

Department of Enrollment Management

Winter Community Wellness Newsletter

January 29, 2021



Welcome to 2021 Winter Newsletter

To think we made it through 2020 and are beginning a new year tends to encourage hope of new beginnings, restarting and evaluating a calendar year gone by. As an office busy amidst processing materials, recruiting students, reading files, and more it is important to recognize not only our work but also each other and the impact our wellness has on our ability to succeed. As the winter continues on we look forward to sharing what inspires you and keeps you well.

We found inspiration in [Amanda Gorman's](#) inaugural poem, "The Hill We Climb." Gorman writes, "Where can we find light in this never-ending shade?" Her moving [poem](#) brings to forefront difficulty and yet perseverance, the resolution to continue our work, to not settle, and strive for better. After a difficult 2020 Amanda's message speaks to us, "We will rise from the lake-rimmed cities of the midwestern states...We will rebuild, reconcile and recover." This newsletter takes inspiration from you as we focus on **emotional** and **social** wellness.

We appreciate your contributions to this quarter's newsletter and recognize a number of birthdays and anniversaries among our OAR teams. Thank you for your contributions and stay well. - CWC

Wellness Committee and Membership

OAR Committee Members

- Dana Gilbertson
- Vianey Hernandez
- Nicole Kaforski
- Ezra Mauk
- Anna Parrell
- Teresa Rutecki
- Joshua Rybaski
- Rachel Tatge
- Simona Simkins
- Camille Walters
- Nancy Hoffman (Liaison)
- **Your name here** _____

DEM Wellness Team

- Paula Gates – OVPEM
- Nicole Kaforski – OAR
- Kate Kurek – RO
- Tristin Marotz – RO
- Angie Rieves – RO
- Nicole Schumacher – OSFA
- Cori Splain – OSFA
- Erica Tisdale – OSFA

The OAR Community Wellness Committee meets every three weeks on Friday. Our mission is to build community and promote health and wellness opportunities throughout the year. If you are interested in joining the committee or sharing ideas for community wellness please contact any of the members to join a meeting. Next CWC meeting is scheduled for February 5th at 10am. Reach out to a committee member for details.

Social Wellness

The ability to relate to and connect with other people in our world.

Social media plays a large role in our lives, and even more so as we traverse a time where it has become one of the only ways to connect with other human beings. The visuals and words we absorb from social media can deeply affect our thoughts, actions, and beliefs about ourselves and the world around us, so it is important to question whom we follow and why. Take some time in the next few months to perform a social media purge – unfollowing accounts, as Marie Kondo would say, that no longer “spark joy”. Additionally, seek out and explore new accounts that expand your circle of knowledge and broaden your worldview. Here are some of our recent favorites:

@blackandwell
@chuckdrawsthings
@thebraincoach
@chelsey.moves
@howmental

@michaeljameswong
@boysofyoga
@minaa_b
@antiracismdaily
@skinnytaste

@alex_elle
@blackgirlinom
@thelatestkate
@makedaisychains
@podandprejudice



Need a snack break, try a twist with Apple Nachos.



Healthy apple nachos layered with fresh apples, bits of chocolate, coconut flakes, and drizzled with gooey, warm nut butter and sprinkle of cinnamon.

- Apples – Use your favorite apples – green or red.
- Peanut butter – Use creamy or crunchy. Also, [Almond Butter](#), sunflower butter or your favorite nut butter would be great too.
- Chocolate chips – You can opt for [mini chocolate chips](#) like I used here. Also, cacao nibs or carob chips are a healthy option.
- Shredded coconut – use unsweetened or toasted would be delicious too.
- Cinnamon – a dash adds a nice warm flavor and pairs well with everything!
- Lemon or lime – This is optional, but will help to keep the apples from browning.

Emotional Wellness

The ability to understand ourselves and cope with the challenges life can bring.

9 Inspiring Ways to Practice Gratitude – Even When Life Gets Hard

When you harness the power of [gratitude](#), it can be truly [life-changing](#). Not only can it [give your brain a boost](#) and make you feel more connected to others, but it can also change your perspective on life. These simple strategies will make a big impact on your happiness.

Hindsight is 20/20: Journal prompts for reflecting on the past year

1. If you had to pick one moment to define your 2020, which would it be?
2. What's one new hobby, habit, or routine you're glad you picked up?
3. Which one will you be happy to leave behind?
4. What's one quality you've learned to appreciate about yourself?
5. What's one area you hope to grow next year?
6. What was one of the hardest lessons you learned?
7. Who is the one person you couldn't have done this year without?
8. Write a gratitude list of this year's silver linings.
9. Letters from the future: what would you tell your January 1, 2020 self?
10. Write down all of your wildest dream for 2021.

<https://thriveglobal.com/stories/practice-gratitude-more-thankful-tips-how-to/>



COVID-19: Vaccine Phases and Eligibility

COVID-19 vaccine is being distributed to Wisconsin residents in a phased approach. Wisconsin has over 1,200 COVID-19 eligible vaccinators across the state. Much like your flu vaccine, there will be options for where you get your COVID-19 vaccine. People will be vaccinated at many places including: health care providers, pharmacies, local health departments, places of employment, and mass vaccination clinics. Local health departments are coordinating many of the local options. More information about the Wisconsin Department of Health Service Vaccine phases and eligibility is available online here (<https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm>).



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

Mindfulness Updates

Connecting you to health news and resources in your community

January 2021



Drop-in Session Links

Freely offered; no pre-registration required

UW Health Mindfulness Program

If you would like to join a Mindful drop-in session, there are regularly scheduled dates and times.

Drop-in Sessions for People of Color - Drop-in sessions for people of color to practice together, facilitated by Michael Waupoose and Toral Livingston-Jha. We ask that you attend only if you identify as a person of color.

Website link [here](#)

Did you know that UW-Madison has an Outpages Directory?

The OutPages directory seeks to foster professional relationships and mentoring opportunities through engaging LGBTQ+ faculty and staff in the creation of online searchable profiles.

Click [here](#) for more information.



Birthdays & Work Anniversaries

Please let us know if we missed you this quarter. We want to acknowledge you next round.



OAR Work Anniversaries

(Data from DEM HR - DEM-wide anniversaries coming soon!!)

Birthdays Celebrations

(From internal staff website - DEM-wide birthdays to come soon!)

October

10th - Kent Emerson

November

25th - Anna Bryan

December

14th - Lori Christianson

19th - Street

27th - Sami Boynton

27th - Lindsey Bliefernicht

31st - Hannah Roberg

January

3rd - Mallory Oller

6th - Katie Dunagan

28th - Simona Simkins

February

1st - Lauren Anderson

12th - Tom Geis

March

7th - Gabby Knauer

7th - Sarah Woller

31st - Emily Brix

To add your birthday to the list please complete internal Staff Site profile directory

October

1st - Dave Leszczynski (21yrs)

1st - Renee Koerner (1yr)

7th - Ezra Mauk (1yr)

7th - Katie Hastreiter (1yr)

13th - Kara Zavada (6yrs)

16th - Froylan Hernandez (1yr)

16th - Mallory Oller (1yr)

16th - Justin Pierce (1yr)

16th - Sebastian Philipp (9yrs)

November

3rd - Anna Parrell (7yrs)

4th - Rachel Tatge (1yr)

4th - Heidi Updegrove (1yr)

14th - Wendy Crabb (3yrs)

15th - Mark Swenson (5yrs)

20th - Cari Anderson (9yrs)

December

3rd - Tom Geis (3yrs)

13th - Lori Christianson (10yrs)

15th - Emilie Dickson (12yrs)

January

1st - Sam Thompson (3yrs)

6th - Arrianna Dawidziak (1yr)

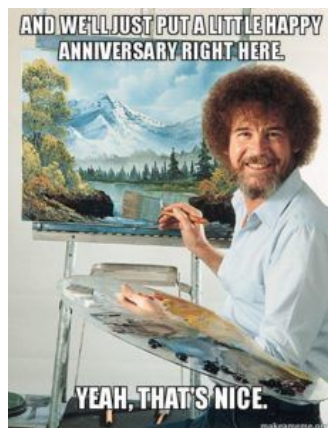
6th - Vianey Hernandez (1yr)

6th - Joshua Rybaski (1yr)

26th - Rebecca Ring (40yrs)

March

3rd - Katie Seibel (2 yrs)



I'll add it to my list...

This is the place to learn about the movies, books, music, podcasts or whatever that makes our team stop and want to talk about. You can add these items to your list:

Podcasts

Potterless (Recommended by Keira Vollandt) - An adult reads the Harry Potter series for the first time. Although JKR's current views are flawed, I enjoy being able to support the value of the series without rewarding the author and being able to still be involved in that community.

Today, Explained by Vox (Recommended by Michael Rutkowski) - It's a great way to hear a deep-dive into current topics with guests, etc.

The Queer Wellness Podcast: (recommended by Nicole K, description from Spotify) - "While mainstream wellness spaces often leave queer and trans people out of the picture, the Queer Wellness Podcast is here to talk about mental health, body-positive physical health, sex, relationships, spirituality, identity and more. Hosted by queer holistic wellness practitioner Katya Weiss-Andersson with interviews from LGBTQ guest experts, we offer a multitude of different modalities and practices to support whole-person, whole-community health". I highly enjoyed the podcast episode, *Homophobes Love Statistics*.

Ologies with Allie Ward: (recommended by Lindsey Bliefernicht) - fun and educational interview between the hosts and "ologists" where they talk about their specialty. The host is very charming and the guests are so passionate that I became interested in topics I didn't think would interest me!

Home Cooking: (recommended by Anonymous) - Podcast with Samin Nosrat and Hrish Hirway that started at the beginning of the pandemic as a way to connect around food and community. Samin and Hrish are hysterical and I love listening to Home Cooking while I, well, cook! Samin especially makes cooking and getting creative so exciting and approachable, regardless of your skill level. Unfortunately they just stopped making episodes, so this is a limited series.

Ear Hustle (recommended by Scott Golueke) - Ear Hustle brings you the daily realities of life inside prison, shared by those living it.

Dolly Parton's America (recommended by Wendy Crabb) - from the website: In this intensely divided moment, one of the few things everyone still seems to agree on is Dolly Parton - but why? That simple question leads to a deeply personal, historical, and musical rethinking of one of America's great icons.



Games

Euchre 3D (Recommended by Rick Schumal) - In my spare time my wife and I play Euchre 3D. It's a game on our phone where we can join a game with other people and play Euchre. It's pretty fun, takes 10-15 min for a game. It takes your mind off things. We play often, when taking a break or during a boring TV show.

Music

Taylor Swift -- Folklore and Evermore (Recommended by Keira Vollandt) - great quarantine albums to help you work through your feelings.

Lady Gaga - Chromatica (Recommended by Alyssa Watts Ransom) - it's become my go-to workout playlist lately!

Adrianne Lenker (Recommended by Lindsey Bliefernicht) - For indie lovers. The type of music that's perfect for a grey day with a cup of tea - Look up "symbol".

Sitar meditation music (Recommended by Scott Golueke) - We can all use some relaxation and it's hard not to be relaxed while listening to the sitar.

Blue Bear Flutes: bluebearflutes.com (Recommended by Simona S.) - Charlie Mato-Toyela is an awesome Native American flute maker: 4-, 5-, and 6-hole flutes, drone flutes, and even the occasional Aztec flute. His website has a ton of videos on all aspects of flute playing and care, so you can easily learn on your own. Playing is a mind-clearing, slow-paced, chill, and "flowy" practice. I take virtual classes now and Charlie not only teaches flute, but weaves in Native American stories and history as well. Can't recommend Blue Bear Flutes enough!

12 Little Spells, by Esperanza Spalding (Recommended by Simona S.) – Esoteric and complex jazz, this album is inspired by Reiki healing practices. She's a thoughtful lyricist, crystalline-clear singer, groove-steady bassist and textural pianist. Take the time to listen to the messages and depth of Spalding's creativity. My favorite song: "Thang (hips)" – listen to this tune early in the morning with a cup of tea and "loosen up your hip joints!" You won't be disappointed.

The Prettybads (Recommended by Simona S.) - Love punk? Love doing awesome projects with your partner? Here's some inspiration. Jordan & Kayla Prettybad are a married punk duo from Houston. Sometimes fast. Sometimes doo-woppy. Always prettybad.

Books

Taste Your Words by Bonnie Clark (Recommended by Simona S.) - An excellent resource for parents to teach their kids to think before they speak. Clark makes it easy for even the youngest child to understand the power of their words. It also lets your kid know that adults aren't always perfect, which is such a great lesson for little ears. My daughter loves this book, and so do I!



Red, White, and Royal Blue by Casey McQuiston (Recommended by Nate Rosenberg) - My favorite book that I reread all the time. Imagine the West Wing crossed with Pride and Prejudice!

Contact by Carl Sagan (Recommended by Scott Golueke) - You may have seen the movie that was made in the late 90s, but this book was written in the 80s. The main character is from Madison, WI and is a female in a male dominated STEM field. Carl Sagan takes you into some deep thought experiments in this book.

A Man Called Ove by Fredrik Backman (Recommended by Troy Moldenhauer) - it is unexpected, from cover to cover, the character development and untold 'love' in the book are remarkable.

As You Wish: Inconceivable Tales from the Making of The Princess Bride audiobook (Recommended by Wendy Crabb) - read by Cary Elwes and some of the actors from the movie The Princess Bride. I loved the movie and hearing Cary talk about the behind the scenes antics was delightful.

Black Sun (Between Earth and Sky) by Rebecca Roanhorse (Recommended by Simona S.) - This book is inspired by the civilizations of the Pre-Columbian Americas and woven into a tale of celestial prophecies, political intrigue, and forbidden magic. Amazing read!

Movies

Mucho Mucho Amor: The Legend of Walter Mercado (2020), Netflix (Recommended by Simona S.) - An affectionate tribute to Walter Mercado, it's a great documentary for life-long fans and first-timers. Our family watched and loved Mercado from the time I was little, and everything stopped in my life when I saw this movie on my Netflix feed – I watched immediately. Look for a wonderful cameo from a Broadway superstar, too!!

Wolfwalkers, Apple+ (Recommended by Lindsey Bliefernicht) - a wonderful family movie about a young English girl who meets an Irish girl who can turn into a wolf - a heartfelt movie for those who want to feel like a kid in love with fairytales again.

Wonder Woman 1984, HBO Max (Recommended by Alyssa Watts Ransom) - I loved the recent 2017 WW, so had to check this one out as well. The action scenes were great, and so was the 80s fashion flashback :)

Mamma Mia (Recommended by Nate Rosenberg) - My comfort movie is Mamma Mia, so I will always recommend it! Take a chance on it, and when all is said and done, say I Do, I Do, I Do, I Do, I Do! to watching Mamma Mia!

Television

Superstore, Hulu (Recommended by Anonymous) - I watched all of Superstore in like, three weeks. No shame! It's an easy-to-watch sitcom with a diverse cast and hilarious characters. Very underrated show, give it a try!

The Good Place, Netflix (Recommended by Keira Vollandt) - A quick moving comedy about the afterlife that truly leaves you surprised.

Kim's Convenience, Netflix (Recommended by Wendy Crabb and Lindsey Bliefernicht) -

From Wendy: a Canadian show that chronicles the day-to-day micro-dramas encountered by a Korean immigrant family that runs a corner grocery store. As a mixed race Asian woman, I found this show absolutely hilarious and feel like I am listening to my grandparents while watching it.

From Lindsey: a feel good family sitcom about a family of Korean immigrants in Canada

Love Victor, Hulu (Recommend by Joshua Rybaski) - If you enjoyed the movie Love Simon then you'll lol at *Love Victor*. The campy, teenage, coming-out Rom-Com continues with a diverse cast of students as a series. No plot twists here...or is there...

Eats

Seriouseats.com (Recommended by Justin Pierce) - I've been getting into the Serious Eats cooking blog, which has a lot of interesting recipes and nerdy cooking techniques. Since we're all cooking at home a lot more, it's been a great way to make that cooking more interesting.

Global Market (Recommended by Michael Rutkowski) - Near East Towne, they have a grocery store and a food court-style setup where you can get some great takeout from many different vendors. S&M Hmong Kitchen is one of my favorites!

Southwestern Kale Power Salad with Sweet Potato, Quinoa & Avocado Sauce (Recommended by Scott Golueke) - It's so good and lasts in the fridge for days. If you don't like kale, it's probably because you aren't massaging your kale first...seriously that's a thing. Make it vegan by omitting the cheese.

Community Board

Posted by Nate Rosenberg: Nothing formal, but if anyone wants to go on a walk with my dog Murphy and me, message me on Teams! He loves attention!

We want to know what's on your list. Share your movies, books, events, etc with us on the next CW survey.



More to come

January - March

Events

- [Virtual drop-in mindfulness sessions](#) lead by UW Health

Websites

- [Dear Pandemic](#) (Recommended by Wendy Crabb) - real science translated into answers that make sense for the non-scientist about COVID from a group of self-proclaimed nerdy girls, including a researcher/my neighbor from UW-Madison
- Tips for managers and supervisors in leading times during uncertain times:
<https://hr.wisc.edu/managers-and-supervisors/leading-teams-during-disruption/>
- Set of COVID-19-specific resources listed on the Employee Assistance website:
 - [UW Psychiatry COVID-19 Mental Health Resource Guide](#)
 - [COVID-19 materials from LifeMatters](#)
 - [Managing Fears and Anxiety around COVID](#)

Articles

- How to [Support the People You Lead](#) in Times of Uncertainty
- [Coping Tips](#) for Managing your Anxiety in These Uncertain Times
- Ways to [Declutter your Mind and your Workstation](#)

Videos

- Ted Talk by Amanda Gorman, November 2018. [Using Your Voice is a Political Choice](#)
- Responding to Stress Video Series:
<https://hr.wisc.edu/employee-assistance-office/responding-to-stress/>
- AACRAO mental health webinars:
 - [Coming Back to Our Senses: Mindful Awareness for Self-Care](#)
 - [Watering Yourself: Allowing Your Boundaries to Take Care of You](#)
 - [Boundaries, COVID & Burnout: Shift from Depletion to Abundance](#)

One-on-one Support

- [Employee Assistance](#): schedule a confidential appointment; 608-263-2987; eao@mailplus.wisc.edu
- [LifeMatters](#): 24/7 access to professional counselors in support of your personal and work-related concerns

Local Madison Volunteer Opportunities

- Nehemiah - <https://nehemiah.org/get-involved/volunteer-opportunities/>
- Urban League of Greater Madison - <https://ulgm.org/volunteer>
- Urban Triage - <https://urbantriage.org/get-involved>
- United Way of Dane County - <https://www.volunteeryourtime.org/need/>

Madison Winter Activities

- Ice Skating at Tenney Park - Frozen Lagoon, Elver Park, Goodman Park, etc
<https://www.cityofmadison.com/parks/facilities/iceRink.cfm?id=11>
- Local Snowshoeing: <https://www.cityofmadison.com/parks/snowshoeing>
- Cross-Country Skiing: <https://www.cityofmadison.com/parks/crosscountryskiing>
- Sledding: <https://www.cityofmadison.com/parks/facilities/sleddingHills.cfm>

WELLNESS CAFÉ

JAN 29 | FEB 12 & 26 | MARCH 12 & 26 | APRIL 9 & 23

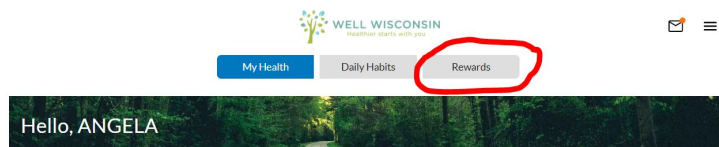
EVERY OTHER FRIDAY AT 10AM

- 30 minutes
- Chat and check-in
- Bring your coffee, tea, smoothie, etc
- All staff and animals welcome
- Don't feel like talking then just listen



Well Wisconsin Incentive Rebate

Employees with State of Wisconsin health insurance are eligible to receive a \$150 reward if they complete 3 tasks on the Well Wisconsin portal. They have options for the wellness visit that can be done remotely as well!



You will need to register through the WebMD portal even if you have registered for this incentive in the past.

Read the directions for setting up your username **carefully** when prompted.
webmdhealth.com/wellwisconsin.

The \$150 reward is issued as a gift card.
Please note this will be taxed on your UW paycheck.



Did we miss something?

Do you want to see something new or more of something?

Please let us know. We appreciate your feedback.