

*The Covid-19 pandemic has had a tremendous impact on our campus and community. The people of UK Facilities Management remain the “boots on the ground” for UK, providing the essential services needed to keep our campus safe, secure, and positioned to respond to the evolving crisis. The strength each of you demonstrate daily is inspiring and represents such courage and compassion. We are in this together and we will get through it together. **Thank you for everything you do.** – Mary Vosevich, Vice President for Facilities Management*

OUR PEOPLE.

OUR STORIES.



T-Shirt Tuesday is back with treats!

We are incredibly grateful for the tremendous effort each of you are putting into our work to reopen the campus. Everyone is invited to take an ice cream break at any time between 11am and 1pm today. There will be three locations:

- **Whitehall Plaza** - Patio area near POT
- **Kelly Building** - In front of building
- **Barnhart Building** - The courtyard on east side

In a busy hospital, it can be hard to find a place for quiet contemplation; a place where staff, patients and visitors can collect their thoughts, release stress and have a moment of calm. But just inside the atrium of UK's Chandler Hospital, inset on the floor (right) there is what looks like a maze but is in fact a “walking labyrinth” – a winding circular path with a start but no end, that winds around itself in an endless loop. The labyrinth was funded in part by an award by the Donovan Memorial Trust, which is dedicated to enriching culture and educational opportunities by developing an appreciation of culture and beauty. From UKNow (7.9.2020). Read the full story: <http://uknow.uky.edu/uk-healthcare/labyrinth-offers-place-contemplation-meditation>



Self-care, maintaining and improving our mental and physical health, should always be a priority but it is especially important in these trying times. UK Human Resources, through their **Work-Life Connections Program**, provides a wide array of resources available to all UK Employees. We encourage you to take time this week to do two things. First, learn about the warning signs that commonly indicate that stress and circumstances are negatively impacting your mental health. Second, familiarize yourself with the resources that UK provides to help you regain balance and focus. More info: <https://www.uky.edu/hr/work-life/counseling/worklife-connections-counseling>

