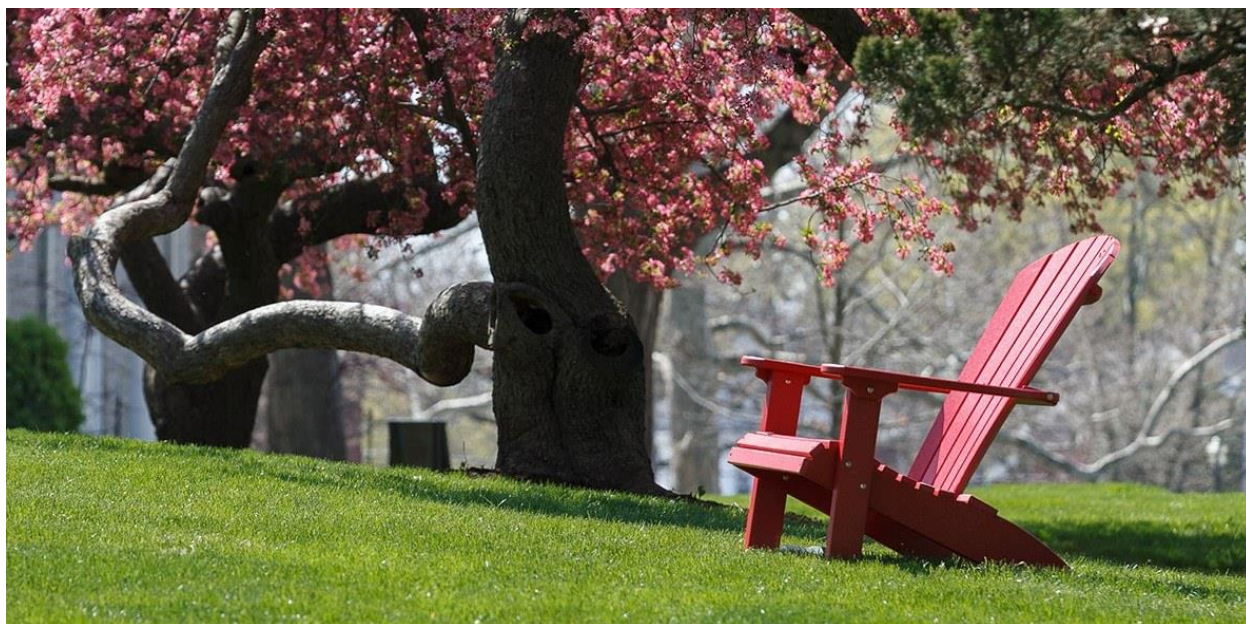




Vitality

Dickinson 

HUMAN RESOURCE SERVICES

1 - April 2021

Volume XV | Issue 8

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

2021 Campus EcoChallenge



Join Dickinson's Center for Sustainability Education (CSE)¹ for an **ONLINE** sustainability-focused behavior change challenge April 1-21, 2021. Whether you're at home or on campus, the EcoChallenge provides a unique opportunity to put your sustainability skills in practice and will include a competition within Dickinson as well as a friendly competition amongst other college/university communities. EcoChallenge is a fun and social way to take measurable action on the issues you care about. With three weeks of commitment, learning and action can add up to a lifetime of positive change for you, others, and the planet!

¹<https://nam01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.dickinson.edu%2Fcse&data=02%201%20t%24%40PSU.EDU%2F413437f193b484f5aef08d7ab240831%2F7cf48d453ddb4389a9c1c115526eb52e%20%20637166043570034846&sdata=mEamXDR41S6A%2BPYNZX9Jz6tR1IJQtuSfmqPwsA9crRk%3D&reserved=0>

Students, faculty, staff, alumni, and families are invited to make individual commitments and work towards a more sustainable lifestyle. EcoChallenge's platform is holistic, real-time, FREE, and allows participants to select the commitments *they* want to work on. EcoChallenge is 100% online, and offers unique, customizable opportunities for engagement during the pandemic. The combination of collective action, camaraderie, and friendly competition makes change a little easier — and a lot more fun. The EcoChallenge will culminate on Earth Day (April 22, 2021) when we can celebrate our results and positive change.

Join the Dickinson Green Devils 2021 Team²

SIGN UP & MAKE COMMITMENTS:

- Find your team³. **From Dickinson?** Dickinson Green Devils 2021⁴ is in action (all Dickinsonians are invited to join)! **From another college/university?** If your institution does not have a team yet, find a captain and create a new team⁵!
- Once teams are established, participants sign up and join their team.
- Explore the challenges and make your commitments by April 1, 2021!
- Invite friends and colleagues to join you. Use your personal referral code to earn points.
- Track and share your progress online from April 1-21, 2021 and earn points for taking action.
- Engage with others in the Campus EcoChallenge through comments and reflection.
- Compete to win it!

RECRUIT & ENGAGE OTHERS:

- Challenge your friends and colleagues to join the EcoChallenge.
- Invite friends, family and colleagues to join you.
- Create subcompetitions between friends or family to motivate each other.
- Check in daily during the Challenge and create online dialogue with competitors.

WANT TO CHALLENGE DICKINSON?

We believe this behavior-based commitment campaign can have huge impacts in higher education and want to work with you. We invite any institution of higher education to create a

²<https://campus2021.ecochallenge.org/dashboards/teams/dickinson-green-devils-2021>

³<https://campus2021.ecochallenge.org/teams>

⁴<https://campus2021.ecochallenge.org/dashboards/teams/dickinson-green-devils-2021>

⁵<https://campus2021.ecochallenge.org/dashboards/teams/new>

team and join us in the 2021 Campus EcoChallenge. It doesn't matter if you have a team of 5 or 5,000! It would be fun to compete April 1-21, 2021. We will offer a webinar to orient schools to the process, best practices, and marketing tools. Please contact sustainability@dickinson.edu⁶ if you are interested in joining us in this effort or to sign up for the webinar. Starting a team is easy!

Start Your Own Team⁷

Follow Dickinson's Center for Sustainability Education on Facebook⁸, Twitter⁹, and Instagram¹⁰ for live updates on the 2021 EcoChallenge, and be sure to use #DsonSustainability

Source https://www.dickinson.edu/info/20052/sustainability/3971/campus_ecochallenge_2021

Plant-Powered and Shelf-Stable Protein

Need to make your food supply stretch? Try a plant-forward approach. Eating less meat doesn't have to mean getting less protein. Dried and canned beans and legumes, as well as tofu, quinoa, nut butters and many vegetables, provide protein and can be more affordable than meat. Click on links below for some yummy plant-based recipes.

Source: American Heart Association¹¹

Spring Into Fitness Challenge participants - this is a great way to incorporate beans in your weekly challenge!

⁶<mailto:sustainability@dickinson.edu>

⁷<https://campus2021.ecochallenge.org/dashboards/teams/new>

⁸<https://www.facebook.com/CSE.Dickinson/>

⁹https://twitter.com/cse_dickinson?lang=en

¹⁰https://www.instagram.com/cse_dickinson/

¹¹<https://recipes.heart.org/en/collections/lifestyles/vegetarian>



2 - Linguine with Cannellini Beans and Summer Squash¹²



3 - Sautéed Zucchini Tomato and Chickpea Ragout¹³



4 - Massaged Kale Salad¹⁴

¹²<https://recipes.heart.org/en/recipes/linguine-with-cannellini-beans-and-summer-squash>

¹³<https://recipes.heart.org/en/recipes/sauteed-zucchini-tomato-and-chickpea-ragout>

¹⁴<https://recipes.heart.org/en/recipes/massaged-kale-salad>



5 - White Bean Hummus Wraps with Avocado and Bell Pepper¹⁵

Alcohol Awareness Month | Facts & Tips for Responsible Drinking



¹⁵<https://recipes.heart.org/en/recipes/white-bean-hummus-wraps-with-avocado-and-bell-pepper>



6 - Missy Taylor, AOD Coordinator

The **Wellness Center** encourages you to avoid misusing substances during these trying times and instead utilize the on-line resources listed on the Wellness Center resource webpage¹⁶.

Here are just a few tips for low-risk drinking and/or alcohol facts:

- Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination¹⁷.
- Drinking may make you feel good for a short time, but generally, the pleasant short-term effects disappear, and the negative effects increase if you keep drinking past the "buzzed" stage. This is called the Biphasic Response.
- Alcohol is a physical depressant on the body and mind and can cause depressive symptoms after use. Also, it can worsen existing depressive symptoms.
- Generally, more than 7 drinks a week for women and 14 drinks a week for men is considered heavy drinking.
- Peak BAC could be as much as 3 times higher in someone with an empty stomach than in someone who has eaten a meal before drinking. Eating regular meals and having snacks while drinking could help you from getting too drunk too quickly.

¹⁶https://www.dickinson.edu/info/20243/wellness_center/3974/resources

¹⁷<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/hangovers>

April is Sexual Assault Awareness Month



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TAKE BACK THE NIGHT

Wednesday, April 14 2021 at 6:00 pm
Zoom Link on EngageD

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Join us for our virtual Take Back the Night event and show your support for survivors of sexual and gender-based violence. Our program includes guest speaker Katie Koestner and words of empathy and support from members of the Dickinson community. Questions? Email wgrc@dickinson.edu

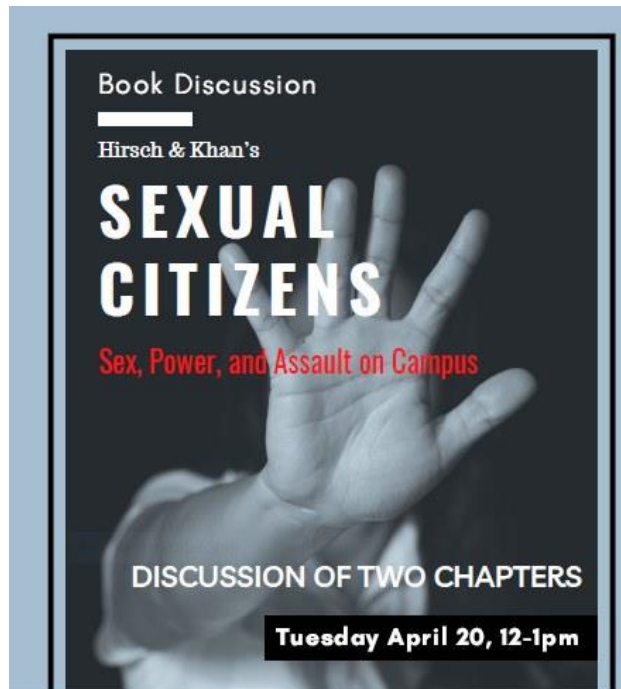
.....

Rebecca Shoemaker, staff psychologist and counselor at the Wellness Center, will be offering virtual open hours through the Wellness Center on Wednesday, April 14 from 2:00-3:00 p.m. that are available to students who would like a brief check-in prior to Take Back the Night. Please ask for her specifically when you call the Wellness Center.

.....

Dickinson
WOMEN'S & GENDER
RESOURCE CENTER

Sexual Citizens - Sex, Power, and Assault on Campus



Email wgrc@dickinson.edu for the readings.

Zoom link in EngageD and Totara. Cosponsored by the Women's and Gender Resource Center, Office of Title IX and Sexual Respect, Office of LGBTQ Services, and the Wellness Center.

Monday, April 19 | noon - 1 p.m. | Zoom meeting Join us to discuss two chapters from Jennifer Hirsch and Shamus Khan's *Sexual Citizens: Sex, Power, and Assault on Campus* (2020): "Consent" and "The Power of the Group." Reviewing the book for Science, Claire M. Renzetti calls this deeply-researched book "profoundly eye-opening" and notes that "Hirsch and Khan present a novel model for explaining and responding to campus sexual assault." Read the chapters in advance and bring your thoughts, questions, and comments. Register and sign-up in Totara to obtain the Zoom link to this session. Email wgrc@dickinson.edu¹⁸ for the readings.

Sexual Assault Awareness - Denim Day: Wednesday, April 28

¹⁸<mailto:wgrc@dickinson.edu>



For the past 22 years, Peace Over Violence has run its Denim Day campaign on a Wednesday in April in honor of Sexual Violence Awareness Month. The campaign was originally triggered by a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. To learn more, visit <https://www.peaceoverviolence.org/denim-day>. On Wednesday, April 28, join people from across the world and wear jeans with a purpose to support survivors. To support Denim Day 2022, go to: <https://www.denimdayinfo.org/register>.

2021 Spring Into Fitness Challenge





Spring Into Fitness Challenge¹⁹

Put on your walking shoes and enjoy the fresh, warmer air outside! A little natural vitamin D is a bonus too! If you can't get out, there are so many free videos and programs that you can view online. Search for one or two that work best for you! Challenge winners will be determined by two criteria - the greatest average cumulative minutes participation (per participant) by division for the Golden Sneaker trophy, and also the highest average number of minutes per participant for mini-teams!

The Spring Into Fitness Challenge. began on Sunday, March 21 and continues through Saturday, May 1. Check out the creative ways below to help you stay active, reduce stress and maintain your fitness goals. Find more by clicking here²⁰.

New Dickinson and Slavery Walking Tour

Wednesday, April 7 | noon - 1 p.m. | Outside of Old West

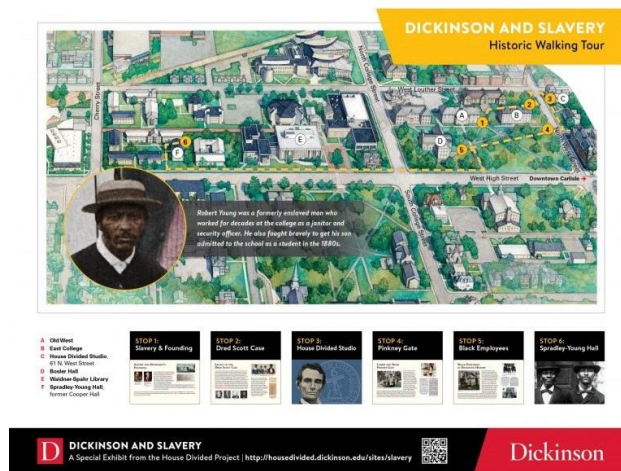
On Wednesday, April 7, 2021, the House Divided Project will launch a new Historic Walking Tour²¹ on campus for the Dickinson & Slavery initiative. Director Matthew Pinsker, along with

¹⁹<https://totara.dickinson.edu/course/view.php?id=109>

²⁰https://www.dickinson.edu/info/20314/professional_development_and_wellness/2927/spring_into_fitness_challenge/2

students interns Charlotte Goodman ('23), Liz McCreary ('22), and Amanda Sowah ('22), will help lead members of the college community, including President Margee Ensign, on the half mile trek that includes six stops commemorating the role of slavery and freedom in Dickinson College history. This launch event takes place on National Walking Day. ***The walk will start outside of Old West at noon between the new wayside marker and the Rush statue.***

For more information visit: <http://housedivided.dickinson.edu/sites/2021/03/31/new-dickinson-slavery-walking-tour/>



Wellness Yoga Online

²¹<http://housedivided.dickinson.edu/sites/slavery/tour/>



Monday, April 19 | noon - 1 p.m. | Zoom Activity

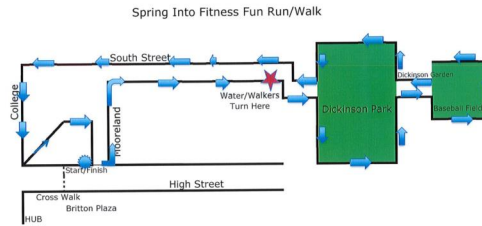
Instructor: Julie Vastine

Join Julie Vastine to try out Wellness Yoga Online, and experience the benefits of yoga! The class will start with guided centering breath work, move into gentle movements to warm up your muscles, head into a flow of yoga poses (with cues and modification suggestions) to build heat and flexibility, and end with a closing centering and relaxation. *Previous yoga knowledge is encouraged but is not necessary. Participate to your own comfort level and ability!*

Go to Wellness Yoga Online in Totara²² for more information and to obtain the Zoom link. Please remember to sign-in a few minutes early, allowing enough time to join the session.

Fun Run / Walk

²²<https://totara.dickinson.edu/course/view.php?id=341>



Thursday, April 22 - Any Time!

Mark your calendars for the annual Wellness Fun Run Walk!

Take a mid-day walk to refresh and rejuvenate your mind and body with fresh air and sunshine! The walking route departs from Britton Plaza progresses to Dickinson Park and back. Social distancing is requested. The event route can be completed as a 1.5 mile walk or a longer route if desired by completing the track route that runs throughout Dickinson Park. Complete the course anytime, at your own pace , and plan for 30-minutes to one hour depending on your desired pace.

If you are not available on April 22, feel free to complete this walk on your own!

Employee Highlights



New Hires



March

Dan Bennett, *Office of Marketing & Communication*

William Bertrand, *Graduate Program*

Reggie Ferreira, *Graduate Program*

Leah Gibson, *Theatre & Dance*

Shana Kitner, *Spanish & Portuguese*

Dan Loh, *Office of Marketing and Communication*

Danielle Moser, *Organic Farm*

Carla Peterson, *Wellness Center*

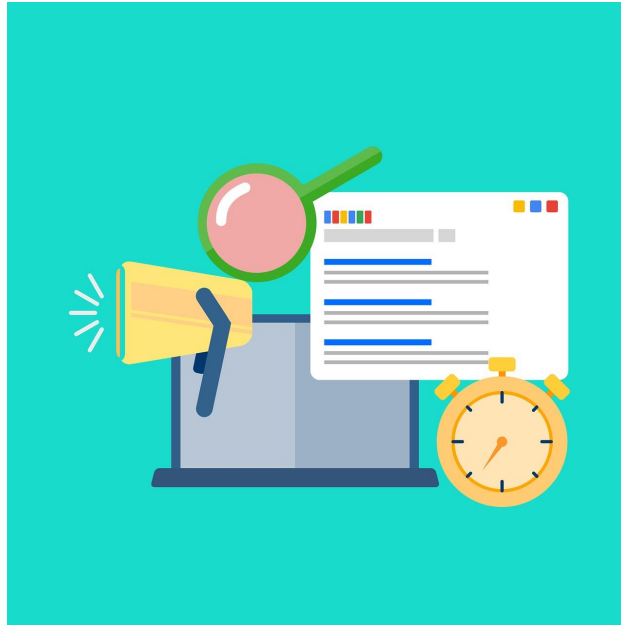
Michael Poe, *Dining Services*

Olivia Warner, *Registrar*

Announcements



Virtual Employee Benefits & Wellness Fair - Coming Soon!



Mark your calendars now!

The annual **Benefits & Wellness Fair** happens each spring to provide benefits and wellness information to employees in support of the 2021 annual open enrollment period from May 11-28.

Vendors will provide information and updates on their services and fees, along with products offered (if applicable), which will be shared virtually in Totara! More details will be shared in the May issue of Vitality.

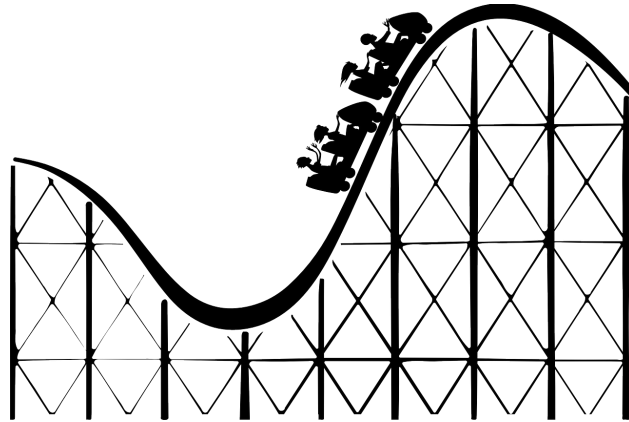
Biometric Screenings - Watch for an announcement in Dickinson Today!

UPMC has agreed to restart biometric screenings. Watch for an announcement for dates and location. The screening will most likely take place on an off-site location (not on campus).

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 schedule for this free health screening once openings become available.

2021 Hersheypark Discount Ticket Sales - Ends April 15



Discounted Hersheypark tickets are available for advance purchase to Dickinson students and employees through Campus Life and Human Resource Services at the special rates listed below. Tickets must be requested and paid for by April 15, 2021 to be included with the ticket order for 2021.

They are valid ALL YEAR, beginning April 2 through January 2, 2022. Checks should be made payable to Dickinson College. For details, email hrservices@dickinson.edu²³.

Payments can be mailed to Human Resource Services via USPS or via interoffice mail.

Human Resource Services

Dickinson College

PO Box 1773

Carlisle, PA 17013-2896

This special ticket price is only available with this special-order period through April 15!

\$36.10 + \$0.85 amusement tax per admission ticket = \$36.95 ALL Ages / ALL YEAR!

*[COVID-19 Dashboard](#)*²⁴

²³<mailto:hrservices@dickinson.edu>

-
- *Questions related to the Spring 2021 semester are updated frequently: Spring 2021 FAQs²⁵*
-

COVID-19 Vaccine



If you have received your COVID-19 vaccine, we encourage you to share that information with us. Employees can upload their vaccine documentation here²⁶.

Employees who came in close contact with someone who tested positive will no longer need to quarantine after 14 days of receiving the second vaccination dose. This will extend for three months (or 90 days). After the 90-day period expires, quarantining will once again go into effect.

Employee testing will continue, even after vaccination.

COVID-19 Community Testing Resources

Click here²⁷ 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.

- **UPMC COVID-19 Vaccine Registration Portal Link²⁸**
- **Pennsylvania COVID-19 Viral Testing Sites²⁹**

²⁴https://www.dickinson.edu/homepage/1464/covid-19_dashboard

²⁵https://www.dickinson.edu/homepage/1458/spring_2021_faqs

²⁶https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-8_E_YKk71JhlaOLHGe6iFUM1k2UTY4VlhZWk1WWVFDNINZVDIKR0REWiQIQCN0PWcu

²⁷https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

²⁸<https://vaccine.upmc.com/>

- PA Partnership for Better Health COVID-19 Testing Locations Guide³⁰

Get the Most Out of Your Benefits



Aetna Individual Consultations (Phone Appointment)³¹

Thursday, April 22 | 1 - 4:30 p.m.

Managing your money and making choices for your healthcare are challenges many of us face regularly. Our representative, Jean Enders, is available on Thursday, April 22, 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 Totara³². 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.

²⁹<https://pema.maps.arcgis.com/apps/webappviewer/index.html?id=1a4c139769d646839e1549bcb6a668f1>

³⁰<http://www.forbetterhealthpa.org/new-covid-19-testing-locations-guide/>

³¹<https://totara.dickinson.edu/course/view.php?id=60>

³²<https://totara.dickinson.edu/course/view.php?id=60>



April 28 | 6-8 p.m. | WebEx 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.

Enroll and sign-up for this medical consumerism session³³ in Totara. A WebEx link will be provided to registrants.



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

³³<https://totara.dickinson.edu/course/view.php?id=60>

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?

*Schedule an appointment with TIAA financial consultant, Carolyn Sharp: **Wednesday, April 7, from 9 a.m. to 4 p.m.** RSVP today, as space is limited. Register for sessions at www.TIAA.org/schedulenow³⁴ or by calling 800-732-8353, weekdays, 8 a.m. to 8 p.m. (remember to ask for the Dickinson College schedule).*

April 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/webinars³⁵. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

Tuesday, April 13

- *Noon | Paying Yourself: Income options in retirement*
- *3 p.m. | Making it Easier for You: Online tools and resources*

Wednesday, April 14

- *Noon | Quarterly Economic and Market Update with TIAA's Chief Investment Strategist*
- *3 p.m. | The Power of Saving*

Thursday, April 15

- *Noon | Attention to Detail: Financial finishing touches for women*
- *3 p.m. Making Gifts to Loved Ones and Charities*



³⁴<https://www.TIAA.org/schedulenow>

³⁵<https://www.tiaa.org/webinars>

Fidelity Consultations

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.com³⁶ or call (603) 213-3523.

Visit [Fidelity.com](https://www.fidelity.com/)³⁷ to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.

Down On the Farm



From the Farm to your Kitchen | Dickinson Vegetable Shares – Sign Up now!

³⁶<mailto:daniel.mccarthy@fmr.com>

³⁷<https://www.fidelity.com/>



Dickinson College Farm CSA (Campus Supported Agriculture) sign ups are now open. Fully customized vegetable shares are available each week with options for a 24- or 30-week season beginning in May. Pick up weekly or every other week at the Farm or on campus. Our produce is certified organic and freshly harvested. Beef, lamb, canned goods and other tasty surprises are also offered. Let us share a taste of farm goodness with you! You will be delighted!

To sign up or to learn more about the benefits associated with becoming a CSA member, please go to <http://blogs.dickinson.edu/farm/csa/> or contact Mary Silva at farm@dickinson.edu³⁸.

Spring Gift Boxes from the College Farm – Great for Spring Celebrations and Gift Giving!

³⁸<mailto:farm@dickinson.edu>



Spring has sprung and the College Farm is delighted to share its new line of homemade products made from our certified organic produce and other wholesome ingredients. Strawberry Jam, One-of-a-kind Melon Marmalade, Bloody Mary Mix – has some Zip!, Refreshing Melon Shrub Drink Mix, Stone Ground Cornmeal, and more! A few farm favorites as well – Salsa, Marinara Sauce and Pickled Red Beets are sure to please. Enhance your gift box with Wildflower Seed packets, Popcorn, Beef Jerky, Wool Yarn and for our adored pups, Doggie Treats.

Farm-made Gift Boxes are great for Mother's Day, Graduations and other Spring celebrations. Share a taste of the farm with Moms and Grandmas near and far as well as colleagues, neighbors, family, friends and foodies in your life!

Shipping and curbside pick-up options are available. Order link opens in early April: <https://dcorganicfarm.square.site>³⁹

For more information, contact Mary Silva at farm@dickinson.edu⁴⁰

³⁹<https://dcorganicfarm.square.site/>

⁴⁰<mailto:farm@dickinson.edu>

Staying Connected



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
- Creative Fibers | Textiles, Crafts & Sewing - **Ongoing biweekly sessions** for Crochet Your Way via TEAMS⁴¹...sign-up in Totara for the online sessions⁴² *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

⁴¹<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>

⁴²<https://totara.dickinson.edu/course/view.php?id=380>

- Snaps & Shutters | Photography
- Storytelling & Poetry | Sharing Poetry, Prose and Stories!
- The Great Outdoors | Hiking & Camping
- The Unbroken | Find-it, Fix-it & Forge ahead!

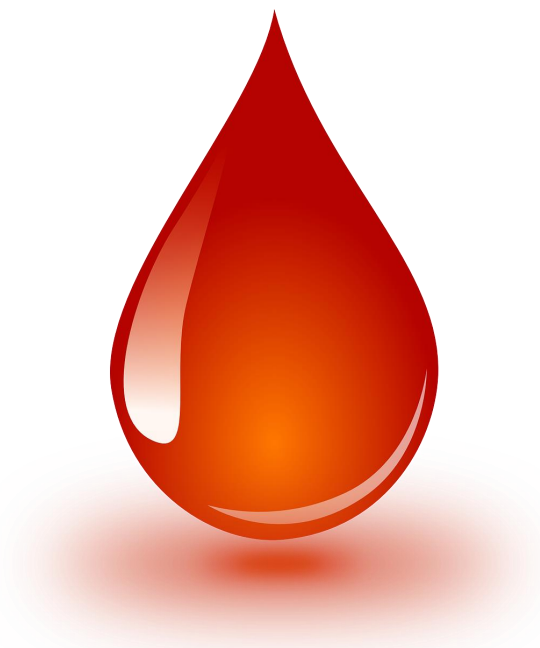
If you would like to join DIG-IT to connect with others in the campus community who may share a common interest, hobby, talent or craft – let us know by joining DIG-IT⁴³ in TEAMS!

Community | For the Greater Good



⁴³<https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

Blood Donations



Central Pennsylvania Blood Bank

Click on the link below to see a listing of Cumberland County blood drives and COVID-19 Antibody Testing during the month of April.

https://www.dickinson.edu/download/downloads/id/12631/cumberland_county_blood_drives.jpg

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

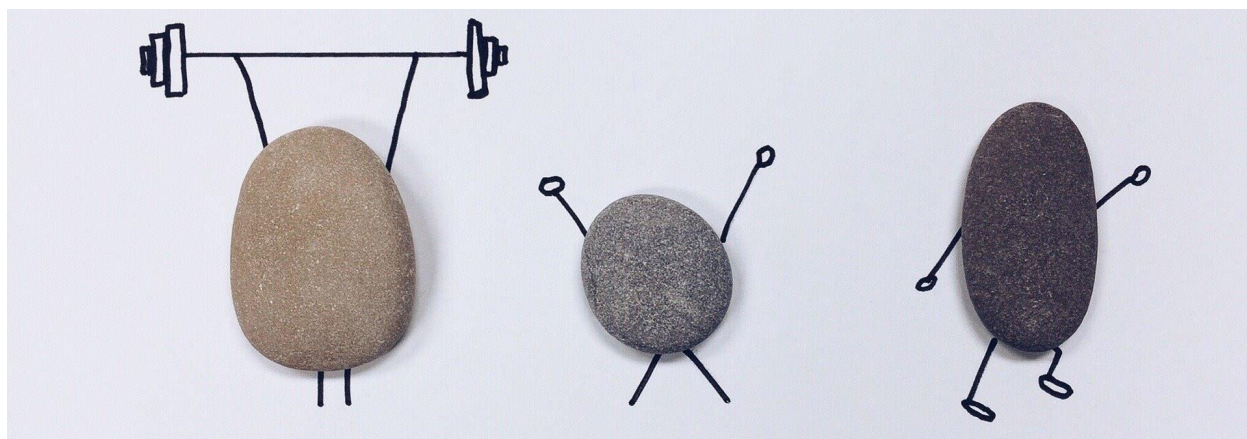
Miseno's Discount

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 Balance*⁴⁶ webpages.

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

Beyond Opioids | Alternative Treatments for Chronic Pain



Wednesday, April 21 | 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-up for this wellness info session⁴⁷. A link to the Zoom meeting will be provided upon signing up in Totara.

Health Coaching Roundtable⁴⁸

⁴⁷<https://totara.dickinson.edu/course/view.php?id=64>

⁴⁸<https://totara.dickinson.edu/course/view.php?id=305>



According to the American Council on Exercise⁴⁹, 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 | Focus on Fun - Rescheduled



Wednesday, April 28 | noon-1 p.m. | TEAMS meeting

Focusing on having fun while being active is a great approach to improving and maintaining your wellbeing. Join this roundtable discussion for tips and ideas on ways to put some fun into your fitness routine or adding some spontaneity to support your overall wellbeing while staying

⁴⁹<https://www.acefitness.org/>

active this spring and throughout the year! Enroll and sign-up for this wellness session to learn more under Health Coaching 101⁵⁰ in Totara!

Pound Fitness⁵¹



Wednesdays | 5:30 -6:30 p.m. | Zoom Fitness Class

"Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities."

This group fitness class is a wonderful opportunity to get involved in a fun form of exercise. Feel free to use drumsticks from home, wooden spoons, or anything else that you can think of as a substitute for the typically used Ripstix!

Register via EngageD⁵².

Sitting Is the New Smoking

⁵⁰<https://totara.dickinson.edu/course/view.php?id=305>

⁵¹<https://dickinson.campuslabs.com/engage/events?query=Pound>

⁵²<https://dickinson.campuslabs.com/engage/events?query=Pound>



Did you miss the live virtual ZOOM presentation on March 24? Click the video link to view the Zoom recording! (approximate presentation time: 25 minutes)

Sitting is the NEW Smoking⁵³

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!

- **Capital Blue Health and Wellness Center** offers a variety of fitness classes during the month of April. Check out their schedule⁵⁴ online and register for a class.
- **Planet Fitness YouTube Home Work-ins** offer the option to select your fitness workout⁵⁵ at your convenience.
- **YMCA 360: On-Demand Videos** provides over 100 on-demand videos⁵⁶ 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 movement⁵⁷ at all levels in an on-demand platform.

⁵³<https://totara.dickinson.edu/mod/resource/view.php?id=1313>

⁵⁴<https://www.eventbrite.com/o/capital-blue-health-and-wellness-center-30255516400>

⁵⁵<https://www.youtube.com/planetfitness>

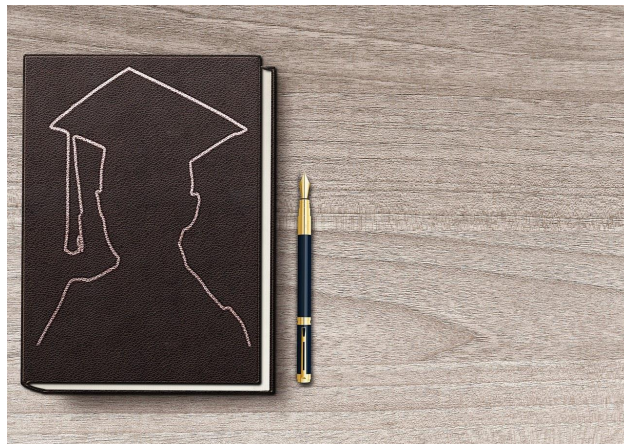
⁵⁶<https://ymca360.org/on-demand>

⁵⁷<https://www.youtube.com/user/yogawithadriene>

Professional Development



College Prep for Parents



Session I - Admissions and Big Spring High School: Tuesday, April 20 | noon-1 p.m.

Session II - Financial Aid and Human Resource Services: Tuesday, April 27 | noon-1 p.m.

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.

Sign up for the Zoom workshops in Totara⁵⁸.

Apply to Become a Leadership Cumberland Fellow



Leadership Cumberland's mission is to develop, promote, and inspire community-based leadership skills. The organization strives to develop individuals to become effective leaders in the workplace and community. Fellows, as participants are called, represent a diverse group of emerging leaders from banking, the law, healthcare, government, production, education, and nonprofits. While differing in age, background, and profession they share one common trait—the motivation and desire to take on greater responsibilities in the community and at work.

Leadership Cumberland Fellows have demonstrated emerging leadership and vision through their career experience and community involvement. The personal and professional objectives of prospective Fellows are volunteerism, leadership, and an interest in shaping the future of workplaces and organizations that serve Cumberland County. Each year, Dickinson proudly sponsors a fellowship and is pleased to extend this professional development opportunity once again to interested faculty and staff. Leadership Cumberland is a cohort-based program and follows the academic year—begins in August and graduates in May.

All applicants must provide a **completed application and letter of support** from his or her direct supervisor. Please submit these and any questions regarding the fellowship to Dennette Mould at mould@dickinson.edu⁵⁹ **no later than Monday, May 10**.

Please contact Carol Shaffer at shaffeca@dickinson.edu⁶⁰ for access to the application.

⁵⁸<https://totara.dickinson.edu/course/view.php?id=42>

⁵⁹<mailto:mould@dickinson.edu>

⁶⁰<mailto:shaffeca@dickinson.edu>



Physical Wellness Program Incentive Prize Winner

Congratulations to **Bridgette Watkins** (*Psychology*) for being the Physical Wellness incentive prize winner for the month of March. 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.edu⁶¹ or call ext. 8084.

Wellness Incentive Taxability Notification

⁶¹<mailto:devwell@dickinson.edu>

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 Gateway⁶² 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 policy⁶³ 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.

Campus Resource Quick Links!

⁶²<https://gateway.dickinson.edu/>

⁶³http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

How To Guide⁶⁴

Dickinson Download⁶⁵

Dickinson/Biking⁶⁶

Dickinson/College Farm⁶⁷

Dickinson/Sustainability⁶⁸

Trout Gallery⁶⁹

Theatre & Dance⁷⁰

Campus Announcements⁷¹

Campus Events Calendar⁷²



7 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁷³

Human Resource Services Website⁷⁴

⁶⁴[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)

⁶⁵[http://www.dickinson.edu/info/20198/technology_services/3261/the dickinson download](http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download)

⁶⁶<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁶⁷<http://www.dickinson.edu/collegefarm>

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

⁶⁹<http://www.troutgallery.org/>

⁷⁰<https://www.dickinson.edu/theatreanddance>

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

⁷²<http://www.dickinson.edu/events>

⁷³<mailto:devwell@dickinson.edu>

⁷⁴https://www.dickinson.edu/homepage/122/human_resource_services