



Winter 2018 Newsletter

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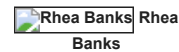
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Message from the Chair

Happy New Year! We hope that you had a relaxing break and enjoyed the holidays. I would like to start this issue off with a few thank yous. First, thank you to University leadership 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 2017 Staff Survey. NUSAC worked with senior leaders in our schools and units to ensure that we created a survey that would truly measure our thoughts about working at Northwestern. It was our chance to provide feedback 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 events planned for you such as our Ice Skating Mixer, which will be another fun way for us all to mix and mingle. In this edition, we have also included information about events hosted by other staff groups. We encourage you to attend those as well and look forward to seeing you there. 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 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 interests you and gives you an opportunity to meet new people at Northwestern. If you have any comments, suggestions or questions, please reach out to us. We wish you a wonderful winter quarter.

Sincerely,

Rhea Banks
NUSAC Chair

Wildcats take down Spartans in 5th Annual Staff Football Mixer



This season marked the first time that the annual NUSAC football mixer featured a Big Ten opponent in the Michigan State Spartans. The annual mixer is usually held in September and offers faculty and staff the opportunity to tailgate and mingle before cheering on the Wildcat football team. This year, over 300 staff members came together in frigid temperatures to enjoy a NUSAC sponsored tailgate on the Randy Walker Terrace before a nationally televised game against the 16th ranked Spartans.

Attendees who braved the cold temperatures were treated to a thrilling triple overtime victory in which the Wildcats were able to topple the Spartans, 39-31. The win improved the Wildcats record to 5-3 and was the second win in a row in overtime. The hot chocolate was flowing throughout the game and kept the attendees warm enough to enjoy the exhilarating finish.

NU Cares

Are you in need of one-time financial support due to a medical or other personal emergency, or are you interested in donating funds to help colleagues in this situation? To support these goals, NU Cares provides financial awards to faculty and staff on the basis of anonymously-reviewed applications. All staff and faculty contributions, in any amount, are welcome, including recurring automatic payroll donations.

From **now through February 10**, we are holding our annual Awareness Drive with a goal of receiving \$2,500 in new contributions. We encourage all staff to review the program details on our [website](#).

NUSAC Recruitment

The Northwestern University Staff Advisory Council (NUSAC) will be recruiting new council members starting in March. Please consider joining fellow staff members in serving as a voice and change-agent for Northwestern staff.

Why Apply?

- Join a diverse staff volunteer group focused on promoting a positive work environment
- Help communicate staff concerns and feedback to the attention of the University administrators
- Take advantage of the opportunity to learn more about the University's current issues and strategic plan
- Expand your network throughout the University

Eligibility:

- Applications must be from regular full- or part-time staff members with at least two years of continuous service at the University
- Applicants and members must have an agreement with their supervisors that some of their work time will be spent attending NUSAC meetings, participating in NUSAC-related events, and working on projects on behalf of NUSAC

To learn more about the council, please visit the [NUSAC website](#). More information will be forthcoming in mid-February.

NUSAC Blessings in a Backpack



This will be NUSAC's fourth year participating in Blessings in a Backpack! This program provides elementary school children who are on the federal Free and Reduced Price Meal Program with a backpack of food to take home for 38 weekends during the school year. Our goal is to provide enough food items to sustain the children through their upcoming spring break. Backpack food includes easy-to-prepare, ready-to-eat foods. This year's drive will take place from **February 12 - March 12**. Flyers and an email blast will be forthcoming with suggested items and drop-off locations. We appreciate your support and look forward to another successful Blessings event.

Employee of the Year

We are happy to announce the nominations period for the 2018 staff Employee of the Year. You may [submit a nomination](#) for an eligible staff member through February 16. The University-wide committee will select seven finalists, and the winner will be named at the Annual Staff Service Recognition Luncheon on Wednesday, May 30.

To be eligible for the award, staff members must:

- Have been employed at Northwestern for three or more years
- Be in good standing
- Not have been previously named as the "Employee of the Year" within the past five years

If you are interested in nominating someone for Employee of the Year, consider attending the lunch-time workshop session during which you will learn how to write a nomination that is both specific and meaningful. By the end of the session, you will be able to:

- Make sure your candidate is qualified
- Identify what makes a successful submission
- Use concrete examples to make your case
- Write a clear, concise, and compelling submission

Evanson: February 1, 11:45 a.m.-1:15 p.m. || Chicago: February 8, 11:45 a.m.-1:15 p.m.

Registration is required. To register, please go to [myHR Learn](#) to sign up.

Please contact Maudell Gaines at maudell-gaines@northwestern.edu or call 847-491-7509 for more information.

Ice Skating Mixers

Join NUSAC and YourLife for an Ice Skating Mixer! Open to faculty, staff, family and friends. Stay warm with a complimentary warm beverage, snacks, and Northwestern swag (while supplies last). Free skate rental with presentation of WildCARD. Registration is not required. New this year, a limited amount of children skates will be available.

- Saturday, February 10, 12:30 p.m. Special guest appearance by Willie the Wildcat (schedule permitting)

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: Winter 2018

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.

Hands-Only CPR Workshops

YourLife has partnered with the [American Heart Association](#) to provide hands-only CPR workshops. During these one-hour workshops you'll be taught the difference between a heart attack and cardiac arrest, learn the techniques to quickly apply CPR and possibly save someone's life, and get "hands on" training with a mannequin.

- Chicago: Friday, February 9, 12:00 p.m. – 1:00 p.m., McGaw Pavilion, Room 1-401, [Register](#)
- Evanston: Friday, February 16, 12:00 p.m. – 1:00 p.m., Rebecca Crown, Hardin Hall, [Register](#)

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.

"Create a Budget, Ditch Your Debt and Start Saving for the Future" (For employees new to investing or those wanting to turn over a new leaf)

- Chicago: Friday, January 19, 12:00 p.m. – 1:00 p.m., Lurie Research Building, Baldwin Auditorium, [Register](#)

"Fundamentals of Retirement Income Planning" (For employees beginning to plan for retirement)

- Evanston: Tuesday, March 13, 12:00 p.m. – 1:00 p.m., Norris, Wildcat Room 101, [Register](#)
- Chicago: Wednesday, March 14, 12:00 p.m. – 1:00 p.m., Lurie Research Building, Baldwin Auditorium, [Register](#)

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

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

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

Northwestern's Advisory Committee on Investment Responsibility

The Advisory Committee on Investment Responsibility (ACIR) holds quarterly public meetings to discuss Northwestern's investment practices. The committee is gathering feedback on ethical investment issues that are most important to students (i.e. human rights, sustainability).

The ACIR's next public meeting will be held on March 28. Attendees will receive information on Institutional Shareholder Services([ISS](#)) and their [proxy voting database](#), and they will have the opportunity to ask questions about how corporate decisions are made on shareholder proposals. The ACIR will have the opportunity to weigh in on Northwestern's proxy votes during the Spring 2018 quarter, and would like staff/student views to be represented.

If you have any questions, please contact Melissa Passalacqua, Vice Chair at m-passalacqua@kellogg.northwestern.edu. For additional information, please visit: [The Daily Northwestern](#) and the [ACIR website](#).

NUSAC Staff Organization Spotlight: Black Professional Network

The Northwestern University Black Professionals Network (BPN) strives to build community through our shared experiences to foster open dialogue, leadership and mentorship that will improve the NU Black professional experience. BPN is open to all full-time staff who identify as Black and/or African American.

Since 2016, BPN has implemented a host of events and programming, including Colleague Connection, Journey Narratives, professional development workshops and monthly networking lunches. BPN events are primarily held on the Evanston campus; however, we plan on developing a stronger presence on the Chicago campus in 2018. Stay tuned for our website launch this month. If you have any questions or further interests, send us an email at BPN@northwestern.edu.

Northwestern University Staff Advisory Council

Contact NUSAC:

Web site: www.northwestern.edu/nusac

E-mail: nusac@northwestern.edu

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