



May 2021

Javelina Happenings

Summary

Hello everyone! We have an exciting month ahead! Texas A&M University-Kingsville hosted its first in-person commencement since 2019; congratulations, Javelinas! Catapult was on campus and will be back on June 9. Also, Julie Birch will be hosting additional professional development seminars up until August. Please see below for other campus or area events and updates.

Happy May!

Brought to you by:

Brendy Santiago
Bryanna Colvin
Derek Gonzales
Julie Navejar
Sierrah Valdez
Tasha Clark



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May 2021

Campus Updates

May is Mental Health Awareness Month

May 7 was Texas A&M University-Kingsville Commencement

CONGRATULATIONS!!

May 9 was Mother's Day

Our team would like to recognize and congratulate all mothers for doing a great job. Thank you for your hard work!

May 10-11, Catapult Health Check-ups was on campus

The registration link is sent to campus via email and also found in each of the monthly newsletters this semester. The last one

May 17 was Tax Day for 2021

Be sure to finalize your taxes for 2020 as soon as possible to avoid penalties, the official deadline to file 2020 taxes.

May 28-31 is Memorial Day Weekend

Our team would like to recognize and thank all our military members. Thank you for your service and thank you to those that have made the ultimate sacrifice.

Due to Spring Break being canceled this year, Memorial Day weekend is being extended to include Friday, May 28.



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May 2021

System Regulation Updates

The following System Regulations have been updated. Click on the links read the full regulation:

- Revised System Regulation [31.01.09, Overtime](#), effective March 11, 2021.
 - The Texas A&M University System (system) provides these guidelines for adhering to state and federal laws governing overtime eligibility and compensation.
- Revised System Regulation [33.05.02, Required Employee Training](#), effective April 7, 2021
 - This regulation specifies training required by the chancellor, in accordance with Policy 33.05, Employee Training, for all employees of The Texas A&M University System (system) and the process for specifying new system-required training for all employees. It also addresses other training that may be required of employees.
- Revised System Regulation [21.01.07, Fiduciary and Agency Funds](#), effective April 14, 2021.
 - This regulation defines the standards for the operation of fiduciary and agency funds for The Texas A&M University System (system).
- Revised System Regulation [31.01.10, Service Awards](#), effective April 14, 2021.
 - Service award programs within The Texas A&M University System (system) are an important part of a member's ability to recognize certain employee achievements. These programs must comply with federal and state law and not discriminate among employees





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System Regulation Updates

The following System Regulations have been updated. Click on the links read the full regulation:

- Revised System Regulation [60.01.01, Association with Affiliated Organizations](#), effective April 14, 2021.
 - This regulation provides authority and guidance to members of The Texas A&M University System (system) that engage in relationships with affiliated organizations. Relationships between members and affiliated organizations must be managed in accordance with federal and state law and System Policy 60.01, Relationships with Affiliated Organizations. Improper relationships with affiliated organizations may result in violations of state and federal law and create conflicts of interest with the system and inappropriate use of system resources.
- Revised Texas A&M University-Kingsville Rule [34.02.01.K1, Alcohol and Illegal Substance Abuse](#), effective April 15, 2021.
 - Texas A&M University-Kingsville is committed to maintaining an environment free from substance abuse and its primary concern is prevention and treatment. This rule is required by System Regulation 34.02.01, Drug and Alcohol Abuse and Rehabilitation Programs.



May 2021

Javelina Wellness Updates



Mental Health Awareness Month

Please take a few minutes to check-in with yourself and those close to you.

Spring 2021 Financial Wellness Final Webinar

Preparing your Estate Plan:

May 26 at 11 a.m.

Pick up a packet to follow along at the Office of Employee Services!

Please save the link below to join each webinar:

<https://edwardjones.zoom.us/j/97138783403?pwd=VWZGN0FTZzM5YXVCVkrKa09USkkxUT09>

Julie Burch Webinars are back!

See the flyer at the end of this newsletter for the registration links.

Click [here](#) to leave your Javelina Wellness team feedback.

Catapult Health

Wednesday, June 9

Registration link: <https://www.timeconfirm.com/tamu/kingsville>





May 2021

April New Hires

Please help welcome the following new faces to campus!

Amanda Brooks, Assistant Athletic Director
Athletics Department

Jose Roberto Ponce, Research Assistant
Natural Toxin Research Center

Lonnie Brown, Police Sergeant
UPD

Melissa Gonzalez, Academic Success Coach
Office of Student Access

Veronica Arellano, Program Specialist
Office of the Registrar

Veronica Ramos, Academic Success Coach
Office of Student Access



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April Retirees

Congratulations to our sole retiree this month! We wish you the best, and thank you for your years of service to Texas A&M University - Kingsville.

Antonia Alvarez who had been with the university since August 1978.
Director of Student Affairs, Office of the President



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May 2021

Did you know?

Chris Ballard is an American football executive who used to serve in various coaching roles at Texas A&M University-Kingsville. He worked with us from 1994-1999 before moving on to work with NFL teams like the Chicago Bears, Kansas City Chiefs, and Indianapolis Colts.

Eva Longoria was born in Corpus Christi and earned her Bachelor of Science in kinesiology at Texas A&M University-Kingsville. In May 2013, Longoria earned her Master's degree in Chicano Studies from California State University, Northridge. Her thesis was titled, "Success STEMS from Diversity: The Value of Latinas in STEM Careers".

The **Javelina Book Nook** can be found on the first floor of the Student Union Building, also known as the SUB. Everyone is welcome to drop off or pick up a book from the Nook. Please do not donate textbooks as it is not allowed.

A lactation room is located in Lewis Hall. To access the room, please check-in at the front office of the University Police Department. For more information, contact 361-593-2611. Faculty and staff may contact the Title IX Coordinator at 361-593-4761 to arrange, as appropriate, for a lactation room closer to their work location.



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May 2021

Did you know?

Texas A&M-Kingsville has three pantries that are available to currently enrolled students. The Javelina CARE Pantry, School Supply Pantry and the Javelina Career Closet provide students with an opportunity to access necessities. If you are interested in donating to any of the pantries, please follow the instructions below:

Javelina CARE Pantry

To donate food, or hygiene products please contact the Office of the Dean of Students in room 306 of the Memorial Student Union Building, or call (361)593-3606. For all money donations. Please visit the Office of Foundations located in room 301 of the Memorial Student Union Building, or contact them by phone at (361)593-4191.

School Supply Pantry

Please bring the school supplies to the School Supply Pantry located inside the Pathways Academic Assistance Center (PAAC), Jernigan Library room 220, or contact them by phone (361)593-5223.

Javelina Career Closet

If you have any gently used, professional clothing you would like to donate for students to present their best image for interviews, presentations, conferences or other professional events. Feel free to contact Career Services at (361)593-2217 or careerservices@tamuk.edu to arrange the donation.



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May 26, 2021
11am - 12pm CST

ANNE GRADY

HARNESSING RESILIENCE



As featured on CNN, ESPN, Forbes and Fox Business - join us for a truth-bomb, virtual event with this two-time TEDx speaker, book author, survivor and Javelina Alumna Anne Grady '97

REGISTER ONLINE



Anne began studying the brain and neurodevelopment to find answers while searching for treatment options for her son, Evan, after he was diagnosed with severe mental illness and Autism. Then, after being diagnosed with an avocado-sized tumor in her salivary gland in 2014, she had to lean on the tools she learned with her son to help her through this difficult time. Now, she helps others to cultivate the habits and skills to build strength through struggle with the science behind resilience. Anne is described as "authentic, hilarious, inspiration, and a "dropper of truth-bombs!". Join us for more than a typical training - Anne will challenge you to get out of your comfort zone, break through barriers and help you learn the skills and habits to harness your unstoppable resilience!



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Healthy
JAVELINA

FREE ON-SITE HEALTH CHECKUPS

YOUR OFFICE

YOUR PREVENTIVE CARE CHECKUP

It's Safe

Upon arrival, a temperature reading and COVID-19 assessment is administered for each patient. Each Catapult Health Technician also completes this process before coming onsite.

Health Technicians practice 6' social distancing, when applicable, and wear personal protective equipment (PPE).

Workstations and high-touch equipment are cleaned and disinfected at the start of the clinic day and after each patient.

It's Free

Your preventive care is covered at 100%. No out-of-pocket copays or coinsurance. Please bring a copy of your insurance card.

It's Private

Your personal results are not shared with your employer. However, with your permission your results are sent securely to your Primary Care Provider.

Included in Each Checkup

- Temperature Reading
- COVID-19 Assessment
- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- Blood Pressure
- Depression Screening
- Medication Review
- A1c (for known diabetics)
- ALT and AST (liver tests)
- Abdominal Circumference
- BMI (height/weight)
- One-on-One Video Consultation with a Nurse Practitioner
- Access to a Secure Patient Portal to View Your:
 - Comprehensive Personal Health Report
 - Personal Action Plan
 - History of Past Results

Catapult
HEALTH



Dates:

June 09

Time:

7:00 a.m. to 12:00 p.m.

Location:

Javelina Dining Hall Room 200

Who's Eligible?

Employees and spouses enrolled in the Texas A&M System A&M Care health plan with group #39993 are eligible to participate.

Why Participate?

Know your health status related to diabetes, heart disease and stroke. Lab-accurate results are produced in minutes. Review your results with a board-certified Nurse Practitioner via virtual consultation and develop a personal action plan.

Julie Burch!

11 New Sessions



Registration Links are on the Second Page

Leadership Series 2: 4 Sessions

Professional Development Series 2: 7 Sessions

Further Information

Faculty and staff are encouraged to join the Javelina Wellness team in welcoming back Julie Burch for 11 more sessions this year!

If you missed the first series, don't sweat it! Julie is going to review and build on the topics shown on the second page.

Her trainings are virtual, dynamic, interactive, and motivational. In addition, Julie is available to discuss your specific questions via email after attending sessions.

Leadership Series 2 dates:

Tuesday, May 25, 2021

Wednesday, June 16, 2021

Thursday, June 24, 2021

Thursday, August 5, 2021

Professional Development Series dates:

Monday, May 24, 2021

Friday, June 4, 2021

Thursday, July 15, 2021

Thursday, July 22, 2021

Thursday, August 12, 2021

Thursday, August 19, 2021

Tuesday, August 24, 2021

All staff and faculty are welcomed and encouraged to participate in these two deep dive series. Questions should be emailed to Bryanna.Colvin@tamuk.edu.

Leadership Series

Top Ten Management Survival Skills

Tuesday, May 25, 2021, 1:00PM – 2:00PM

<http://www.anymeeting.com/PIID=E054D989874A39>

Stepping into Leadership

Wednesday, June 16, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D98987483F>

Advanced Leadership Skills: Accountability, Empowerment, and Values Based Decisions

Thursday, July 15, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D989884E3D>

Everyone is so Different! Leading the 4 Personality Styles

Thursday, August 5, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D989884C30>

Professional Development Series

Personality Styles: Deep Dive 2 Hour Webinar

Monday, May 24, 2021, 1:00 PM to 3:00 PM

<http://www.anymeeting.com/PIID=E054D989874D30>

Communicating Across Generations: Deep Dive 2 Hour Webinar

Friday, June 4, 2021, 1:00 PM to 3:00 PM

<http://www.anymeeting.com/PIID=E054D98987493B>

Top Ten Mistakes Even the Best Presenters Make...And How to Avoid Them

Thursday, June 24, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D989874631>

Becoming a Creative Problem Solver: And Learn to Laugh While You do it!

Thursday, July 22, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D989884D3C>

Time Management Tune Up

Thursday, August 12, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D989884A39>

Exceptional Relationship Service: It's in The Bag!

Thursday, August 19, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D989884A3D>

Life Lessons: Rocky Style!

Tuesday, August 24, 2021, 1:00 PM to 2:00 PM

<http://www.anymeeting.com/PIID=E054D98988493B>

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