



The OSUAP Connection

Issue #44

July 30, 2019

*Know an Admin
who is new to
The Ohio State University?
Please forward this
Newsletter to her or him!*

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500 OSUAP Members! 1

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OSUAP Goals

- ◆ Encourage professional development
- ◆ Develop leadership skills
- ◆ Network with peers

Special Notes:

- Staff Career Development Grant
Deadline is 07/31/19! ([Details Here](#))



Awesome News: We have made it to 500 OSUAP Members!

Welcome and Congratulations to our 500th OSUAP Member Tammy Hood, Program Program Coordinator with The James Patient Education Department! We are thrilled to have you join!

OSUAP Welcomes 500th Member! *By Gina Scarver*



Newest OSUAP Member Tammy Hood!

We are so excited to announce that OSUAP has reached its 500th member! Welcome to Tammy Hood, who has been a Program Coordinator with The James Patient Education Department for 10 years. Tammy's office is located near Gina Scarver's at 660 Ackerman and although they've shared many conversations, it wasn't until two weeks ago that Gina asked Tammy if she was a member of OSUAP. Tammy was not, but didn't waste any time in joining and it just so happened that she became the 500th member! Tammy, a proud alumni of The Ohio State University with a B.S. in Human Ecology, is very excited to network with other OSUAP members and benefit from the many opportunities OSUAP

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THE OSUAP EXECUTIVE COMMITTEE

Effective Sept. 1, 2018

President: Quanetta Batts
Vice-President: Gina Scarver
Secretary: Katrina Matthews
Treasurer: Heidi Hamblin
Membership Chair: Roxann Damron
Member-at-Large: Will Bryan
Immediate Past President: Tricia Hohl

Have suggestions for the Newsletter?

Want to share some good news?

Let us know!

Email: [Michelle Pennington](mailto:Michelle.Pennington@osu.edu)

Chair, Communications Work Group

Please be sure to submit suggestions by the 1st of each month to be included in the Newsletter!

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<http://u.osu.edu/osuap>
Columbus, Ohio 43210

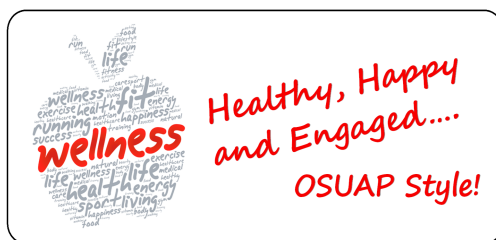


"Remember that not getting what you want is sometimes a wonderful stroke of luck."

~ Dalai Lama

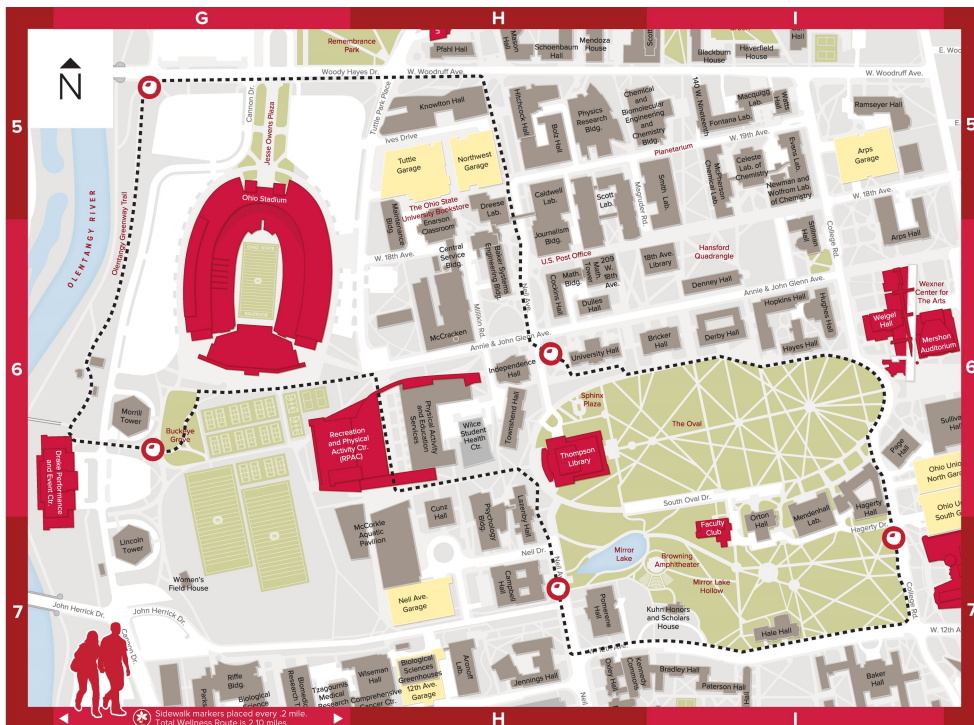
Upcoming Important Dates

7/31	OSUAP Communications Work Group Information Session—600 Ackerman Road, Room E1070
8/20	Autumn Semester Begins



Buckeye Path To Wellness

The Buckeye Path to Wellness is a new two-mile walking loop around the Columbus campus. The path is available to use throughout the year and is accessible to students, faculty, staff and visitors at Ohio State.



Some Buckeye Path Wellness Tips

- Read a positive book for five minutes each morning.
- Practice staying in the present moment.

- Take five deep breaths when feeling stressed.
- Make time for self-care by fostering genuine connections with friends and family.

(AWESOME NEWS Continued from page 1)

offers. Here are a few more highlights about Tammy:

What do you like most about your job?

- ◇ The knowledge that our department is creating easy-to-understand health information. These materials help our patients and their caregivers as they navigate their cancer diagnosis.

What do you like to do in your spare time?

- ◇ Spending time with my daughter who just graduated from high

school, and will be attending The Ohio State University in the fall. We love doing activities together such as listening to music or going to concerts.

Do you have any personal or professional goals for the year 2020?

- ◇ My professional goal this year is to network more with my OSU colleagues. I hope to benefit from the large amount of expertise amongst my peers.
- ◇ My personal goal is learning how to be an empty-nester. 😊

Welcome Tammy!