

# The Occupational Programs Bi-Weekly Wrap Up

UVA Facilities Management

09.15.2023

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## **UVA HR BENEFITS COUNSELOR COMES TO FM**

Do you have questions about retirement, education benefits, FMLA, and more?

There will be monthly drop-in sessions to answer your questions!

Sept. 28 | Oct. 26

12:30-3:00 PM, Skipwith Upper Level Rm. 110

Walk-ins Welcome.



***Don't forget:  
Reasons to Celebrate!***

## **STAY FLU FREE IN 2023! FM Flu Vaccination Clinic**

**Nov. 10, 7:30 a.m.–2 p.m.**

### **ZEHMER HALL LOUNGE**

**WALK-INS ONLY. NO APPOINTMENT NEEDED.**

**\$25**

**HOOS' WELL  
REWARD ELIGIBLE  
FOR 2024**



+ If you have questions about this event, contact  
UVA Employee Health: (434) 924-2013



**See the Latest COVID-19 Updates >>**

***Let Us Know:*** You can always email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) if you have suggestions or story ideas. Now there's a new way to get in touch — **Let us know** by answering a few quick questions.

## OCCUPATIONAL HEALTH AND SAFETY

### Did You Know?

### C&RS Fears No Training

OHS would like to proudly congratulate the UVA FM Construction & Renovation Services team for completing over 400 training courses this calendar year! We appreciate every supervisor's and manager's help in getting the department caught up in their training courses, as well as staying on top of everyone's attendance. C&RS has now DOUBLE the amount of completed courses than any other department!



Confined Space training.  
Photo provided by Shelomith Gonzalez

Training is a key component in maintaining a strong safety culture and safe work environment. Thank you all for your hard work and dedication!

Need safety training? [Email FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)



## Tools for Your Toolbox: Social Media and Mental Health

Social media is a daily habit for a majority of us, with 69% of adults and 81% of teens using these platforms in the U.S. While social media has benefits, it can also negatively affect one's mental health: A 2018 British study tied social media use to decreased, disrupted, and delayed sleep, which is associated with depression, memory loss, and poor academic performance.

Social media use can affect users' physical health, presenting symptoms such as nausea, headaches, muscle tension, and tremors.

*If you feel that social media is starting to negatively affect you, try taking a break for a few days or even a month!*

Learn More:

<https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>



**DIVERSITY, EQUITY & INCLUSION**

# Donations!



The FM Snack Drawer is seeking **SNACK DONATIONS** :

Crackers // Granola bars // Oatmeal cups

Snack packs // trail mix

Non-perishable and single packed items

**\*\*\*Drop off in the DONATIONS drawer in the OP Training Room in the FM Shop Building\*\*\***



Charlottesville  
Pride Festival  
is September  
17, 2023 at IX  
Art Park from  
10:30 a.m.  
until 5:30 p.m.



**Featuring:**  
Pride Market with local vendors all day  
Local elected leaders and candidates for office (1 p.m.)  
Musical and drag performances (2 p.m. - 5:30 p.m.)

@charlottesvillepride

**All Ages Welcome • Free Admission**



**UNIQUE CAR/BIKE SHOW**

WEDNESDAY, OCTOBER 11, 11 A.M.-2 P.M.  
ROTC LAWN (CARS PARKED ON LEAKE DRIVE)

**SIGN UP BY FRIDAY, SEPTEMBER 22**



Questions or comments about DEI updates?

[FM-DEI@virginia.edu](mailto:FM-DEI@virginia.edu)

# APPRENTICESHIP

## Apprenticeship Program Manager Meet & Greet

On Monday, September 11, the Apprenticeship Program held a meet and greet for trades managers and supervisors at Zehmer Hall. Attendees met with Program Manager **Danny Davis** and learned details of the **Hybrid Apprenticeship** that focuses both on time spent in training as well as competency evaluations. **Expectations around Related Technical Instruction (RTI), professional development, Work Process Schedules (WPS), on-the-job trainers, and competency evaluations were discussed.** A Q&A session was held after the presentation. *Thank you to everyone who made time to attend!*

**Did you miss the event and want to get caught up? Contact Danny at [srx2up@virginia.edu](mailto:srx2up@virginia.edu) or 434-422-6446**

*OP would like to send special thanks to Lori Pedersen in the CFO's office for her help organizing the event.*



Clockwise from top:

- 1) Supervisor & managers attending the Apprenticeship Program Manager Meet & Greet in Zehmer Auditorium on Monday, September 11.
- 2) Laura Duckworth answers questions during the Q&A.
- 3) Apprenticeship Program Manager Danny Davis presents on program expectations.



provided by Keith Woodson.

## OCCUPATIONAL TRAINING

## NEW EMPLOYEE ONBOARDING



**Joining FM as of Sept. 11** (listed from left to right):

- Lori Martens, CC&R Project Manager
- Chandra Rai, Custodial Services Evening Shift
- Robbie Kuykendall, Landscape Manager
- Jullienne Muchembe, Custodial Services
- Budhi Tamang, Custodial Services Evening Shift

### Leadership Connection:

#### Make Self-Renewal a Habit

Leadership is a renewable resource—but only if approached with a spirit of self-renewal. That often requires individuals to detach from the work they are most attached to, to see their work objectively, to question their own tactics, to be open to change, and to embrace opportunities that require them to reinvent themselves. To learn more about this from Jordan Kassalow read [“The Power of Self-Renewal: Sustaining Your Impact as a Leader”](#).

Check out other articles and eLearning related to the importance of self-awareness and self-renewal in leadership:

- [10 Ways to Renew Yourself | Richard Leider](#)
  - [Start With Why Book Summary by Simon Sinek](#)
- eLearning (requires Workday login):
- [Strategies to Improve Self-Awareness | Learning - Workday \(myworkday.com\)](#)
  - [Developing Organizational Awareness | Learning - Workday \(myworkday.com\)](#)
  - [Bill George on Self-Awareness, Authenticity, and Leadership | Learning - Workday \(myworkday.com\)](#)

By Mark Orr, Senior Training and Development Specialist, [pne4yf@virginia.edu](mailto:pne4yf@virginia.edu), P 434-962-1020



**Joining FM as of Aug. 28** (listed from left to right):

#### Front Row

- John Ketchum, Senior Pipefitter/Steam Fitter, E&U
- Matthew Harris, Custodial Services, Housing
- Lobsang Phuntsok, Trades Assistant, HSPP Zone 2
- Graham Austin, Trades Assistant, HSPP Zone 2

#### Back Row

- Ahmad Al Shemry, Custodial Services, Housing
- Benjamin Matava, Senior Welder, E&U
- Clay Jackson, Architect Team Leader, CC&R Design Services
- James Stoltz, Finance Generalist

**NEW** **workday UPDATE**

Managers in Workday will have an improved homepage experience, which will now feature a new section: Team Highlights.

Team Highlights gives managers insight to their team members. Look in Team Highlights to monitor your team's Required Learning.

Log in to Workday:  
<https://www.myworkday.com/uva/d/home.html>

### Civility in the Workplace

Two sessions are being offered:

- ★ Sept. 19, 1:00-3:00 pm at Skipwith Hall, Rm 112,
- ★ Sept. 20, 9:00-11:00 am HSPP, "O" Conference Room

Register via Workday: <https://at.virginia.edu/FMCivility0923>

Questions? Email [FM-Training@virginia.edu](mailto:FM-Training@virginia.edu)

# WELLNESS

## COVID-19 Updates

→ Vaccines:

On September 12, the [CDC updated the latest COVID-19 vaccination recommendations](#):

- ★ **Everyone ages 6 and up** should plan to receive an updated booster this fall. Vaccination remains the best protection against COVID-19-related hospitalization and reduces your chance of developing Long COVID symptoms.
- ★ If you have not received a COVID-19 vaccine in the past 2 months, plan to get an updated COVID-19 vaccine to protect yourself this fall and winter.

→ COVID-19 Procedures for Employee & Managers - UVA Academic Division,

<https://hr.virginia.edu/covid-19/acd-covid-19-info/covid-procedures-employee-manager-academic-div>,

includes what to do if:

- ★ You were around someone with COVID-19 (**exposed**) and/or you are **having symptoms**.
- ★ You **test positive** for COVID-19, as well as directions for your manager.

## Is It Cold, Flu, COVID-19, or RSV?

Be aware of these common symptoms for each illness:

Symptom	Cold	Flu	COVID-19	RSV
Fever		X	X	X
Headache		X	X	X
Cough	X	X	X	X
Body aches		X	X	
Fatigue		X	X	
Stuffy/runny nose	X	X	X	X
Sore throat	X	X	X	X
Loss of taste or smell			X	
Diarrhea or vomiting			X	

If you are having any of these symptoms:

1. **Stay home** and focus on taking care of yourself.
2. **Alert your manager.** If on Grounds, go home immediately.
3. **Contact your doctor** for treatment.

Learn more about Flu vs. COVID-19: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

# OCCUPATIONAL PROGRAMS



## View & Apply for UVA FM Jobs

Current UVA Employees Search for and apply to jobs using your existing [Workday account](#):

See UVA HR's How to Apply: for Internal Candidates: <https://at.virginia.edu/jgLuzS>

External Applicants (not currently employed by UVA) will be prompted to create a profile in Workday when applying: <https://uva.wd1.myworkdayjobs.com/UVAJobs>

*Not all listings are available to external applicants.*

Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

## FM JOB LISTINGS\*

- R0052089 Landscape & Grounds Worker
- R0046368 HVAC Mechanic or HVAC Senior Assistant
- R0051133 Electrician
- R0050282 Fire Safety Inspector
- R0052656 Zone Maintenance Supervisor
- R0051985 Electrical Engineer/Engineering Associate
- R0051031 Geospatial Space Analyst
- R0052599 General Services Worker
- R0041976 Computer Help Desk Tech (Student Wage)
- R0052510 HVAC Mechanic
- R0042657 Carpenter - Construction & Renovation Services
- R0049741 Sign Shop Worker
- R0050106 Senior Trades Utility Worker
- R0052100 Senior Trades Utility Worker
- R0046336 HVAC Mechanic
- R0045925 Custodial Services Supervisor, Evening Shift (Sign-On Bonus!)
- R0051231 Custodial Services Supervisor (Sign-On Bonus!)
- R0052719 Roofing Manager
- R0042542 Controls Engineering Technician/ Senior Controls Engineering Technician
- R0048892 IT Help Desk Specialist (Wage)
- R0041953 Drywall/Plasterer
- R0047417 Mason - CC&R
- R0048679 BAS Controls Assistant
- R0050108 HVAC Mechanic or Senior Mechanic
- R0044377 Senior Electrician
- R0044371 Electrician
- R0046919 Geospatial Space Technician
- R0048313 Senior HVAC Mechanic, Evening Shift, 3:00pm - 11:30pm
- R0047982 Student Assistant, Geospatial Engineering Services (Student Wage)
- R0051420 Project & Construction Management Supervisory Team Leader
- R0051420 Project & Construction Management Supervisory Team Leader
- R0051946 Plumber
- R0052744 Plumber
- R0044441 Senior Pipefitter/Steamfitter
- R0044588 Metering Technician
- R0049262 Pipefitter/Steamfitter
- R0049244 Welder
- R0044445 Senior Welder for Utility Systems
- R0051116 Recycling Worker
- R0052184 Custodial Services Worker, Housing: M-F 8:00am-4:30pm
- R0052326 Senior Electrician
- R0049672 Fire Suppression Systems Technician
- R0050345 Custodial Services Worker - Multiple shifts available!
- R0047282 Construction Project Manager
- R0052325 Electrician
- R0052388 Custodial Services Worker - Evening Shift
- R0049400 Associate IT Systems Administrator
- R0052596 Systems Control Operator, Night Shift
- R0049517 Heat Plant Maintenance Manager
- R0048983 Plumber
- R0049950 Plumber Senior Assistant
- R0050407 Utilities Supervisor

\* As of 9/11/2023



# let's celebrate!

*Reasons to celebrate are all around us!*

Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

**September 15: Felt Hat Day**

**September 16: Collect Rocks Day**

**September 17: Smithsonian Day**

**September 18: Locate An Old Friend  
Day**

**September 19: Recycle Now Week**

**September 20: Care For Kids Day**

**September 21: National Pawpaw Day**

**September 22: World Car-Free Day**