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EMPLOYEE SPOTLIGHT

Lisa Raasch Custodian



Lisa is the 3rd shift, Custodian for the 1st floor of the Admin building. She has been with Northwest for 24 years. Prior to working for Northwest she worked for Gray's Truck Stop.

She likes working with the people at Northwest, the benefits and looking at the flowers around campus.

Lisa is married to Dallas and has three children, Christie Swinford (34), Kevin Schluter (31); both graduates of Northwest and Makayla Rassch (16). She enjoys spending time with her family, visiting her son who is in the military and living in California and attending her daughter Makayla's band functions.

Lisa is also involved in the First Christian Church where she is a Deacon.

Kevin McMahon Driver



Kevin has been employed with Northwest for over 20 years. Prior to Northwest, he worked for the Nodaway County Sheriff's Department.

His favorite part of working for Northwest is all of the coaches, faculty, staff, and students he meets and works with everyday. As a Driver for Northwest, he also enjoys the opportunities to travel.

Outside of work, Kevin likes to deer hunt and spend time with his children. He has two sons and a daughter.

Kevin also enjoys traveling and would like to travel to the Northeast to New York, Boston and visit the Smithsonian Museum in Washington D.C.

MESSAGE FROM THE AVP



Many thanks to all who participated in the recent team exercise. Below are the top common responses to the questions posed:

- *What is our greatest strength: Teamwork*
- *What is our greatest weakness: Resources*
- *What is one thing we should start doing: Knowledge-sharing*
- *What is one thing we should stop doing: Moving-related tasks*
- *What are our top two challenges: Resources and expectations*
- *We should focus on: Students*

Let's not let the strain of limited resources be a source of frustration, but rather a challenge we collectively tackle head-on!

Dan Haslag

BEARCAT WELLNESS TIP

Work-Life Balance – There are many benefits to a balanced work & personal life including improved happiness, health and lower stress. Here are some ways to improve yours:

1. Use time at work and home efficiently
2. Set professional and personal goals
3. Prioritize your life
4. Take care of yourself
5. Develop healthy eating habits
6. Get enough sleep
7. Exercise
8. Make time for hobbies & passions



Monthly Newsletter Contest

Can you name the Facility Services employee that survived a hot air balloon crash?

Drop your answer off in the “Comments” box located in the Facility Services front office. The winner will receive a \$10.00 gift card!

EMPLOYEE RECOGNITIONS

Years of Service

Cody Hoepker, Groundskeeper 2 Years
Susan Manning, Custodian 7 Years

Lisa Raasch, Custodian 24 Years
Pat Ward, Arboretum Manager 3 Years



The Winner Is...

The winner of last month's "Name This Newsletter" contest is Amber Kenny for the idea of "The Facilities Forum". Please pick up your Starbucks gift card in the FS Admin office. Thanks to everyone who participated!

Welcome to our new employees!

Gilbert Hall

Gilbert joined Facilities on 2/17. He will be the 2nd Shift Custodian for UPD, FS Admin & FS.Shops.



Joshua Smith

Joshua started working for Facilities on 2/17. He will be the 2nd Shift Custodian for Garrett Strong.



Nominate a Team Member Today!

Help us nominate our next employee of the quarter by submitting a nomination for a hardworking and dedicated member of our team!

Nomination forms and instructions can be found in the Facility Services front office on the "Comments" box.

If you have questions please contact Amber Newham at 562-1181.

KUDOS FROM CAMPUS

"First I would like to give kudos to Tina Frueh and her team for working so hard to try to keep the sidewalks, stairs, streets, and driveways clear on campus during the recent snow/ice storms.

Second, I would like to thank Jack Bucy and Sonny Scadden for their hard work both before Winter Break and after to prepare the rooms the Knacktive teams use in North Complex. It was a quick turnaround and they both did some fabulous work to make sure everything was ready by the first day of class."

Dr. Deborah Toomey, Associate Professor of Marketing

"I would like to compliment the custodial services, grounds and other FS staff involved with the track meet clean-up this past weekend. THANK YOU for your hard work and getting the building back in "Show Case Ready". Also stocking the restrooms in a timely fashion, at one point in time we were going to run out of toilet paper Saturday late afternoon, but the custodians saved the day and brought in more from another location. It was a very busy day on campus and good to know we can get stuff done.

Thank you,"

Greg Hansen, AVP of Student Affairs-Campus Rec

YOU'RE INVITED

Below is a list of some upcoming events for March that you might be interested in. For a full list and event details visit <http://calendar.nwmissouri.edu>.

- ***Stress Busters-** Every Monday @ 4:00 in the Station, Executive Boardroom
- ***#Relationships-** Every Tuesday @ 2:00pm in the Station, Center Room
- ***Meditation** - Every Wednesday @ 12:00pm in the Student Union, Alumni Dining Room
- ***Dare to Self-Care-** Every Thursday @ 11:00 in the Union, 3rd fl, Meeting Rm D
- **Bearcat Coaches Show** - Every Wednesday @ 6:00pm at Carson's Sports Grill
- **Grants Workshop-** 3/3 @ 3:30 in Owens, Northwest corner 1st floor
- **International Coffee Hour** - 3/4 & 3/18 @ 2:30 in Owens Library, Library Lounge Room #108
- **Northwest Offices Closed-** 3/9 for Spring Break
- **Cantus: "One Giant Leap"** - 3/17 @ 7:30 in the Charles Johnson Theater (acclaimed men's vocal ensemble - 25th anniversary tour)
- **Open Mic Night** - 3/18 @ 7:00 in the Union Living Room
- **Wellness Wednesdays - Green Dot**—3/25 @ 7:00-8:00pm in the Union, 3rd Fl, Meeting Rm D
- **Influential Women of Northwest Reception & Recognition** - 3/31 @ 3:30pm in Owens Library

*** Part of the Wellness Committee's "Be A Better Bearcat" Spring 2020 Series**

CAMPUS RECREATION OFFERINGS

The Foster Fitness Center, the Student Recreation Center and the Hughes Fieldhouse walking track are free for all employees and spouses to use. Below are their hours of operation:

	Foster Fitness	Student Rec	Hughes Fieldhouse
Monday-Thursday	6:00am-9:00pm	8:30am-9:00pm	6:00am-1:00pm 7:00pm—Midnight
Friday	6:00am-7:00pm	8:30am-7:00pm	6:00am-1:00pm
Saturday	11:00am-3:00pm	11:00am-3:00pm	Reservations Only
Sunday	5:00pm-9:00pm	5:00pm-9:00pm	Reservations Only

The Foster Fitness Center Free Group Exercise Classes are at 12:15 and are as follows:

Monday	H.I.I.T
Tuesday	Barbell Beach Bod
Wednesday	Heart Pumpin' Circuit
Thursday	Lift It

The Foster Fitness Center will host a spring break boot camp challenge at 9:15 a.m. every Monday and Wednesday through March 4 in the Hughes Fieldhouse. Sign up at the Foster Fitness Center front desk.

The Student Recreation Center has three basketball courts, a four-lane suspended track, a newly renovated exercise area and six racquetball courts.

The Mozingo Outdoor Education and Recreation Area (MOERA) is located nine miles from Northwest at Mozingo Lake Recreation Park. It offers a variety of outdoor programs, including a high ropes challenge course with a Carolina climbing wall, Alpine obstacle tower and TDC team-building course as well as a shotgun range, and canoes and kayaks on the lake. Contact Chase Hall at chaseh@nwmissouri.edu or 660.562.1759 for information and reservations.

NORTHWEST COMMUNICATIONS

Check your emails! The Northwest campus and the Facilities Services Administration office strives to keep you up to date on University and department related events, updates, offerings, changes etc. The following are informative documents sent to you through your Northwest email accounts.

Work order Status - We now add your email address to your work order requests. This allows you to receive status updates through your email account regarding your specific requests.

All That Jazz - A monthly message from President John Jasinski

HR Bulletin - This monthly bulletin includes items such as, campus new hires, upcoming events and opportunities, benefit and wellness information, staff council updates and employee discounts.

Northwest Digest - A weekly summary of Northwest news and events

Campus Communications - Upcoming changes, events and reminders that may affect campus

Facility Services Newsletter - A copy of this newsletter is emailed to you.

Northwest Website - You can also check out Northwest's website for further information. This website has information regarding your employment through CatPaws and MyNorthwest and also various campus department's information. Facility Services is currently revamping our webpages to be more user friendly and informative to our employees and customers.

Suggestions?

We want to hear your ideas on how to better serve our customers and improve your departments work environment. If you have a suggestion please feel free to drop it in the "Comments" box located in the Facility Services Administration office area.

FACILITIES HISTORY

- Feb 2, 1874 Resolutions are passed in Maryville for the Normal School to be located in Nodaway County
- Feb 13, 1978 Heavy snowfall cancels classes
- Feb 13, 1959 Eleanor Roosevelt visits the Northwest campus
- Feb 20, 1955 Former President Harry S. Truman dedicates the Martin-Pederson Armory on campus

FACILITIES ON THE GO

Facility Services showing their support for the Chiefs Superbowl game



Lauren King, Amber Kenny & Craig Spire



Rex Welch, Steve Redmond, Chris Redmond & Tom Dean

Custodial cleaning up Lamkin Gym after the basketball game on 2/20



Kenny Dixon & Dave Rodrick



Keith Wiederholt



Craig Spire & Barb Weybrew

Sheetrock Patch Training



Rich Comstock & Chris Redmond

Work Orders Completed

- Central Plant-49
- Custodial - 85
- Landscape - 23
- Maintenance- 598
- Pellet Plant-14
- Transportation-52

FACILITIES ON THE GO

Pat Ward and The Bee Keeping Club

Facilities Services Arboretum Director, Pat Ward and his Bee Keeping Club were featured in the Feb 20th issue of the Northwest Missourian. They recruited the help of our Landscape Manger, Shane Baumgart and Sustainability Coordinator, John Viau to collect and bottle the honey. In April, they purchased 4 packages of bees and 4 Queens. The hives flourished with over 200,000 bees which produced 80 pounds of honey. This winter they lost 2 hives so they ordered 2 additional packages of the hardier hard working Russian bees.

*The Northwest Missourian is a weekly Newspaper that is distributed throughout campus on Thursday's. You can pick up your free copy in the Facility Services front office.



COMMITTEE UPDATES

BENEFITS & WELLNESS COMMITTEE

- The spring 2020 Be a Better Bearcat series has begun. It focuses on behavioral health, wellness and professional development. There are 2 ways to participate. The first is to complete modules in Therapy Assistance Online and the other is to attend Wellness Workshops or Career Pathing events (see the "You're Invited" section of this newsletter for dates and times). For further information, please see the campus communication email "Spring 2020 Wellness Opportunities".

CONTACT US

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