



## Staff Council General Meeting minutes for February 16, 2022

### Zoom Meeting 10AM-10:37AM

Minutes recorded by Edith Arredondo, Staff Council Secretary

**Board:** Caroline Smith, Tremaine Kwasikpui, Krysti Turnquest, Edith Arredondo, Sandra Jacobson

**Panelists:** Rhonda Scherer, Associate Director, Sports & Fitness; Hope Pamplin, Ph.D., LPC-S, Interim Director, Counseling & Disability Services

**Call to Order:** The Staff Council general meeting was call to order by Staff Council President, Caroline Smith at about 10:02 a.m.

**Attachments:** Meeting PPT

#### Reports:

Ms. Smith Starts by thanking all attending for joining the SC February General Meeting and hoping that everyone had a great Valentine's Day. Ms. Smith reads over the agenda for the meeting.

#### APPROVAL OF MEETING MINUTES:

Ms. Smith calls for a motion to accept last month meeting minutes. Mr. Kwasikpui makes the first motion to accept the minutes. Ms. Smith thanks Mr. Kwasikpui and calls for a second motion to accept the minutes. Ms. Jacobson seconds. Ms. Smith thanks Ms. Jacobson and calls last month meeting minutes approved.

#### WELCOME NEWS GATORS

Ms. Smith proceeds with the agenda by welcoming the new Gators who took part in New Employee Orientation last month and hopes they are in present in the meeting.

- Elizabeth DeWees, Administrative Assistant, II, Arts & Communication
- Felix Villanueva, Library Assistant, Library
- Yesenia Gonzalez, Admissions Counselor, Undergraduate Admissions
- Angel Oliver, Academic Advisor II, Sciences & Technology

#### STAFF GOOD NEWS

There were no submissions this month via the Staff Council website. Ms. Smith recalls that we had quite a few last month from staff that shared their holiday's good news. Ms. Smith reminds staff to share their good news through the Staff Council website links available.

Ms. Smith congratulates the Staff Council Events Committee, Teresa Sterling, Nick Martinez, CC Booty and Britany Walden for doing a fantastic job. Earlier this month the committee had the Go Red for Women Day and it was a success. Ms. Smith thanks also Dr. Song Ge and Jacqueline Santiago from UHD's Nursing Program that were there to share their professional perspective on hearth health with

the attendees to the event. The attendees had the opportunity to share their thoughts on heart health on a bulletin board. The event ended with a healthy walk around the campus.

## **HEART HEALTH**

Ms. Smith introduces Dr. Rhonda Scherer, Associate Director, Sports & Fitness, to talk about heart health. Dr. Scherer thanks Ms. Smith for invited her to talk about this important matter. Dr. Scherer continues to provide some facts about cardiovascular disease.

### **Cardiovascular disease facts:**

- Leading cause of death in America for both men and women
- One person dies every 36 seconds from coronary heart disease
- Starting to affect children as young as six and seven years old caused by poor diets.

Dr. Scherer: Coronary heart disease is no longer an old man's disease. It does kill people over 65 because as we age, we abuse our hearts, but two out of 10 deaths are come to people that are below 65. Heart disease is affecting children and young adults we need to be aware. Heart attacks happen every 40 second in the United States and they affect every gender and every ethnicity. It is the leading cause of death. It is disturbing to know that 23% of deaths in African American women were cause by coronary heart disease. It is very prevalent in minority races. It is affecting everyone. February is heart health awareness month, and everyone needs to know his or her heart health status. They need to get in shape to have a healthy heart.

Coronary heart disease is caused by obesity, diabetes, smoking, alcohol, poor diet, and lack of exercise. That is why here in Sports and Fitness we encourage you to get involved. We are also seeing that COVID is strongly affecting individuals with obesity. Obesity is link to just about every fatal death, it is very prevalent in the United States, and we need to do something.

Dr. Scherer continues to promote CPR classes. Sports & Fitness has been giving CPR classes for the last 20 years during the Fall and Spring semesters. Dr. Scherer comments that probably many people in the audience did not know about it. Every semester Sports & Fitness advertises and promotes CPR classes but unfortunately sometimes they must be cancelled because no one signed up for the class.

Dr. Scherer believes that we really need people to learn CPR and be prepared. It is very likely that you might need to use this skill on somebody that you love than on a perfect stranger. Dr. Scherer continues to inform the audience about dates and times for the CPR classes. Sports & Fitness has two trainers now, so they are hoping to get more people involved. It is American Red Cross certification, and it is valid for 2 years. There is a fee if you want the certification. It is normally \$100 if you do it outside the University. If you do the training here at UHD you can save. Students might need it for their jobs, trainings, or even staff. Everyone at Sports & Fitness needs it so ever one is certified.

If you do not need the certification, if you just want to do the training for the knowledge because you heard Dr. Scherer say that you might need to save a love one's life, it is free. Dr. Scherer encourages staff to take the training by mentioning that an individual has a 50% chance of survival if someone performs CPR on them. You can be the one to give someone a chance to survive by providing CPR. The trainers will teach you how to perform CPR and walk you through all of the hurdles. They will answer any questions that you might have such as can I get sick, can I be sue? They will help you understand the value of this service to our community. You are buying someone time by performing CPR. Take

advantage of the opportunity. Sports & Fitness can also send someone to your department to train your staff or faculty. If you want to be, more prepare in your classroom or field trip be trained. Someone in the chat asked how to register. Go to the Sports & Fitness membership service desk on the third floor and pay the fee for the certification and then show up for the training on the designated date, time, and location. If you just want the training, no certification, email Dr. Scherer at [schererr@uhd.edu](mailto:schererr@uhd.edu) and she will add you to the list and there is no fee.

Date: February 18, March 24, April 22, 2022  
Time: 9:00 AM to 1:30 PM  
Location: OMB N600  
Fee \$40.00 Student | \$65.00 Non-Student

Dr. Scherer states that CPR is a reactive behavior and that a more preventative way to avoid cardiovascular disease is exercise 30 minutes to an hour every day. Dr. Scherer invites staff to go to the gym. Right now, the gym is free for faculty and staff. In 2023, the new facility will be open, and it will probably come with a price tag but right now it is free and that is unheard of on a university campus for their rec facility to be free for faculty and staff so, take advantage. The gym is open Monday through Thursday 7am to 9pm and Friday 7am to 7pm. You can use it before your shift or after your shift. Dr. Scherer reminds attendees that Sports & Fitness has personal trainers available for students, faculty and staff that can help you achieve your goals.

Dr. Scherer asks if there are any questions for her.

Q: What will the new building include?

A: That is a topic that we could talk for hours on. The new building will have three basketball courts. Basketball is the number one sport at UHD. Often we have to displace our students that want to play, volleyball, badminton and dodgeball. Currently we have one studio, which is not enough. There will be two studios added so yoga and Zumba can be available at the same time and students are not forced to pick one or the other. We will have a variety of classes. Some new things, there will be a bouldering wall similar to the large climbing walls that you see. It will be a smaller safer wall but it still gives you the climbing component to build your upper body strength, which is tough for women. I encourage all women to get involved in bouldering once we open. We will have a demonstration kitchen to teach people how to eat and teach how to cook and what they should be cooking. We are hoping to provide free meals for students in conjunction with Tremaine and the food pantry that we have on campus. We are going to see if we can prepare some healthy meals for our students. Everything is bigger and so deserving for our students.

Dr. Scherer recalls doing aerobics at 280S with windows behind where students could see the people exercising and would honked. Dr. Scherer is excited to continue teaching students, faculty and staff about exercise, nutrition and how to be healthy. This has become very important right now. COVID has had an impact on our community's health. We are seeing diabetes in children has doubled. We already had trouble with diabetes and now because of COVID, is worst. Obesity has increased as well as sedentary behaviors. Dr. Scherer is excited that people are coming back to the gym because they recognize the benefits, and they are trying to get back in shape. However, it is not easy especially if you experience COVID.

We have a lot to do and the new building will help us. Training in CPR is a way for staff to help our community because if there is an incident someone needs to step up. The brain starts dying within five minutes of losing oxygen. There is no ambulance in the city of Houston that can get to someone within five minutes. By helping someone with CPR, you are giving him or her a better chance to survive. Last remarks from Dr. Scherer are that heart disease is scary. It is also called the silent killer similar to a stroke because one in five people are not aware that they have heart disease.

Dr. Scherer ends her presentation by expressing that she hopes to see attendees at the CPR training.

Ms. Smith thanks Dr. Rhonda Scherer for her call to action. She reminds audience that you they do not have to get the CPR certification but to have the skills is invaluable to our work environment and community.

Ms. Smith reads questions from the audience.

Q: If an employee wants to receive training can they be excuse from work?

A: Ms. Smith; we have available Fitness Release Program. You fill out a form and you can get 30 minutes three times a week. You can pair it with your lunchtime or at the end of the day. You can work out your schedule with your supervisor.

A: Dr. Scherer thinks that if the employee wants to attend the CPR training the supervisor might allow it because it is a very valuable skill to have. Dr. Scherer advice is to ask your supervisor. She hopes that the supervisors see the benefit of employees training in CPR and will encourage it and allow the employee to attend during work hours.

A: Ms. Smith agrees with Dr. Scherer's advice to ask your supervisor.

A: Ms. Smith and Dr. Scherer agree that having all the dates and times might help to plan a schedule.

A: Ms. Smith reminds the audience that if the department wants to do a department wide training to reach out to Dr. Scherer for times and schedules.

Ms. Smith thanks Dr. Scherer once again, expresses that all her efforts, and services that her and the sports and fitness department do for students, staff, and faculty are appreciated.

## **CROWN & GLORY: EMBRACING THE BEAUTY OF DIVERSITY**

Ms. Smith introduces Dr. Hope Pamplin, Ph.D., LPC-S, Interim Director, Counseling & Disability Services.

Dr. Pamplin greets everyone attending the meeting. She invites everyone to attend the event Crown & Glory an event organized for Black History month. It relates to embracing the beauty of diversity both inner and outer beauty. The goal of the event is to help young women and students of color to understand that it is very important to be authentic and to walk in your authentic truth.

Dr. Pamplin gives as an example, her hair. Why the way her hair is has not been a sign of beauty and a great thing. It is time to embrace it and understand why it has been a mantra of culture in general. People has choices as to what they do or not with their hair. What do we understand about it being kinky or being straight and what it means to you as a woman, a professional or a student and how it allows you to move forward in the workplace or in your life. Dr. Pamplin recaps that this series is about the beauty of our hair but that there will be other series about colorism and microaggressions.

Crown & Glory is the first event of many that will be presented for students to understand and embrace who they are.

Dr. Pamplin ends her presentation by inviting the audience to attend the event on February 22 at 11:30 to listen to the awesome panelist, faculty, students and staff and Dr. Pamplin as moderator. Dr. Pamplin believes that everybody can benefit and learn from attending this event.

Dr. Pamplin ask if anybody has questions and reads a question from the audience.

Q: Will the event be live broadcast?

A: Yes, it will be broadcast and a link will be provided.

Q: How can we register for this event?

A: I will make sure that the registration link is up and available. (Dr. Pamplin ask Ms. Smith if she can send her the link and Ms. Smith answers, "Yes".)

Ms. Smith calls for any other questions from the audience for Dr. Pamplin. There were no more questions from the audience for Dr. Pamplin.

Ms. Smith assures audience that the link will be available once she gets it from Dr. Pamplin. Ms. Smith invites everyone to register and attend because it is a fantastic opportunity. Ms. Smith ask Dr. Pamplin if the link call also be forwarded to students and Dr. Pamplin answers, absolutely.

#### **THE EDGE GRANT**

There were no applications for the EDGE grant for February so two grants can be awarded for the month of March. Ms. Smith reminds audience that the grant was increased from \$200 to \$500. Ms. Smith encourages the audience to look for professional development opportunities, like conferences or self-paced online courses and apply for the EDGE grant.

#### **USSEC QUARTERLY MEETING**

Ms. Smith wants to let staff know that the USSEC will have its quarterly meeting coming up on March 25, 2022. This is a system wide meeting where the shared governance meets to talk about topics that affect us as a system. Ms. Smith lets the audience know that the work from home policy would be on the agenda, but any other issues or comments can be submitted through the Staff Council website of via email to [uhdstaffcouncil@uhd.edu](mailto:uhdstaffcouncil@uhd.edu).

#### **PROVOST SEARCH CONTINUES**

Ms. Smith informs the audience that the UHD Staff Council representatives have met with the candidates for UHD's Senior Vice President for Academic Affairs and Provost and thanks all for supporting with the important venture.

#### **UPCOMING EVENTS – BLACK HISTORY MONTH**

Presented by The Office of the President, Center for Critical Race Studies, Student Government Association, W.I. Dykes Library, Center for Diversity Inclusion, College of Humanities & Social Sciences, Black Student Association.

- **CCRS Fellow Spotlight-Dr. Felicia Harris**  
Thursday, February 17, 2022  
10AM – 12:30pm | Virtual
- **Afrofuturism & Diverse Science Fiction**  
Tuesday, February 22, 2022  
10AM | TDECU Tour Room
- **Crown & Glory Panel Discussion**  
Tuesday, February 22, 2022  
11:30AM – 1:30PM | A300
- **Afrofuturism & Comics**  
Tuesday, February 22, 2022  
2PM | TDECU Tour Room
- **Black History Listening Lab**  
Wednesday, February 23, 2022  
All day | N420
- **State of the UHD Black Student Body Deliberation Panel**  
Thursday, February 24, 2022  
11:30AM – 1:00PM | Auditorium
- **TransAfricana: Homophobia & Transphobia**  
Monday, February 28, 2022  
12PM – 1:30PM | Virtual
- **SGA Rally & Video With BSA**  
Monday, February 28, 2022  
4:30PM – 6:30PM | South Deck

Ms. Smith reviews all the upcoming events for February Black History Month and reminds audience that all the events are open for staff, faculty and students alike. She encourages audience to visit the link shared on the chat to see more details and to share it with others.

#### **MORE UPCOMING EVENTS**

- **Building Healthy Relationships**  
Thursday, February 17, 2022  
10:00AM – 11:00AM | Virtual
- **The Ideal Team Player**  
Wednesday, February 23, 2022  
10:00AM – 11:30AM | Virtual
- **Community Engagement Showcase**  
Wednesday, March 2, 2022  
11:30AM – 1:30 PM | A300

Ms. Smith continues to go over the list of upcoming events. One of the events is the Community Engagement Showcase where you can see the great work that UHD students, faculty and staff do for the community. Ms. Smith reminds the audience that they can submit their events through the Staff Council website.

## **GENERAL UPDATES/RESPONSES TO ONLINE FORMS**

Ms. Smith reminds the audience that they can submit their comments, concerns, and suggestions through the staff council website at [uhdstaffcouncil@uhd.edu](mailto:uhdstaffcouncil@uhd.edu).

There were no submissions this month.

## **STAFF COUNCIL TEES**

We have a few staff council tees left for the taking, first come first serve. If interested visit our Staff Council website.

Stock is limited: 3XL – 19 remaining, 4XL – 12 remaining

Ms. Smith opens the floor any final questions.

Q: Do you have any timeline for the telecommute policy?

A: Unfortunately, we do not.

Q: Do you know who can guide us in using the shuttle app?

A: Yes. That would be parking department. They would be able to provide information about it.

Ms. Smith ends the meeting by thanking panelist Dr. Pamplin and Dr. Scherer for their presentations and wishes everybody a fantastic rest of the month.

Meeting adjourns at 10:37am.

## **Q&A**

Key: **A**nswer, **C**omment, **Q**uestion



**DETERMINED.**  
**DEDICATED.**  
**DOWNTOWN.**



University of Houston  
**DOWNTOWN**





# **STAFF COUNCIL GENERAL MEETING FEBRUARY 2022**

*Presented by:*



# AGENDA

- 1) Approval of Meeting Minutes
- 2) Welcome New Staff Members
- 3) Staff Good News
- 4) Staying Heart Healthy
- 5) Crown & Glory Event
- 6) EDGE Award
- 7) USSEC Quarterly Meeting
- 8) Provost Interview Meetings
- 9) General Updates, Responses to Online Forms
- 10) General Q&A



# **APPROVAL OF MEETING MINUTES**

**Minutes distributed – any corrections?**

- **Motion to accept minutes? Second?**
- **Minutes accepted**

# WELCOME NEW GATORS!

- Elizabeth DeWees, Administrative Assistant, II, Arts & Communication
- Felix Villanueva, Library Assistant, Library
- Yesenia Gonzalez, Admissions Counselor, Undergraduate Admissions (UHD Alum)
- Dymond Jones, Admissions Counselor, Undergraduate Admissions
- Angel Oliver, Academic Advisor II, Sciences & Technology



# STAFF GOOD NEWS



*Positive Vibes*

**No submissions this month via online forms on Staff Council website**

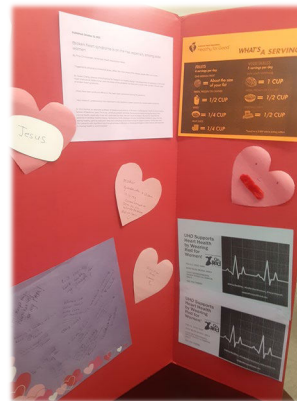
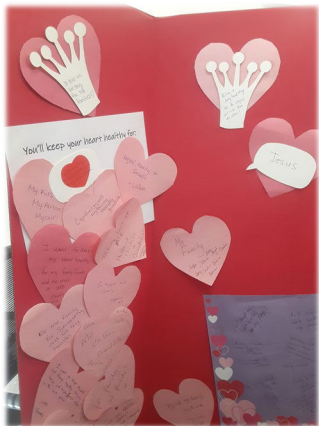
**We hope to hear from you again soon!**

**[Share your good news!](#)**

Share your noteworthy life events or shout out your fellow staff members.

# GO RED FOR WOMEN DAY A SUCCESS!

**Cheers to the Staff Council Events Committee, Dr. Song Ge, and Jacqueline Santiago**



# Heart Health



- **Rhonda Scherer**, *Associate Director, Sports & Fitness*



*February is*  
**AMERICAN HEART MONTH**

**UHD SPORTS & FITNESS** **SPRING 2022**

## American Red Cross CPR/First Aid Certification

UHD  
SPORTS & FITNESS  
SPRING 2022

 **American Red Cross**  
[www.americanredcross.com](http://www.americanredcross.com)  
Must pay in advance at  
Membership Services  
CPR/AED/First Aid TBD

Trained by  
CERTIFIED  
INSTRUCTOR

**Date: February 18,  
March 24, & April 22, 2022**  
**Time: 9am to 1:30pm**  
**Location: OMB N600**  
**Fee \$40.00 Student**  
**\$65.00 Non-Student**



# CROWN & GLORY: EMBRACING THE BEAUTY OF DIVERSITY



- **Hope Pamplin, Ph.D., LPC-S,**  
*Interim Director, Counseling & Disability Services*

The poster features a large silhouette of a woman's head wearing a crown. The title 'Crown x Glory' is written in a purple cursive font. Below the title, the event details are listed: 'Embracing the Beauty of Diversity', 'An event celebrating the beauty, diversity, and perspective of the modern day woman of color', 'February 22, 2022', '11:30 am - 1:30 pm', and 'A300'. There are five circular portraits of the event's participants: Dr. Hope Pamplin (Moderator), Antre'chelle Dorsey (Panelist), Cecealia Booty (Panelist), Tamera Davis (LPC Panelist), Shamika Jefferson (Panelist), and Dr. Felicia Harris (Panelist). The UH D logo is in the bottom left corner. At the bottom, it says 'Light bites and refreshments will be served'.





# USSEC QUARTERLY MEETING

**The University System Staff Executive Council's quarterly meeting is scheduled for March 25.**



- University of Houston (Main Campus) will host.
- Submit topics via forms on UHD's Staff Council website or via email to [uhdstaffcouncil@uhd.edu](mailto:uhdstaffcouncil@uhd.edu).

# PROVOST SEARCH CONTINUES

**Staff Council representatives have met with 4/5 candidates for UHD's Senior Vice President for Academic Affairs and Provost.**



# UPCOMING EVENTS – BLACK HISTORY MONTH

Presented by: *The Office of The President, Center for Critical Race Studies, Student Government Association, W.I. Dykes Library, Center for Diversity & Inclusion, College of Humanities & Social Sciences, Black Student Association.*

- **CCRS Fellow Spotlight – Dr. Felicia Harris**  
Thursday, February 17, 2022  
10 AM – 12:30 PM | Virtual
- **Afrofuturism & Diverse Science Fiction**  
Tuesday, February 22, 2022  
10 AM | TDECU Tour Room
- **Crown & Glory Panel Discussion**  
Tuesday, February 22, 2022  
11:30 AM – 1:30 PM | A300
- **Afrofuturism & Comics**  
Tuesday, February 22, 2022  
2 PM | TDECU Tour Room

## UPCOMING EVENTS – BLACK HISTORY MONTH (CONT.)

- **Black History Listening Lab**

Wednesday, February 23, 2022  
All day | N420

- **State of the UHD Black Student Body Deliberation Panel**

Thursday, February 24, 2022  
11:30 AM – 1:00 PM | Auditorium

- **TransAfricana: Homophobia & Transphobia**

Monday, February 28, 2022  
12 PM – 1:30 PM | Virtual

- **SGA Rally & Video with BSA**

Monday, February 28, 2022  
4:30 PM – 6:30 PM | South Deck

## UPCOMING EVENTS (CONT.)

- **Building Healthy Relationships**

Thursday, February 17, 2022  
10:00 AM – 11:00 AM | Virtual

- **The Ideal Team Player**

Wednesday, February 23, 2022  
10:00 AM – 11:30 AM | Virtual

- **Community Engagement Showcase**

Wednesday, March 2, 2022  
11:30 AM – 1:30 PM | A300

- **Submit your event!**

[Submit an event to the calendar](#)

Do you have an event or volunteer opportunity you would like to share with staff? The event may be on or off campus. Let us know.



**GENERAL UPDATES /  
RESPONSES TO  
ONLINE FORMS**

# STAFF COUNCIL SUGGESTIONS

- [uhdstaffcouncil@uhd.edu](mailto:uhdstaffcouncil@uhd.edu)
- [smithca@uhd.edu](mailto:smithca@uhd.edu)
- **Suggestions/concerns may also be submitted via the forms on the Staff Council website**
- **No submissions this month**

## [Comments & Suggestions](#)

Leave suggestions for future meeting agenda items, policy concerns, questions and more.





# STAFF COUNCIL TEES

We have a few staff council tees left for the taking.

Stock is limited.

- 3XL – 19 remaining
- 4XL – 12 remaining



# GENERAL Q&A



University of Houston  
DOWNTOWN



DETERMINED. DEDICATED. DOWNTOWN.