

Caring for family



Caring for yourself



## UGA Well-Being



Caring for community



Caring for work

### *What is well-being?*

Well-being is the experience of being and feeling healthy, happy, and prosperous. It includes having good mental and emotional health, high life satisfaction, and a sense of purpose.

### *Why is well-being important?*

Well-being feelings are important for individuals who are striving to maintain a good balance in life. Well-being can lead to reduced stress levels, lower experiences of burnout, increased productivity, lower health risks, and increased healthy behaviors.

### *Did you know?*

UGA has a dedicated program in Human Resources for employee well-being. There are a variety of programs and workshops that address topics on overall health, stress management, financial strategies, and more. Recent events include: 5k and Fun Run, Hydration Workshop, Financial Coaching, and The PreventT2 Program to reduce the risk of Type 2 Diabetes.

### *Have questions?*

Visit the Well-being website which has links on caring for yourself, your family, your work, and your community. Information can be found under [www.hr.uga.edu/training](http://www.hr.uga.edu/training) by selecting the Well-being button and on the UGA Wellbeing Facebook page.

## Places to Visit:

### Ramsey Student Center for Physical Activities



#### Fun Facts about Ramsey Student Center Facilities:

The center was first called the Student Physical Activities Center. It was renamed in February 1996 after Bernard B. and Eugenia A. Ramsey. The Ramseys donated over \$44 million to UGA. The Bernard Ramsey statue sits on a bench outside of Moore College on North Campus.

There are about 6000 students that come to the Ramsey Center daily. The center is about 440,000 square foot. This facility is one of the largest student athletic recreation facilities in the United States.

The Ramsey Center has a Natatorium (50-meter competition pool, diving pool and 8 lane recreational pool), 4 Gymnasiums (8 basketball courts, 9 volleyball courts and 12 badminton courts), an Indoor Track (1/8 mile), a 44 ft. Climbing Wall, a 14 ft. Outdoor Bouldering Wall, 10 Racquetball Courts, 2 Squash Courts, and over 25,000 square feet of weight training space.



## You Can Prevent Type 2 Diabetes with the PreventT2 Program



### The PreventT2 Program Reduces Your Risk of Type 2 Diabetes

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The PreventT2 lifestyle change program can help!

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes.

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes in half.

### Prediabetes Can Lead to Type 2 Diabetes

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the PreventT2 program will help you prevent or delay type 2 diabetes. For more information about this program, contact [jdallas@uga.edu](mailto:jdallas@uga.edu) or [alisoncberg@uga.edu](mailto:alisoncberg@uga.edu).



# Ice Cream Social



# FINANCE *Family*

The following people are celebrating years of service milestones in July 2019:

Patricia Sims – Accounts Payable – 25 years  
Terri Akers – Accounting – 25 years  
Lee Faust – Bulldog Print + Design – 20 years  
Susan Caldwell – Payroll – 20 years  
Nicole Moon – Bursar and Treasury Services – 15 years  
Kathleen Green – Accounts Payable – 10 years  
Quincy Kerbo – Accounts Payable – 5 years

*Please note that for newsletter purposes, we are counting from the employee's actual hire date and Finance and Administration uses a different date for their recognition.*



Tracy McNabb in Student Account Services recently welcomed a new grandson. William Anderson Baker was born on May 2, 2019 and weighed 8lbs 6oz.

## Fridays are Jeans Days!

All jeans must be work appropriate (no rips, holes, etc.) and if you have Friday meetings with UGA leaders, the dress expectation is business casual.



# Upcoming Campus Events



July 16, 23, 30 - 5:30pm to 7:30pm

## 2019 Seat in the Shade Poetry Series

– Hendershots Coffee Shop & Bar

A July of poetry reading and discussion of the poetic craft featuring top Georgia poets will

be hosted by University of Georgia College of Education professor Melisa Cahnmann-Taylor for three Tuesday nights.

Cost: **FREE - Donations Accepted**



July 21 - 2:00pm to 4:00pm

## Northeast Georgia Orchid Society Orchid Swap Meeting

– State Botanical Garden of Georgia,  
Visitor Center & Conservatory-  
Gardenside Room

The annual NGOS buy/sell/swap is a great way to get orchid plants.

Attendees are encouraged to bring any spare divisions, plants for sale, or unwanted orchids to give away. All sales are arranged via cash/check/PayPal between individual members.

Cost: **FREE**

The Spark Committee would like to wish our fellow committee member Holly Snelling all the best as she leaves UGA to begin a new job.

We appreciate all of her hard work and will miss her eye for detail, creativity, and fun personality!

# Treasure Hunt!

Get your sleuthing skills ready to play this month's Treasure Hunt! To play, just find all the **flags** in the newsletter, then submit the correct answer via email to **spark-comm@uga.edu** by July 24, 2019. Up to 3 winners will be chosen to receive a prize.

Last month there were 7 hidden beach balls!

Congratulations to **Casey Chitwood** in Student Account Services, **Jennifer Mobley** in Accounting, and **Amber Wingo** in Accounts Receivable for winning last month's treasure hunt!



Casey Chitwood  
Student Account Services



Jennifer Mobley  
Accounting



Amber Wingo  
Accounts Receivable

Enjoy your Jittery Joe's gift cards!

## YOUR SPARK COMMITTEE

Darlene Bradley	Budget Office
Tina Brown	Procurement
Sam Chafin	Procurement
Christy Daniel	Bursar's Office
Beth Martin	Finance Division
Tiffany Payne	Bursar's Office
Crystal Rogers	Programs
Harold Waters	Bulldog Print + Design
Tim Welsh	Bulldog Print + Design

[busfin.uga.edu/spark](http://busfin.uga.edu/spark)