

PSA *VOICE*

March 2018

OFFICIAL NEWSLETTER OF THE UNIVERSITY OF TOLEDO PROFESSIONAL STAFF ASSOCIATION



IN THE SPOTLIGHT
Yixing Chen

Yixing is a Clinical Simulation & Educational Research Associate at the Interprofessional Immersive Simulation Center on HSC

How long have you been a Rocket and in what capacity?

I have been a Rocket for over 10 years. I started at the university in 2007 getting my Master's degree in Public Health and then becoming a research associate with the Psychiatry department. In 2014, I began working as a simulation technician at the Immersive Simulation Center on Health Science Campus.

How would you describe your job?

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MESSAGE FROM THE SICK LEAVE BANK CHAIR

Established in 1998, The University of Toledo Professional Staff Association's Sick Leave Bank has proven to be a very worthwhile effort. This Sick Leave Bank provides help for all members who have exhausted their own vacation and sick hours due to a personal catastrophic illness or injury. Beginning in 2010, the Sick Leave Bank was expanded to also include Professional Staff on the Health Science Campus and in 2017, the university agreed to allow this valuable resource to continue.



Deb Sobczak

During the month of March, the Sick Leave Bank is holding their annual Open Enrollment. Full-time PSA employees may make a one-time donation of 16 hours; part-time PSA employees may donate 8 hours.

Please consider joining the Sick Leave Bank and helping your co-workers who may need assistance now or in the future. This is one bank from which we truly hope you will *never* need to make a withdrawal! For links to more information, the policy, the current member list, and the donation form, please go to the PSA-SLB website . Thank you and ***Go Rockets!***

LESSONS IN LEAD*HER*SHIP

The Toledo Women's Basketball team is hosting **Lessons In Lead*HER*ship** presented by Kelly Savage on Tuesday, April 17 from 8 a.m. - 4 p.m. in the Student Union Auditorium on The University of Toledo Campus.

The PSC will sponsor FOUR PSA employees to attend this event! Click Here to apply by March 21st. Winners will be drawn by random selection at the March 22nd PSC meeting.

To *purchase* tickets you can go to the official website of Toledo Athletics or call **419.530.GOLD.**



IN THE SPOTLIGHT continued

My job is a mix of fixing robots, research and development, running simulations, technology support, setting up cadaveric labs, and other various tasks to keep me on my toes and helping our learners to get the most out of their time spent here.

What distinguishes UT from other workplaces?

The people. Whether it's my colleagues, the students, or the faculty, I love working with all the wonderful people through my job.

What resources from UT are your "must-haves" to perform your job?

Adaptability of the faculty and staff! No ~~day~~ hours are the same here. My job requires me to be ready to tackle any challenges that come up.

What is your favorite thing about UT?

This might be biased, but working in the state-of-the-art facility that is the Interprofessional Immersive Simulation Center is pretty awesome. Not only is my job fun, but what matters is that through the education we provide we are saving lives and making a difference!

Can you tell us something about yourself that most people don't know or would be surprised to learn?

I am currently growing out my hair to donate. It's been two years and I have a few more inches to go. Also, I can solve a Rubix cube in under 2 minutes—without looking.

WORKSHOP 'WRAP-UP': MINDFULNESS

mind·ful·ness

/ˈmīn(d)f(ə)lnəs/

Noun

the quality or state of being conscious or aware of something.

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Professor Jay Rinsen Weik, director of The University of Toledo Mindfulness and Creativity Initiative, led a workshop for Professional Staff this past Valentine's Day on the benefits of mindfulness meditation. Weik, who is also a Buddhist priest with the Buddhist Temple of Toledo, reminded participants that though mindfulness is rooted in Buddhist beliefs, it is a wellness practice everyone can develop to "tune into the present moment."



Professor Jay Rinsen Weik

The Professional Staff Association is Accepting PSA Scholarship Applications for the 2018—2019 Academic Year

The PSA Scholarship is still accepting applications. This application requires one letter of recommendation from a PSA member, and the deadline is Friday, March 16, so get your letters written now!

The PSA scholarship is awarded annually to part-time or full-time students who are currently enrolled at The University of Toledo. Qualified applicants must have at least 30 earned hours (sophomore standing) and hold a 2.5 GPA (on a 4.0 scale) by time of application for eligibility. Students must submit their completed application (to include 3 personal/professional references, their 500-word essay, as well as one letter of recommendation from a current UT PSA employee) to Deborah Krohn, PSA Scholarship Chair, by mail, drop off to Stranahan Hall Suite 1022, or email (as one PDF attachment) from their UT Rockets email account only to deborah.krohn@utoledo.edu

Applications must be received or, if sent by mail, **postmarked by 5 p.m. on Friday, March 16, 2018 for consideration**; no exceptions. The application and submission information are available on the Professional Staff Association webpage. For questions, concerns, or a copy of the full letter soliciting applications to send to students, contact Deborah Krohn.



Professional Staff Association has a Facebook page! Like and follow us for announcements, event photos, and the occasional fun, motivational post! Want to be in the spotlight, or know someone who should? Nominate yourself or a colleague for a Spotlight feature in an upcoming newsletter with our new web nomination form, available on the PSA website. Have news to share or wish to serve on a committee? Send an email to utpsc@utoledo.edu

HR TO PRESENT ON "BURIED BENEFITS"

Did you know that travel insurance and identify theft protection are available benefits to you? Professional Staff Council and the Professional Development Committee will host Benefits Administration Manager, Kate Johnson, on Thursday, March 22 from 12-1 to discuss and answer questions about some of the available resources to Professional Staff.

Come to the Rocket Room (Rocket Hall 1530) for a refresher on some of those benefits that maybe you learned about in new hire orientation but have since forgotten about. Space is limited! Click here to secure your spot!

PROFESSIONAL STAFF ASSOCIATION

PROFESSIONAL STAFF COUNCIL

ANONYMOUS FEEDBACK

PROFESSIONAL STAFF ASSOCIATION
THE UNIVERSITY OF TOLEDO

PSA COMMITTEES

ADVOCACY | COMMUNICATIONS | ELECTIONS | FUNDRAISING | MEMBERSHIP

PROFESSIONAL DEVELOPMENT | SCHOLARSHIP | SICK LEAVE BANK







Spring into Better Habits: March 12-16, 2018

Compete in the University Libraries **Spring into Better Habits** Bingo Card Challenge!

Bingo Card Locations	Main Campus:	Health Science Campus:
	• UT Student Recreational Center • Carlson Library (1st floor) • Eberly Center	• Morse Center • Mulford Library (4th floor)

Bingo Card Due: March 16th 6 pm @Carlson Library or **Midnight** @Mulford Library. Winners announced by email!

UNIVERSITY LIBRARIES THE UNIVERSITY OF TOLEDO

DIVISION of STUDENT AFFAIRS THE UNIVERSITY OF TOLEDO Office of Recreational Services

TOLEDO LUCAS COUNTY PUBLIC LIBRARY

TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT Stay informed. Stay healthy.

"Spring Into Better Habits" is taking place Monday through Friday, March 12-16.

Pick up a bingo card at one of 4 locations on campus or at 5 of the Toledo-Lucas County Public Library branches . Squares on the bingo cards include drinking water, walking, eating veggies and more!

Prizes are available.

Winners will be contacted by email Monday, March 18. and will need a UT ID to collect prizes.

To learn more about the event, go to libguides.utoledo.edu/spring.






