

**SAC General Meeting Agenda**

**July 12, 2022 – 9:00 AM in CEC 127**

**This meeting was held under** [**Chatham House Rule**](https://www.chathamhouse.org/about-us/chatham-house-rule)**. Topics and decisions are fully and accurately represented but not individual speakers.**

1. Call to Order – 9:04 A.M.
2. Guest Speaker
   1. Zach McGee – Campus Recreation
      1. Full plate diet – we’re going to put out information starting this fall.
         1. Still working through what the program will look like
         2. This diet calls for an increase consumption of fiber
            1. Up to 40g
            2. 10 to 15g is a typical American diet
         3. The plan has 3 stages
            1. The first two involve boosting fiber consumption from whole foods like vegetables, fruits, whole grains, legumes, and nuts
            2. Drinking a lot of water
            3. Both will help to make someone feel fuller and avoid eating when you’re not hungry
            4. The third stage involves reducing the intake of meat and dairy products as well as other foods high in calories and fat, and low in fiber
         4. The vending machines at UNO used to always have a healthy sticker with healthy choices – but this seems to be lacking.
            1. Follow-up will be done to discuss making sure there are ample healthy options available.
      2. Health and Wellness Fair
         1. November 3rd in H&K; 10am-1pm
         2. Wellness blood screening
            1. Same day
            2. Get your numbers to fill out the HRA
      3. Open benefits enrollment and Health Risk Assessment (HRA)
         1. Monday, 10/25 – 11/12 at 5pm
         2. [More info](https://www.unomaha.edu/news/events/annual-nuflex-benefits-enrollment.php)
         3. HRA
            1. Participation is voluntary; however, by completing this survey, you will receive a personal health report that will help you assess and monitor your personal health status. Employees who are enrolled in the University’s medical plan and complete the HRA will also be eligible for enhanced wellness and preventive service benefits for themselves as well as their covered family members. Enhanced wellness and preventive services include:

* Increased annual preventive care allowance from $250 to $400 (for insureds age 2 and over)
* $0 co-payment for flu shots administered at an in-network pharmacy and submitted to the prescription drug program
* 100% coverage for routine preventive colonoscopy once every 10 years beginning at age 45 (Services must be provided by an in-network or preferred provider)
* $0 co-pay for generic prescription drugs through CVS Caremark’s mail service only
  + 1. American Red Cross blood drive
       1. Usually, the Monday after the Health and Wellness Fair in H&K 126
       2. More info to come
    2. Wellness on Wheels
       1. Get your wellness numbers
       2. Dates TBD
    3. Health Coaching
       1. [More info](https://www.unomaha.edu/student-life/wellness/health-coaching-and-wellness-resources.php)
       2. Wellness Coaches work with students on matters including:
          1. Stress reduction
          2. Study planning
          3. Time management
          4. Academic success strategies
          5. Goal setting
          6. Motivation
          7. Gallup Strengths-based coaching
          8. Sleep strategies
    4. H&K Membership
       1. Block membership - $15/month
       2. Block of specific time
       3. Questions
          1. Blocks are hard to get in for – would there be anything more flexible?

You can come in during that specific block and stay longer – won’t chase you out.

Full membership is $40/month.

* + - * 1. What is the motivation of the pricing when you can go to another gym for $10/20 a month?

Staff pay the same as students - $40/month

Students cannot do block membership

* + - * 1. Are you able to bring guests?

Yes, one at a time – you are responsible for them.

Time restrictions? Not for guests.

$10 guest fee

* + 1. Winter walkers program – dates to come later this fall
       1. 11-2pm every day for walking

1. Approval of Minutes (attached)
   1. June 2022 minutes - **Approved**
2. Officer Reports
   1. President’s Report
      1. Staff recognition
         1. Employee of the Month
            1. June – Jonathan Acosta, ACDC
         2. Kudos
            1. Alli Deveney from Success Academy
         3. Advisor of the Month Award
            1. Megan Carroll
         4. Recognizing staff members across campus is important
            1. Continue to share opportunities
      2. Annual Salary Notification
         1. Firefly > Employee Self Service > About Me
            1. Also, look at your total compensation statement
         2. UNO’s Crisis Leave Sharing Program
            1. Good time to look at your leave balances – If you are close to the 280 vacation hours make sure to use it before you lose it.
            2. Donation goes off pay cycles so you must notify/fill out paperwork ahead of time to donate
            3. <https://www.unomaha.edu/news/2019/01/make-use-of-donate-to-employee-crisis-leave-pool.php>
      3. Side Question:
         * 1. If an employee elects not to use the UNO health insurance, why aren’t they compensated for the employer-paid amount?

Possibly to save money. Not a common practice.

* + 1. New Mileage Rate Increase
       1. From $0.29 to $0.34/mile as of July 1
    2. UNO Staffing/Leadership Updates
       1. Jane Meza – Stepping down as UNOs associate vice chancellor for Global Engagement on July 15.
          1. Will begin role at UNMC July 18 as associate vice chancellor for Global Engagement and interim executive director for the Office of Health Security
       2. David Brown – University’s first Office of the Chancellor’s Executive in Residence
          1. Focus on opportunities for business collaborations, opportunities for UNO employees to sit on community boards, campus strategic priorities, etc.
    3. UNO Wide Committees
       1. University Parking & Transportation Committee
          1. Angela Collins
          2. 3-year term - Open
          3. 3-year term - Open
       2. Judicial Committee
          1. Rachel Radel
          2. Lolita Schumacher
          3. Sarah Heimerman
          4. Amy Kica
    4. Medical Withdrawal Update (Attachment)
       1. 30 day review window will be opening soon
          1. Please provide any feedback on the feedback form when it opens or to Trent Fredericksen
  1. Treasurer’s Report
     1. Have not received 2022-2023 funds yet
     2. No charges for this FY yet
  2. Community Engagement Chair
     1. No update
  3. Events Committee Chair
     1. Co-chair: Mindy Hunke
     2. Fall picnic – Dates that Chancellor Li is available.
     3. Faculty Senate to donate $500 towards dessert
  4. Professional Development Chair
     1. Co-chair: Rachel Redwyn
     2. Approved one application for ~$1,700
     3. Working to redevelop and design new applications
     4. New opportunities – Networking/mentoring events
  5. Strategic Planning & Culture Chair
     1. Co-chair: Kelly Johnson
     2. No new updates

1. Announcements
   1. Memorial Park Concert – July 22
      1. Campus closes early for parking – more information will be shared closer to that date
      2. Sheryl Crow is the headliner this year
   2. Baxter Arena Open Skating in July
      1. UNO Staff/Faculty/Students receive free admission
      2. Skate rental is $3
         1. [Calendar of dates](https://www.baxterarena.com/holland-ice/uno-student-events/month/)
2. For the Good of the Order
   1. Sending out information for Stop the Bleed training
   2. Public Safety training information coming soon
3. Adjournment – 10:05 A.M.