



Environmental Services Newsletter

VOLUME 1, ISSUE 2

DECEMBER 2010

Facts of Importance?

- **UT Snow Line**
419.530.SNOW
- **Employee Health Concierge Service**
419.383.4242
Monday—Friday
8:30 am.—5:00 p.m.
- **Meet Loranal Watkins on Page 2**
- **Dealing with Holiday Stress on Page 3**
- **Inclement Weather & Cancellation Policy on Page 4**

Good Night, Sleep Tight, Don't Let the Bed Bugs Bite

By: Holly L. Nicholas

I am a bedbug and I am out for your blood. Nighttime is my favorite time to feast on you or your pets, I don't discriminate. I love apartment complexes although motels and movie complexes are my favorites. I can travel anywhere and you can bring me home at any time. All you have to do is visit a home I have infested and I am with you. The great thing about me



Mattress with bed bugs

is I'm nocturnal and I can hide in clothes, mattresses, even walls during the day and feast on sleeping humans at night. I don't mind living anywhere be it a swanky part of town or a down and dirty part where you wouldn't want to live. The only good part about me is I don't carry or spread diseases. But just try and get rid of me and you will find that you will need to get rid of every

piece of bedding, furniture, and clothing, and treat your dwelling multiple times.

I love that you don't use pesticides like you did in the 1950's, DDT almost killed me off, and I have been able to make a comeback. I love my kids and I have five kids every day and I am certain they will grow and thrive as quickly as I do. Don't get me wrong I can go up to a year without a blood meal. You can usually tell I am with you by the bite marks I leave on you. I like to call it breakfast, lunch, and dinner. It's a sequential line of bites, most often on your face, neck, arms, and hands. My bite is commonly confused with a mosquito, but If you really want to know I am with you look for tiny specks of fecal matter (like black pepper) or small blood stains in the bed or behind wallpaper. . .the evidence of my meal on you or your family. The best way to really tell I am with you is the sweet smell I leave on my bites on you and if you're lucky enough to see me I am no longer flat and brown, but I am fat and red, succulently full of your blood.



Bed Bug

The only advice I can offer you once you know I am with you is to treat your itchy syndromes and call an exterminator. It might be tempting to go after me yourself, but trust me I will stay with you a long, long, time. Don't let your family and pets down, get help because I'm not going anywhere. . .and if your lucky a good night's sleep will be yours again.

<http://search.modernmedicine.com/search?q=bed+bugs&general=bed+bugs&stype=0&searchtype=defLink&docstart=0&nhits=14&useraction=paginateTo>

Mattress Photo:
<http://www.why6percent.com/blog/wp-content/content/bedbugs.jpg>

Bedbug Photo:
<http://www.misterpestcontrol.com/images/bedbug2.jpg>



University of Toledo
Medical Center

New Service Launched for Employees

The University of Toledo has launched a new service to assist employees and their families with navigating through the medical system for fast, efficient and personal service. This service is called the **Employee Health Concierge Service** and can be utilized by all faculty and staff. Shirley Joseph and Laura Malkuian are your personal concierge and will assist you with obtaining the following services at UTMC.

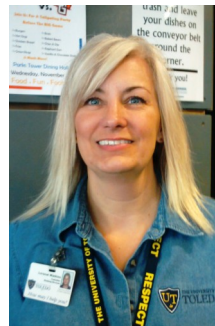
- Help you select a primary care physician for you and your family
- Assist with referrals to specialists
- Facilitate appointments in a timely fashion
- Refer you to the appropriate resource for pre-registration, insurance and billing questions
- Provide information on services available at employee outpatient clinics on each campus
- Assist with directions such as parking and entrances.

The UTMC is recognized as a leader of quality health care in NW Ohio and would like to share this quality health care with you and your family.

To contact the Employee Concierge Services call 419.383.4242 between 8:30 a.m. and 5:00 p.m. Monday through Friday.

What My Job Means to Me By: Loralan Watkins

I am grateful for the positive opportunities that my job presents to me. To know that I'm a vital part of making a difference by keeping the student's café and living environment healthy, safe and clean gives me job satisfaction. Providing a quality custodial service truly matters to me. I enjoy all the success stories students share with me. I can only hope students feel like I am part of an extension



of their family and by listening, encourage them to keep on believing in

themselves. Most of the students are relatively far from home and they may need us as a link of support for a variety of reasons, whether it is a simple "hello" and a smile or helping them with particulars. It is quite meaningful to me that students acknowledge and know you really care.

For this list of paid holidays, go to :
http://www.utoledo.edu/depts/hr/employment/pdf/holiday_schedule.pdf

UT Recognized Holidays for 2011

The following are the recognized paid holidays for the calendar year 2011.

- New Year's Day
December 31, 2010
- Martin Luther King Day
January 17, 2011
- Memorial Day
May 30, 2011
- Independence Day
July 4, 2011
- Labor Day
September 15, 2011
- Veteran's Day
November 11, 2011
- Thanksgiving Day
November 24, 2011
- President's Day (Flex)
November 25, 2011
- Columbus Day (Flex)
December 23, 2011
- Christmas Day
December 26, 2011

Avoiding Holiday Stress

By: Marcie Ferguson

With the holidays just around the corner, it is important to remember not to take on too much and make time to enjoy the season and remember what is important. Having a plan in place before the season begins and setting realistic expectations can help reduce the pressures of the season. Here are a few tips to help keep your season bright:



1. *Establish a Budget.*

Remember to include not only gifts, but food and supplies for parties or that special Christmas meal; clothing

for parties and travel if you go away.

2. *Shop Early & Use Store Services*

Sales are starting earlier than ever. Use free gift wrapping services, when available.

3. *Set Priorities for Events and Commitments.*

Sometimes you just have to say no.

4. *Plan ahead*

Make a list of what needs to be done and do one or two things each day instead of all at once.

5. *Take Care of Yourself*

Keep your routines in place, even if they have to be shorter than usual. Eat healthy when possible. Get plenty of sleep so you are ready to go at the beginning of each day.

6. *If you are feeling overwhelmed, use the EAP free counseling services that are part of your benefits. <http://www.utoledo.edu/depts/hr/forms/Benefits%20Forms/EAP.pdf>*



THE ENVIRONMENTAL SERVICES NEWSLETTER IS NOW ONLINE:
<http://www.utoledo.edu/facilities/buildingservices/newsletter>

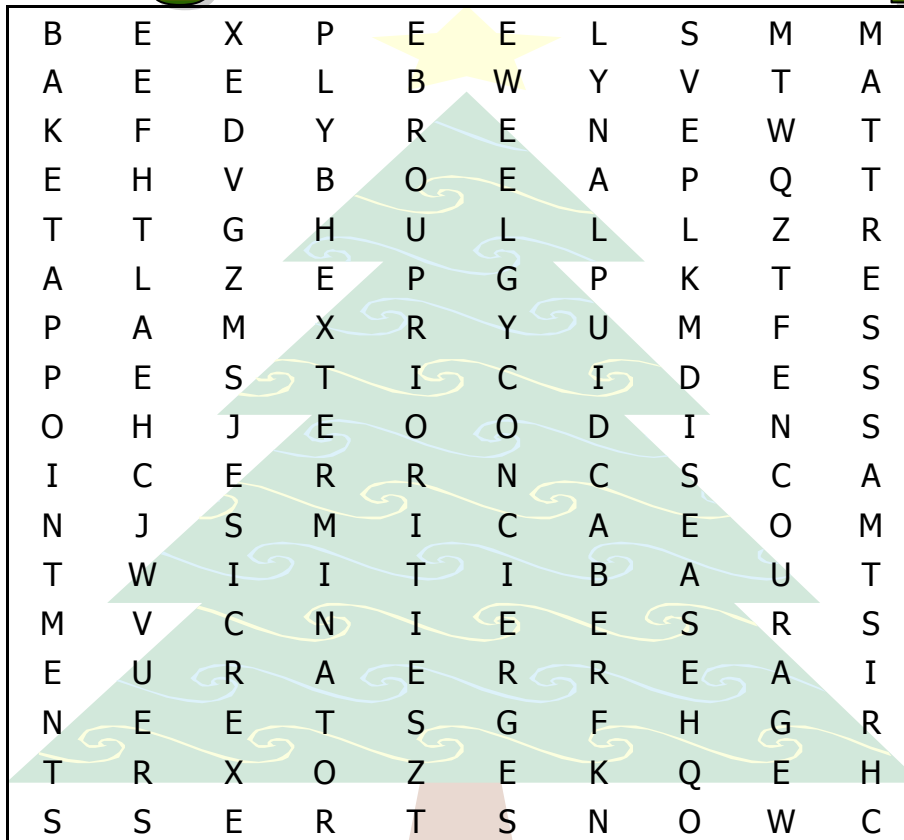
Quote of the Month

“One of the deep secrets of life is that all that is really worth doing is what we do for others.”

*Lewis Carroll
 (1832-1898)
 Author, Alice's Adventures in Wonderland*

Bedbugs and Holiday Fun

1. Bedbugs
2. Mattress
3. Exterminator
4. Disease
5. Pesticides
6. Employee
7. Appointment
8. Stress
9. Health
10. Encourage



11. Christmas
12. Plan
13. Priorities
14. Sleep
15. Snow
16. Exercise
17. New
18. Bake
19. Ice
20. Glee

Winter Weather Policy and Cancellation Details

By: Kim Goodin: November 18, 2010 from UT News

In the event of a major snow or ice storm or other inclement weather event, UT will announce class delays or cancellations and changes to administrative office hours through the alert text messaging system, e-mail, the UT home page at utoledo.edu, myUT.utoledo.edu, the UT snow line **419.530.SNOW (7669)** and on local radio and television stations. If you have not done so already, you can sign up for the UT Alert system at myut.utoledo.edu to receive text message and e-mail alerts.

Bill Logie, vice president for human resources said "UT policy is to remain open whenever possible to minimize interruption of teaching and research. Policy also states that UT Medical Center

never closes."

Decisions to cancel or delay classes are based on campus and area road conditions, weather reports and local transit.

Decisions are based on a three phase approach.

- Decision to cancel morning classes by 6 a.m.
- Decision to cancel afternoon classes by 10 a.m.
- Decision to cancel evening classes by 3 p.m.

In the event of a snow emergency in Lucas, Wood or Fulton counties and people are asked to come to work, essential UTMC employees should come to

work. If pulled over, they should show their UT ID badge and explain they are on their way to work. Employees on MC who are essential must report to work during snow or ice storm should have identification cards issued by the Lucas County Sherriff's department. It is the responsibility of essential employees to obtain this card. Contact Health and Safety at 419.530.3600 if you are a Main Campus employee who provides an essential service and do not have a card. Essential employees are determine by management. If you are not sure, check with your manager.

If you have questions, contact your manager or Arlene Fell, director of environmental services