

# News from Facilities Management

Vol. 5 Issue 1

February 2009

*Certainly these are times of change as we anticipate and support a new President of our country. Everyone wants a recovered economy and a nation at peace. We see change in Facilities Management as several people are taking early retirement via the voluntary separation program. I know when people are hired they will someday leave the organization but it will be different without these friends around us every day. We wish each of them the very best in their much deserved retirement. Allow me to list their names:*

- ◆ Naima Solis
- ◆ LeRoy Page
- ◆ Karen Wrye
- ◆ Bev Landon
- ◆ Estela Sarabia
- ◆ Roberto Paradez

*Some other changes we are undergoing will have an impact into the future.*

- *The energy conservation program is continually expanding. Part of the increased emphasis is because of the sustainability efforts that go beyond recycling, green cleaning and buying environmentally friendly products produced locally. The urgency of saving money for operation of the campus has given us the opportunity to enhance the energy conservation efforts.*
- *The information I read suggest we will have greater requirements with which to comply. Compliance usually comes as an unfunded mandate from outside the University. We should all be attuned to the need for more safety training for ergonomics for example. The enhanced ADA law is still being sorted through but it will have indicators about how buildings are built or remodeled. There is a new law requiring increased emphasis on fire and life safety on campus and includes a requirement to publish an annual report about the state of fire and life safety on campus.*
- *The November 2008 newsletter had comments about service delivery. We will need to be ever improving the service we deliver because we need to be exceptional; stewards of the University's resources. Many of you developed some great saving opportunities that will be implemented over time. The one most familiar to all of us is the reduction in the number of cell phones. This is just the start of the changes to reduce expenses. Other departments on campus are doing the same thing. They are looking at ways to use the resources they have been delegated in the most effective manner. Paying for the service we deliver will be scrutinized as the departments look for the best value. This change simply makes us better at what we do.*
- *The type of student coming to Creighton is among the best and brightest. The student has been exposed to a quality of life that is expected to be continued on campus. Our role is to make certain the educational and living environment is up to the standards the student expects. It is very easy for a student to transfer to another institution if the environment at Creighton doesn't please her or him. That equates to lost income because the tuition is gone. Facilities Management then experiences a budget reduction because the University experiences fewer resources. Our role is to react to the change in the student make-up.*

*I know you are up to the challenge of meeting the changes head on.*

*I get excited about your good work. Keep it up. Great ideas whether about budget enhancement or about the way we do work or about the way to get positive recognition will help us through the turbulent times of change brought about by so many outside influences. Again, I ask that when working you work safely. The value you bring to your family and to this organization can be so quickly lost with an accident or injury. Thanks for all you do.*

Lennis



# Good News & Projects from Lennis

Some of the good news from the past few months:

- ◆ Jessica Heller led a successful campaign to have Creighton recognized as a Tree Campus USA. The recognition is a tribute to the Landscape crew's care and maintenance of the trees. It also speaks volumes for the generosity of Mulhall's tree donations. Sure there is a lot of work to follow now that the recognition has been granted but it is all good work.
- ◆ Teresa Bohnet and team are advancing single stream recycling across the campus. The change is causing us to re-do work practices when taking out the trash. We also have to haul more recycling than before. To help this effort, Maria Jerrell has applied for a grant to get us funding to enhance the program. While I am the optimist, Maria hasn't said she has the money yet, but I am sure she will get it.



## ***Projects:***

- ◆ The sewer separation project is progressing. 20<sup>th</sup> Street will remain closed for several more months but should be open in July/August. Burt Street will be closed at 20<sup>th</sup> for about three months. The Webster Street Mall will resume construction to reach a greater degree of completion later in the spring. The work on Cuming Street will start in a few weeks depending on the time it takes to award the project.
- ◆ The Ryan Center is moving ahead nicely and should be ready to open on Aug 10. The contractor is very engaged and may even find a way of opening a few days early. The objective is to have the building ready for volleyball.
- ◆ Nick Mascio is wrapping up a project to provide emergency electrical power to the research equipment in the Criss Cancer research labs. The concern about experiments being ruined because the electricity goes off has been around for many years. It is good to have this about done.
- ◆ Judd Allen and Fran Angeroth lead a group of us planning and coordinating a nice potluck dinner for a Christmas lunch. There was no reason to leave the area hungry. The soup was great and I did not hear if Justin Vice or if John Schwede won the chili cook off. You should ask them.

---

## **Mary Lucretia & Sarah Emily Creighton awards**

The Committee on the Status of Women is once again pleased to announce the recipients of this year's Mary Lucretia & Sarah Emily Creighton awards. The 2009 recipients are Creighton Law student, Tricia McSorley, and Rose Hill, Assistant Dean in the College of Arts and Sciences.

The awards will be presented at the 29<sup>th</sup> Annual Mary Lucretia and Sarah Emily Creighton Awards Recognition Luncheon on Thursday, February 12, 2009 at 11:30 a.m. in the Ahmanson Ballroom in the Harper Center. Tickets are \$12 per person or \$120 per table of 10.

For additional information or to RSVP to the luncheon, please visit our website:  
<http://www2.creighton.edu/administration/president/committees/aucsw/index.php>

Please contact Committee member Allison Taylor at [allisontaylor@creighton.edu](mailto:allisontaylor@creighton.edu) with any questions.





# Sustainability

"Leave the world better than you found it; take no more than you need, try not to harm life or the environment, make amends if you do." – Paul Hawken, *The Ecology of Commerce*

Creighton has taken great strides in going green over the past six months. The list below tells some of the story.

- Single-stream recycling has now been implemented in all of the residence halls and most of the eastern part of the campus (including our own Jelinek building!). What this means is that we're now recycling most types of plastic, including pop bottles and frozen food trays, and most types of metal, including pop cans and soup cans, in addition to the paper and cardboard we were recycling previously. Facilities has a 2-man crew and a truck dedicated to picking up recyclables across campus. Thank you everyone that is participating in this program and helping us to keep recyclables out of the landfill!
- A dumpster just for recyclables has been placed in the parking lot on the corner of 22<sup>nd</sup> and Cuming Streets. This is for the Omaha community but the site was selected to be convenient for Creighton constituents that don't have recycle collection at their homes. If you have no curbside recycling at home, please bring your recyclables to the blue recycling dumpster.
- The partnership with OPPD to develop a large solar collection site on campus is finally gaining traction as we review building sites and consider the best options in the realm of solar technology.
- Bicycling on campus is growing in popularity. The new pedestrian bridge over the Missouri River is a reason for the increase. The high cost of gasoline is also helping. Whatever the reason, watch for developments to increase ridership.
  - MAT has installed bicycle carriers on many of the busses.
  - The City has been awarded a grant to create bike lanes through the City. Burt Street through campus is one of the first areas to be designated.
  - Funding has been secured to install bike racks in the parking garages for long term, more secure bike storage.
- In October we presented the Sustainability Navigator. This session was convened and sponsored by Johnson Control to focus on getting input from the Creighton community to determine what we thought Creighton should focus on. Some of the things that the participants found to be important include:
  - Energy conservation/renewable energy sources
  - Increasing communication about sustainability initiatives
  - Reduce the impact of vehicle transportation

The results from this session were used in Strategic Planning for the university; our voices will be heard by the administration. Special thanks to those of you that participated!

- The new Ryan Center going up across the street from the Jelinek Building is being built to LEED (Leadership in Energy and Environmental Design) standards.
- Energy conservation is working at Creighton. Building temperatures are set back to save energy. Lights are being monitored and turned off when not needed in the evening hours. Irrigation water consumption is being reduced through the use of a sophisticated computerized monitoring system.
- Creighton students are participating in the Campus Kitchens project, in which they pack up unused food from the dining halls and give it to local homeless shelters and food pantries.
- Creighton University has endorsed the Metro Area Planning Agency's program known as RideShare. This is a convenient and safe way to participate in carpooling.

This is just a fraction of the sustainable activities going on at Creighton. For more information, please see our website at <http://www2.creighton.edu/about/sustainability>.

The National Teach-in on Global Warming will be held Thursday, February 5 in the Harper Center. There will be 4 panel discussion sessions, one each at 11:00, 12:30, 2, and 4:30. Take an hour and come find out more about sustainability!

The Creighton Sustainability Council meets on the third Friday of each month at 2 pm in the UP Room in the Reinert/Alumni Library. All are welcome to attend – bring your ideas!





## Project Homeless Connect March 27, 2009 Creighton University

### What is Project Homeless Connect Omaha?

Project Homeless Connect is a one-day event that serves as a one-stop shop, connecting homeless individuals to needed services, including: employment, housing, healthcare, legal resources, haircuts, Social Security, etc. Last year 318 guests connected with significant services at Creighton's Kiewit Fitness Center assisted by 500 volunteers.

Building on last year's overwhelming success, on March 27, 2009, with the support of Creighton President Fr. John P. Schlegel, S.J., Creighton University will again host Project Homeless Connect Omaha. The opportunities to engage volunteers, build community, grow research and evaluation efforts and ultimately respond to the homeless in Omaha underscores the value of this partnership.

### Creighton Community Opportunities to Volunteer

There are many opportunities for **Creighton students, staff, faculty, alumni, and friends** to volunteer. General volunteers are needed for set up, clean up, greeting, directing, registering, serving food, or whatever else is needed to help the day flow. Most volunteers will also serve as "navigators" by helping our guests to fill out a basic in-take form and by staying with our guests through the process of accessing professional services offered that day. You can sign up online to help in the morning, afternoon, or all day.

**Staff Advisory Council** has declared Project Homeless Connect Omaha to be their official spring volunteer project. The University has approved release time for employees who wish to volunteer for Project Homeless Connect. It is important however, that staff get approval from their supervisors (to take vacation, unpaid leave, or start early/leave late) to ensure departments have necessary coverage to conduct business.

All Volunteers will register for a one hour training session, and you are invited to join fellow volunteers for a follow-up session of reflection, social analysis, and ways to become more involved.

For more information on Project Homeless Connect Omaha, visit: <http://homelessconnectomaha.org/>. Contact Ken Reed-Bouley at the Creighton Center for Service and Justice with questions at 280-2754 or [kreb@creighton.edu](mailto:krb@creighton.edu).

---

## Innovative Team

The Innovative Team would like to introduce the following new members to the committee:

- ❖ Justin Burgett
- ❖ Tom Holmer
- ❖ Kevin Dague

- ❖ Beth Sylvester
- ❖ April Gladfelter

The Innovative Team is currently working on ideas of how to promote the environmentally friendly services that Facilities Management provides. This would include things like Green Cleaning, Recycling, Electric Vehicles and Lighting.

We are always looking for new ideas. If you have any ideas that you would like to suggest you can contact any of the new members or you can also contact Mary Duda, Dave Feder, Dennis Graskowiak, Jessica Heller or Mariah Starling.



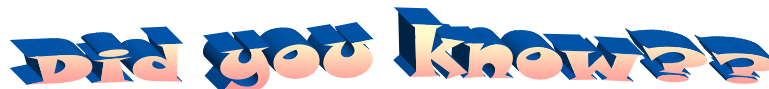
## Pharmacy Benefit Update

Important features in a progressive pharmacy benefit plan are controls that monitor participant prescription usage. These controls, which are in place across most pharmacy benefit plans, are designed for three reasons:

- Insure participant's prescriptions are safe, especially when multiple prescriptions are involved.
- Educate participants on alternative drug options.
- Contain costs for both participants and the plan.

The objective of these controls is not to prevent participants from getting their needs met, but to help ensure their needs are met in the right way. Creighton has had certain controls in place for many years in the form of prior authorizations, and they have helped us control health care costs. In partnership with the School of Pharmacy, CUMC Pharmacy, and our Pharmacy Benefit Provider, Walgreen's Health Initiatives (WHI), we evaluated other controls that would both benefit our employees and ensure the fiscal stability of our medical plan.

For the 2009 Pharmacy Plan, we have added prior authorizations and step care programs to promote the use of generic or OTC (over the counter) agents over brand name products, promote the use of proven drugs that should be considered appropriate initial therapies, or address potential safety concerns. Those who are affected by this change have or will receive a letter from WHI outlining options. If there are questions, the CUMC Pharmacy is your best resource; they can be reached at 449-4560, option 0.



The University offers a Pharmacy Hardship Benefit to help those who may have trouble paying for necessary prescriptions. If you participated in this program in 2008, you will need to renew your eligibility the first time you get your prescription filled in 2009.

Eligibility for the hardship benefit requires the following conditions be met:

- ◆ Participant must be prescribed a brand name drug with no generic equivalent
- ◆ Rx duration must be 4 months or more
- ◆ The participant's income must be less than \$50,000
- ◆ Rx must be filled at the CUMC pharmacy
- ◆ The cost of a drug for a 30 day supply must be more than \$150.00. If so, the co-pay would be reduced to \$25.00

A [Prescription Hardship Application Form](#) is available on the HR Website. If you have questions about this program, the CUMC Pharmacy can help evaluate your eligibility.

---

### Have questions about your pharmacy benefits?

- CUMC Pharmacy: 449-4560, option 0
- Walgreens Health Initiatives (WHI) Customer Service: 1-800-207-2568 or [www.mywhi.com](http://www.mywhi.com)
- CU Benefits Department - Lenora Salts: 280-4753, Judy Gonzales: 280-5767 or Tammy Biggs: 280-1405



Now that the New Year has dawned, most bowl games have been played, the Super Bowl contenders have been determined, and the students have returned to campus, it is time to bring you some timely and informative updates so you can better tell the Creighton story.

**CONSTRUCTION:** Given the freeze on all new construction and deferred maintenance projects, the most significant facility going forward is the Ryan Center and the D.J. Sokol arena. It appears to be on schedule for an August opening. I say “appears” because the city’s sewer project presently obstructs much of the work site. The street project cannot get done too soon, from my perspective!

It should also be noted that the Harper Center has added a few more donor monikers:

- The **HIXSON-LIED AUDITORIUM** was gifted by the Lied Foundation of Las Vegas;
- The **AHMANSON BALLROOM** on the fourth floor is in memory of Bob Ahmanson, a great friend to the University;
- And the **JOHN P. FAHEY CAREER CENTER** honors a CU grad and the brother of Omaha’s present mayor, Mike Fahey.

**FINANCES AND BUDGET:** On the economic front, it seems like a lot of “one step forward and two steps back,” where periodic slivers of positive news are swallowed up by reports that more challenges are on the horizon. Uncertainty is the only constant when assessing the length, depth and impact of the recession. What does appear certain is that steps we began taking last fall have put us on the path of being prepared to successfully weather these economic conditions.

One of the measures we offered was the voluntary separation program, which provided severance incentives for up to 25 employees to leave their positions at the University. As you may have seen in the *Omaha World-Herald*, a total of 22 individuals elected to take this option, which proved to be a win-win for the employees and the University. The employees received a severance benefit as they left to pursue retirement, a new career or other options. The University expects to save up to \$500,000 per year as a result of the vacated positions through a combination of work redistribution, restructuring and other means.

As previously reported, each vice president submitted a plan to improve his or her division’s budget by 10 percent through increased revenues, reduced expenses or a combination of the two. The plans demonstrated a very thoughtful effort that focused on protection of areas most central to mission. The budget committee has completed its initial review of the financial enhancement plans and made a preliminary selection of items for implementation. Expected budget improvements from these measures will be quantified and combined with initial revenue and expense estimates as we work toward balancing the 2009/10 budget. Notifications regarding the selected enhancement plans will be communicated as soon as decisions are finalized.

While final decisions have not been made on most budget elements at this point, I can say that the undergraduate tuition rate increase will be the lowest in more than 40 years. This, coupled with enhanced financial aid resources, is needed to assist students and their families so they can continue to afford a quality Creighton education during these challenging economic times. The majority of our expense budget is not surprisingly comprised of salaries and benefits. A high priority for the committee is creating sufficient room in the 2009/10 budget for some level of merit pool increase; this will be a very challenging task, but one we feel strongly about.

There has been much publicity regarding the significant effects of market declines on university endowments, with the range of estimates for the decline in market value typically reported as 25 percent to 35 percent for the last half of 2008 alone. Although we do not have final 12/31/08 valuations for our endowment, we are expecting a similar decline, which compels us to reduce the distribution from the endowment to the operating budget. Although our endowment distributions represent less than 4 percent of our total operating budget sources, we will still need to replace over \$3 million of funding in 2009/10 due to the reduced distributions. We believe that reduced spending; a broadly diversified portfolio and continued fundraising will help our endowment recover from the recent market declines.

I want to thank all of you for your patience and understanding as we maneuver through a very complex set of challenges.



**SCHOOL OF MEDICINE AND CREIGHTON MEDICAL ASSOCIATES:** Many of you saw the *Omaha World-Herald* article on Creighton's financial position vis-à-vis our clinics and hospital. The article was fair as far as it went, but with multiple sources addressing some very complex issues, several key quotes were out of context. It was not accurate in terms of our relationship with Tenet, the managing partner in the hospital, with whom we have an ongoing professional relationship. From my perspective, the article failed to mention several key points that the reporter had been provided. First, it failed specifically to reference the tremendous amount of care our faculty and the hospital give to the neediest citizens of our community. That generosity of service speaks to the heart of the Creighton mission. **That commitment will not be diminished.** Creighton remains the number one provider of charity/indigent care of all hospitals in the city of Omaha (state of Nebraska) combined! That is a badge of honor. And I will not trade on it! But perhaps more importantly, the article failed to mention the *quality* of care that our physicians and the hospital deliver to all of our patients. I am very proud of the work we do. I am proud of the quality of service and medical expertise provided by Creighton physicians, CUMC staff, and clinical support personnel. As we tackle the challenges before us, we do so with a renewed spirit of mission, an ongoing commitment to quality and professional care, and with the knowledge that we are all in this together. I am proud of our clinical staff, I am edified by their commitment, and I truly believe we will successfully meet these challenges. Creighton Medical Associates (CMA), our physicians group, is in the final stages of restructuring. A chief financial officer is in place and the search for the executive director is going forward. Some very significant steps have already been taken and others are well under way to address the performance of the hospital and the Creighton clinics.

We live in interesting times. The challenges are real. Universities across the country are clearly feeling the effects of the faltering economy. Like Creighton, many are taking decisive steps to confront the turmoil. At the same time, we as a nation have begun a new adventure with the inauguration of President Obama. A sense of cautious optimism and a feeling that "change" is afoot hovers over the political, economic and social institutions of the country. "Yes, we can" echoes from coast to coast. That is the same spirit I invoke as the Creighton family moves forward in addressing our challenges. May God continue to bless you and yours.

John P. Schlegel, S.J.  
President

1878

2009

Please Join  
Rev. John P. Schlegel, S.J.  
For the Annual  
Founders Day Convocation and  
Faculty & Administrators Award Recognitions  
February 10, 2009  
4:00 P.M.  
Harper Center - Hixson-Lied Auditorium  
  
Reception to follow  
Ahmanson Ballroom - Harper Center



DAYLIGHT Saving TIME

March 8 is the start of Daylight Saving Time.  
Don't forget to turn your clocks AHEAD 1 hour.





## *Holiday Spirit Project 2008 Update*

Facilities Management's 2008 Holiday Sprit Project was to provide Christmas gifts for the grandchildren of a Facilities Management employee. The mother of this family passed away suddenly, leaving 10-children ages 2-18. Our goal was to collect enough money to buy each child a \$20.00 - \$25.00 gift card.

Good News!! We collected \$555.00, which was enough money to buy each child a \$55.00 gift card! Thank you for your generosity.

---

### Workplace English Class

Seven Custodial Services employees participated in the Fall '08 semester of Workplace English class:

+ Marcella Barrera  
+ Angelica Cepeda  
+ Marina Pina  
+ Sha Lo

+ Brang Maran  
+ Elvia Reyes  
+ Yesenia Starks

We congratulate these students on their commitment to the program and wish them success. Keep up the good work!



### **AAA Membership – Special discounts for Creighton University employees -**

Through an exclusive partnership with AAA, Creighton University employees can now take advantage of a 15% group discount on AAA membership dues. The AAA membership serves as a passport to dozens of helpful benefits, services and discounts including roadside assistance, travel, auto touring, insurance and more. The value of the numerous benefits of AAA membership is tremendous. For over a century, AAA has been a trusted, nationally recognized organization with a reputation among the motoring public for integrity and quality service. To take advantage of this discount or to find out more, contact Jason Castillo @ (402) 938-0081, [jmcastillo@aaane.com](mailto:jmcastillo@aaane.com) or stop by the office located at 3905 Twin Creek Dr. Ste #107 in Bellevue.



## Service Awards:

The Annual President's Christmas Luncheon was held on Tuesday, December 23. As part of this traditional celebration, 12 Facilities Management employees were recognized for reaching important service anniversaries. We express our congratulations to the following individuals and say thank you for your commitment and dedication to the success of Creighton.

### 35 years

Ron Adrian

### 25 years

Vic Prosolow

### 10 years

Anthony Lewis

### 5 years

Warren Amos

Mary Duda

Roberto Hernandez

Tom Holmer

Bill King

Nick Mascio

Roberto Paredes

Najma Solis

Curt Tate

---

## Thanks for Making My Day Program

As your new year's resolution, take time to nominate a Creighton employee for this month, who has gone above and beyond the call of his/her duties to help out another employee. Click on the following link to complete a nomination form: <http://www2.creighton.edu/adminfinance/nominations/index.php>.

---

Upcoming University Holiday



**Good Friday**  
**Friday, April 10**





## News from Planning and Design: Fran Angeroth

**"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." - Hal Borland.** May we have the wisdom and experience to deal with the changes, challenges and opportunities of 2009.

Here are just a few of the projects across the campus that may be of interest to you:

- A teaching lab for the School of Pharmacy is being designed in the old book store space in Brandeis.
- Creighton Hall first floor is being considered for continuation of the restoration of the stenciled ceiling, more painting, two more additional lights and floor refinishing.
- Criss 602 Smoke Test Lab was completed in December.
- CUMC has a project in the early stages of development to replace the EP lab inside the Cath lab.
- Eppley/COBA has the potential of having a "trading room" similar in function to the New York stock exchange.
- Heider Hall and Kiewit Hall elevator projects are complete. Cabs in both buildings were done right before winter graduation.
- Kenefick caulking of the windows and bands is complete on the north and east sides. As weather has permitted they are working on the south and west sides.
- Old Market Clinic project to expand the size of the clinic is progressing but has experienced some set backs as the architect and landlord deal with historical renovation issues.
- The Pittman building renovation of the roof and HVAC has been completed.

Upcoming events include our annual Contractor's Coffee Break on March 10<sup>th</sup> at 7:30 a.m., location to be determined and participation in the Purchasing Sourcing Show.



### ***Updates on the Planning and Design staff***

Chris Casey, along with another 1,000 Iowa National Guard members, was activated to support the inauguration of the 44<sup>th</sup> President in Washington, D.C. on January 20<sup>th</sup>. Way to go Chris!



## Energy Management:

The Holiday break is over and classes are back in session. The cold weather continues to drive up campus utility costs. For the winter season (October – April), the goal is to maintain 67° in office spaces and living quarters, and 66° F in meeting rooms, class rooms, and laboratories.

The building Energy Management department has been very busy this past month dealing with 200 + hot and cold calls, temperature change requests, repairs, and projects. We are pleased to announce that over the holiday we managed to save the University several thousand dollars towards their heating bill by lowering the temperatures in the unoccupied buildings, and turning off lights and electric heaters. It is still very important to keep the windows closed during these winter months and we ask everyone to please notify us if you see an open window. The cold winter weather is here to stay at least until mid March or April, so dress accordingly. Dress in layers to conserve body heat, wear the proper shoes or boots for better traction on slippery areas.





## Landscape News

From Jessica Heller



### Creighton University Earns Tree Campus USA Recognition

2008 was the inaugural year for Tree Campus USA, a program from the National Arbor Day Foundation that recognizes colleges and universities across the country for their outstanding efforts to promote and maintain healthy campus and community forests. Campuses that earn the recognition have policies and practices in place that ensure proper tree planting, establishment, management, and protection and work to educate the student body and the broader community about the value of trees. Recognition is awarded based on the following standards:

1. **Establishment of a Tree Advisory Committee.** Creighton's Tree Advisory Committee was established in December of 2008 and consists of: Lennis Pederson; Jessica Heller; Mary Ann Vinton, Associate Professor of Biology; Colin Smalley, student; and Kathleen Cue, Douglas County Extension Horticulturist.
2. **Implementation of a Tree Care Plan** that outlines policies for tree selection, planting, maintenance, protection, and removal.
3. **Proof of dedicated annual expenditures**, recommended at \$3 per full-time student. In 2008, Creighton's tree expenditures were three times the recommended amount.
4. **Organization of an Arbor Day observance.** At the University's first Sustainability Day in November of 2008, attendees were able to pick up a brochure for a self-guided tour of campus trees.
5. **Completion of a service learning project.** In September of 2008 a Nature Classroom was completed at Creighton's Russell Child Development Center. The Classroom enables Creighton students, especially education, physical therapy, and psychology majors, to work with and observe children in a dynamic outdoor setting.

Other schools that have earned the recognition include Arizona State University, Jackson State University, University of Texas at Austin, University of California-San Diego, and University of Nebraska-Lincoln.

## SAVE THE DATE:



*Facilities Management  
Information Sharing Session  
Tuesday, March 10, 2009*

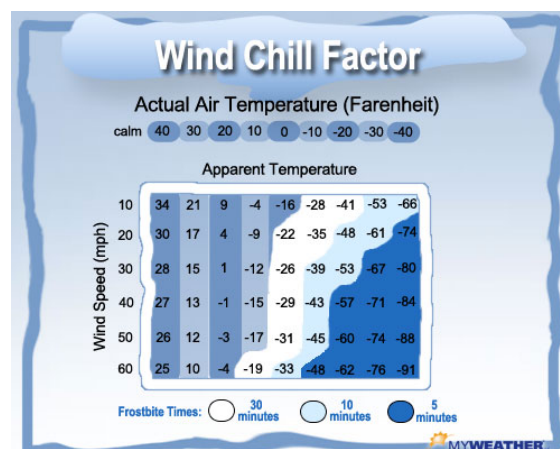
*Session 1: 10:00-11:00 a.m. - Harper Center Auditorium  
Session 2: 6:00-7:00 p.m. - Boyne Building Room 149-C*



## Just How Cold is Too Cold??

Just because there are fewer daylight hours and the high temperature for the day is 6 degrees doesn't mean your outdoor exercise routine has to go into hibernation for the season! If you know these cold weather safety tips you can run, bike, walk, or ice skate your way to spring!

- 1. Know the Wind Chill** - The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed.
- 2. Pay Attention to Temperature** - Your movement creates wind chill because it increases air movement past your body. *If the temperature dips below zero or the wind chill is below minus 20, hit the indoor treadmill instead.*
- 3. Protect Your Hands and Feet** - *As much as 30% of your body's heat escapes through your hands and feet.* On mild days, wear gloves that wick moisture away. Mittens are a better choice on colder days because your fingers will share their heat. For your toes add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your shoes to accommodate these thicker socks.
- 4. Dress in Layers** - Start with a thin layer of a synthetic material such as polypropylene, which wicks sweat from the body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.
- 5. Avoid Overdressing** - You're going to warm up once you get moving, so you should feel a little bit chilly when you start your exercise. *A good rule of thumb: Dress as if its 20 degrees warmer outside than it really is.*
- 6. Don't Forget Your Head** - *About 40% of your body's heat is lost through your head.* Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of your body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.
- 7. Check with Your MD** - *Cold air can trigger chest pain or asthma attacks in some people.* Before braving the elements, talk to your doctor if you have any medical conditions or concerns about exercising outdoors.
- 8. Don't Stay in Wet Clothes** - If you get wet from rain, snow, or sweat in cold temperatures, you're at an increased risk of *hypothermia, a dangerous decrease of your body temperature.* If you're wet, change your clothes and get to warm shelter as quickly as possible. *If you suspect hypothermia, intense shivering, loss of coordination, slurred speech, and fatigue, get emergency treatment immediately.*
- 9. Stay Hydrated** - Despite the cold weather, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your workout



Remember, being outside through the cold weather can help shake those winter blues, improve your energy level, and hopefully guarantee that you'll be in better shape once bathing suit season rolls around. Follow these tips to exercise safely and comfortably through wintry weather. Oh, and when you are planning on a run/walk route, head out into the wind, this way it will be at your back when you are all sweaty and could catch a chill.

Source: adapted from WOWT, Weather Channel, ACE Fitness Info, and About.com/exerciseinthecold



# What's your New Years Resolution??

Did you know the idea of New Year's resolutions goes all the way back to 153 B.C. when a mythical god, Janus, was placed on the front of the new calendars with one face looking back and the other looking forward. This is the year you are going to be successful in your New Year's Resolution, and we want to help you get there. Here are some Creighton University Wellness Program tips on the top 3 health related New Years resolutions:

## Start Exercising

The American College of Sports Medicine recommends 30 minutes of moderate activity on most, if not every, day of the week. Here are some ideas so you can incorporate exercise into your life this year.

- **Start by walking** - Walk on a treadmill, outside around your house, or anywhere you see fit. You can even break up the 30 minutes into three, 10-minute bouts of exercise.
- **Grab a buddy** - When you begin your exercise routine, take your spouse, neighbor, or friend along with you. You are more likely to adhere to an exercise program with support.
- **Join your local gym** - Whether the gym is in your office building or close to your home or work, the gym will have certified fitness specialists to help you reach your goals.

## Eat Healthy

Follow the food guide pyramid brought to you by the United States Department of Agriculture, and start your year with a healthy bang! Keep these recommendations in mind as you plan your meals:

**Grains- 5-8 ounces, at least ½ should be whole grains per day**

**Vegetables- 2 1/2 -3 cups per day**

**Fruits- 1 1/2 -2 cups per day**

**Milk- 3 Cups**

**Meat and Beans- 5 1/2 -6 ounces**

**Oils- 5-7 teaspoons**

For more information on each of these food groups or on recommendations by age and activity level, visit [www.mypyramid.gov](http://www.mypyramid.gov).



## Quit Smoking

Smoking can be an addiction; whether you are addicted to the nicotine in the cigarettes or the habit of smoking. Follow these tips, and in 2009 finally say "Yes, I am a non-smoker!"

- Cut back on cigarettes slowly. If you gradually cut back, make sure you set a "quit" date and stick to it. Plan the number of cigarettes you will smoke each day until your quit date, gradually making that number smaller and smaller.
- Ask your family and friends to support you. Explain that you will probably be irritable for a while and to just bear with you.
- Talk to your physician. Support and guidance from a physician is a proven way to successfully quit smoking.
- Check out various FREE on-line resources like [www.cancer.org](http://www.cancer.org), [www.ffsonline.org](http://www.ffsonline.org), or [www.quitline.com](http://www.quitline.com).

Watch for the next healthier campus wellness challenge coming your way in March from the Creighton Wellness Program. It's called March Mania and will be running in conjunction with the NCAA's March Madness basketball tournament. Details to come. Watch your mailbox for more info.





# Information about the Employee Assistance Program (EAP)

EAP provides professional counseling, information and referral services to faculty, staff and their families. The program offers confidential consultation on a wide variety of personal, family and/or work-related problems that may contribute to high levels of stress and interfere with health and work. As an employee, you are eligible to receive up to 3 consultations per issue, per year. Your dependents (spouses and children who qualify as a dependent status) may also use this benefit.

**There are 2 ways to use the EAP:**

- **Call EAP toll free 24 hours a day/7 days a week at 1-800-424-4831**
- **Access their website at [www.MagellanHealth.com](http://www.MagellanHealth.com)**

EAP is a great service designed to give you information/consultation on the following:

- **Face to Face Counseling:**
  - Up to 5 face-to-face visits with counselor
- **Legal Services:**
  - Civil or consumer issues
  - Estate planning
  - Personal or family issues
  - Real estate
  - Will preparation
- **Financial Services:**
  - Budgeting, debt consolidation
  - Buying/leasing a car or home
  - Consumer credit
  - Retirement or saving for college
  - IRS matters
- **Life Management Services:**
  - Pre-natal
  - Adoption
  - Child Care
  - Special needs for children/adults
  - Education: K-12, college, vocational, graduate
  - Career assessment tools
  - Elder care
  - Retirement/active aging
- **Training:**
  - Work/Life Balance
  - Time Management
  - Stress Management
  - Assertive Communication
  - Managing Conflict
  - Professional communication in a diverse work environment
  - Workplace violence

---

## Environmental Health & Safety

### Traffic Safety from John Baxter:

During a period of four or five days there were three accidents at the corner of 19<sup>th</sup> & Cass. This is a trend that surprised me. In a short period of time there were a number of accidents at an intersection where I could not remember the last one happening. As I sat and watched the last one being cleaned up while waiting to get waved through the single lane left open, I realized that everyone traveling east/west on Cass street had become used to the fact that 19<sup>th</sup> had been closed for so long. They expected traffic to slow down and turn.

A day later I was sitting at the traffic light at 19<sup>th</sup> and Burt headed east at 3:45. A Facilities Management employee in their own vehicle (probably headed home) pulled up to the light; stopped, looked both ways....and ran the light. The next day I saw the same thing with a Facilities Management owned vehicle and a different person driving. That truck then went on to drive right through the stop sign at 20<sup>th</sup> and Burt without even slowing down.

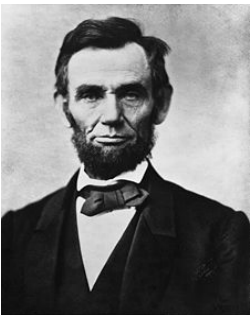
While I realize that traffic patterns have been messed up around the campus for some time and it seems like the traffic lights are too long and the stop is not needed etc., it is important to remember that there are other people driving on the same roads that expect you to follow these traffic signals. Going through a red light because you do not see anyone coming is not only dangerous, it is illegal. You are putting both you and your fellow drivers at greater risk of injury.

**So please slow down, follow the traffic signals, and wear your seatbelts: The life you save could be your own.**



# Words of Wisdom from Abraham Lincoln

- You are only what you are when no one is looking.
- Character is like a tree, and reputation is like a shadow. The shadow is what we think of it; the tree is the real thing.
- I have simply tried to do what seemed best each day, as each day came.
- To sit by in silence, when they should protest, makes cowards of men.
- It often requires more courage to dare to do right, than to fear to do wrong.
- Those who deny freedom to others deserve it not for themselves. And under a just God, cannot long retain it.
- The better part of one's life consists of his friendships.
- It is more important to know that we are on God's side.
- A good laugh is good for both mental and physical digestion.
- You cannot help men permanently by doing for them what they could and should do for themselves.
- Nearly all men can stand adversity, but if you want to test a man's character, give him power.
- Let minor differences and personal preferences, if there be such, go to the winds.



**Abraham Lincoln** (February 12, 1809 - April 15, 1865) was the sixteenth President of the United States. He successfully led the country through its greatest internal crisis, the American Civil War, saving the Union and ending slavery, only to be assassinated as the war was virtually over. Before becoming the first Republican elected to the Presidency, Lincoln was a lawyer, an Illinois state legislator, a member of the United States House of Representatives, and twice an unsuccessful candidate for election to the Senate.

As an outspoken opponent of the expansion of slavery in the United States, Lincoln won the Republican Party nomination in 1860 and was elected president later that year. During his time in office, he contributed to the effort to preserve the United States by leading the defeat of the secessionist Confederate States of America in the American Civil War. He introduced measures that resulted in the abolition of slavery, issuing his Emancipation Proclamation in 1863 and promoting the passage of the Thirteenth Amendment to the Constitution, which Congress passed before his death, and was ratified by the states later in 1865. Lincoln has been consistently ranked by scholars as one of the greatest U.S. Presidents.

When Barrack Obama was sworn into office as the 44<sup>th</sup> President on January 20, 2009, he used the same bible Abraham Lincoln did at his inauguration.