



## STAFF SENATE

### Meeting Minutes

Tuesday, April 12, 2022

2 p.m. | WebEx

**Attendees:** Elaine Almanza-Ortega, Anna Garza, Mariana Barberena Asiain, Andrea Beattie, Heather Benavides, Maria Blasco, Athena Cortez, Maria D De La Garza, Hilda Dennis, Samuel Flores, Susan Foster, Leonela Preciado, Leti Cruz, Cynthia Martinez, Martha Laura Medina, Ruben Mendez, Josefina Molina, Gladys Perez, Adriana Rodriguez, Juliana Medrano, Melissa Morin, Ricardo Ramirez, Blanca E Ramos, Amy Rodrigues, Arturo San Martin Jr, Mirasol Tabarez, Klarissa Tamez, Merari Teran, Georgina Zamudio, Anissa Aguilar, Ana Gonzalez, Andria Hernandez, Alice Arce, Aquiles Barrera, Bernardo Hernandez, Daniel Berndt, Cristina Calderon, Kathy Casares, Elizabeth Martinez, Laura Elizondo, Elsa Real, Eva Sanchez, Carmen Aquino, Norma Cortez, Rosie Dickinson, Erika Cantu, Zoila Franco Hinojosa, Gabriela Chapa, Margaret Gonzalez, Selina Gonzalez, Mirian Granados, Nicolas Herrera, Julio Medina, Kristina Valenciano, Edward Lopez, Elena M Martinez, Leslie Martinez, Miguel Olivas, Amy Palacios, Jessica Perez, Perla Echeverria, David Pina, Armandina Ramos, Julia Rawlins, Rogelio Larumbe, Maria Salazar, Sofia Maldonado, Jessica Tamez, Vanessa Martinez, San Juanita Vela, Victor Hugo Diaz, Juana Villagran, Amelia Rodriguez, Juan Balderas, Daniela Ortiz, Christa Elizondo, Daniela Maldonado, Maria Elena Hernandez, Rosario Benavides, Franz Gordillo, Maria Julia Pena, Zuhey Rocha, Ashley Carey, Freddy Juarez, Krista Quintanilla, Rocio Garcia, Rene G Diaz, Jessica Verastigui, Michelle Begwin

**Executive Board:** Cihlalli Perez, Amy Cortina, Vanessa Almaraz, Ana Vargas, Patsy Lopez, & Lisa Salazar

- **Welcome:** Staff Senate President Cihlalli Perez called the meeting to order at 2:01 p.m.
- **Review of March 2022 Staff Senate Meeting Minutes**  
Motion to approve March Meeting Minutes:
  - Leti Cruz 1<sup>st</sup> Motion
  - Daniel Berndt 2<sup>nd</sup> Motion
- **Treasurer's Report:** \$3,531.85
- **Speaker / Presentation:** Airrosti Presents Health at Your Desk –

Christian Garcia, *Certified Recovery Specialist*; Juan Gaona, *Director of Business Development*; Dr. Sergio Espinoza, Jr., *Sports & Physical Rehab/Certified Chiropractic Sports Practitioner*

- Airrosti is a group of health care providers who help resolve soft tissue injuries.
- **Understanding the effects of prolonged sitting on our bodies**
  - Prolonged seating can cause the spine to be placed in constant flexion. Prevention: sit at a 90 / 90-degree angle. Feet under your knees, head and shoulders should be aligned. Move computer monitors to achieve this position.
- **Conditions/pain that can occur**
  - *Upper-Cross Syndrome* - Condition is in the upper torso area. Typically, people feel pain in the neck and shoulders.
  - *Lower-Cross Syndrome* -This condition is similar but focuses on the lower body. This affects areas of overuse and underuse.
- **Tools for prevention**
  - *Executive Stretch or Figure-Four Stretch* - Put right leg over left leg with your chest nice and tall, chin retracted back. Lean slightly forward but do not round your back. Ears, shoulder blades, and hips should all be aligned. Hold this pose for 30 seconds. Do stretch several times a day.
  - *Seat Row* - Sit nice and tall, relaxed shoulders back. Place arms out in front of you and squeeze shoulder blades. Move slightly forward. Do not let shoulder blades move upwards. Take a deep breath and relax shoulder blades.
  - *Seated Neck Stretch* - When doing this exercise, do not move your body. Move head to one side and hold for ten seconds, then repeat it on the other side. This exercise should be done multiple times a day to prevent a tight neck.
  - *Chin Tucks* - To strengthen the back of neck, make a double chin, squeeze your neck back then move neck slightly forward. Repeat 5 times to help develop back neck strength as well as the muscles on the side of neck.
  - *Hip Flexor Stretch Standing* - Looking straight ahead, keep hips facing forward. Put one leg in front and lean forward. Feel stretch on the back of the leg you have stretched forward. Hold this pose for three to five seconds. Repeat on other leg.
- **Accountable & Outcome-Based Care** – Referral is not needed; \$30 co-pay for TAMIU employees using BCBS.
- Introducing **VIP Chat**: Virtual injury & pain chat with Airrosti provider, free of charge, to understand your pain and discuss treatment options.
- Contact info: [Airrosti Laredo](#) - 2414 Jacaman Rd. | 1-800-404-6050  
[Dr. Sergio Espinoza](#) | [Dr. Jake Tijerina](#)

- **Staff Senate News**

- **Staff Senate Bowl-a-thon** - The annual bowl-a-thon is back and will be hosted on Tuesday, June 14, 2022, at Pla-Mor Entertainment, 2819 Bob Bullock Loop. Open to all Laredo community. Registration details will be shared soon. This is the biggest fundraiser for the TAMIU Staff Senate.
  - **HealthyU - April Showers Bring May Flowers** - Flower planting event for TAMIU employees that will go along with Earth Day this year. Information will be sent out to employees to sign up for the event.
  - **Earth Week Events, Jessica Perez, EHS** - Friday, April 22, 2022, events include:
    - 9-11 a.m. Community Service event held at the TAMIU Garden.
    - 11:30 a.m. - 12 p.m. Dedication of bicycle repair station
    - 12 - 2 p.m. Earth Day Fair by the memorial garden outside the Student Center.
  - **TAMIU Staff Senate Board: Earth Day Celebration**
    - Photo Scavenger Hunt - RSVP to receive a list of items as you take a break during your workday and enjoy campus. Submit 8 out of 12 pictures on the list to enter raffle.
    - Virtual Trivia Game on Friday, April 22 to test your knowledge of Earth Day-related information with eco-friendly prizes.
    - Schneider Electric has donated a Cruiser Bike for the Photo Scavenger Hunt.
    - RSVP: <https://tamiu.wufoo.com/forms/qeq7tcd1qkfunz/>
  - **Employee Educational Program Update** - The SAP outlining the Employee Educational Program is available, read it for more information.  
<https://www.tamiu.edu/compliance/documents/Rules%20and%20SAPs/31.99.01.10.02tuitionandfeepaymentsforemployeespursuingdoctorates.pdf>
  - **COVID Updates** - Testing is ongoing. National Guard vaccination drive continues. As of Wednesday, April 6, 2022, the National Guard has started offering the second booster to those who qualify. The last prizes for Be a Champ Campaign will be given out at TAMIU TED Day.
- **TAMIU News**
    - **Outstanding Employee Service Award** - Nomination form is open; two awards will be given this year. Nominees need to meet certain criteria to be nominated. Deadline is May 12, 2022.  
 Outstanding Employee Service Award Form:  
<https://tamiu.wufoo.com/forms/q1f8iesb1f9kqg0/>
    - **Emergency Action Plan Update** - Emergency Action Plans have been set up outside the main entrances of every building. These are stickers with emergency phone numbers and QR Code that takes you to a building-specific emergency resource.

<https://www.tamtu.edu/adminis/safety/emergency-mgmt/emergency-quick-reference-guides.shtml>

- **April 20, 2022 – Fire Safety Part Two Training on Campus** - Hosted by Office of Environmental Health and Safety.  
<https://outlook.office365.com/owa/calendar/EnvironmentalHealthSafety@dustytamtu.onmicrosoft.com/bookings/>
  - **Office of Continuing Education** - Last day for TAMTU employees to register their children in summer camp is Tuesday, April 12, 2022. After that day, camps will be open to the public. Four sessions offered; each session is \$338.00. If classes do not make, they will be canceled.
  - **American Cancer Society Relay for Life** - Event held Friday, April 22, 2022, at USD Student Activity Center from 6 p.m.-1 a.m. You do not need to stay the whole time, but can stop by and support. Contact Vanessa Almaraz at [vanessa.almaraz@tamtu.edu](mailto:vanessa.almaraz@tamtu.edu) for information.  
<https://secure.acsevents.org/site/SPageServer/?pagename=relay>
  - **TED Registration** - Registration opened last week and will close Friday, April 15, 2022. TED RSVP: <https://go.tamtu.edu/TED2022>
  - **Student Evaluation Form Deadlines** - Forms are due Wednesday, April 27, 2022. Contact Liza Rocha at [campusjobs@tamtu.edu](mailto:campusjobs@tamtu.edu) or ext. 2167 for more info. Also, if you have student employees that you would like to recognize for their accomplishments, nominate them for the Student Employee of the Year Award, deadline: Wednesday, April 20.
- **Open Floor**
    - **Michelle Begwin, Office of Career Services** -School District Fair is scheduled on Wednesday, April 27, 2022, from 1-4 p.m. in the Student Center Ballroom. TAMTU Students, Alumni, and community members are welcome.
- **Door Prizes**
    - Maria Blasco
    - Erika Cantu
    - Edward Lopez
    - Ruben Mendez
- **Motion to adjourn**

Meeting adjourned at 2:50 p.m.

    - Leti Cruz 1<sup>st</sup> motion
    - Ana Vargas 2<sup>nd</sup> motion