

THE WHOLE U  
UNIVERSITY of WASHINGTON

# THE FACES AND VOICES OF THE WHOLE U



**THE FIRST 90**  
A New Years Challenge to  
make 2021 Count!



**DECEMBER  
DANCE FEST**  
SALSA TANGO BACHATA BRAZILIAN CARDIO DANCE  
THE WHOLE U  
UNIVERSITY of WASHINGTON



2021

# TIMELINE

# 2021

## Fireside Chat with Jen Cohen

*"It is so powerful for a successful woman in leadership to share her vulnerabilities, struggles and lessons learned. This event was inspirational and real."*

**Laurel Code**

HR Business Manager, School of Public Health

# JAN

## December Dance Fest!

*"This was AMAZING!! The instructors were incredible, friendly, and very comforting. It didn't matter if you were doing it right, as long as you were moving and having fun. Took all the anxiety away with taking a new exercise class."*

**Carie Beeks**

Program Financial Analyst,  
UW Medicine

# DEC

## Goal Setting for 2021

*"I am so grateful to everyone involved in getting these workshops to the UW community. The positive message, in not just this workshop but the other programs offered by the Whole U, is a lifesaver."*

**Amra Habibuddi**

Assistant to the Dean, School of Public Health

# FEB

## Watercolor Painting Class

*"Sarah was an inspiring, patient, thoughtful, and adaptive instructor. Thank you to The Whole U for offering, yet again, ways to keep us connected, enriched, and whole!"*

**Stephanie Kirschner**

Database Developer, School of Nursing

## Balancing Eldercare & Family Commitments

*"The speaker provided instructive examples, and her gentle approach made it easy to absorb and take her advice to heart."*

**Elin Martin**

Grants Manager, Dept. Atmospheric Sciences

## Trash Talk with UW Recycling

*"I appreciated both concrete advice and explanations of the systems behind it, which gives a "why" to the advice. That makes me understand and remember it better."*

**Jack Enneking**

K-20 Network Engineer, UW-IT

# NOV

## 4th Annual PSO Diversity Forum

*"I felt empowered to be in community with fellow BIPOC and allies who are pushing to create more diversity, equity, and inclusion at the."*

**Kacey Orlando**

Assistant to the Director, Dean of Education

## The Power of Positivity

*"This is the most upbeat and positive experience I have had via Zoom for UW."*

**Megan Barker**

Counseling Services Coordinator, School of Medicine

## Japanese Origami Workshop

*"I loved that I could share this experience and knowledge with my daughter even though we were in 2 different locations. The ability to Zoom in with so many families was truly special."*

**Jennifer Indo**

Program Manager, College of Education

# MAR

## Doodle Therapy Workshop

*"I appreciated the ability to make time for creating colorful art. A very inspiring class for me. So glad I attended!"*

**Shannon Bishop**

Technology Manager, UW Medicine

## Sounders vs. Cedar Rapids Match

*"I look forward every year to being able to go watch the Sounders. The process was seamless and much appreciated, especially after our long COVID break. THANK YOU!"*

**Robin Brooks**

Marketing & Communications Manager,  
UW Recreation

# OCT

## UW Recess with Dubs

*"We loved seeing Dubs live! This was one of the best Zoom meetings we've had in the past year."*

**Ana Marie Alameda**

Technology & Systems Specialist, UW Tacoma

## Sustainable Crafting: Crochet with Plastic Yarn

*"I love that my teen and I learned a new skill together and found a creative way of using plastic bags!"*

**Clare Juico**

Program Coordinator, College of Education

# APR

## Joint Mobility Workshop

*"AMAZING! Such simple techniques to evaluate my joints and simple corrective actions that I can easily REMEMBER and do daily."*

**Karla Murphy-Danson**

Executive Assistant, VP General

## Autumn Quarter Ice Cream Social

*"Due to the pandemic and feeling disconnected from coworkers, it was nice to walk up to a UW event for a little break. Thanks for making the return to on-site work a bit easier."*

**Sarita Thayil**

Library Technician III, UW Libraries

## Children's Nutrition Workshop

*"Dr. Harris is amazing! Her presentation was so high quality and of such importance. I wish every family could learn from her!"*

**Erin MacDougall**

Affiliate Instructor,  
Health Systems and Population Health

# SEPT

## May Meditation Series

*"It was so wonderful to take time out of the day to relax and focus on myself and enjoy the experience with others in the UW community."*

**Catherine Cooke Opie**

Executive Assistant, External Affairs

## Health At Every Size & Intuitive Eating Webinar

*"This was so informative; everyone was so kind and practical, and all the tips were helpful. I'll be re-watching this!"*

**Jill Woolcock**

Asst. to Chief Business Officer, School of Medicine

# MAY

## Husky Strong Day

*"I love that The Whole U was able to put this event together virtually. It's important for the community to feel like they can come together despite the pandemic. The classes that I attended were wonderful."*

**Leanne Cornel**

Administrative Assistant,  
Anesthesiology & Pain Medicine

*"The instructors were super-professional and exceptionally well-prepared. I was both challenged and motivated. There were no Zoom glitches. Awesome energy came through the computer screen!"*

**William McClain**

Operating Resources

# AUG

## Global Running Day

*"This was a great motivator to move during the day! Thanks for the numerous options to move."*

**Judy Cashman**

RN, UW Environmental Health & Safety

*"I appreciate the opportunity to feel a part of something larger. My son and I participated, and we talked about the feeling of knowing lots of other people were running that day too."*

**Amalia Magaret**

Research Professor, School of Medicine

## Exploring the Love of Travel with Rick Steves

*"It was great to hear directly from Rick Steves, the legend. So glad the UW was able to have this event."*

**Robert Brown**

Director of Compliance, UW School of Dentistry

# JUNE

## Collecting Social Security Webinar

*"This presentation was excellent. Mr. Larson found a way to state things in their full complexity, but at the same time get straight to the point. Thanks very much!"*

**Robert Sandstrom**

Software Engineer, UW-IT

# JULY

# BY THE NUMBERS

2021

## PARTICIPATION

**97,234**

Total Participation

**183,250**

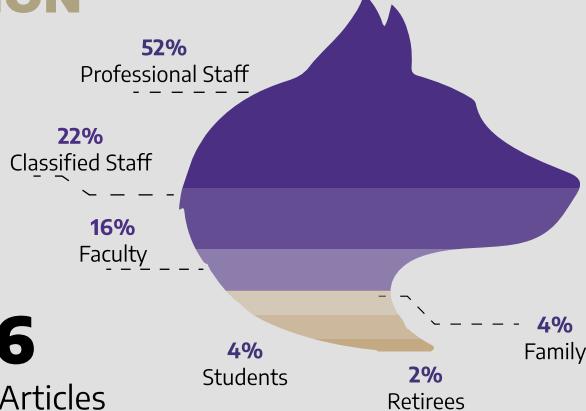
Article Views

**1,147**

Total events

**106**

Total Articles



## MOST ENGAGED ORGANIZATIONS



UW Medicine  
UNIVERSITY OF WASHINGTON MEDICAL CENTER



SCHOOL OF PUBLIC HEALTH  
UNIVERSITY of WASHINGTON



UW Medicine  
UW SCHOOL OF MEDICINE

## UW DISCOUNTS

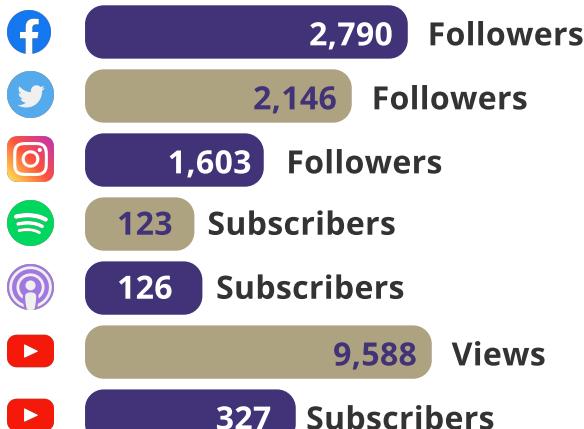
**310**

Discounts

**166,140**

Total Visits

## SOCIAL CONNECTIONS



## WEBSITE

**1,025,746**

Web views

**461,344**

Unique Web views

## CAMPUS PARTNERSHIPS

UW Athletics  
UW Medicine  
UW Recreation  
UW Sustainability  
UW Resilience Lab  
UW Work-Life & UW CareLink  
The UW Center for Child Well-Being  
UW Student Well-Being Committee  
Harborview Resilience Committee  
The Combined Fund Drive  
University Book Store  
Professional Organizational Development

## HUSKY STRONG

**\$8,500+**

Donated to the COVID-19 Employee Emergency Fund

**522**  
Unique donors

## COMMUNITY ENHANCERS

 Participants

	Daily Moving Break	17,038
	DEI Events	4,753
	Self Paced Programs	3,939
	Financial Partner Webinars	3,795
	Guided Meditations	3,777
	The First 90 New Years Challenge	1,571
	Husky Strong Day	1,530
	Yoga Month	1,013
	Global Running Day	745
	The Power of Positivity	676
	The Love of Travel with Rick Steves	635



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# What People Are Saying

2021

*"The Whole U helps me structure my day and feel better at work, it brings a sense of balance to my life and something I can count on 5 days a week, which is important in these times."*

**Lisa Nordlund**

Academic Counselor, School of Public Health

*"Since the onset of the pandemic The Whole U has been an anchor, a physical and mental booster, a lifeline, and a joy! Thank you for all that you do. Because of you I have learned more things about exercise, nutrition, finance, origami and more. I've been challenged and supported in ways beyond imagination."*

**Sandra Johnston, PhD, RN**

Senior Research Scientist, Dept. of Radiology  
Executive Administrative Director, CLEAR Center

*"The Whole U is doing a fantastic job offering informative, rejuvenating, and helpful workshops. I have worked for Harborview for 26 years and the resources are wonderful and so appreciated!"*

**Leslie Enzian, M.D.**

Associate Clinical Professor, School of Medicine  
Attending Physician, Pioneer Square Clinic

## Connect with us



Website



YouTube



Podcast

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 For UW, By UW

 The Whole U