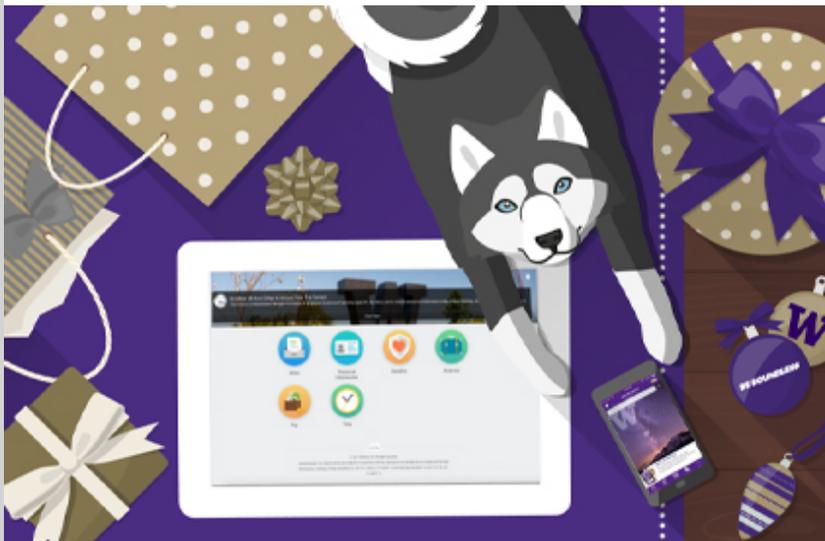


# UW INSIDER

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

December 20, 2017



## IN THIS ISSUE

- Holiday time off
- Holiday stress?
- Retiree award
- Email updates
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## [Record Christmas, New Year's Holiday Time Off in Workday](#)

Don't forget to record both Christmas Day and New Year's Day as "Holiday Taken Time Off" in Workday. See if this applies to you.

**UW INSIDER WILL BE BACK ON JAN. 3.  
HAPPY HOLIDAYS!**

## [Just in time strategies for dealing with family holiday stress](#)

Need some quick tips for navigating holiday gatherings? Read the UW CareLink Holiday Resource Guide or



call a counselor. First time visitors use “UW” for the organization code.



### **[Nominate an outstanding UW retiree before Feb. 1](#)**

Tell us about a retired staff or faculty member who continues to make a difference on our campuses, in the community and throughout the world.



### **[Deskmail, Alpine and Pine to retire by end of 2018](#)**

These services retire Dec. 31, 2018 as part of the UW’s email modernization effort to provide the UW community modern tools, such as Exchange Online and UW Gmail. Online resources and migration tools are available to help with this transition.



## **NEWS & RESOURCES**

### **IT CONNECT**

#### **[Not seeing updates to a website? Try clearing its cache](#)**

If your Web browser isn’t showing the latest changes to a website, try clearing its cache — local copies of files that help web pages load faster.

### **HUMAN RESOURCES**

#### **[Maximize your retirement savings](#)**

The end of the year is a great time to think about your future goals. Get a head start with a free in-person or phone planning session from a seasoned investment professional.

#### **[Subscribe to Leadership Advantage for 2018](#)**

Through this online learning portal, pursue tracks in Project Management, Customer Focus and other areas; access targeted videos; and download facilitation guides. Subscriptions begin the first week of January and run through the end of the year.

### **THE WHOLE U**

#### **[Dr. Barbara Goff transforms her life with help from UW Recreation](#)**

When an injury caused her loss of major function in her hand, the surgeon was determined to return stronger than ever.

### **[Dare to Do starts in 10 days](#)**

Ring in the New Year with a new you. Join a 90-day wellness challenge that will help set you on track for a successful 2018.

### **[Join a bodyweight class with IanFitness on Jan. 10](#)**

Experience a challenging and fun workout designed to help you burn fat, build muscle and feel energized.

### **[Nurture your body and mind with a yoga retreat on Feb. 10](#)**

Join the Whole U and UW Recreation for a day of mindful yoga, inner-contemplation, heart opening and intentionally crafted self-care.

## **COMMUNITY**

### **[Are you headed to Arizona to cheer on the Huskies at the PlayStation Fiesta Bowl?](#)**

Don't miss the Purple Reign Tailgate, the official pregame party for Husky fans! Learn more and get your tickets today.

### **[Make an impact with livability and sustainability projects](#)**

The program has partnered with the City of Tacoma for the 2017-2018 Livable City Year, working on a diverse array of projects that need faculty partners.

### **[Planning for winter quarter? Here are tips and strategies for inclusive teaching](#)**

Provost Jerry Baldasty discusses how to make room for differing perspectives while fostering respect and understanding in the classroom.

## **UPCOMING EVENTS**

**MONDAY, DEC. 25**

[Christmas Day](#)  
Review the UW holiday calendar

**MONDAY, JAN. 1**

[New Year's Day](#)  
Review the UW holiday calendar

**MULTIPLE DATES**

[Mindful Self-Compassion afternoon course](#)   
12-2:30 p.m. / Brooklyn Trail Building, room 151

**THURSDAY, JAN. 4**

[What's the "F" in FDA? Human and Animal Food Safety is Paramount to Public Health](#)  
12:30-1:20 p.m. / Health

**MONDAY, JAN. 8**

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

**MONDAY, JAN. 8**

[Mindfulness & Resilience for the New Year](#)  
6-7 p.m. / Brooklyn Trail Building, room 151

**BE BOUNDLESS**  
FOR WASHINGTON / FOR THE WORLD



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