



Vitality

Dickinson 

HUMAN RESOURCE SERVICES

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Accessibility View: Click on the three dots in the upper right corner, choose Accessibility View.

National Wear Red Day - Friday, February 5



It's a RED OUT Day! Time to get your RED OUT to Support *Go Red For Women* by participating in National Wear Red Day® on **Friday, February 5, 2021**. **Why Go Red?** Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every minute. Fortunately, we can change that because cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear**

Red Day®. If you desire to donate¹ to this cause, doing so helps support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

Source: American Heart Association²

***SHOW us your RED!** Join the Dickinson Photo Challenges³ Team in Microsoft teams and upload your photo in the "Wear Red Day" file or email it to devwell@dickinson.edu⁴.*

Heart Health | Healthy Eating



¹https://www2.heart.org/site/SPageNavigator/donatenow_goredforwomen.html&s_src=desktop

²<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/causes-and-prevention-of-heart-disease>

³<https://teams.microsoft.com/l/team/19%3aa4f1974d1ab34d7396b81f26c4ea4a5a%40thread.tacv2/conversations?groupId=196ec6c6-e7dc-4468-a467-e4553698e646&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

⁴<mailto:devwell@dickinson.edu>

Choosing Cooking Oils



2 - Courtney Hager, RD LDN

Considerations

Oils contain fatty acids that are classified as saturated (SFA), monounsaturated (MUFA) and polyunsaturated (PUFA). The term saturated fat refers to full “saturation” of carbons within a chain with hydrogens on each carbon. In general, we want to limit our saturated fat intake and replace saturated fats with MUFAs and PUFAs in the diet.

Some fatty acids are essential meaning we need to consume them through the diet because our body cannot create a substitute for them. The two essential fatty acids are alpha-linolenic and linoleic, more commonly known as omega-3 and omega-6 polyunsaturated fatty acids. Some differences in oil that you may consider are:

- Smoke Point: cooking at higher temperatures can compromise both flavor and health attributes of the cooking oil.
- Oxidative stability: less refined oils and those with higher antioxidant levels are more stable, meaning there are fewer harmful chemical changes that occur with cooking of the oil and with shelf life.
- Taste: while some oils have very mild or neutral flavors, especially in cooked food, you may choose an oil based on flavor preference. Often oils used to dress salads or add a nutty flavor to certain cultural dishes. In these cases, you may want to have an oil on hand specifically for these dishes!

Some of My Top Picks

- Extra Virgin Olive Oil: I choose EVOO as my go-to oil for its beneficial health qualities. It contains antioxidants, a low saturated fat content, and maintains oxidative stability. From a taste perspective, this oil adds a lovely smooth and peppery flavor on a tossed salad (or with crusty bread!)
- Avocado Oil: This has a higher smoke point than olive oil (520°F compared to 375°F) so it works well for stir fry or other types of higher-heat cooking methods. Similar to olive oil, this is a high antioxidant oil and contains a low percentage of saturated fat. I have found it to be a pricier option so I do reserve it for high heat cooking!
- Canola Oil: This is an inexpensive oil, also known as rapeseed oil. The flavor is fairly neutral so it can be used in almost any recipe, but I use it most often in baking.
- Toasted Sesame Oil: Want to branch out and try something new? This oil adds a lovely nutty flavor but I recommend using it as a finishing touch, not a cooking oil. It is best to drizzle over raw or cooked veggies or serve as a condiment with Asian inspired noodle or grain bowls. This oil is rich in antioxidants and, you guessed it, a low saturated fat content.

Courtney is offering two ***nutrition information sessions*** during the month of February. More information can be found in the Wellness section of this Sway or click here⁵.

- Virtual Grocery Store Tour | Tuesday, February 9 | 3:30-4:30 p.m. | Teams Meeting
- Heart Healthy Eating | Tuesday, February 16 | Noon - 1 p.m. | Teams Meeting

⁵<https://totara.dickinson.edu/course/view.php?id=94>

2021 Spring Into Fitness Challenge



Online registration for the Challenge opens on Monday, February 15 and continues through Monday, March 8. Please visit the Spring Into Fitness Challenge webpage⁶ to register during the open registration period to be included in the 2021 Challenge.

Employee Highlights



⁶https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-y3d6_zGPSKnZISpk6QIMxUNDk4SEU2Wks2QINCUE1HN1ExT0Y1NTJMQS4u

New Hires



December

Ariel Rittenhouse, *Organic Farm*

January

Kim Alleman, *Registrar*

Marie Cummings, *Archaeology*

Scott Dimmick, *Public Safety*

Tyler Heisey, *Financial Operations*

Emily Kelahan, *Philosophy*

Elise Levine, *English*

Salim Makhoulf, *Film Studies*

Timothy Settlemyer, *Dining Services*

Emily Wetzel, *ADS and SOAR*

Retirements



We wish a fond farewell to following, as they transition to retirement:

Theresa Barbour, *Dining Services (January)*

Joe Fazio, *Public Safety (February)*

Lori Sinkovitz, *Institutional Effectiveness (January)*

Announcements



COVID-19 Dashboard⁷

- *Questions related to the Spring 2021 semester are updated frequently: Spring 2021 FAQs⁸*
-

COVID Alert PA

As a reminder, the Pennsylvania Department of Health (DOH) uses a mobile app⁹ for contact tracing. The app uses Bluetooth technology, not GPS, location services, or any movement or geographical information. In addition, the app will never collect, transmit, or store your personal information and is completely anonymous. The app will also give users easy access to the latest facts and figures about COVID-19 in Pennsylvania from the PA DOH data dashboard¹⁰.



COVID-19 Symptoms Tracking

⁷https://www.dickinson.edu/homepage/1464/covid-19_dashboard

⁸https://www.dickinson.edu/homepage/1458/spring_2021_faqs

⁹<https://www.pa.gov/covid/covid-alert-pa/>

¹⁰<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Cases.aspx>



Daily monitoring of symptoms for all employees is a vital component of the college's health and safety guidelines. Please check in daily, even if you only come to campus intermittently. As the Dickinson College Children's Center is a part of campus, parents who enter the building should complete the Symptoms Tracker each day. Directions for using the simple tool, accessible via the Gateway, are available here.¹¹

COVID-19 Screening



COVID testing on campus has become a regular part of the environment; students are tested twice weekly, and employees who have regular contact with others are tested weekly. Details on this screening program can be found here¹². The process for testing is simple, taking only a

¹¹https://www.dickinson.edu/download/downloads/id/11812/wellness_center_covid-19_clinic_portal_access_instructions.pdf

¹²https://www.dickinson.edu/info/20043/about/4126/spring_2021_covid-19_information/3

few minutes to complete at the ATS building. After testing, results are emailed directly to your Dickinson email.

COVID-19 Community Testing Resources

Click here¹³ to visit our ***Be Well--Be Calm--Be Engaged*** webpage. You'll find health and wellness resources along with links to assist you in finding a COVID-19 test center in your area.

- Pennsylvania COVID-19 Viral Testing Sites¹⁴
- PA Partnership for Better Health COVID-19 Testing Locations Guide¹⁵

Get the Most Out of Your Benefits



Aetna Individual Consultations (Phone Appointment)¹⁶

Thursday, February 11 | 9 a.m. - 1 p.m.

¹³https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

¹⁴<https://pema.maps.arcgis.com/apps/webappviewer/index.html?id=1a4c139769d646839e1549bcb6a668f1>

¹⁵<http://www.forbetterhealthpa.org/new-covid-19-testing-locations-guide/>

¹⁶<https://totara.dickinson.edu/course/view.php?id=60>

Managing your money and making choices for your healthcare are challenges many of us face regularly. Our representative, Jean Enders, is available on Thursday, February 11, for phone appointments. Take advantage of making an appointment to speak with her to get your questions answered about claims or learning to read your EOB (Explanation of Benefits).

Enroll and sign-up for a phone appointment by searching on course name "Aetna" in Totara¹⁷. A phone number will be provided once you sign-up for an appointment time. If you have documents pertaining to your questions such as explanation of benefits, bills etc., please be sure to scan these files so you can share through Webex and view together with the Aetna representative.

Medicare 101



Session Date Options:

February 24, March 31, or April 28 | 6-8 p.m. | Zoom Meeting

Presented by Aetna

Retirement and healthcare are two topics that we all face as we grow older. Many of us find healthcare coverage and decisions as one of our biggest challenges, and are confused or concerned about making the right decisions. So many choices to make - and not necessarily having the tools or answers needed to make the right decision - cause this to be quite stressful. If you are approaching retirement or if you need to help a friend, family member or loved one navigate these challenging decisions, please sign-up to attend one of these informative sessions on Medicare presented by Aetna. This program is open to the entire Dickinson community.

¹⁷<https://totara.dickinson.edu/course/view.php?id=60>

Enroll and sign-up for this medical consumerism session¹⁸ in Totara. A Zoom link will be provided to registrants.

Aetna Resources for a Healthy You!

*The Time is Now | Starting Strong, Staying Well*¹⁹

*Exercise for a Healthy Heart | Move to the Beat*²⁰

*Take Care of You | Colon Cancer Screening Options*²¹



Questions about retirement? Your financial consultant has answers.

Advice and education tailored to your needs:

Making decisions about your money can feel complicated. TIAA's experienced financial consultants are here to help you plan for your future. One-on-one personal advice and education* about your retirement plan assets is available at no additional cost. During our discussion, we'll cover questions like:

1. Am I saving enough?
2. Am I invested appropriately?
3. Am I on track to meet my retirement goals?

To connect with a TIAA financial consultant, sign up online²² or call 800-732-8353 (remember to ask for the Dickinson College schedule), weekdays, 8 a.m. to 8 p.m. (ET).

¹⁸<https://totara.dickinson.edu/course/view.php?id=60>

¹⁹https://www.dickinson.edu/download/downloads/id/12408/the_time_is_now_starting_strong_staying_well.pdf

²⁰https://www.dickinson.edu/download/downloads/id/12410/exercise_for_a_healthy_heart_move_to_the_beat.pdf

²¹https://www.dickinson.edu/download/downloads/id/12412/take_care_of_you_colon_cancer_screening_options.pdf

²²<https://shared.tiaa.org/public/publictools/events/selectWorkPlace>

Below are TIAA consultation dates open to Dickinson College employees:

- *Tuesday, February 9*
 - *Wednesday, March 10*
-

All appointments must be scheduled through TIAA. For more information view the TIAA flier for dates and times²³ or visit www.TIAA.org/schedulenow²⁴ to schedule your appointment.

February 2021 TIAA Educational Webinars

Would you like to learn more about saving or retirement planning for the future? TIAA offers free on-demand, online webinars on a variety of topics. All employees are welcome to attend and can register at [TIAA.org/webinars](https://www.tiaa.org/webinars)²⁵. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

Tuesday, February 16

- *3 p.m. | Money at Work 1: Foundations of Investing*

Wednesday, February 17

- *Noon | Lifetime Income: Market Proof Your Retirement*
- *3 p.m. | Inside Money: Managing income and debt*

Thursday, February 18

- *Noon | Tomorrow in Focus: Saving for your ideal retirement*
- *3 p.m. | Understanding Health Savings Accounts (HSAs)*



Fidelity Consultations

²³https://www.dickinson.edu/download/downloads/id/2004/tiaa_individual_counseling.pdf

²⁴<https://www.TIAA.org/schedulenow>

²⁵<https://www.tiaa.org/webinars>

Fidelity's investment representatives offer individual counseling for financial planning and retirement. If you have questions or concerns regarding your Fidelity account, please contact Daniel McCarthy, Retirement Planner / Personal and Workplace Investing, at daniel.mccarthy@fmr.com²⁶ or call (603) 213-3523.

Visit [Fidelity.com](https://www.fidelity.com)²⁷ to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.



RetireWise²⁸

Thursdays - March 11, 18, 25, and April 1 | 6-7 p.m.

RetireWise is a 4-part workshop series that offers a helpful, go-to resource guide with optional 1:1 consultation. Register now for this 4-part virtual series:

- Session 1: Building the Foundation
- Session 2: Creating & Managing Wealth
- Session 3: Establishing Your Retirement Income Stream
- Session 4: Making the Most of What You Have

Enroll and sign up now in Totara²⁹.

The Zoom meeting access link will be provided once registered in Totara.

²⁶<mailto:daniel.mccarthy@fmr.com>

²⁷<https://www.fidelity.com/>

²⁸<https://totara.dickinson.edu/course/view.php?id=368>

²⁹<https://totara.dickinson.edu/course/view.php?id=368>

Staying Connected



Color Your World with Gratefulness Challenge



In December, we introduced the Color Your World with Gratefulness Challenge. Kids of ALL ages could select a picture to color from the Color Your World with Gratefulness Channel³⁰ found in *Random Acts of Kindness* in TEAMS.

We're excited to announce Dashiell Bowman as the winner! Dashiell is the son of Meta and James Bowman.

Congratulations, Dashiell! Thank you for participating!

³⁰<https://teams.microsoft.com/l/channel/19%3a6636ca699ea8451ca115ae03c867272b%40thread.tacv2/Color%20Your%20World%20with%20Gratefulness?groupId=3ebc8158-4a55-453b-be23-d81a05968d3c&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>



DIG-IT / Dickinson Interest Groups & Intrinsic Teams

Do you long for some connections to share your favorite hobby, interest or talent? In this time of virtual connectivity, we are wondering if there is interest in joining DIG-IT virtually via TEAMS. We have a framework set-up under the DIG-IT TEAM with the following Wiki categories:

- Books & Gatherings | Book Discussions Online or Live - ***New Session Available! See details below.***

- Creative Fibers | Textiles, Crafts & Sewing - **Ongoing biweekly sessions** for Crochet Your Way via TEAMS³¹...sign-up in Totara for the online sessions³² *this spring!*
- Foodies & Fine Spirits | Enjoying the good life!
- Green Thumb Gardening | How does your garden grow?
- MIG Explorations | Multi-Interest Group explorations of diverse interests
- Pottery Blends | Shaping, Shifting & Molding Minds
- Snaps & Shutters | Photography - ***New Session Available! See details below.***
- Storytelling & Poetry | Sharing Poetry, Prose and Stories!
- The Great Outdoors | Hiking & Camping
- The Unbroken | Find-it, Fix-it & Forge ahead!

If you would like to join DIG-IT to connect with others in the campus community who may share a common interest, hobby, talent or craft – let us know by joining DIG-IT³³ in TEAMS!

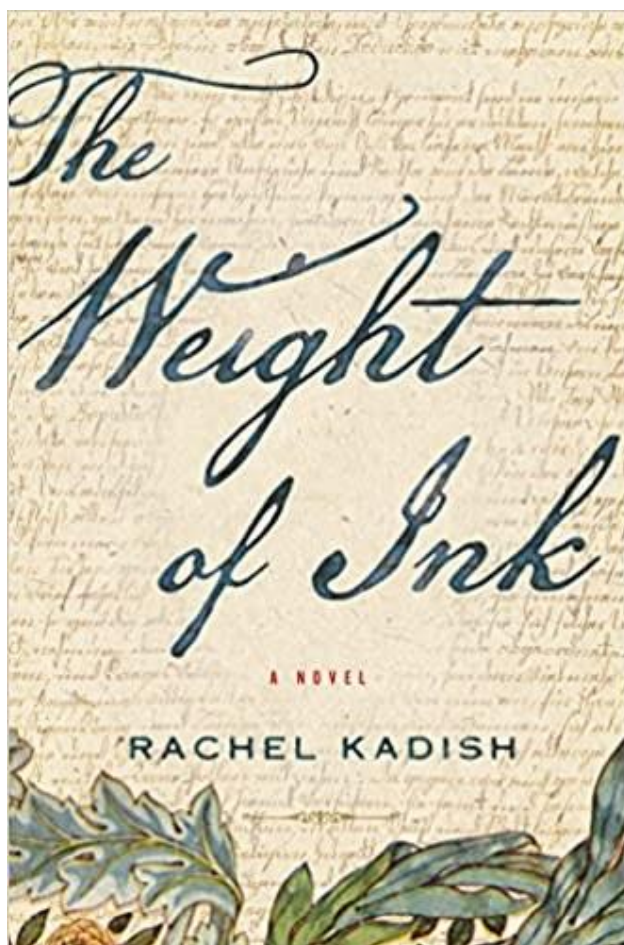
Book Discussion³⁴: The Weight of Ink by Rachel Kadish

³¹<https://teams.microsoft.com/l/channel/19%3ad1f944a8177041fab4cef2fc2bc44f03%40thread.skype/Creative%20Fibers%20-%20Crochet%20Your%20Way?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

³²<https://totara.dickinson.edu/course/view.php?id=380>

³³<https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

³⁴<https://teams.microsoft.com/l/team/19%3a27de690cac14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>



Monday, February 15 | noon-1 p.m. | TEAMS meeting online

JOIN THE TEAM³⁵ to receive a link to the discussion.

The Weight of Ink³⁶ by Rachel Kadish, a historical/fiction novel

About this book: Set in London of the 1660s and of the early twenty-first century, *The Weight of Ink* is the interwoven tale of two women of remarkable intellect: Ester Velasquez, an emigrant from Amsterdam who is permitted to scribe for a blind rabbi, just before the plague hits the city; and Helen Watt, an ailing historian with a love of Jewish history.

As the novel opens, Helen has been summoned by a former student to view a cache of seventeenth-century Jewish documents newly discovered in his home during a renovation. Enlisting the help of Aaron Levy, an American graduate student as impatient as he is charming, and in a race with another fast-moving team of historians, Helen embarks on one last project: to determine the identity of the documents' scribe, the elusive "Aleph."

³⁵<https://teams.microsoft.com/l/team/19%3a27de690cacf14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

³⁶https://www.amazon.com/dp/B07CWFG6Z7/ref=dp-kindle-redirect?_encoding=UTF8&btcr=1

Electrifying and ambitious, sweeping in scope and intimate in tone, *The Weight of Ink* is a sophisticated work of historical fiction about women separated by centuries, and the choices and sacrifices they must make in order to reconcile the life of the heart and mind.

Please note: This book must be purchased on your own. Reimbursement is not available. You may also consider:

- borrowing a copy from your local library
- downloading the audio book through your Audible subscription or similar service
- borrowing the audio or eBook through a public library using the app Overdrive or similar

Book Discussion groups are a great way to expand your mind, discover new topics of interest and explore the world through the art of conversation. If you are interested in joining this informal Book Discussion, simply click the TEAMS link and join us! TEAMS ³⁷**Book Discussions**³⁸. Send an email to devwell@dickinson.edu³⁹ for more information or any questions!

52Frames

Join the Dig-It Team⁴⁰ and go to the Snaps and Shutters Photography channel⁴¹ to participate in the suggested 52Frames⁴² challenge. 52Frames is free and challenges users to submit photographs for the theme of that week. Check it out and connect with fellow team members through the Snaps and Shutters Photography channel⁴³.

³⁷<https://teams.microsoft.com/l/team/19%3a27de690cac14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

³⁸<https://teams.microsoft.com/l/team/19%3a27de690cac14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

³⁹<mailto:devwell@dickinson.edu>

⁴⁰<https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

⁴¹<https://teams.microsoft.com/l/channel/19%3a7754b3a3cdb749a7a17549758f7e8894%40thread.skype/Snaps%20and%20Shutters%20Photography?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

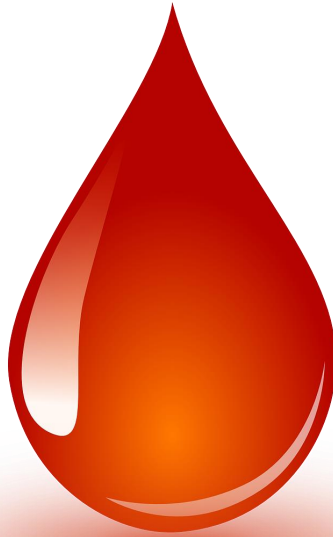
⁴²<https://52frames.com/>

⁴³<https://teams.microsoft.com/l/channel/19%3a7754b3a3cdb749a7a17549758f7e8894%40thread.skype/Snaps%20and%20Shutters%20Photography?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

Community | For the Greater Good



Blood Donations



The American Red Cross has an ongoing need for blood and platelet donations. You can still donate during the pandemic. The Red Cross will only collect blood from those who are healthy and feeling well at the time of their appointment. If you are willing and able, please visit the website link below to find a donation site in your area and make your appointment.

Red Cross Blood Donation Sites⁴⁴

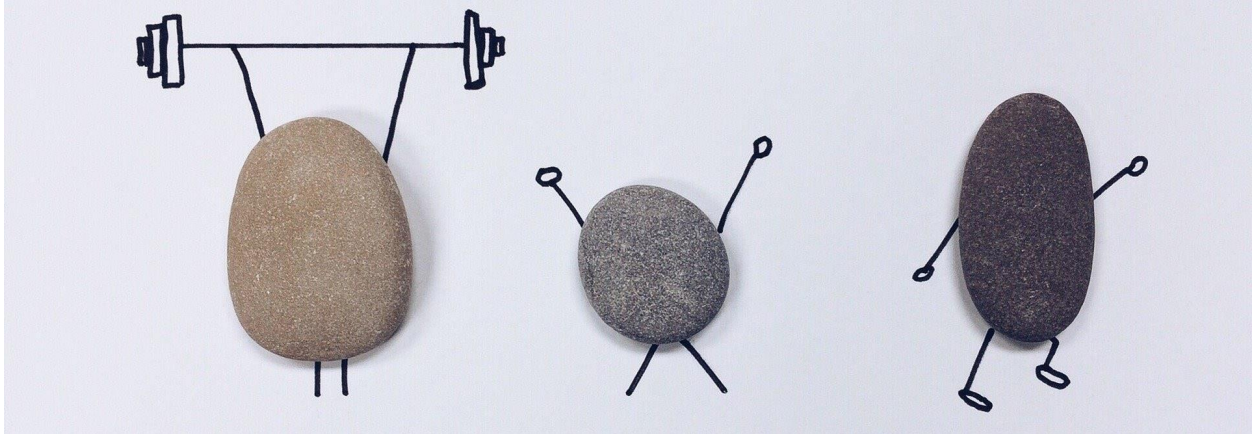
Miseno's Discount



⁴⁴<https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html>

Miseno's, located at 1225 Ritner Highway, Carlisle PA, is offering employee and students **20% discount** for all personal orders and/or catering – simply by showing your Dickinson ID to save 20%!

Wellness



Be Well – Be Calm – Be Engaged⁴⁵

The coronavirus (COVID-19) pandemic has created an atmosphere of unrest and turmoil in our lives. As the environment evolves, we continue to strive for some balance and look for ways to offer support to the Dickinson community.

Resources are available online via the Human Resource Services *Work Life Balance⁴⁶* webpages.

Virtual Grocery Store Tour⁴⁷

⁴⁵https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

⁴⁶https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

⁴⁷<https://totara.dickinson.edu/course/view.php?id=94>



Tuesday, February 9 | 3:30-4:30 p.m.

Does the grocery store, with its infinite options, make you panic? Romaine calm! February's nutrition chat will be a virtual grocery store tour. We will explore the various sections of the store and how to decide what goes in your cart. We will focus on label reading, whole food options, components of easy-to-build meals, and cost effective buys. Enroll and sign-up for this nutrition info session⁴⁸ in Totara.

Healthy Eating for your Heart



Tuesday, February 16 | noon-1 p.m. | Teams Meeting

Presented by Courtney Hager, RD LDN

Dark chocolate prevails at different times during the year...but how does sugar (*for or from your sweetheart*) play a role in your bodies nutrition needs? What impact does this have in an otherwise healthy, balanced lifestyle?

⁴⁸<https://totara.dickinson.edu/course/view.php?id=94>

Learn about types of fats, sodium recommendations, how sugar impacts heart health! Enroll and sign-up⁴⁹ for this nutrition info session in Totara!

Beyond Opioids | Alternative Treatments for Chronic Pain



Wednesday, February 17 | Noon - 1 p.m. | Zoom Meeting

Presented by: UPMC Carlisle

Because of the risk of tolerance, dependency, addiction, and overdose, opioids should be treatment of last resort for chronic pain. Learn about alternative treatments including NSAIDs, muscle relaxants, neuro-modulating medications, as well as interventional options including epidural and facet steroid injections, radio-frequency ablation, and spinal cord stimulation.

Enroll and sign-up⁵⁰ for this wellness information session in Totara. A Zoom link will be provided to registrants upon signing up.

Health Coaching Roundtable

⁴⁹<https://totara.dickinson.edu/course/view.php?id=94>

⁵⁰<https://totara.dickinson.edu/course/view.php?id=64>



According to the American Council on Exercise⁵¹, Health Coaches help people increase their awareness and capacity for change, impact individuals struggling to make their intentions a reality and, by empowering them, offering those most in need of help the opportunity to take charge of their lifestyle choices.

Health Coaching 101 roundtable sessions cover a variety of topics from introducing the concept of health coaching to select areas of wellbeing to help guide your journey to wellbeing.

Options for health coaching individually are also available through the college's benefits vendors - Aetna and Health Advocate - for those carrying these specific benefits.

Health Coaching Roundtable | Finding Your Wellbeing Sweet Spot

Wednesday, February 24 | noon-1 p.m. | TEAMS meeting

Balance, Harmony and Health come together to form a Wellbeing Sweet Spot to support your lifestyle and outlook. As we embark on a new year, finding the tools and approach to reset and restore some level of normalcy is our challenge while we strive to maintain social connections with friends and family members. Join this discussion for tips and ideas on ways to support your overall wellbeing while staying active this spring and throughout the year! Enroll and sign-up for this wellness session to learn more under Health Coaching 101⁵² in Totara!

Wellness Online

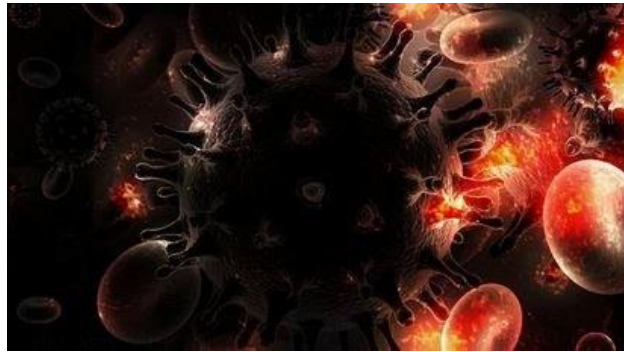
Wellness online opportunities will continue to be offered as they become available. Of course taking a WALK is always a fantastic free option and offers a great way to get some fresh air. Need more? See a sample list of free online on-demand fitness options currently found below!

⁵¹<https://www.acefitness.org/>

⁵²<https://totara.dickinson.edu/course/view.php?id=305>

- **Capital Blue Health and Wellness Center** offers a variety of fitness classes during the month of February. Check out their schedule⁵³ online and register for a class.
- **Planet Fitness YouTube Home Work-ins** offer the option to select your fitness workout⁵⁴ at your convenience.
- **YMCA 360: On-Demand Videos** provides over 100 on-demand videos⁵⁵ from Tai Chi to Yoga to Kickboxing and more for all levels of fitness!
- **Yoga with Adriene** on YouTube meets the balance of meditation, yoga, overall movement⁵⁶ at all levels in an on-demand platform.

The Good Fight | Keeping The Immune System Strong



Nutrition Info Webinar

Wondering what foods to add to your grocery list that may help your immune system?

Curious if our lifestyle can help us prevent and fight germs? Wondering what the gut has to do with combating sickness?

View this recorded webinar presented by Courtney Hager, RD LDN to learn tips for keeping your immune system strong and healthy through nutrition! Enroll in the nutrition info⁵⁷ session in Totara to access the webinar.

⁵³<https://www.eventbrite.com/o/capital-blue-health-and-wellness-center-30255516400>

⁵⁴<https://www.youtube.com/planetfitness>

⁵⁵<https://ymca360.org/on-demand>

⁵⁶<https://www.youtube.com/user/yogawithadriene>

⁵⁷<https://totara.dickinson.edu/course/view.php?id=94>

Professional Development



Totara Upgrade and Online Courses Available



Have you been in Totara recently? You will notice it looks a little different than the previous version. Version 12, allowed us to make enhancements to the front page and improve the course catalog with a “tiled” view. Customized dashboards were also added for targeted audiences, which highlight certifications and courses based on the role of the individual.

For those of you who are new to the campus community, Totara is a learning management system which hosts a variety of virtual courses and allows users to sign-up for live events, when available. It also keeps a record of professional development, required course and certifications, as well as performance appraisals.

Take a peek at the upgrade! We hope you find it easy to navigate!

OpenSesame Courses

Are you interested in personal or professional growth? Dickinson employees have access, via Totara, to on-line training programs through a subscription with OpenSesame offering a wide variety of topics and courses. For more information and to see a complete list of available courses, go to Totara via the Gateway, on the "Find Learning" tab search OpenSesame. Below are some highlights:

- Inclusivity: Improve Intercultural Interactions, Working Well with Everyone
- Technology: Sharpen Your Skills in Microsoft Applications
- Supervisory: Coaching Skills, Help Your Employees Use Their Time Wisely
- Business Skills: Email & Phone Etiquette, Writing Skills, Customer Service
- First Aid: Bites, Cuts & Scrapes

New courses are added frequently. Dickinson is charged based on courses accessed; please review the course summary carefully to ensure the desired content prior to launching the course.

If you have any questions regarding OpenSesame or any courses/certifications in Totara, please email devwell@dickinson.edu⁵⁸.

RAISE Training for Faculty and Staff



Tuesday, March 2 | Noon-1 p.m. | Online Meeting

Have you had a student "come out" to you in class? Are you confused about how to ask someone for their gender pronouns? Perhaps you're hoping to make your departmental policies and procedures more inclusive! No matter your interest or reason, we encourage all aspiring allies and advocates to participate in a session of R.A.I.S.E. (Red Devils Advocating for Inclusive Spaces for Everyone)!

⁵⁸<mailto:devwell@dickinson.edu>

Enroll and sign-up ⁵⁹for this employee development course in Totara. A link to the virtual session will be provided to registrants closer to the start of the session.

COVID Awareness Module



The college's emergency response team developed a COVID Awareness Module in Totara. This module consists of a combination of third-party and Dickinson-specific resources addressing items such as social distancing, mask wearing, and videos developed in-house to supplement the more commonly-asked FAQs from the COVID-19 Dashboard. The module is available under the Training section of the COVID-19 Dashboard⁶⁰, via Totara by searching "Dickinson COVID" from the Totara home page, or directly by clicking here⁶¹.

⁵⁹<https://totara.dickinson.edu/course/view.php?id=65>

⁶⁰https://www.dickinson.edu/homepage/1380/covid-19_dashboard

⁶¹<https://totara.dickinson.edu/course/view.php?id=375>



Physical Wellness Program Incentive Prize Winners

Congratulations to **Ashley Lebo** (*Wellness Center*) and **Mary Silva** (*Student Senate/Organic Farm*), for being the Physical Wellness incentive prize winners for the months of December and January respectively. Eligibility for the monthly incentive 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 drawings are held after the close of business on the fifteenth of each month for the previous month. All physical exercise programs that have registration via Gateway will automatically be included in the monthly drawings. For more details or to request a form to record your marathon-in-a-month miles, please send an email to devwell@dickinson.edu⁶² or call ext. 8084.

⁶²<mailto:devwell@dickinson.edu>

Wellness Incentive Taxability Notification

We thank you for being an active participant in the wellness programs at Dickinson College. We value all employees and offer a variety of programs throughout the year to encourage wellbeing while offering educational, fun opportunities to engage the mind and body while creating a positive inclusive social environment for the campus community. We hope you enjoy participating in these programs and events throughout the academic/fiscal year.

In recognition and appreciation of your participation in the wellness programs, we offer healthy reward incentives. As a reminder, in accordance with IRS regulations, awards and gifts to employees from the college are considered taxable income and the college is required to withhold taxes.

The value of your incentive(s) will be added to your income through payroll, which could result in a decrease in your net pay because of additional tax withholdings on the value or dollar amount. The tax withholding will coincide with the payroll period closest to the date that you receive your annual incentive reward. Please contact payroll with any questions related to this additional withholding.

Professional Development & Wellness Program Registrations and Attendance

The college offers many opportunities for professional development and wellness programs throughout the year, providing enrichment of staff and, when appropriate, their families as well. Registration for the majority of the programs offered is available through the Gateway⁶³ 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 policy⁶⁴ 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.

⁶³<https://gateway.dickinson.edu/>

⁶⁴http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

Campus Resource Quick Links!

How To Guide⁶⁵

Dickinson Download⁶⁶

Dickinson/Biking⁶⁷

Dickinson/College Farm⁶⁸

Dickinson/Sustainability⁶⁹

Trout Gallery⁷⁰

Theatre & Dance⁷¹

Campus Announcements⁷²

Campus Events Calendar⁷³



3 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁷⁴

Human Resource Services Website⁷⁵

⁶⁵[http://www.dickinson.edu/info/20043/about/1562/dickinson "how to" guide](http://www.dickinson.edu/info/20043/about/1562/dickinson%20%22how%20to%22%20guide)

⁶⁶[http://www.dickinson.edu/info/20198/technology_services/3261/the dickinson download](http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download)

⁶⁷<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁶⁸<http://www.dickinson.edu/collegefarm>

⁶⁹<http://www.dickinson.edu/sustainability>

⁷⁰<http://www.troutgallery.org/>

⁷¹<https://www.dickinson.edu/theatreanddance>

⁷²<https://www.dickinson.edu/announcements>

⁷³<http://www.dickinson.edu/events>

⁷⁴<mailto:devwell@dickinson.edu>

⁷⁵https://www.dickinson.edu/homepage/122/human_resource_services