her/ella)] 10:50:22

I'm sorry, Veronica. I don't mean to keep everyone here longer on purpose, but I forgot to mention that during the staff awards, we will be, recognizing and announcing the winners of our team excellence award for this year as well as the winner of our new Bravo, but Gettles Spirit Award, which is presented to the division with the highest percentage number of

[Nina Barrientos (she/her/ella)] 10:50:42

Bravo submitted through our specific time frame. So those are additional awards that are going to be announced.

[Nina Barrientos (she/her/ella)] 10:50:48

So please, please join us next week.

[Veronica Villarreal] 10:50:49

No worries. Thank you so much. A lot of information.

[Veronica Villarreal] 10:50:54

Any other public comments or questions?

[Deborah Guillen] 10:50:58

That's just a public comment. I dropped in the link the campus auxiliary services a lot of questions were asked to the president about vending machines, dining services, transportation, that's all handled by auxiliary services.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Deborah Guillen] 10:51:14

They have contacted this information. I am not with that department, but just a heads up and then for that port Isabel Valley Metro partners with them and has a route specifically for that that you could call in for special services just check out their website.

[Veronica Villarreal] 10:51:28

Thank you. Thank you for that.

[Veronica Villarreal] 10:51:37

Are there any public comments or questions?

[Veronica Villarreal] 10:51:47

If there aren't any further public comments or questions, we will now move to make a motion to adjourn.

[Veronica Villarreal] 10:51:53

Is there a motion?

[Staff Senator Rolando Segovia] 10:51:55

I move to adjourn the stuff in general meeting for the month of April.

[Veronica Villarreal] 10:51:59

Is there a second?

[Staff Senator Dina Guerra] 10:52:02

My second moved to.

The University of Texas Rio Grande ValleyTM

.....

Staff Senate

[Veronica Villarreal] 10:52:06

Is there any debate or discussion? Debate or discussion. Debate or discussion. All those in favor, please state aye in the Zoom chat.

[Veronica Villarreal] 10:52:19

All oppose. Any abstentions.

[Staff Senator Jose Luis Amieva] 10:52:28

And with that we adjourn the meeting at 1052 a. M. Thank you everybody

[Veronica Villarreal] 10:52:32

Thank you