

## NIAS Minutes

[Microsoft Teams](#)

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March 23, 2020

11-12pm

Attending - **Forgot to send out a sign in sheet or document attendees - attendance was not taken.**

Agenda Items:

- I. Call to Order **11:01am**
- II. Approval of Minutes – **Minutes from last meeting were unavailable. We will approve at the next meeting.**
- III. Old Business
  - a. How Can I Be of Service? email to SecU (sent by Emily in Aug. 2020)  
**Question was sent to the Sec of U and the Academic Staff committee as to Virtual opportunities during Covid. We did not receive a lot of input.**
  - b. Any other volunteer opportunities
    - **Judging for Undergraduate research Symposium - synchronous and asynchronous opportunities available. Contact: [https://milwaukee.qualtrics.com/jfe/form/SV\\_3Ww5gAIRBe5V9GK](https://milwaukee.qualtrics.com/jfe/form/SV_3Ww5gAIRBe5V9GK) Information on the symposium <https://uwm.edu/our/programs/symposium/>**
    - **Contact tracing opportunities – numbers have declined - no one has seen ops for more people to join.**
    - **Graduation opportunities may exist with the alternative smaller group ceremonies such Military veteran Drive up ceremony or other special graduation events. Not sure if volunteer opportunities are limited due to Covid.**
    - **Peck School of the Arts – starting to get outside requests for events at Zelazo - going through Special requests. **Bob Peck** will check with Randy Holper to see if they want to use volunteers – Not sure if they are limited volunteer ops due to COVID guidelines on number of people allowed.**
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  - c. Survey to academic staff (Jim was drafting in Dec. 2020)  
Jim did draft the survey including two questions on professional areas of interest and personal goals for staff.  
**Jim completed Survey in December:**  
[https://milwaukee.ca1.qualtrics.com/jfe/preview/SV\\_789j14O64IHEeIB?Q\\_CHL=previe w&Q\\_SurveyVersionID=current](https://milwaukee.ca1.qualtrics.com/jfe/preview/SV_789j14O64IHEeIB?Q_CHL=previe w&Q_SurveyVersionID=current)  
**Should we wait until staff return or send out now? Many thought to send out closer to Fall.**
- IV. New Business
  - a. 2020-21 UWM Academic Staff Professional Development Award

- i. Deadline: April 30, 2021, no later than 4:30 p.m.
- ii. <https://uwm.edu/secu/as/standing/awards/call-for-nominations/>

Discussed if we should pursue this year as most of the awards should focus on mental health. It was discussed that any time we get people together for a meeting outside our typical work silos can be considered good for our mental health.

Ideas shared:

Get together a more interactive program (like yoga or exercise) that would help people get healthy and see others from campus they have not seen in a while to make mental improvements.

Put together a more physical challenge like  
smashing melons to relieve stress.

A hiking or steps challenge - something different than a lecture.

Something to relieve stress.

The group will contact to kinesiology (Laura Rooney) – see if they can

Offer something like a meditation class or a exercise opportunity

Maybe a mindfulness session?

Robert wager offered a great mindfulness class - something like that would be good.

Silver cloud lists some meditation opportunities – **Julie** will look into that.

If we decide on an activity, we would like to get that in place before Fall.

Everyone should forward their ideas for a grant session in via group chat by April 9<sup>th</sup> – **Jim** will write up the grant based on what we offer and decide on. If there are no ideas by that time we will not apply.

V. Announcements/Check-in

- a. **Emily** will be on Maternity Leave soon and will not be available until she returns.

VI. Adjourn 11:33am.