Spring 2018 Newsletter

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Message from the Chair

Happy New Year! We hope that you had a relaxing vacation and enjoyed the holidays. I would like to start this issue off with a few thank you’s. First, thank you to senior administration for the winter recess. Having that additional time off to recharge for the winter quarter is very much appreciated. Next, we would like to thank all of you who participated in our Annual Holiday Drive. We were able to collect gifts for families in Evanston and Chicago, and we could not have done it without all of your help! Another big thank you goes out to all of you that completed the Staff Engagement Survey. NUSAC worked with senior leaders in our various schools to ensure that we created a survey that would truly measure our thoughts about working at Northwestern. It was our chance to provide feedback on the university and our units, and 73% of you did just that! Lastly, thank you to everyone that braved the cold to attend our first Big Ten football mixer. It was a chilly day, but we had a great time interacting with all of you.

As we head into the winter quarter, we have several great events for you such as our Ice Skating Mixer, which will be another good way for us all to mix and mingle. In this edition, we have also included information about events hosted by other staff groups, as well as the Martin Luther King, Jr commemoration events. We encourage you to attend those as well and look forward to seeing you there. Later in the spring we will host our annual NU Cares Awareness Drive, as well as our Blessings in a Backpack food drive for school children currently receiving free and reduced lunch. Outreach to our community is very important to NUSAC, and as always, we appreciate those of you that choose to participate, or share information to invite others to join us in giving back.

We continue in this newsletter to highlight staff affinity groups to shed light on the important and beneficial work they do for staff around campus. Our second spotlight group is the Black Professionals Network, which is approaching its second anniversary. We hope that by placing a spotlight on our affinity groups, staff will have multiple options for assistance, feedback and camaraderie when needed.

Thank you for reading this edition, and we hope that you will find at least one activity that suits you and gives you an
opportunity to meet new people at Northwestern. If you have any comments, suggestions or questions, please do not hesitate to reach out to us and we wish you a wonderful winter quarter.

Sincerely,

Rhea Banks
NUSAC Chair

NUSAC/YourLife Ice Skating Mixers Recap

Staff, faculty, and their families took to the ice on January 18 and February 10 at Norris University Center's outdoor skating rink. Experienced skaters and first-timers enjoyed skating with other staff members and their families as they kept warm with hot chocolate. This event was presented in partnership with the YourLife Wellness Program. For more ways to get outside and active, see the Physical Well-Being suggestions on their website.

Blessings in a Backpack

NUSAC’s partnerships with local organizations to help provide children and families with the basic essentials needed in life, is always received with the utmost generous spirit from the Northwestern community. We had another amazing show of kindness receiving enough food for the Blessings in a Backpack organization to send home with 270 children during their spring break. We also received various school supplies and baby clothing for the Cradles to Crayons organization.

Below is a note from the Blessings in a Backpack organization to Northwestern:

“Thanks so much for getting all the food to Holy Name Cathedral today. Kelly and I are so grateful for your support. The quantity and assortment of the donations was fantastic per usual! We will let St. Malachy know their friends at Northwestern provided support for their spring break this year!

Thank You! Thank You!”

Chris Hettel, Blessings in a Backpack organization

We would like to thank all of you who made contributions by donating, aiding us in transporting items from campus to campus, and to both organization locations. Thank you again for your help and continued generosity!
NU Cares

Congratulations! NUCares has recently passed the 100th award given since its inception. Thank you to all staff who support this program to assist colleagues in financial need! You can still donate at any time, or apply for support from the fund.

YourLife

YourLife is Northwestern’s wellness program for faculty, staff and retirees, and their eligible family members. A variety of resources are offered to support physical, financial, and emotional well-being.

Upcoming Events

YourLife Fitness Classes: Spring

These on-site group exercise classes support Northwestern's ongoing objective of promoting faculty and staff health and well-being. Classes are co-sponsored by YourLife and Northwestern Recreation. A variety of free classes are offered each quarter on the Evanston and Chicago campuses. To view the schedules and learn more, click here.

ENERGY Nutrition Resource Group

ENERGY meetings provide valuable information and support regarding nutrition and wellness strategies. New members and drop-ins are always welcome, as membership is not necessary to attend the weekly meetings! Feel free to bring your lunch.

- Chicago: Tuesdays, 12:10 p.m. – 12:50 p.m., McGaw Pavilion, Room 2.321
- Evanston: Thursdays, 12:10 p.m. – 12:50 p.m., Searle Hall, Room G.120

ENERGY Nutrition Consultations

The ENERGY Nutrition Resource Group offers free one-on-one 25 minute nutrition consultations with Vicki Shanta Retelny, Registered Dietitian Nutritionist (RDN). Vicki can assist you with setting realistic nutrition goals and will provide you with motivational tips toward future progress.

Consultations are FREE for Northwestern faculty and staff. A questionnaire will be provided before your appointment to assist Vicki in personalizing your consultation. Click here for registration information.

Mindfulness Meditation

Join YourLife each Tuesday or Religious & Spiritual Life each Friday, for a mindfulness meditative practice.

- Chicago: Tuesdays, 1:30 p.m. – 1:55 p.m., Abbott Hall, Women’s Center Suite 1400
- Evanston: Fridays, 12:00 p.m. – 12:25 p.m., Parkes Hall, Multi-Belief Space, Room 204

Financial Wellness Workshops

YourLife and the Retirement Office have partnered with Fidelity to provide a series of financial wellness workshops for Northwestern employees, throughout the 2018 calendar year.

"Identify and Prioritize Your Savings Goals" (For Beginning Savers)

- Evanston: Tuesday, May 8, Noon. – 1 p.m., Norris, Wildcat Room 101, Register
- Chicago: Wednesday, May 9, Noon. – 1 p.m., Lurie Research Building, Baldwin Auditorium, Register

For more information on any of these programs, contact Evelyn Cordero, YourLife Wellness Coordinator at evelyn.cordero@northwestern.edu or 847-467-6246.

Service Excellence Awards

For times when "Thank You" just isn’t enough - when a staff member went above and beyond the call of duty to complete a task or meet a goal - there’s the Service Excellence Award. Any member of the University community may nominate an employee for the award. The supervisor reviews the nomination form to confirm that the award is deserved. A staff member may be recognized numerous times, even in a single year (and many have been). Service Excellence Luncheons are held
quarterly throughout the year to recognize award recipients.

To nominate a staff member, download a Service Excellence Nomination Form and email it to Maudell Gaines at maudell-gaines@northwestern.edu.

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**Excellence in Sustainability Awards**

As Northwestern University pursues its commitment to leadership in sustainability, the Office of Sustainability is partnering with the Office of Human Resources - Employee Recognition to acknowledge those who go above and beyond in greening our campuses and our curriculum. Students, faculty, and staff members are eligible for the Excellence in Sustainability Awards and will be recognized at the quarterly Service Excellence Luncheons. Visit the Office of Sustainability website to learn more about the award and nomination process.

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**APIDA Staff Affinity Group**

Do you identify with the following - Asian, Pacific Islander, Desi American (APIDA)? If you do, we invite you to join ASAG (APIDA Staff Affinity Group). ASAG is a newly formed affinity space open to any Northwestern staff member who self-identifies as a member of the APIDA community – which is inclusive of, but not limited to, East Asian, Southeast Asian, and South Asian diasporic identities, as well as multiracial and multiethnic APIDA folks. ASAG’s goals are to provide a space for APIDA staff to build a sense of community and belonging, represent APIDA perspectives in institutional racial and social justice initiatives, and provide opportunities for personal and professional growth.

The affinity group is open to staff across the university, so please feel free to forward this invitation to any colleagues who might be interested. Please contact ASAG@northwestern.edu if you have any questions, suggestions, or to be added to our listserv.

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**sustainNU Earth Month**

**Mount Trashmore**

We are looking for volunteers to help spread the word about waste reduction during our Mount Trashmore event on April 25. We will construct a mountain of trash made up of waste collected on campus over 6 hours and share information about reducing waste. Volunteers will help pass out reusable items and educate visitors about waste reduction. To help out, sign up here.

**Tree Planting for Earth Day and Arbor Day**

Help plant a tree and learn about our urban forest with the professionals who care for the trees, plants and landscapes on campus. There will be two sessions on April 27, with the first starting at 10 a.m. and the second starting at 12:30 p.m. Join for as much time as you have available, and wear comfortable clothes and shoes that are appropriate for digging. Lunch will be available for participants in between sessions. Meet at the Rock, near the entrance to University Hall.

If you have any questions or ideas, or would like to get more involved in any of the activities being planned, email sustainability@northwestern.edu or call 847-467-4286. A calendar of all sustainNU Earth Month events are available here.
NUSAC Staff Organization Spotlight: ANUW

Founded in 1988, the Association of Northwestern Women (ANUW), is committed to encouraging and supporting all those who self-identify as women in administration at Northwestern University that are interested in professional development.

- Support women’s careers in administration
- Build networks for exchanging information
- Foster community among female staff members
- Serve as role models and mentors for other women

To attain these goals, we strive to provide compelling, relevant program for female staff at Northwestern. Our programs range from an annual fall breakfast with a well-known, dynamic speaker on an issue important to women, to brown bag lunches with influential senior officials in administration, to specific skill-building workshops with proven facilitators. Our Mentoring Program and the new Emerging Leaders Program (ELP) provide additional unique avenues for networking and personal growth. Please visit our events page for more information.

We seek to ensure diversity within our membership and always look to forming collaborative partnerships with other campus organizations. Become a member today or contact anuw@u.northwestern.edu with questions.
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