The Occupational Programs Weekly Wrap Up

UVA Facilities Management



08.11.2022

In respectful memory...

Dear FM Community,

Together with our community we remember the events that occurred in Charlottesville and at UVA on August 11th and 12th, 2017. We remember with sadness the lives that were lost, damaged, and forever changed over the course of these two days and recognize the weight that this still carries for our town and employees.

In the following pages events and resources are shared. We especially point out the free supportive services offered by the <u>Faculty Employee Assistance Program</u> for employees and direct family members that are available anytime.

We ask that you continue to be good and great team members and check-in with colleagues, friends and family. If any additional support can be provided to you or your team, please let us know.

Thank you for all you do every day to help make sure Facilities Management and our community remain respectful, safe and inclusive places for us all to live and work.

With gratitude,

Don Sundgren Chris Smeds Mark Webb

Elsa Burnette Mark Stanis Derek Wilson

Laura Duckworth Andrea Trimble Paul Zmick

Ben Hays Blake Watson Rollie Zumbrunn

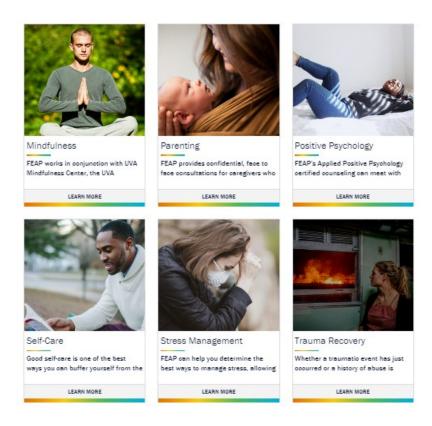
Sarah McComb



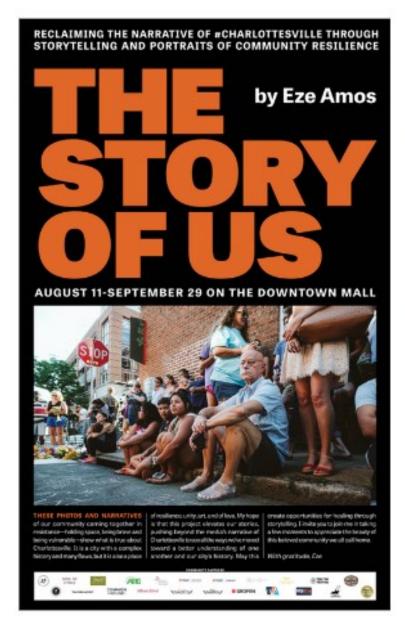
Whether you are an employee, family member, or contracting organization, FEAP can help.

FEAP offers quality, professional, and comprehensive services, tailored to your individual needs. For employees and their families, FEAP offers assessment, brief counseling, referral, and follow-up at no cost to the employee. The program is confidential. FEAP works with a wide variety of personal issues. For supervisors, managers, and organizational leadership FEAP offers consultation, training, critical incident debriefings, workplace interventions, substance abuse education, and training and mediation services.

To talk to FEAP about their services please call (434) 243-2643 or complete their online form - https://uvafeap.com/appointments



FEAP offers these services and many more, consult their website to learn more—uvafeap.com







Learn more:

https://twitter.com/ezeamosp?lang=en



"People across the country will be talking about Charlottesville this week as we approach the Friday anniversary of Unite the Right. But for those who live here, this day is deeply personal. One of our neighbors was killed that day as the rally moved through the Downtown Mall. Others were critically injured. And countless more carry very real emotional scars."

"In honor of our community, this week Charlottesville Tomorrow will be running a <u>series of reports and stories</u> about the 2017 "summer of hate" five years later. We will publish stories every day this week, leading up to the Friday anniversary of the Aug. 12, 2017 Unite the Right rally. Our coverage will not feature violence. Rather, it will explore the wounds that summer left, the ways it pushed us to change, and the changes we still need to make."

DIVERSITY, EQUITY & INCLUSION



Register Here for English Classes

https://at.virginia.edu/fwKQaV

English Classes Available for FM Employees

- → Registration is open for fall and spring session English classes
 - → Fall Session begins the week of September 19th for 10 sessions
 - → Spring Session begins the week of February 13th for 10 sessions
- → Complete the online form to register for both sessions and sign up for an intake session at Language Commons on Friday, August 19th.
 - → Please register by August 15th.

OCCUPATIONAL TRAINING

Leadership Connection: Leaders as Guides

In times of challenge, leaders often act as guides. Employees look to leaders for direction, solace, and even how to act. As leaders, remember that your team will look to you for direction, understanding, and even words of comfort.

Contact:

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As we approach the 5th anniversary of the violence in Charlottesville, many on our teams still carry grief, anger, and even pain. As a leader, people are looking to you as an example. While it's OK to not have the right answer all of the time, understand that people will seek you out as an example. This allows you to model positive behaviors and ultimately, be the change you want to see.

Via TED: Ideas worth spreading: https://at.virginia.edu/HIZIEV

View or Apply for UVA FM Jobs

<u>Current UVA Employees</u> Search for and apply to jobs using your existing <u>Workday account</u>.

See UVA HR's How to Apply: for Internal Candi-

dates: 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 go to AskHR@virginia.edu

OCCUPATIONAL HEALTH & SAFETY

If you're in crisis, there are options available to help you cope. You can also call the Suicide and Crisis Lifeline at any time to speak with someone and get support. For confidential support available 24/7 for everyone in the United States, call 988 or visit https://988lifeline.org/help-yourself/



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COVID-19 RESOURCES

Helpful Links

- Community COVID-19 Guidance & Resources: <u>COVID.gov</u>
- UVA COVID-19 Updates: https://coronavirus.virginia.edu/
- What's "Close Contact"? And What's Next? https://at.virginia.edu/ZTR6c0
- OHS COVID-19 Resources: https://www.fm.virginia.edu/depts/ohs/covid-resources.html
- Visualize FM COVID-19 Case Rates (accessible only by FM employees):
 https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.html
- Find medication for a COVID-19 positive:
 https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/
- Weekly Updates from the Blue Ridge Health Department: https://www.vdh.virginia.gov/blue-ridge/newsletters/

Reminders:

- Long COVID: If you tested positive and recovered, but have been experiencing new or recurring symptoms for more than a couple weeks since your initial COVID-19 infection, talk to your doctor. This is a sign of "long COVID". This occurs in about 1 in 5 COVID-19 cases.
- FREE At-Home Tests: If you have health insurance through UVA or Marketplace, your insurance will pay you back for 8 at-home tests each month for each person on your plan when purchased through a participating retailer. Log into your Aetna account to learn more.

UVA Employee Health offers walk-in testing for UVA employees only at their 400 Brandon Avenue location, Monday-Friday, 8 AM to Noon & 1 PM to 4 PM. Call 434-924-2013 for guidance and testing information.

What to do: Positive At-Home Test

- Report your positive test to BRHD. (Optional)
- **Notify your supervisor.** (*Not optional!*) Supervisors then complete <u>an FM report.</u>
- <u>UVA employees who receive a positive at-home test are required to notify</u>
 <u>Employee Health.</u> Based on your situation, Employee Health will provide quarantine and return-to-work guidance.
- Notify your close contacts. That is, anyone who has been within 6 feet for 15 minutes or more
 in the 2 days before you had symptoms OR received a positive result if no symptoms.

