

WELCOME

Monthly Building Coordinator Meeting Via ZOOM

November 20, 2024



Agenda

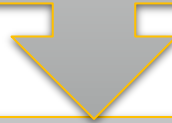
FM Strategic Communications – Social Media Overview

Kara Gerardi and Lauren Chesire – Strategic Communication Specialist



liveWELL – Overview of Opportunities

Melanie Cuchna – liveWELL Manager



Landscape Services – Winter Preparation

Michael Weikamp – Manager, Landscape Services

Facilities Management

FM Strategic Communications & the Building Coordinator Role

Overview & Social Media

November 20, 2024

Meet your presenters



Kara Gerardi
Strategic Communications Specialist
Facilities Management



Lauren Chesire
Strategic Communications Specialist
Facilities Management

Overview of FM Strategic Communications

- Internal employee communications (FM Connection)
- FM's public facing website (facilities.uiowa.edu)
 - Building Coordinators Network
- Social Media
 - FM Instagram
 - FM Facebook
 - Landscape Services Facebook
- Other tasks and tools that help FM communicate effectively to our teams and partners
 - Surveys, digital signage, media inquiries, talking points, photo and video coverage at events

Web resources that serve Building Coordinators

- Building Coordinator Network page and Library
 - Meeting recordings, resources
- Maps and Building Info
 - Added accessibility features
 - Working on adding additional lactation room info and energy usage dashboards
- Public art in buildings
- Project updates/alerts
- Always adding more!

Building Coordinator Network Meetings

Following are important updates and presentations from the Building Coordinator Meeting Series. Building Coordinator meetings are usually held on the 3rd Wednesday of each month.

October 2024

September 2024

August 2024

July 2024

Web-based Maps



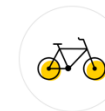
View 2D Campus Map



View 3D Campus Map



View Accessibility Map



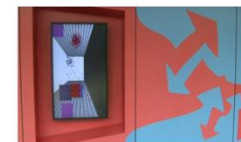
Bridge for Iowa
Siah Armajani, 2000

Active



Calm Eve
Virginia Myers, 1988

Active

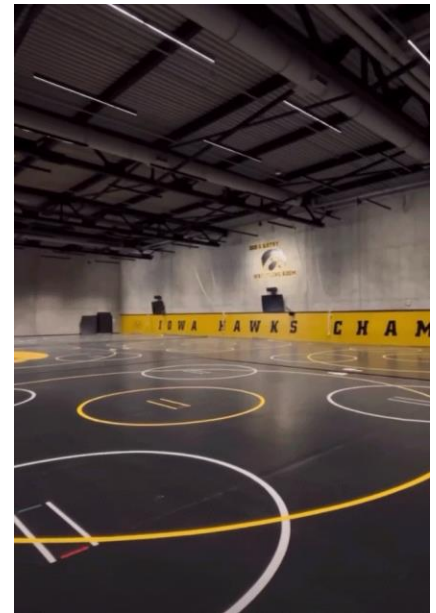


Channels
John Simon, 2002

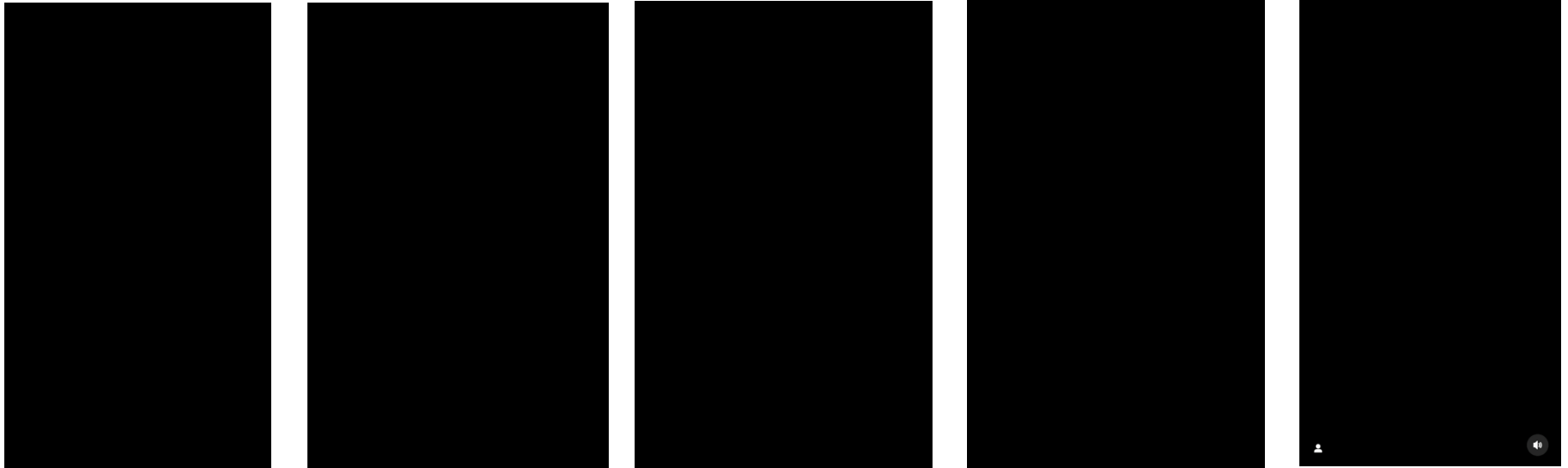
Active

Social Media

- FM's main social media accounts were started in late 2020
- Our social media goals:
 - Create entertaining and informative content
 - Engage our audiences
 - Share our work and our employees with the greater university and Iowa City community
- Showcasing these facilities is not only a reflection of the work we do, but the work you do as Building Coordinators



See your buildings on social media!



FM Social Media Content

- Building features
- Custodial work in buildings
- Landscape projects
- Building construction/upgrades
- Fun trends

Let us feature your building

Have a cool project or feature in your building? Email our team at FM-Strat-Communication-Team@iowa.uiowa.edu to share opportunities for highlighting your facility!

Follow us!



FM Instagram

[@uiowafacilities](https://www.instagram.com/uiowafacilities)



FM Facebook

[@uiowafacilities](https://www.facebook.com/uiowafacilities)



**Landscape Services
Facebook**

[@uilandscapeervices](https://www.facebook.com/uilandscapeervices)



uiowafacilities

Follow

Message



290 posts

987 followers

124 following

University of Iowa Facilities Management

Official account for the University of Iowa's division of Facilities Management. We take care of the beautiful campus... more

www.facilities.uiowa.edu



Celebration...



#TPT



Winter Help ...



Alerts



FM@YS

IOWA

FM Strategic Communications

Thank you!

→ facilities.uiowa.edu

Questions?

Reach us at FM-Strat-Communication-Team@iowa.uiowa.edu

IOWA

liveWELL, University Human Resources

Health Coaching and Well-Being Resources

liveWELL, Family Services, and Employee Assistance Program

November 20, 2024

Well-Being at Iowa

Well-being at the University of Iowa is fostered by an environment that promotes healthy and purposeful living for all campus members.

Faculty and staff well-being resources are provided by the Health and Well-being units of University Human Resources: [liveWELL](#), Employee Assistance Program, and Family Services.



EMOTIONAL
SUPPORT



PHYSICAL
HEALTH



FAMILY &
RELATIONSHIPS



RESILIENCE
RESOURCES



FINANCIAL
WELL-BEING



WORKPLACE
WELL-BEING

Health and Well-Being Units University Human Resources

liveWELL

Health Coaching 1:1
Lifestyle Change Programs
Wellness Challenges
Rec Membership Incentive
Personal Health Assessment
Recharge+

EAP

Short term counseling
Support and Crisis Line
Suicide Prevention
Emergency Hardship Fund
Substance Use
Compassion Fatigue
Sleep

**Family
Services**

Financial Well Being
Workplace Flexibility
Childcare Resources
Elder Caregiving
Lactation Rooms

IOWA

University Human Resources

livewell[™]

FACULTY & STAFF

HEALTH & WELL-BEING

2024 RESOURCE GUIDE



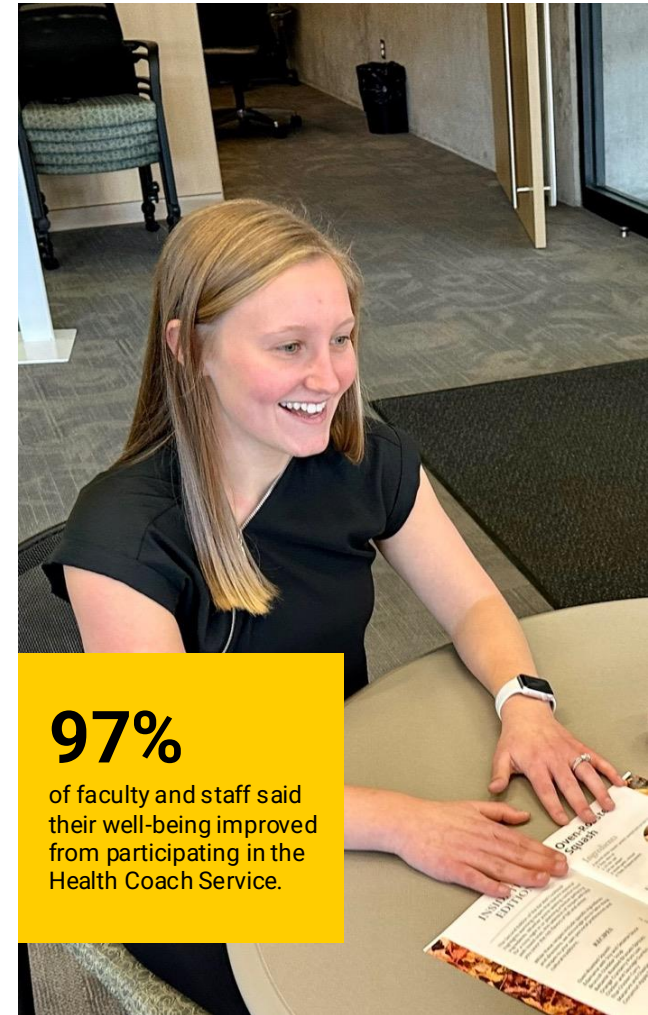
Creating a Culture of Well-Being

Here are ways you can participate in well-being activities and receive support when you are at work.



Health Coach Service

- **liveWELL** Health Coaches empower employees to make sustainable lifestyle changes that enhance their overall well-being.
- Through collaboration and support, health coaches guide employees to set goals, use their strengths, discover strategies, and celebrate their progress.
- **Individual Health Coach Service**
 - Up to 5 sessions every 12 months.
 - In person/virtual and evening appointments
- **Group Health Coach Services (coming 2025!)**
 - 5-week group coaching programs on Zoom each quarter focusing on pillars of well-being: nutrition, physical activity, mental well-being, and sleep



97%

of faculty and staff said their well-being improved from participating in the Health Coach Service.

Health Coach Service

- **Benefits of working with a Health Coach**

- Get started on your journey
- Build confidence and skills
- Overcome barriers and find solutions

- **Common focus areas**

- Stay active with a busy schedule
- Build healthy eating habits
- Enhance your sleep routine
- Create more energy
- Practice habits for work and life balance



BACK TO THE BASICS

Build Your Foundation of Well-Being



hr.uiowa.edu/employee-well-being/livewell/health-coach-service

Wellness Vision



Wellness Vision



Wellness Vision



Wellness Vision



Wellness Vision



Wellness Vision

What are your **motivators**?
Why do you want to change right now?

What is a small **goal** you can set to make progress?

VISION

What kind of person do you want to be when it comes to your well-being?

What **strengths** can you use to make progress?

How confident are you in your ability to meet your goal on a scale of 0-10?

Additional Well-Being Resources



Programs

Learn about upcoming and ongoing programs to support healthy lifestyle changes and earn liveWELL points to use at the Wellness Store.

[PARTICIPATE](#)



Well-Being Toolbox

Infuse well-being into your department. Become a Wellness Ambassador, learn about Wellness Grants, or nominate a Wellness Hero.

[ACCESS THE TOOLBOX](#)



Well-Being Resource Library

Visit this one-stop shop for resources to help you build healthy habits across various well-being categories.

[VISIT THE LIBRARY](#)

liveWELL Resource Library

- Employees can access information and resources to support their well-being anytime.
- Handouts
- Videos
- Activities



Managing Stress and Mindfulness

Learn ways to cope with stress and find tools for developing mindfulness, a strategy used for reducing stress by focusing on the present moment.



Nutrition

Healthy eating is an important part of overall health, well-being, and personal energy. Learn about healthy meal planning, explore our cookbooks, and more.



Physical Activity

Whether you're an avid exerciser or just getting started, these resources can help you become more physically active or fine-tune a routine that you already have.



Resilience

Resilience is the process of adapting and overcoming challenges, adversity, or significant stress. Resources are offered to help you build resilience.



Financial Well-Being

In addition to offering retirement options for its employees, the University of Iowa sponsors financial education opportunities.



Sleep

Sleep is the foundation to our daily habits and decisions. Discover tips to improve your sleep hygiene and explore resources to help you get a good night's rest.

Referral Programs

Mindfulness Based Stress Reduction (MBSR)

Mindfulness is the practice of paying attention on purpose in the present moment with openness and kindness. Mindfulness supports physical, mental, and emotional well-being.

Personal Training

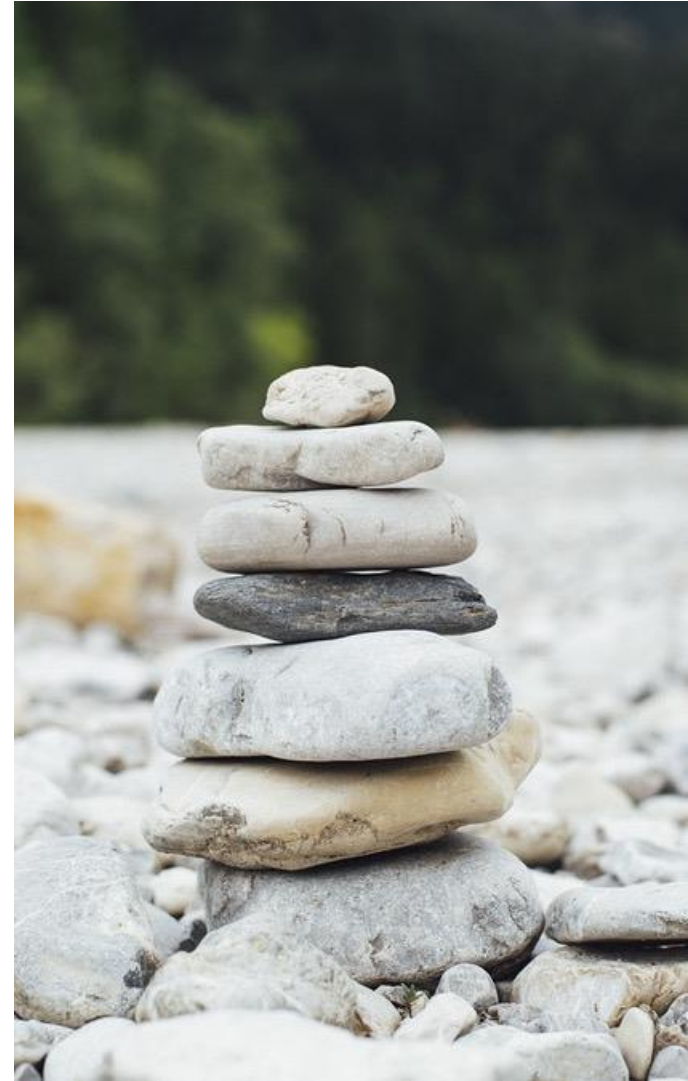
University of Iowa faculty and staff in a 50% or greater, regular position who meet with a health coach may be referred to personal training, offered through UI Recreational Services.

Diabetes Prevention Program (DPP)

DPP is a one-year program that includes health coaching and group support to lower risk for type 2 diabetes. Build sustainable habits for physical activity, nutrition, and stress management.



hr.uiowa.edu/employee-well-being/livewell/health-coach-service



Online Programs



Challenge Programs

liveWELL offers opportunities for employees to engage in challenge programs as a campus. These challenge programs provide tips and resources for building healthy habits around nutrition, physical activity, rest, and much more.

Wondr Health

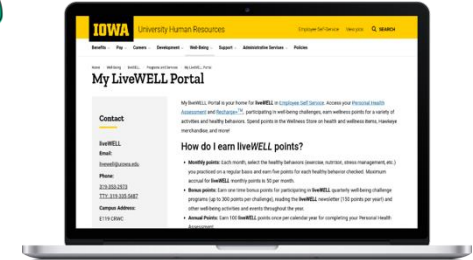
Wondr Health is an app-based weight management program that focuses on lifestyle behavior changes and reducing risks for chronic health conditions.

Recharge+™

Recharge+™ is a text message platform that sends you tips to navigate stress, move through challenges, and enhance your well-being.



hr.uiowa.edu/employee-well-being/livewell/programs-and-services



Recreation Membership Incentive Program

UI employees can earn 50% off their monthly recreation membership fee by participating in the **liveWELL** Personal Health Assessment (PHA) every year in January and using campus recreation facilities at least four times per month.



Active & Fit Direct

Blue365 offers premier health and wellness discounts and is free to join. These exclusive discounts are available to members of select BCBS organizations (e.g. Wellmark Blue Cross and Blue Shield). Register now and start saving!

The Active&Fit Direct program gives you access to your choice of thousands of gyms and other great features for \$28 a month. Here's what you get with your standard membership:

- Access to 12,500+ gyms you know and love, including 24 Hour Fitness®, LA Fitness®, Anytime Fitness®, Gold's Gym®, Workout Anytime®, Crunch Fitness®, and more
- Access to a robust library of hundreds of clinically-approved health and fitness articles, videos, and self-care tools to help you on your fitness journey
- Membership options for your spouse

<https://www.blue365deals.com/WellmarkBCBS/offers/active-fit-gym-membership-s>



Family Services

Family Services provides programs and resources for UI faculty, staff, and students to attract, retain, and engage them throughout their careers by supporting an environment where individuals can be successful across their professional, academic, and personal lives.

Family Services

Childcare Resources

Locate information on childcare resources in the community and access back up child care services.

Elder Caregiving

Receive one-on-one support from a senior resource specialist at LiveWell Seniors

Financial Well-Being

The University of Iowa partners with Financial Wellness programs to provide employees resources and assistance on topics such as budgeting and savings.

Campus Lactation Rooms

Maintains over 80 campus lactation rooms. Several are equipped with Medela breast pumps.



hr.uiowa.edu/employee-well-being/family-services



Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) provides integrated services to faculty, staff, post docs, medical residents and their family members to promote emotional well-being and to increase engagement and productivity among members of the UI community. There is no reason too small to connect with your UI EAP. Work with a licensed counselor to support your mental health.

Employee Assistance Program

Short-Term Counseling

EAP offers short-term counseling to children, teens and adults as well as couples counseling. Common areas of focus are depression/anxiety, relationships, job stress, substance use and sleep.

EAP also supports

- Suicide Prevention Training
- Crisis Support Line
- Emergency Hardship Fund



hr.uiowa.edu/employee-well-being/ui-employee-assistance-program



Employee Assistance Program

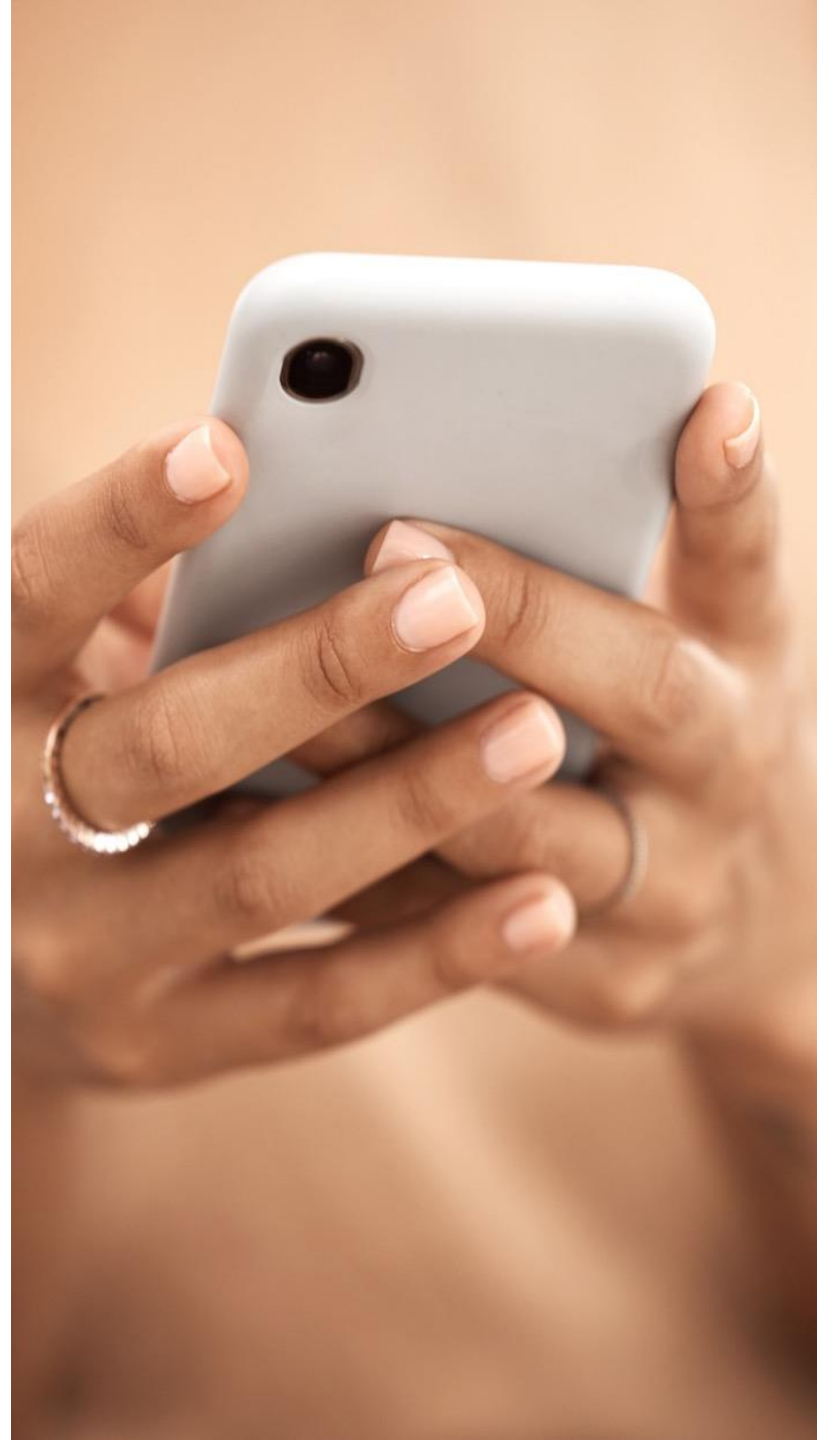
Support and Crisis Line

The UI Support and Crisis Line is a 24/7 text, chat or phone service for all University of Iowa students, faculty, staff, post docs and medical residents. Provided in partnership with CommUnity Crisis Services and is available all day, everyday.

844-461-5420



mentalhealth.uiowa.edu/ui-support-and-crisis-line



How do I get started?

How to take the PHA

PERSONAL HEALTH ASSESSMENT (PHA)

The Personal Health Assessment (PHA) is a confidential health survey that asks individuals about their health behaviors, mental well-being, feelings of belonging at work, and support for well-being in the workplace. The PHA takes 15 minutes to complete, and you can complete it on work time.

The PHA provides a tailored report about your health and well-being and includes tips based on your readiness to change. Your report also connects you to UI well-being resources. The PHA is available in Employee Self-Service under Benefits and Wellness.

Other benefits for taking the PHA include:

- Eligibility for the Recreational Membership Incentive Program
- Eligibility for free Health Coaching and referral programs
- 100 liveWELL points added to your MyliveWELL Portal
- Entry into a monthly drawing for \$250—two winners are drawn every month
- Receive monthly updates email with upcoming programs and services



<https://hris.uiowa.edu/healthcoach/livewell.php>

STEP 1

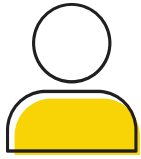


STEP 2



STEP 3





Things **You** Can Do to Create a Culture of Well-Being

- ✓ Complete the **Personal Health Assessment (PHA)**. PHA supports individual, department, and campus well-being.
- ✓ Connect to resources. **liveWELL Health Coaches, EAP, and Family Services** are available to support a personalized plan and help you find resources and tools for your well-being.
- ✓ Take time to practice your own self-care. Engage in practices such as mindfulness, gratitude, movement, and positive reflection for 3-5 minutes daily.



IOWA

liveWELL, University Human Resources

Thank you

319-353-2973
livewell@uiowa.edu

→ hr.uiowa.edu/employee-well-being/livewell

Winter Weather Response – Snow & Ice

FM-Landscape Services



Winter Weather Response – Snow & Ice

FM-Landscape Services

Winter is not a season, it's an occupation.
—Sinclair Lewis

Daily lowan March 2, 2015



Winter Weather Response – Snow & Ice

FM-Landscape Services

- ▶ “It wouldn’t be that cold if it weren’t for the wind.”
- ▶ “I’d much rather it snow than this ice.”
- ▶ “Omg why didn’t they cancel school?!”
- ▶ “Did you hear it’s going to be super nice this weekend? High of 36!”
- ▶ “Does anyone know how the roads are today?”
- ▶ “When are they going to put salt on these roads?”

Winter Weather Response – Snow & Ice

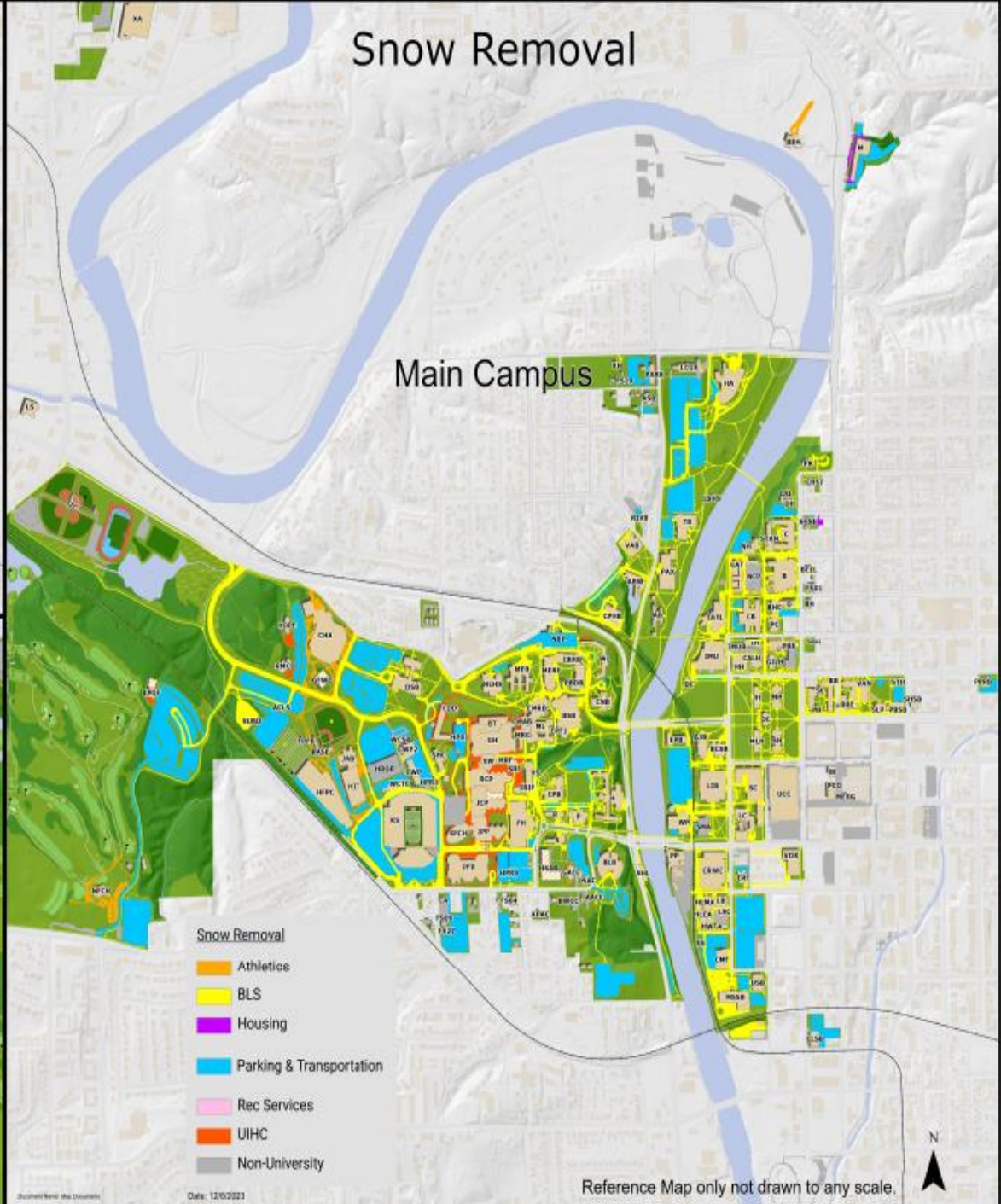
FM-Landscape Services



Oakdale & UI Research Park



Snow Removal



Hawkeye Campus



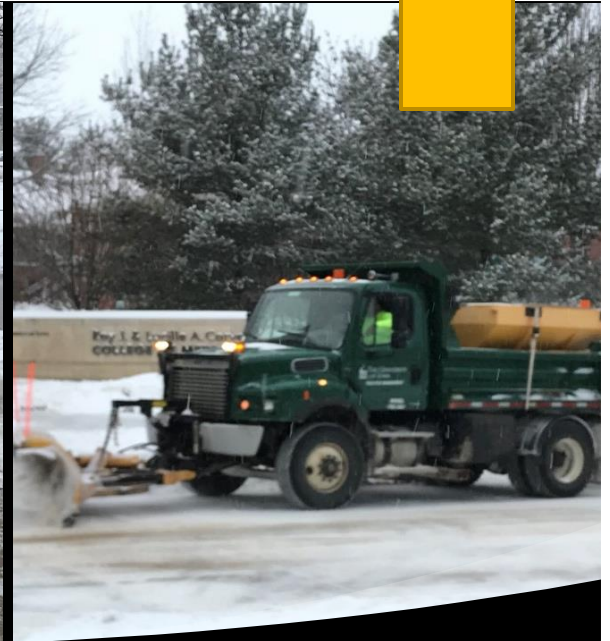
Winter Weather Response – Snow & Ice

FM-Landscape Services



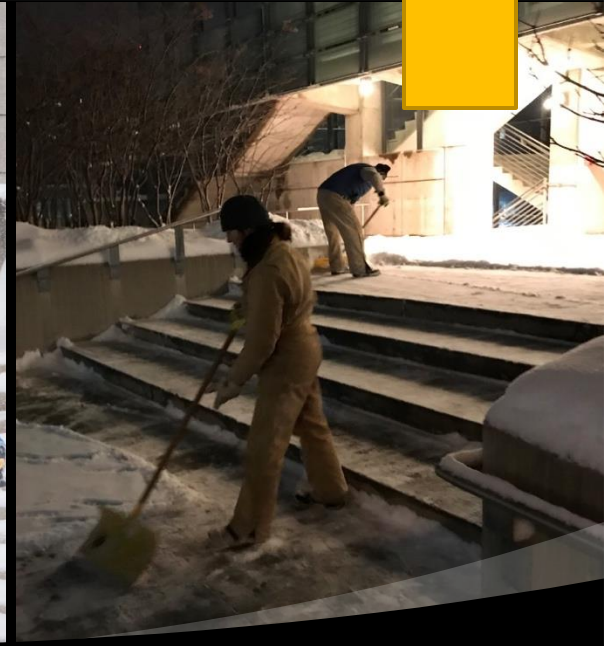
Equipment & Staff

- ▶ 2-Large road plows
- ▶ 4- Pickup truck plows
- ▶ 9-Bobcat Skid steers
- ▶ 2-Toro PolarTraks
- ▶ 1-JCB Telehandler w/ Plow
- ▶ 1-Toro Multi-Force Grandstand
- ▶ 1-Kubota RTV 1100 w/ plow
- ▶ 10-Kubota RTV 1100 Sanders
- ▶ 19- LSC Staff Shovelers
- ▶ 3-Building maintenance volunteers



Winter Weather Response – Snow & Ice

FM- Landscape Services



Winter Weather Response – Snow & Ice

FM-Landscape Services

Winter Weather Response – Snow & Ice

FM-Landscape Services

REPORTING SNOW AND ICE REMOVAL-RELATED ACCESS ISSUES

1. Reporting a non-police emergency

Call [319-335-5071](tel:319-335-5071) 24 hours a day, 7 days a week. You will be directed to FM@YourService or after hours, can choose to route to the Campus Safety.

2. Contact the Building Coordinator

Building Coordinators have information and access to FM and can help resolve any snow and ice issue relating to their building.

3. Send in a non-emergency request through the FM@YourService portal

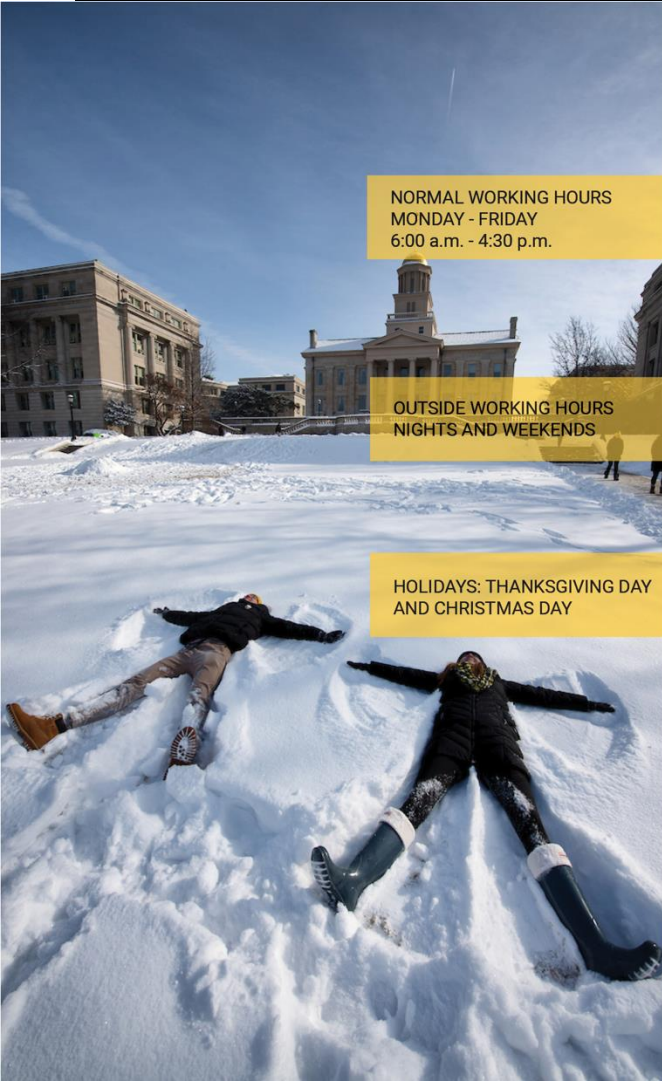
Requests for service are processed through the [FM@YourService](#) portal. The portal is connected to other offices on campus (Parking and transportation, Campus Safety, etc.) so that request can be channeled in an efficient way to the correct offices.

4. Request specific accommodations through dedicated office

[Student request for specific accommodations](#)
[Employee request for specific accommodations](#)



SNOW REMOVAL PROCESSES



NORMAL WORKING HOURS
MONDAY - FRIDAY
6:00 a.m. - 4:30 p.m.

Snow and ice treatment will be initiated by Landscape Services

Early weekday calls should be started by 2:30 a.m. with the intention to have personnel on site by 4:00 a.m. Personnel will return to sites along their routes as necessary later in the day

OUTSIDE WORKING HOURS
NIGHTS AND WEEKENDS

Snow and ice treatment will be initiated by the UI Department of Public Safety

Weekend call-ins will be initiated to have personnel on site by 6:00 a.m.

HOLIDAYS: THANKSGIVING DAY
AND CHRISTMAS DAY

Snow and ice at entrances to be removed the day following the holiday

It is our policy to respond to all snow and ice occurrences.

Building and Landscape Services is responsible for the winter maintenance of all building entrances, steps, sidewalks, loading docks, Oakdale parking lots, service drives and institutional roads.

Streets and service drives will be plowed and treated with a sand / salt mix as needed. Sidewalks will be plowed and / or broomed and treated with sand / salt or ice-melt mixture. Building entrances and Steps will be shoveled and treated with a minimal amount of ice melt mixture. Sand is not to be used near building entrances.

For more information, see the Landscape Services Management Plan

Facilities Management's Landscape Services performs:

- ▶ All GEF campus building and Dorm entrances, steps, sidewalks, loading docks, service drives and institutional roads.
- ▶ Includes parking lots at UI Research Park at Oakdale Campus.
- ▶ UI Parking & Transportation maintains Main Campus parking lots.
- ▶ Crews on-campus for immediate and continuous response 6:00 AM – 4:30 PM (and return to areas as needed to maintain safe egress for campus users)



Winter Weather Response – Snow & Ice

FM-Landscape Services

► Overnight weather events are followed by UI Public Safety and Landscape Services, for on-call or emergency response.

► Call-ins for snow / ice removal can occur any time conditions warrant but if the snow or ice has already fallen, or if the storm is in progress. Early morning weekday calls should be started by 2:30 am.

► Our intention is to have personnel at work and out on their routes by 4:00 am at the latest and to have most areas are cleared for morning campus traffic by 7:30 am.



Winter Weather Response – Snow & Ice

FM-Landscape Services

Streets and service drives (and parking lots on the Oakdale Campus) will be plowed and treated with a sand / salt mix as needed.

Sidewalks will be plowed and / or broomed and treated with sand / salt or ice-melt mixture.

Steps will be shoveled and / or broomed and treated with sand / salt or ice melt mixture.

Customer requests and emergency service calls will be communicated to employees in the field by use of cell phones.

For non-emergency use FM@YourService Portal.

For emergencies call FM@YourService at 335-5071.

Winter Weather Response – Snow & Ice

FM-Landscape Services

Snow Removal

Landscape Services is committed to providing safe access to the campus without causing unnecessary harm to the environment. We strive to reduce the effects of snow and ice as quickly and effectively as our resources and the weather will allow.

Priorities

Priority for snow and ice removal: In most instances snow and ice removal will occur simultaneously for roadways, parking lots, sidewalks and entrances. In situations when snow and ice occurs with heavy accumulation or is difficult to handle, the following priorities will be followed.

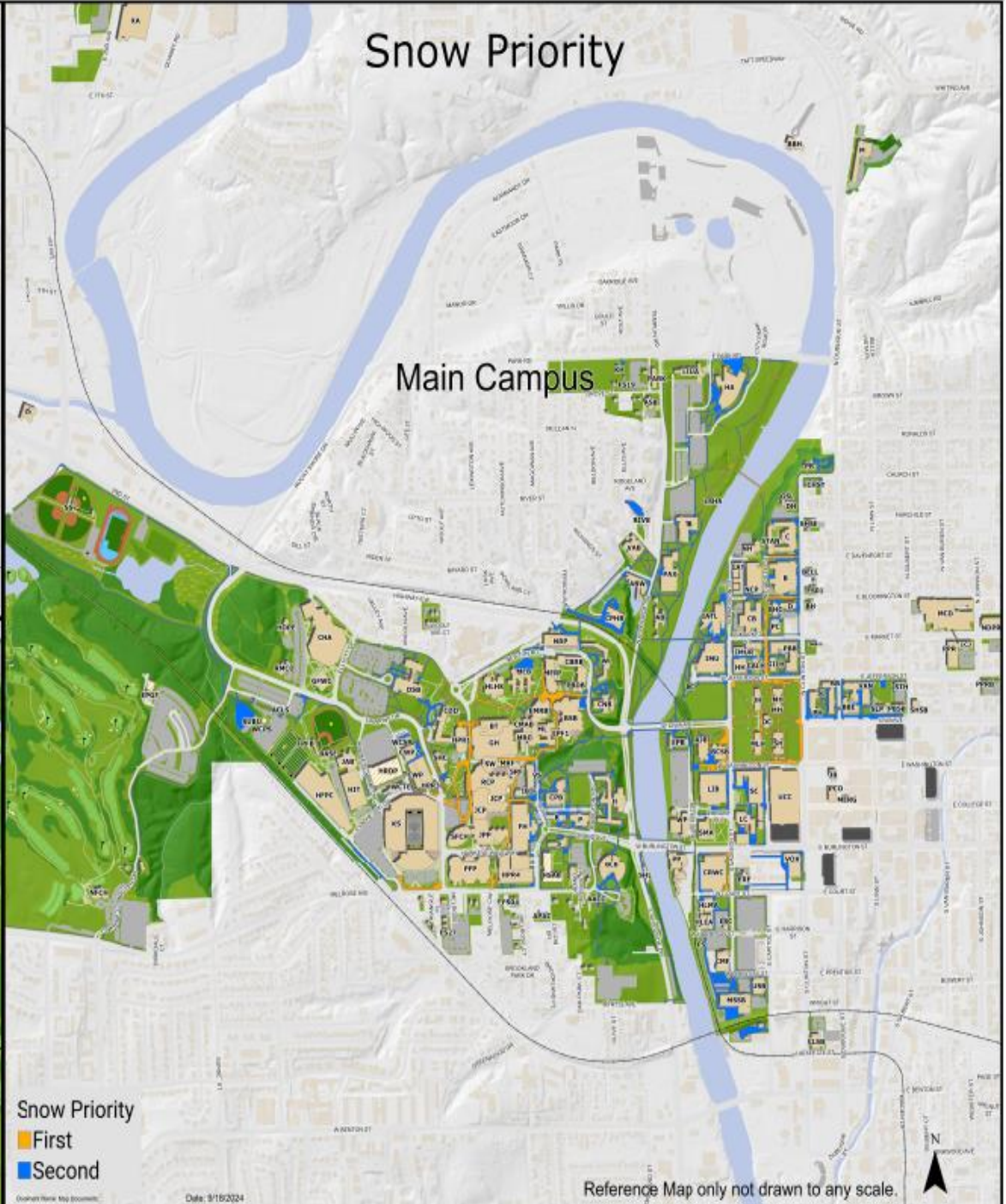
1. Roadways - roadways serving UIHC and University facilities
2. Parking lots - accessible spaces, permit spaces, general spaces
3. Primary sidewalks - main walkways traversing campus and leading to main building entrances
4. Primary building entrances - main building entrances and accessible entrances
5. Secondary sidewalks - walks not in primary route to campus facilities such as leading to side doors, back doors or limited access areas
6. Secondary building entrances - side entrances, back entrances, limited access exits



Oakdale & UI Research Park



Snow Priority



Main Campus

Hawkeye Campus



- Snow Priority
■ First
■ Second

Reference Map only not drawn to any scale.





Winter Weather Response – Snow & Ice

FM-Landscape Services

Helpful Hints When Walking on Snow or Ice

1. Plan ahead, give yourself sufficient time and plan your route.

- Traffic moves slowly in snowy conditions.
- Give yourself extra time--don't assume a clear path for driving and walking will be available.

2. Wear shoes or boots that provide traction on snow and ice.

- Footwear made of rubber and neoprene composite provide better traction than plastic and leather soles.
- Wear flat-soled shoes. Avoid shoes with heels.
- Products are available with abrasive soles or cleats that provide special traction for walking on snow and ice, such as Yaktrax. [Remember to remove when entering buildings.

3. Use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings.

- Move slowly.
- Remove snow/water from shoes when entering buildings.
- Use handrails for support.
- Try to keep your center of gravity over your support leg.
- Use car for support.
- Keep your hands out of your pockets.

4. Walk on designated walkways as much as possible.

- Don't take shortcuts over snow piles or areas where snow and ice removal is not feasible.
- Look ahead when you walk. A sidewalk completely covered with ice may require travel along its grassy edge for traction.
- Don't text or read while walking.

5. Walk safely on snow or ice.

- Take short steps or shuffle for stability.
- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Keep your hands out of your pockets.
- Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Avoid using outstretched arms to brace yourself.
- Bend your back and head forward to avoid hitting your head against the ground.



(Photo: sun ok/Shutterstock)

Winter Weather Response – Snow & Ice

FM-Landscape Services

SAFE Winter Walking.... Walk SAFE

Most falls on snow and ice result in serious injuries... please don't be a statistic this year!

Walking during the winter requires special attention to avoid slipping and falling.

The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.



Winter Weather Response – Snow & Ice

FM-Landscape Services

SAFE Winter Walking.... Walk SAFE

Injuries from Slips and Falls occur each year in parking lots.



Winter Weather Response – Snow & Ice

FM-Landscape Services

SAFE Winter Walking.... Walk SAFE

Numerous slip and fall injuries occurred while walking into work on ice and / or snowy conditions.



QUESTIONS?



Building Coordinator

Next meeting:

January 15, 2025, via zoom 11 AM to 12 PM

Proposed Agenda:

1. Cold Weather Protocol
2. Fire Life Safety – Process update
3. Design and Construction – System Update

Questions?
THANK YOU!

Feedback welcome by emailing stephanie-rourke@uiowa.edu