

Good afternoon, USC!

Here are your updates for the week of February 22nd-26th

Important Information:

Family Services EAP:

Please find attached the latest newsletter from our EAP provider. If you have any questions or require their services, please contact them at 1-844-864-8343.

Engagement Committee:

Thank you to everyone who joined the Engagement Committee meeting last week. Our next meeting will be held on March 2nd at 2:00 pm. If you are interested in joining please let Kate know.

Parking:

For those who are returning to the building in the following weeks, the following gates will remain raised with free parking in the following locations:

- South Valley
- Huron Flats
- Althouse
- Springett
- Westminster
- Elborn (ungated)
- Medway

Departmental Updates:

PEOPLE AND DEVELOPMENT

Wellness Program:

Wellness Contest: Thank you to those who participated in the wellness contest showcasing how they incorporate wellness into their daily lives! Please see entries by both Ben and Robin! The winner will be announced in next week's internal communication.

Ben Lollar:

With this benefit I will offset the recent purchase of new running shoes. I got these shoes specifically to keep running in the snow.

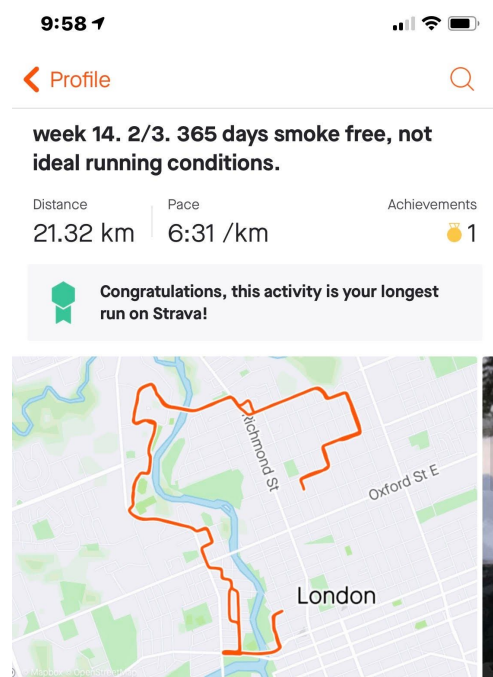
My wellness story - I quit smoking on January 29, 2020. I began running early in the spring to really refocus on my personal health and wellness. To celebrate 1 year smoke free I planned to run my first half-marathon on January 29, 2021. London got pelted with snow all day. It took me 2 hrs and 18 min. Setting that goal and achieving it is the most proud I have been of myself in a

long long time.

Picture 1: new shoes - allowed me to run in the snowy conditions, performed so well that my socks were wet from the inside out (sweat) and not the other way around.



Picture 2: my route through the university is a beautiful place to run, we really are so lucky to work on such a beautiful campus.



Picture 3: my tired face.



Picture 4: the amount of snow fallen that day on my car.



Robin Kirk:



Wellness Benefit: Just a friendly reminder to everyone that everyone is getting an additional \$50 added to their wellness benefit amount as mentioned by Jeff Armour at the last Town Hall. For Wellness Reimbursements or questions regarding your wellness benefit balance please contact Andrea.

Just a friendly reminder that if you would like access to a Headspace account you can enroll for free using this link! Headspace is a wonderful app that has guided meditation sessions, workouts, podcasts, and playlists created to help you focus while doing work!

<https://work.headspace.com/universitystudentscouncilofwesternuniversity/member-enroll>

FINANCE

Thank you for submitting your AP and AR details promptly. AP cheques will continue to be mailed, be sure to include an address. Please reach out to the Finance team regarding deposits and payments. We will do our best to accommodate your financial needs in a timely manner. Need a copy of your 2020 T4, PT copies reach out to Tanee, FT copies to MA.

INFORMATION SYSTEMS

As we return to a regular presence in the UCC, remember to use the helpdesk@westernusc.ca email for your I.S. support requests. This will ensure that you get the help you need ASAP no matter if it is Geoff or Noah on site on any particular day.

Remember as well that Western's recent upgrade to their email system may have temporarily broken your desktop Outlook client. You can still use <https://myoffice.uwo.ca> to send / receive emails, or create a Helpdesk Ticket online at <https://usc.freshdesk.com/support/tickets/new>.

RESERVATIONS & BUILDING SERVICES

The building hours for the UCC commencing Monday February 22nd will be:

Monday Friday – 6:00am – 8:00pm

Saturday / Sunday: 6:00am – 4:00pm

These hours might be adjusted on a later date.

REMINDER: TO SIGN IN AND OUT OF SWIPEDON IF YOU ARE ENTERING THE BUILDING FOR WORK AS WELL AS COMPLETING THE USC COVID ACKNOWLEDGEMENT BEFORE COMING TO WORK.

Your SwipedOn app may ask you to allow it to access your location. Please allow this as it is part of the latest update to know if you are signing in from the building or offsite. There will be more information once functionality of the new update has been fleshed out.

The Study Lounge will be reopening as of February 22nd - Monday to Friday 9 a.m. to 8 p.m. There will be 50 single bookable pods available.

InfoSource will be reopening as of February 22nd - Monday to Friday 10 a.m. to 4 p.m. Mail delivery will resume and your mail will be delivered to the main office once sorted. If you have any information about anything going on that students might ask about, please email Karen and/or myself.

Nick and Sue are splitting the week onsite in the UCC. Nick will be on Mondays and Wednesdays. Sue will be on Tuesdays and Thursdays. They will alternate Fridays. So if you need anything onsite they will be available.

PRODUCTIONS

Andy and Rob will be onsite more regularly but still on a project-based approach, so if you have picture hanging, furniture assembly, moving, or other work requests please submit them to workorders@westernusc.ca so that we can properly triage your request. With the Study Lounge re-opening, we will also resume having a small contingent of part-time Productions staff in the building, so any requests will be addressed quickly.

ADVOCACY AND GOVERNMENT SERVICES PROMOTIONS PRINT PRODUCTION