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

Enjoy your Jittery Joe’s gift cards!

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!

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 by selecting the Well-being button and on the UGA Wellbeing Facebook page.
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.

Places to Visit:
Ramsey Student Center for Physical Activities

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 or alisoncberg@uga.edu.

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 Ramsey 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.

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

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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

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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

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