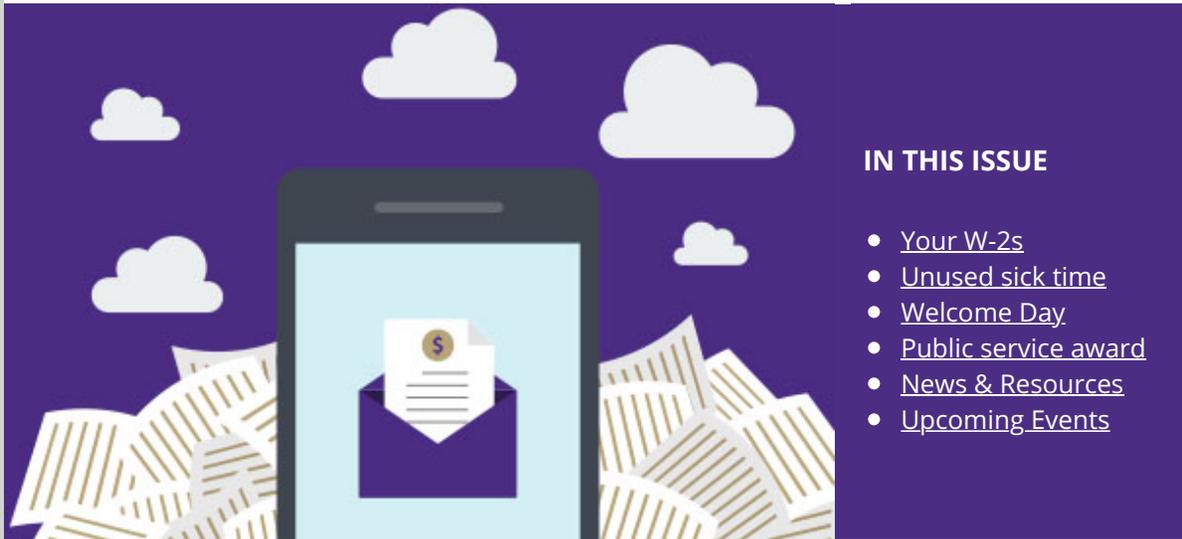


UW INSIDER

January 3, 2018

A weekly roundup of info and resources for UW faculty and staff



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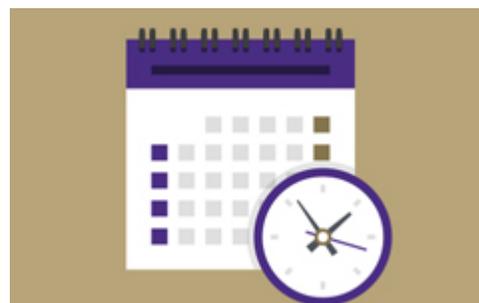
[Your W-2s will be mailed Jan. 25 — are you ready?](#)

Follow these easy steps in Workday to prepare.

1. Opt out of paper tax forms to receive your documents faster and more securely while building a more sustainable UW.
2. Verify your address to ensure you receive important documents on time.

[Cash in on your unused sick time off by Jan. 31](#)

The Annual Attendance Incentive Program allows UW employees with unused sick time off balances above 480 hours to be compensated at a 25 percent value.



[Welcome Day orientation for new employees](#)



Orientations are every Monday, beginning Jan. 8. Attendance is mandatory for all benefits-eligible staff on the Seattle campus.



[Submit Outstanding Public Service Award nominations by Feb. 5](#)

Do you know a faculty or staff member who has made exemplary contributions to the common good through public service? Nominate them for the University's 2018 Outstanding Public Service Award.



NEWS & RESOURCES

IT CONNECT

[New long-distance learning platform builds community at the Evans School](#)

Learn how the Evans School partnered with Learning Technologies to break barriers and build community among African health professionals through a long-distance learning program.

HUMAN RESOURCES

[Shed the holiday pounds and start 2018 with healthy eating habits](#)

Weight Watchers at Work can help you achieve your weight loss goals with other like-minded people — available on the Seattle campus at a discounted rate.

[Get help with your New Year's resolutions](#)

Whether you hope to become more responsive, organized or effective, Professional & Organizational Development has a class for you this winter.

[Did you notice concerning changes with aging loved ones over the holidays?](#)

Experienced elder care professionals are available through UW CareLink. Call 866-598-3978 for guidance about your situation.

THE WHOLE U

["Show up, put in the work, and amazing things can happen," says Todd Tuetken](#)

Todd Tuetken used to lift weights on equipment built from an old combine harvester. Today, he's the UW's director of Olympic strength and conditioning.

What will The Whole U do in 2018?

It's up to you! Help set our direction by completing the community interest survey. It only takes five minutes and you could win two Husky Basketball tickets.

Learn how to live well with autoimmune disease on Jan. 18

Explore ways to reduce stress and manage the confusion and overwhelming feelings surrounding chronic illness in order to live a life unburdened by disease.

Discounted tickets to Husky women's basketball, men's basketball and gymnastics

Throw on your best purple and gold and secure a seat to three exciting 2018 Husky Athletics events.

Manage and thrive with everyday stress

Learn to tap into your own internal and external resources to develop more resilience and joy in the face of stress.

COMMUNITY

UW's 2017: A year of innovation, access and impact

In all corners of the UW, staff, faculty and students are working hard to improve the lives of people around the world. Take a look back on our boundless impact and commitment to public good as we welcome 2018.

UPCOMING EVENTS

MONDAY, JAN. 8

[Panopto: Schedule Recordings for Class Sessions](#)
2-3 p.m. / Odegaard 320

TUESDAY, JAN. 9

[Interviewing Job Candidates](#) 💰
9 a.m.-4 p.m. / Seattle campus

WEDNESDAY, JAN. 10

[Introduction to UW Zoom Web Conferencing](#)
10-11 a.m. / Online webinar

WEDNESDAY, JAN. 10

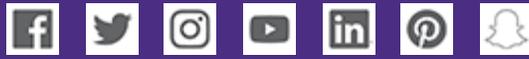
[Dare to Do Bodyweight Class with IanFitness!](#)
Noon-1 p.m. / HUB Lyceum

WEDNESDAY, JAN. 10

[Seattle Cancer Care Alliance Mammogram Van](#) 💰
Call SCCA for appointment / SW corner of UW Tower at 12th Ave NE and NE 43rd St.

THURSDAY, JAN. 11

[Zumba at Harborview](#)
Noon-12:50 p.m. / R&T Building, room 117



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