

# 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 [Faculty Employee Assistance Program](#) 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>



#### Mindfulness

FEAP works in conjunction with UVA Mindfulness Center, the UVA

[LEARN MORE](#)



#### Parenting

FEAP provides confidential, face-to-face consultations for caregivers who

[LEARN MORE](#)



#### Positive Psychology

FEAP's Applied Positive Psychology certified counseling can meet with

[LEARN MORE](#)



#### Self-Care

Good self-care is one of the best ways you can buffer yourself from the

[LEARN MORE](#)



#### Stress Management

FEAP can help you determine the best ways to manage stress, allowing

[LEARN MORE](#)



#### Trauma Recovery

Whether a traumatic event has just occurred or a history of abuse is

[LEARN MORE](#)

**FEAP offers these services and many more, consult their website to learn more—[uvafeap.com](https://uvafeap.com)**

RECLAIMING THE NARRATIVE OF #CHARLOTTESVILLE THROUGH STORYTELLING AND PORTRAITS OF COMMUNITY RESILIENCE

# THE STORY OF US

by Eze Amos

AUGUST 11-SEPTEMBER 29 ON THE DOWNTOWN MALL



THESE PHOTOS AND NARRATIVES of our community coming together in resilience—holding space, being brave and being vulnerable—show what is true about Charlottesville. It is a city with a complex history and many flaws, but it is also a place of resilience, unity, art, and of love. My hope is that this project elevates our stories, pushing beyond the media's narrative of Charlottesville to see the ways we've moved toward a better understanding of one another and our city's history. May this create opportunities for healing through storytelling. I invite you to join me in taking a few moments to appreciate the beauty of this beloved community we all call home. With gratitude, Eze

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Learn more:

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

## CHARLOTTESVILLE TOMORROW

"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 [series of reports and stories](#) 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



### 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.

### Register Here for English Classes

<https://at.virginia.edu/fwKQaV>

## 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.**

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>

#### Contact:

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### View or 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://](https://uva.wd1.myworkdayjobs.com/UVAJobs)

[uva.wd1.myworkdayjobs.com/UVAJobs](https://uva.wd1.myworkdayjobs.com/UVAJobs)

*Not all listings are available to external applicants.*

Questions on job listings go to [AskHR@virginia.edu](mailto: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/>**



# COVID-19 RESOURCES

## Helpful Links

- Community COVID-19 Guidance & Resources: [COVID.gov](https://www.covid.gov)
- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- What's "Close Contact"? And What's Next? <https://at.virginia.edu/ZTR6cO>
- 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.](#)

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**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.**

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## What to do: Positive At-Home Test

- [Report your positive test to BRHD](#). (Optional)
- **Notify your supervisor.** (*Not optional!*) Supervisors then complete [an FM report](#).
- [UVA employees who receive a positive at-home test are required to notify Employee Health](#). 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.

