

MEET YOUR CO-WORKER...



JANA SHIPLEY is beginning her 9th season as the women's golf coach. She has an extraordinary record as a coach, both at OWU and OSU. However, just as fascinating is Jana, the individual!

As a child, Jana enjoyed tap, ballet, acrobatics, and twirled the baton. She also trained and showed horses while in junior high and high school. Also, in high school, Jana began playing sports. She played volleyball, basketball, and ran track. She was recruited by OSU to play basketball but instead, she ended up in track and field! When asked about a favorite memory as an athlete, she said, "that's a very tough question... I suppose it would have to be one of the 15 times I broke the world record in the women's pole vault."

Besides coaching at OWU, Jana has coached golf at OSU. She served as the head coach from 1987-91. She is a golf professional herself and a member of several prestigious golf courses. Her numerous accomplishments — both as a coach and an athlete in numerous sports — can be seen on the OWU athletics website, battlingbishops.com.

Besides hitting golf balls off the turf, you can find Jana living under the turf! She lives in an underground hobbit home along the Scioto River. She has 2 canoes, 4 kayaks, a paddleboard, a lily pad, and a 21-foot pontoon boat. She loves to take the pontoon boat to the Columbus Zoo concerts on the river. She has an outdoor living room with a huge fireplace and loves to entertain.

Jana is a native of Galena, Ohio, and attended Big Walnut High School. She is a graduate of Ohio State, where she majored in physical education and earned a master's degree in sports management from OSU in 1981. Another truly fascinating Bishop!

H.R. Buzzzzzz...

WELCOME TO OUR NEWEST OWU BISHOPS:

NAME	HIRE DATE	POSITION/DEPARTMENT
Catalin Anghelina	9/1/18	Faculty, MFL
Richard Baker	9/1/18	Faculty, Economics
Ian Bell	9/1/18	Faculty, Music
Isaac Berko	9/1/18	Faculty, Economics
Karianne Boden	9/20/18	Registrar Assistant
Brandon Christie	9/1/18	Faculty, Music
Daniel D'Amico	9/1/18	Faculty, Geology-Geography
Christopher Dent	9/1/15	Faculty, Music
Scott Fraker	9/1/18	Faculty, Economics
Sara Gombash-Lampe	9/1/18	Faculty, Psychology
Allison Hill	9/19/18	Admin Asst. to VP, Finance/ Administration
Renee Keller	9/1/18	Faculty, Music
Youmee Kim	9/1/18	Faculty, Music
Elizabeth Lang	10/1/18	Public Services Librarian
Chunna Lu	9/1/18	Faculty, MFL
Francisco Mateo-Lumbreras	9/1/18	Faculty, MFL
Diane Mayne	9/5/18	Associate Director of Financial Aid
Tanya Mifsud	9/1/18	Faculty, Math and Computer Science
Travis Neel	9/1/18	Faculty, Comparative Literature
Suzan Osman	1/1/03	Faculty, History
EunSeok Park	9/1/18	Faculty, Music
Nancy Paul	9/1/28	Faculty, English
Kathleen Riffie	9/1/18	Faculty, HHK
Shareeque Arife Sadiq	8/2/13	International Recruiter
Sherrill Sahlin	9/24/18	Systems Analyst
Kyle Shimoda	9/1/18	Faculty, History
Deanna Shine	9/6/18	Interim Associate Director of IOCP
Ruth Shuster	9/19/18	Cheer Coach
Jeremy Smith	9/1/18	Faculty, Music
Jimmy Taylor	9/1/18	Faculty, Sociology-Anthropology
Laura Thomas	9/1/18	Faculty, OWU Connections Program
Najla Whitehead	9/24/18	Asst. Director Of Admission
Jessica Witzky	9/1/18	Asst. Women's Soccer Coach

Please send any questions or suggestions to:
staffcouncil@owu.edu

Ohio Wesleyan University

It's All About
OWU

Staff Council Newsletter

December 2018



'Tis the season ... so let's celebrate!

Again this year, Rock and Melissa welcome you to the **OWU Holiday Party** at the Pritchard House, 135 Oak Hill Ave. **Friday, Dec. 14 at 7 -10 p.m.**

We hope to see you there!

Staff End-of-Semester Appreciation:

Thanks for all you do for OWU! Stop by the OWU Campus Store **Monday, Dec 17 - Friday, Dec 21** for discount of **25% off all general merchandise.** In-store only!

A big thank you to everyone who participated in this year's campus surveys. Your candid comments and suggestions were important in the development of the OWU Community Standards as well as guidelines for improving internal communication at OWU.

SAVE THE DATE

Employee Service Recognition Lunch

Wednesday, January 9, 2019 | 11:30 a.m. - 1:30 p.m.

Benes Rooms, Hamilton-Williams Campus Center

FITOWU

The program was started in 2003 by former Health and Human Kinetics (HHK) professor, Nancy Knop. She developed the OWU Faculty-Staff Fitness Program (FitOWU) based on conversations with peer faculty members about how it would be nice to offer instructional exercise classes on campus.

HHK students are the exercise leaders, and FitOWU has helped to change the fitness culture on campus, while supporting proactive, preventive chronic illness practices. Current FitOWU participants have made it a part of their weekly routine and lifestyle, with many founding participants from 2003 still active in the program.



FITOWU PROGRAM GOALS

- 1. Improve body composition**
 - a. Increase lean body mass (muscle)
 - b. Decrease fat mass
 - c. Improve or maintain bone density
- 2. Decrease risk or help manage risk of chronic disease** (ie. diabetes, hypertension, cardiovascular disease, osteoporosis, arthritis, and other diseases related to overweight and obesity)
- 3. Improve posture and resistance to injury** from unexpected movements
- 4. Improve neuromuscular function** to improve stable and dynamic balance
- 5. Decrease muscle imbalances due to repetitive activities** or a more sedentary lifestyle for future injury prevention and long-term quality of life performing activities of daily living.
- 6. Support exercise or physical activity adherence**
 - a. Create fun, challenging, and engaging workout environments
 - b. Create programming that allows all regular attendees to see results

“I have been with FITOWU program about 12 years. It turned out to be one of the best things in my life. FITOWU makes me exercise regularly and definitely makes me healthier and happier.”

Doris Ying-Yang Lu
Systems Analyst

“I love the opportunity Fit OWU gives not only students but faculty and staff. It gives us the ability to break up our work day to break a sweat and clear our minds. Coaching is a passion of mine and this class gives me the opportunity to train others and see them succeed. Everyone holds me accountable and pushes me as much as I push them.”

Jaime Douce '08
Gift Administrator/Volunteer Assistant Volleyball Coach

“For me, Fit OWU is one of the most valuable employee benefits. I get a chance to receive high quality fitness instruction while serving a specific need of our students, what's not to love about that?”

Jason Cox
Senior Systems and Security Analyst

“I've participated in Fit OWU for several years and really enjoy it. It is amazing how skilled our HHK students are at teaching group fitness. In addition to the group fitness classes, I also take advantage of the ability to be paired with a personal trainer. Some of the biggest fitness gains I've made have been working one on one with one of our HHK student trainers. This is a great opportunity for employees to get fit and to get to know our students in a different capacity!”

Melissa Woods Nelson '96
Payroll and HRIS Manager

OWU'S INAUGURAL WOMAN'S ROWING TEAM

Mahnoor Ansari, Iman Ashraf, Meg Edwards, Sana Hussain, Amber Khan, Madeline Nemeth, Fiona Roddy, Gretchen Weaver.



Andriel Doolittle, Head Rowing Coach, is a native of Clinton, Connecticut, and graduated from the University of Connecticut, where she was a member of the rowing team for 4 years, earning second-team All-Big East honors in 2012 and serving as team captain. She continued her education with a master of arts degree in liberal studies from Wesleyan. She previously was the assistant women's rowing coach and recruiting coordinator at Bates (Maine) College.

Head Wrestling Coach Paul Reid is a native of Fort Madison, Iowa, and graduated from Coe (Iowa) College, where he wrestled for 4 years with the Kohawks. He continued his education with a master's degree in physical education from North Carolina-Pembroke. He previously was the head wrestling coach at Alfred (N.Y.) State College.



OWU MEN'S WRESTLING TEAM IS BACK

Nick Azusenis, Max Beard, Caleb Blake, Jimmy Brenneman, Allen Costa, Ross Eggleston, Matt Hall, William Kennedy, Jaret Lowry, Ryan McElwee, Pete Mihok, Connor Ryan, Nathan Scott, Bryce Wittman.



Travel made easy? **We Concur**

Concur is a travel and expense management software company. Our travel is administered by our travel partner, Uniglobe Travel Designers. The system provides us an all-in-one solution for travel bookings, expense reports, e-receipt management, reimbursements, travel assistance, emergency messaging, vendor contract pricing, electronic approvals, and a mobile app.

Employee Benefits

In addition to work-related travel, the system may be used for personal travel. Uniglobe has a full staff that specializes in personal travel. Employees of OWU can benefit from discounts within the system for personal travel by booking through Concur and selecting personal travel.

Great News! Southwest will award a 50% personal rapid rewards frequent flyer bonus point benefit to all travelers that book a flight with them via the OWU Concur site between November 15 and February 14. You must load your personal Southwest rewards program information in your Concur profile.

Quick Tips

Have you updated your profile? In order for the system to work most efficiently for you, start at the profile.

Remember to verify your email address, add your mobile device, enable e-receipts, add rewards programs, and complete your contact information.

Need to book a conference hotel?

Book the hotel with the conference link/rate, however, email your reservation to plans@concur.com. This will keep your travel itinerary together in one place and work with your e-receipts.

Consider Tript Pro and Expense Assistant

Tripit Pro is a travel notification mobile app. The app is really valuable when you are traveling and will keep your itinerary, provide trip notifications, airport gate locations (with maps), baggage claim information, area safety reports, etc.

Expense Assistant will auto-build your expense report for each month based off of available expenses from the pcard, receipts, or travel itineraries. Some people like this. Some do not. Either way, always start by creating an expense report or using the Expense Assisted-generated report when clearing your expenses.

Have more questions? Call purchasing at x3391 or visit owu.edu/purchasing.



Staff Council and the Professional Development Committee are pleased to announce the dates for our Financial Wellness Series this February and March.

CBIZ Financial Wellness Series

Four unique presentations covering general topics about financial wellbeing and reducing financial stress.

February 20 | noon -1 pm | Bayley Room

PRESENTATION 1

FICO Scores and Debt

PRESENTATION 2

Spending and Saving

March 6 | noon-1 pm | Bayley Room

PRESENTATION 1

Retirement Investment Strategies

PRESENTATION 2

Protecting and Organizing your Assets

We encourage you to attend the presentations coming up in 2019. If you would like additional information or have suggestions for future professional development themes, please email hr@owu.edu or staffcouncil@owu.edu.

