



WELCOME TO OCTOBER'S

Monthly *Newsletter*

Empowering Our Campus, Together

As we reach the heart of the fall semester, the energy on campus is in full swing, and we're excited to celebrate the incredible work that's been accomplished so far. From preparing students for success to maintaining the smooth operations that keep our university thriving, your dedication continues to shine.

President's Letter

Dear Colleagues,



This month, let's take a moment to reflect on the progress we've made. Each challenge we've faced, and each milestone we've reached, is a testament to the hard work and unity of our staff. Remember, the strength of our university comes from the collective efforts of all of our university family.

As the days seem to grow shorter and the pace quickens, it's important to stay energized and focused. Together, we can continue to rise to new heights, knowing every contribution, big or small, plays a vital role in the success of our campus.

Thank you for your consistent commitment and for making LSUA a place where excellence thrives. Let's continue to move forward, embracing the opportunities and challenges ahead!

Mechelle Williams
STAFF SENATE PRESIDENT



- **MEHELLE WILLIAMS, PRESIDENT**
- **CIELTIA ADAMS, V. PRESIDENT**
- **VICTORIA VILLEMARETTE, SECRETARY**
- **DONALD COLLINS, PARLIAMENTARIAN**
- **ALBERTY BROWN, SENATOR**
- **JOSIE CARMOUCHE, SENATOR**
- **CONNIE COOPER, SENATOR**
- **SAMANTHA EVANS, SENATOR**
- **JAMES MITCHELL, SENATOR**
- **LINDA SMITH, SENATOR**
- **ASHLEY ROBINSON, SENATOR**
- **RICHARD ROBINSON, SENATOR**

"Unity in Service, Excellence in Action: Together we Achieve More"

★ Staff Achievers ★



Spotlight on Dr. Arlene Duos: Leading the Avoyelles Hall Makeover

We're excited to highlight **Dr. Arlene Duos**, Director, School of Education for her leadership in spearheading the **Avoyelles Hall makeover**. With the invaluable assistance of **Facility Services**, Dr. Duos has transformed the facility into a beautiful and functional space that continues to evolve to meet the needs of our future educators. This ongoing project is a testament to her commitment, as well as the collaborative efforts of our Senior Leadership Team and Facility Services which made such improvements possible.

Thank you to Dr. Duos and Facility Services for your exceptional work!

We are proud to celebrate the achievements of our dedicated staff members! Each month, we will **highlight colleagues** who have made significant contributions to our university.

How to submit an Achievement:

- Who to contact: Email Mechelle Williams, (Staff Senate President) at mechellew@lsua.edu.
- What to Include: Provide the name of the staff member, their department, and a brief description of their achievements or contribution. Feel free to include any relevant photos or additional details.



Ms. Amelia Bordelon, Catholic Student Center
Mr. Austin McCurry, Baptist Collegiate Ministry



Mr. Trevor Ewing, Spero Program Academic Affairs



Ms. Kimberly King, Nursing
Ofc. Furnell Stevens, LSUA-Police Depart.



Dr. Susan Bowers, Biological Sciences
Mr. Daniel Manuel, Division of Enrollment & Student Engagement



Mr. Josh Ducote, Information Educational Technology
Student Worker, I.E.T.



Ms. Ashley Brewer, Business
Ms. Alexandra Hammond, Student Engagement
Ms. Tori East, Student Engagement
Ms. Michelle Ducote, Student Engagement



Ms. Moriah Dorsey, Admissions
Ms. Ashlee Hatwig, Admissions
Ms. Hesen Awawdeh, Admissions



Getting to Know our HR Director: Insights, Experience, and Open Dialogue.

At the October Staff Senate meeting, Mr. Charlie Dupont introduced himself by sharing about educational background and professional journey. He emphasized his commitment to supporting staff and fostering an inclusive workplace. The meeting ended with an open Q&A, allowing staff to ask questions. Mr. Dupont also provided his contact information for anyone needing further assistance or guidance.

Looking Ahead: November’s Speaker on Self-Care...

As we move forward into November, we are excited to announce our next guest speaker will be, Ms. Twana Chestand, Counselor, who will address a timely and important topic: **self-care**. With the end-of-year rush approaching, taking care of ourselves both mentally and physically is critical to maintaining balance and productivity.



Staying Well This Fall: Tips for Health and Balance

As the fall season sets in and the pace of work intensifies, it’s essential to prioritize your health and well-being. Maintaining balance can help you stay productive, energized, and motivated. Here are a few tips to help you stay well and focused throughout the fall:

- **Prioritize Mental Health**

Stress can quickly accumulate. It’s important to take time for self-care, even during busy days. Practices like deep breathing, taking short breaks, or seeking mental health resources if needed to help manage stress.

- **Get Enough Rest**

Aim for 7-9 hours of sleep to stay energized and focused. Consistent rest improves health and performance.

- **Maintain Work-Life Balance**

Set boundaries between work and personal time. Make space for activities that brings you joy outside of work.

- **Stay Connected**

Stay in touch with colleagues and loved ones. Social connections are vital for emotional well-being and support.

Take Charge of Your Well-Being This Fall

Remember, taking care of your health is essential for sustaining productivity and enjoying the months ahead. Prioritize your wellness, and you’ll be better equipped to tackle the demands of the season with energy and focus.

“Success is the sum of small efforts, repeated day in and day out.”

-Robert Collier



If you couldn’t attend the last Senate meeting, don’t worry! Our **next meeting** is scheduled for **November 14, 2024**, at 1:30 p.m. Be sure to mark your calendars!

LSUA | **Staff Senate**

Newsletter



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Action: Together We Achieve More”***

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 <https://www.lsua.edu/staffsenate>

 LSUA Staff Senate

Mechelle Williams