

Vitality

Dickinson

Human Resource Services

August 2015 | Volume X | Issue 1

Dickinson's 2015 United Way Pacesetter's Campaign

Dickinson College has been invited to participate as a Pacesetter in the 2015 United Way campaign. Pacesetters are leading organizations in the community that commit to holding their campaign early, setting the pace for the larger community's fall campaign. The college's early campaign kick-off will begin on Monday, August 17 and continue through Friday, September 5, with some exciting pre-campaign activities planned for the college's Summer Picnic on Friday, August 7.

Summer Picnic Reminder

Friday, August 7 | 4:30 p.m.–Dusk

North Middleton Park Picnic Pavilions
1701 Waggoners Gap Rd. | Carlisle, PA 17013

Food, Fun & Games for All!

This year's picnic activities include guessing games, Bingo, a bounce house, the return of Pinky & Ruffles with balloon animals and face-painting, and a few special surprises. To add to the fun, the 2015 United Way Pacesetter Campaign committee will also hold a 50/50 raffle and kick-off the annual parking-spot raffle at the picnic. Proceeds from these raffles benefit our community directly, as 100% goes directly to help those in need via the 27 partner agencies and programs through United Way.

Fit-Friendly Workplace – American Heart Association Platinum-Level Designation!

The American Heart Association (AHA) has recognized Dickinson as a **Platinum-Level Fit-Friendly Worksite for 2015**, a national honor that acknowledges the college's commitment to encouraging and supporting physical activity, healthy eating and a culture of wellbeing on campus. The AHA highlights employers who show progressive leadership and concern for their employees on its annual Fit-Friendly Worksites honor roll and offers resources to further assist honorees in promoting employee health and wellness.

As part of our **Fit-Friendly Workplace** activities for 2015, we hope to participate in the **2015 Capital Region Heart Walk** on Sunday, September 20 at Harrisburg City Island. Anyone interested in joining the Dickinson College team is asked to send an e-mail to devwell@dickinson.edu, or to register in CLIQ via the **Gateway**. More details to be shared!

Harrisburg Airport – Dickinson Employee Benefit/Discount!

The Harrisburg International Airport is grateful for Dickinson's ongoing business and to members of the community who use the airport for personal travel—regionally, across country, or abroad. To thank Dickinson faculty and staff for their patronage, the airport invites employees to register for its complimentary MDT Flyer Rewards program. Once enrolled, you will be issued a card that grants you access to the front of the airport security checkpoint line during peak morning hours as well as entrance to the Susquehanna Club to relax before your flight. You also will be eligible to accrue and redeem points for your travel.

To register, please use this website: www.flyhia.com/flyer_rewards. During the registration process, please indicate that you travel 25,000 miles a year or more. The airport is grateful for your business no matter what distance or how often you travel.

Additionally, if you are a regular traveler, you may also want to take advantage of the discounted parking option available through the XpressPARK program. You may learn more about XpressPARK here: www.flyhia.com/xpresspark.

HR General, Policy & Benefits Announcements

TIAA-CREF/Fidelity eDelivery

Important Fee Disclosure Information regarding Dickinson College Retirement Plan

Notice to All employees eligible or participating in the Dickinson College Retirement Plan

In compliance with the Department of Labor regulations, during the month of August 2015 you will receive important information regarding the expenses and fees related to your retirement investments. This information is provided to ensure you have all the information you need to take full advantage of retirement plan options for both TIAA-CREF Financial Services and Fidelity Investments. If you regularly have access to PC you will receive this information via email or you will receive a hard copy by mail if you do not work in an office.

PLEASE NOTE: NO ACTION is required. This information is being provided in compliance with the Department of Labor requirement to provide consumers with more information about fees and expenses related to their retirement investments. For questions, more information or if you do not receive this information, please contact Human Resource Services at ext. 1503 or via e-mail to hresources@dickinson.edu.

Retirement Planning Sessions

TIAA-CREF Individual Counseling Sessions

A TIAA-CREF representative will be on-campus during the month of September on:

- **Wednesday, September 2 | HUB side room 203**

To schedule a personal meeting with TIAA-CREF, please visit www.tiaa-cref.org/moc or call 1-800-842-2010. Appointments may be scheduled with TIAA-CREF between 9 a.m.– 5 p.m. on the dates listed above.

Fidelity Individual Counseling Sessions

A Fidelity representative will be available during the months of August and September on:

- **Tuesday, September 8 | Mary Dickinson Room, HUB**

To schedule a personal meeting with Fidelity, please visit www.fidelity.com/atwork reservations or call 1-800-642-7131 with your preferred time. Appointments may be scheduled on the date listed above between 9 a.m.–5 p.m.

Semi-Annual Meet & Greet!

Tuesday, August 25

Rector Atrium, Rector Science Complex | 9-10 a.m.

Come one and all to welcome recently hired colleagues into the Dickinson Community! Join us as we celebrate their arrival and also enjoy some light refreshments.

New Hires for June and July

June 2015

Madison Beehler, *Organic Farm*
Donald Bender, *Center for Service Spirituality*
Michelle Bitner, *College Advancement*
Stephanie Crespo, *Residence Life & Housing*
Joseph Giunta, *Athletics*
Matthew Lentz, *Dining Services*
David Ottinger, *Public Safety*
Faustino Palmero Acebedo, *Physics & Astronomy*
Susan Russell, *Trout Gallery*
Travis Smith, *Public Safety*
Vincent Stephens, *Student Life*

July 2015

Amie Bantz, *Trout Gallery*
Kent Barrett, *Theatre and Dance*
Anat Beck, *International Business & Management*
Kelsey Boeff, *Environmental Studies*
Amelia Dietrich, *Forum on Education Abroad*
Katherine Geszvain, *Biology*
Matthew Groves, *Facilities Management*
Nathan Hair, *Dining Services*
Jina Kim, *East Asia Studies*
Nan Ma, *East Asia Studies*
Kathleen Marchetti, *Political Science*

Emily Marshall, *Economics*
Jillian McGeehan, *Public Safety*
Paige Messersmith, *Athletics*
Earl Moyer, *Facilities Management*
Stefanie Niles, *Office of Enrollment & Communications*
Wei Ren, *Art and Art History*
Maria Ritchie, *Political Science*
Jason Rivera, *Institutional Research*
Katherine Schweighofer, *Women's and Gender Studies*
Chelsea Skalak, *English*
Michael Skalak, *Mathematics & Computer Science*
Josefine Smith, *Library Services*
Suri Smith, *Library Services*
Adeline Soldin, *French and Italian*
Shawn Stein, *Spanish and Portuguese*
Vlad Tarko, *Economics*
Alyson Thibodeau, *Earth Sciences*
Hendrik Van Gijsegem, *Archaeology*
Eric Vazquez, *American Studies*
Jennifer Wanat, *Biology*
Crystal Wilson, *Facilities Management*
Summer Wood, *Anthropology*
William Young, *History*
Rui Zhang, *Psychology*
Rogena Hess, *Facilities Management*



Professional Development & Wellness Events

Protecting Our Community

Presented by Dana Scaduto and Dennette Moul

Tuesday, August 25

NON-SUPERVISORS: Alhouse 106 | 10:30-11:30 a.m.

FACULTY & SUPERVISORS: Alhouse 106 | 2:30-4 p.m.

Dickinson College is committed to providing a supportive working environment for all employees. As part of this effort, we offer educational programs to assist all employees with recognizing and addressing potential harassing and discriminating workplace behavior. Our program involves a combination of in-person and web-based modules to provide a comprehensive approach to ensuring that all employees receive the information necessary to recognize, address and support a harassment and discrimination free workplace.

New employees are required to complete two web-based modules—Workplace Harassment Prevention and the Campus Save Act—and attend Protecting Our Community within the first year of employment.

Support Staff, Administrators and Faculty are required to complete the two web-based modules—Workplace Harassment Prevention and the Campus Save Act—once every two years and attend the facilitator-led Protecting Our Community once every 6 years.

This revised program addresses workplace harassment and discrimination, how and where to report issues, and the protection of minors. (*HHIP: Intellectual Wellness*)

Keys to a Successful College Search

Presented by Admissions

Thursday, September 10

HUB, side rooms 205 – 206 | 4:30–5:30 p.m.

Dickinson's Admissions team is offering an insightful workshop for employees and their high school age students as they begin to explore college options. Representatives from Dickinson's Admission will provide guidance on preparing for college, identifying schools of interest, learning more about specific colleges, narrowing your list, applying and, ultimately, choosing a college that is right. All employees are encourage to bring their high school aged children/relatives to begin the journey of finding the right college!

Management Development Program

Human Resource Services is currently accepting applications for the 2015-2016 Management Development Program. This program is an in-depth, year-long certification program designed for individuals that have a minimum of two years of supervisory experience at Dickinson. The Management Development program provides an extensive look into management development resources addressing expectations, values, styles, and skills. Individuals will have the opportunity to put the theory into practice through practical, hands-on experiences both in the classroom and beyond. As part of the program, selected participants are encouraged to identify real campus challenges they would like to address during the certification program.

To be considered or to receive more information, please contact Dennette Moul, by e-mailing mould@dickinson.edu or calling 245-1026.

Preparing for a Role in Supervision

Presented by Dennette Moul, Organizational Development & Training Specialist

The Stern Center, room 102 | 9–11:00 a.m.

Thursday, September 16

Thursday, October 14

Thursday, November 18

Thursday, December 16

This interactive series is for employees looking to prepare for a future in management. The series will cover fundamental skills that all individuals need to know before making that leap into management.

The program will be comprised of four (4) modules, each a hands-on, instructional workshop focused on relevant topics in the supervising of employees. Topics that will be offered within the program will include:

- Employment Regulatory Basics
- Intrinsic Drivers
- Supervisory Techniques
- Coaching for Performance

Look for session descriptions, dates and locations in CLIQ.

WANT DETAILED INFORMATION FOR THESE PROGRAMS?

GO TO EMPLOYEE GATEWAY>CLIQ APPLICATION>EVENTS REGISTRATION SYSTEM AT [HTTP://GATEWAY.DICKINSON.EDU](http://gateway.dickinson.edu), E-MAIL [DEVWELL@DICKINSON.EDU](mailto:devwell@dickinson.edu), OR CALL EXT. 1503.



College Preparation for Parents

HUB, side rooms 204-205 | Noon–1:30 p.m.

PART I: September 17 High School Counseling and Admissions

PART II: September 24 Financial Aid and Tuition Benefits

Human Resource Services, Admissions and Financial Aid, in conjunction with local area high schools offer workshops for employees and their families to learn more about the college selection and financial aid process. The program will provide guidelines for starting the college search while attending high school, when to apply for college admission and early tuition grants, what is available through Financial Aid, and a summary of Dickinson's three tuition programs. We encourage all parents to attend if your child is a junior or senior in high school and planning to attend college.

Physical Wellness Program Gift Card Winners For May and June

Congratulations to **Rebecca Connor**, *Chemistry* and **Lydia Hecker**, *Library Services*, for being the \$25 Visa Gift Card winners for the month of June and July 2015! Eligibility for the monthly gift card drawings includes all active/registered employee participants in all physical exercise programs offered through the Wellness program, in addition to the Marathon-in-a-Month. The random gift card drawing will be held after the close of business on the fifteenth of each month for the previous month. All physical exercise programs that have registration via CLIQ will automatically be included in the monthly drawings. For more details or to request a form to record your marathon miles, please send an e-mail to devwell@dickinson.edu or call ext. 8084.

Mid-Day Meditation

Instructor: Renee Warren

TUESDAYS: August 25–October 13; October 27–December 15

Memorial Hall, Old West | 12:15–12:45 p.m.

Meditation is a simple process that relaxes the body and mind within minutes and allows you to experience a profoundly restful state that is seldom experienced outside of deep sleep. Meditation reduces stress levels by allowing the mind to settle into a state of calm, restful alertness, which carries over into all aspects of daily life. Meditation practice establishes new connections in the brain that allows us respond more positively and creatively to stressful situations.

Free Blood Pressure Screenings

Susan Dworsak, Wellness Works | Carlisle Regional Medical Center

MONDAYS: August 17 and September 21

Mary Dickinson Room, HUB | Noon–1 p.m.

No registration required. Walk-ins welcome and expected!

Weight Watchers—

Free Open House Session

Meeting Leader: Billie Rae Lerew

Wednesday, August 26

Fall Semester 12-week session:

WEDNESDAYS:

September 2–November 18

HUB side rooms 201-202

Noon–1 p.m.

Please attend the **FREE**, *open-house session on Wednesday, August 26* to find out about the very successful Weight Watchers program! Weight Watchers program incorporates the best and the latest in nutritional science and research. It has been rigorously tested and reflects more than a decade of innovation that will now be presented to members as the best weight loss program possible to help motivate people to eat more healthfully and help them succeed at losing weight. The regular meetings during the 12-week fall program provide the inspiration and tools needed to succeed in your journey to health and wellness. Registration (and fee information for the 12-week program) is available through **CLIQ** in the **Gateway** for the free open house and the fall session! (*HHIP: Nutrition/Weight Management*)

Professional Development & Wellness Events

Walking Meditation Labyrinth

Open hours for the campus community

Wednesday, September 2 | HUB Social Hall | 10 a.m.–8 p.m.

Walk at your leisure... The benefits of walking meditation and meditation generally include stress reduction, the development of awareness as well as mindfulness with the normal action of walking. This may lead to feeling of greater fulfillment and a better understanding of life. This free wellness activity is offered the first Wednesday of each month in the HUB Social Hall. For more information, contact [Donna Hughes](#) at the Center for Service & Spirituality or call ext. 1577. (HHIP: *Emotional Wellness*)

Inside Money: Managing Income & Debt

Presented by Heidi Duckworth of TIAA-CREF

Thursday, September 3 | HUB Social Hall West | Noon–1 p.m.

It's your budget—take control. Everyone talks about a budget, but how many of us actually make one? Most people have some debt, but how many understand its effects on their lives and their futures? Let us show you the real impact of budgeting and debt—and how to help make your money work. TIAA-CREF's workshop leader will explain the big picture of budgeting:

- Learn the importance of cash flow – and how to use it
- Change how you look at saving and spending
- Identify good and bad debt, and ways to help manage it

(HHIP: *Financial Wellness*)

Mindful Eating: 4 Session Series

Presented by Jessica Jones, RD Ph.D.

TUESDAYS: September 8-29 | Stern Center, room 102 | Noon–1 p.m.

Do you overeat to the point of being overly full? Find yourself too busy to eat? Eat in “auto pilot” and are unaware of what and how much you have eaten? Diet unsuccessfully? If you answered yes to any of these questions, then learning the skills of mindful eating is just for you! Mindful Eating describes a nonjudgmental awareness of physical and emotional sensations while eating or in a food-related environment. Being mindful of what you eat brings about awareness of why and what you eat, and how much you eat. This skill can help you recognize and respond to feelings of fullness or to recognize but not to respond to inappropriate cues, such as eating out of boredom or anxiety. Studies have shown that eating mindfully is associated with living a healthier, longer life that also ensures that you get the nutrition that your body needs. Come learn mindful eating skills with Jessica Jones, the college's registered dietitian. (HHIP: *Nutrition/Weight Management*)

Free Biometric Screening

Administered by Wellness Works | Carlisle Regional Medical Center

Thursday, September 17 | Mary Dickinson Room & HUB side rooms 201-203 | 7:30–9:30 a.m.

The Biometric Screening provides a snapshot of your health looking at your total cholesterol, glucose, blood pressure, height, weight, waist circumference and body mass index (BMI). It is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome. The number of people with metabolic syndrome increases with age, affecting more than 40 percent of people in their 60s and 70s. Several factors increase your risk for developing the syndrome—high blood pressure, high cholesterol, diabetes or high blood sugar, a lack of physical activity, smoking, and family history. Monitoring your blood pressure, blood glucose, cholesterol levels and BMI gives you the ability to stay on top of your overall health. Knowing your numbers provides the information to you for conversations with your personal physician. Do you know your numbers? If not, please register for this free health screening. (HHIP: *Physical Wellness*)

WANT DETAILED INFORMATION FOR THESE PROGRAMS?

GO TO EMPLOYEE GATEWAY>CLIQ APPLICATION>EVENTS REGISTRATION SYSTEM AT [HTTP://GATEWAY.DICKINSON.EDU](http://gateway.dickinson.edu), E-MAIL DEVWELL@DICKINSON.EDU, OR CALL EXT. 1503.



Wellness Info Session: Lyme Disease

Presented by Susan Dworsak, Wellness Works | Carlisle Regional Medical Center

Thursday, September 17 | Stern Center, room 102 | Noon–1 p.m.

Lyme Disease impacts lives in so many ways. A simple tick bite unnoticed may cause a variety of health issues if an infection takes hold. Plan to attend this information session to learn more about ways to prevent and protect against tick bites, symptoms of infection, and what to do if you have been bitten. *(HHIP: Preventive/Physical Wellness)*

Dickinson Community Blood Drive

Facilitated by Central Pennsylvania Blood Bank

Friday, September 18 | HUB Social Hall | 10 a.m.–5 p.m.

Central Pennsylvania Blood Bank is a community-based, not-for-profit, blood program committed to providing for and being responsive to the blood-supply needs for the local community. Please consider donating blood to support and share life within your community blood bank. For more questions or more information about Central Pennsylvania Blood Bank, please visit www.cpbb.org or call 1-800-771-0059.

Oral Care: The Missing Piece of Total Health

Presented by Katie Mace, Health Promotion Analyst, United Concordia Dental

Thursday, September 24 | Stern Center, room 102 | Noon–1 p.m.

Did you know that there is a link between dental health and overall wellness? This interactive discussion will focus on new research supporting the connection between common medical conditions such as diabetes and periodontal (gum) disease. Since nearly 75% of people will have gum disease in their lifetime, we will cover gum-disease prevention, treatment, and warning signs. Better oral care can both make you feel better and lead to reduced medical expenses!

Understanding Social Security & Medicare

Presented by the Social Security Administration

Monday, September 28 | HUB Social Hall West | noon- 1 p.m.

Are you approaching the golden age of retirement - or are you just curious to learn more about social security and medicare benefits for the future? If so, please plan to attend this special presentation offered by the Social Security Administration to hear more about the following areas related to retirement and medicare:

- How to get insured for retirement
- Full retirement ages
- 2015 limits of earnings and quarters of coverage
- Disability & Medicare Benefits
- Social Security Online Services & new services offered online

Additionally, participants will learn about the benefits for widows, spouses, and children. *(HHIP: Financial Wellness)*

Professional Development & Wellness Events

FREE! Physical Wellness Exercise Programs

SitFit—

a NEW Wellness Program Offering!

Instructor: Jennifer Moore

**MONDAYS: September 7–October 12
Memorial Hall, Old West | 12:15–1 p.m.**

SitFit is an integrative approach to fitness that uses a chair for cardio, strength, and flexibility training. The chair provides great support while sitting and stability for standing, making this class appropriate for all fitness levels, especially those who have limited mobility, certain health concerns, or are just easing into fitness.

Pilates

Instructor: Jennifer Moore

MONDAYS AND WEDNESDAYS*:

**August 25/27–October 13/15;
October 20/22–December 8/10
Central Pennsylvania Youth Ballet
Studio #4**

4:30–5:30 p.m.

Pilates is a form of exercise that emphasizes the balanced development of the body through strength, flexibility, and awareness in order to support everyday movement. Through a series of core exercises, the body is both strengthened and stretched, ultimately providing a longer, leaner look. Improve coordination, release stress, and improve your posture with a practice that is both effective and fun. Suitable for all levels of fitness. ***No class on Wednesday, November 26 due to Thanksgiving Holiday Closure.**

Sports Yoga

Instructor: Jim Mader

**TUESDAYS: August 25–October 13;
October 27–December 15
HUB Dance Studio | 4:30–5:30 p.m.**

Sports Yoga combines active stretching, breathing techniques and a westernized approach to learning and using Yoga poses.

Vinyasa Flow Yoga

Instructor: Claire Seiler

WEDNESDAYS*:

**September 2–October 14;
October 28–December 16
HUB Dance Studio | Noon to 1 p.m.**

Vinyasa Flow yoga fuses breath and movement to cultivate grace, flexibility and balance of body and mind. From breath work and meditation, the practice moves through smart, inventive sequences designed to focus the mind and energize the body. This class will challenge you where you are, with modifications and options for all levels. The only prerequisites for this mindfulness practice are an open mind and a sense of humor. ***No class on Wednesday, November 25–Thanksgiving Holiday Closure.**

QiYoga

Instructor: Renee Warren

THURSDAYS*: August 27–October 15;
October 29–December 17
Central Pennsylvania Youth Ballet
Studio #4 | 4:30–5:30 p.m.

QiYoga offers the benefits of both Indian and Chinese practices of Yoga and Qi Gong. By moving slowly and mindfully, we are able to improve the energy flow in our bodies, create new neurological pathways and bring balance into the body, mind and spirit. This class is for all levels of fitness as well as people with chronic medical conditions including back problems, joint issues, cancer, heart disease, asthma and arthritis. Come and learn for yourself the healing nature of this relaxing and rejuvenating practice. *** No classes on Thursday, November 26 due to Thanksgiving Holiday Closure.**

Dynamic Fusion

Instructor: Jennifer Moore

FRIDAYS*: August 28–October 16;
October 30–December 18
HUB Dance Studio | 12:15–1 p.m.

Gain length, strength, and flexibility through a series of blended traditional strength-training and cardio moves, combined with the exercises of moving arts such as Pilates and Tai Chi. This class will have a standing portion focusing on strength training and balance as well as mat work for core and flexibility. ***No class on Friday, November 27 due to Thanksgiving Holiday Closure.**

Zumba

*Certified Instructors from the Office of
Intramural & Recreation*

HUB Dance Studio

Fall semester session options*:

**SUNDAYS: September 6–October 11;
October 25–December 6
5:30–6:30 p.m.**

**MONDAYS: August 31–October 12;
October 26–December 7 | 6–7 p.m.**

WEDNESDAYS*: September 2–
October 14; October 28–December 9
7–8 p.m.

THURSDAYS*: September 3–
December 10 | 5:30–6:30 p.m.:

Ditch the workout, join the party. Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting and effective fitness system. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning. ***No sessions on November 25 or November 26 due to Thanksgiving Holiday.**

WANT DETAILED INFORMATION FOR THESE PROGRAMS?

GO TO EMPLOYEE GATEWAY>CLIQ APPLICATION>EVENTS REGISTRATION SYSTEM AT
HTTP://GATEWAY.DICKINSON.EDU, E-MAIL DEVWELL@DICKINSON.EDU, OR CALL EXT. 1503.



Carlisle Gym Memberships and Special Fitness Programs

Transformation Boot Camp

Boot Camp Monthly Pass Program

Year-round Availability!

Instructor: Kirk Ream

290 East Pomfret Street, Carlisle

Transformation Boot Camp is a fun-filled, fast-paced class that will not only help you feel and look better but will improve the way you move. Using a variety of exercise equipment including stability balls, medicine balls, resistance tubing and bands, participants will be engaged in activities that are designed to improve the strength, balance, coordination and performance of individuals at any exercise level. Come and enjoy the fitness difference of Transformation Boot Camp! Registration directly with **Transformation Training & Fitness**. Call 717-254-6751 for more information.

Dickinson Monthly Pass Fees:

- \$30 for 4 x's per month
- \$45 for 8 x's per month
- \$57 for 12 x's per month
- \$75 for 16 x's per month
- \$99 for unlimited access each month

Carlisle Family YMCA

311 South West Street | Carlisle, PA 17013 | 717-243-2525

Dickinson employees are welcome at the YMCA which offers exciting onsite programming that includes a variety of fitness classes, workshops and nutritional coaching. Economic, low pricing is offered for both individuals and families. For more information please visit **www.CarlisleFamilyYMCA.org** or call 717-243-2525.

NOTE: Remember to identify yourself to the YMCA staff as a Dickinson College employee for inclusion and consideration for Dickinson's gym membership fee reimbursement program.

Ethos Fitness

265 Penrose Place | Carlisle, PA 17013

717-701-8506 | Info@EthosFitnessStudio.com

www.ethosfitnessstudio.com

Ethos is a unique fitness studio located in the Carlisle Community offering cardio-fitness classes, Pilates, Yoga and Zumba. Drop-In or Monthly membership packages available. Please call, send an e-mail, or visit the studio or the website to learn more.

Gold's Gym Membership

Dickinson employees enjoy the following benefits at Gold's Carlisle and Chambersburg locations:

- 50% off enrollment fee—only \$49 down
- \$24.99 per month membership fee
- No contract, all rates are monthly
- 50% monthly fee reimbursement per Dickinson's policy*
- Group Exercise classes for Cycling, Pilates, Yoga, Zumba and more
- Add day care or unlimited tanning for only \$10 per month extra

***\$30 maximum monthly reimbursement amount**

Planet Fitness

1186 Walnut Bottom Road | Carlisle, PA 17015

717-701-8581

Club hours: Open and staffed 24 hours/7 day a week!

Membership rates special offer through August 17:

\$10 per month + start-up/registration fee of \$39.

Please visit the club or **website** for more information or to join and begin your journey to fitness for 2015!

Announcements & Reminders

Gym Membership Reimbursement

As of July 1, 2012, all full-time and part-time employees are eligible to receive a 50% reimbursement of their monthly gym membership fees based on the gym selection of their choice with a maximum monthly reimbursement of \$30 per month. To qualify for reimbursement, employees must obtain proof of their monthly membership fee and their quarterly attendance from the gym membership office showing an attendance rate equal to 30 or more sessions per quarter.* Documentation must be forwarded to **Jeanette Diamond** in Human Resource Services. For more details send an e-mail to devwell@dickinson.edu or call ext. 8084.

NOTE: Personal training sessions are not included in the gym membership discount program.

*Quarters are based on the time periods of January–March, April–June, July–September and October–December.

Professional Development & Wellness Program Registrations and Attendance

The college offers many opportunities for professional development and wellness programs, providing enrichment of staff and, when appropriate, their families as well. Registration for the majority of the programs offered is available through the **Gateway** via CLIQ or by contacting Human Resource Services. To offer an equal opportunity for all employees to participate in these programs, we request staff members to register after confirming availability with supervisory staff to ensure that scheduling permits attendance. *In the event that you register and find that you are unable to attend, our [policy](#) requests cancellations 48 hours prior to the start time of the program or event so that we can offer the spot to another.* This will also allow us to adjust registration counts with CASE and the catering department. Giving advance notice of cancellation allows for the college's resources to be allocated in the best possible way and is a sustainable practice for us all.

Holistic Health Incentive Challenge (HHIP)

Congratulations to all employees who participated in the 2014-2015 HHIP Challenge for 2014-2015 The Challenge closed on June 30, 2015, with **160 staff** completing the biometric screening, the first step of the two-step challenge. Additionally, **105 staff** also completed the online health risk assessment (HRA) survey, which is the second part of the challenge, and *earned a \$25 Visa gift card reward for achieving the **Engaged** level of participation!* Some employees continued to participate beyond the first two steps of the Challenge, earning the chance for inclusion in a random drawing for a \$50 or \$75 Visa gift card by achieving the **Energized** or **Elite** levels of participation. *We thank you for being good stewards of your own health and wellness.* Details of the 2015–2016 HHIP Challenge will be announced during the month of September and throughout the fall! For those who would like to get an early start for the new challenge, registration is now open for biometric screenings via CLIQ through the **Gateway**.



Dickinson

Professional Development and Wellness
HUMAN RESOURCE SERVICES

PO BOX 1773 | CARLISLE, PA 17013-2896
717-254-8084 | devwell@dickinson.edu

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