



Vitality

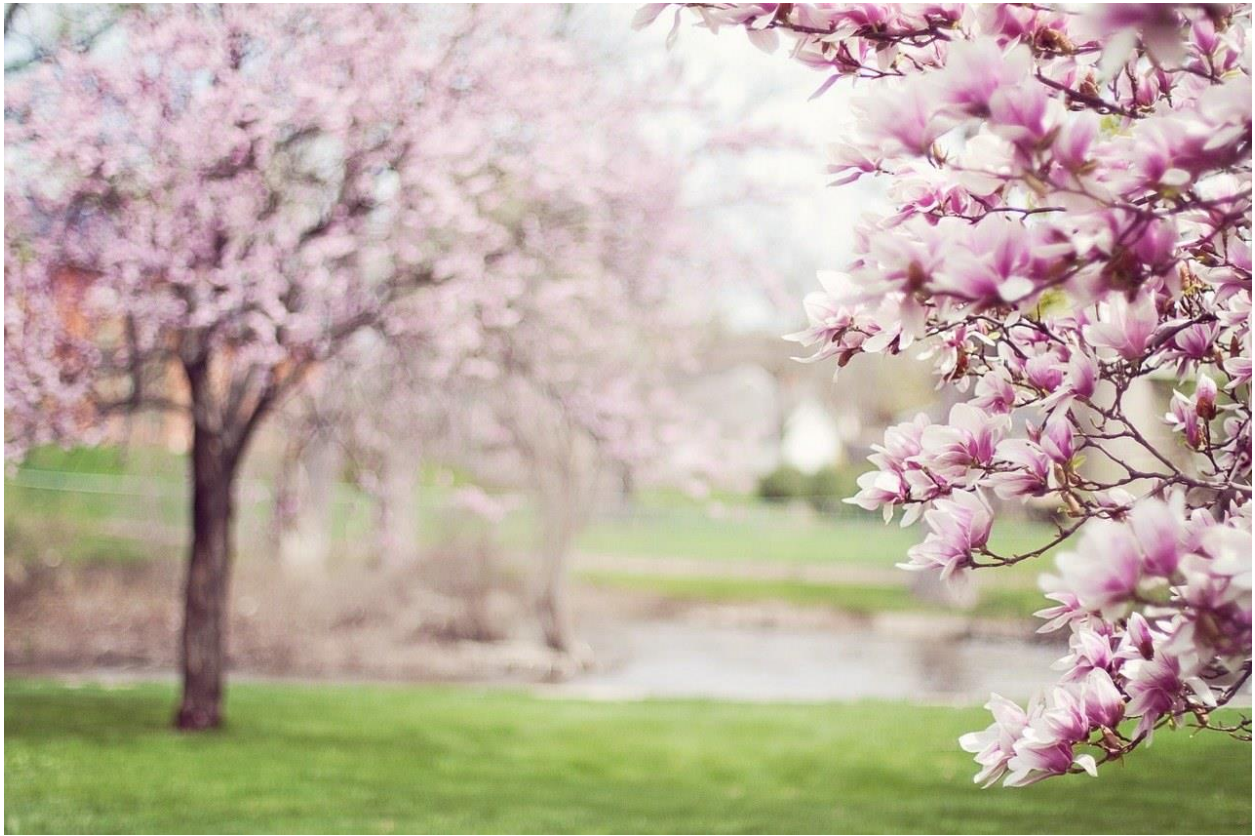
Dickinson

HUMAN RESOURCE SERVICES

1 - May 2021

Volume XV | Issue 9

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

May is Mental Health Awareness Month



HealthAdvocate¹: Let's Talk about Mental Health and Emotional Well-Being

The challenges of the past year have intensified the usual stress, anxiety and similar feelings that many of us face on a regular basis. Recognizing when we need extra support is critical to getting ahead of these feelings before they become overwhelming. An increasing number of organizations are offering additional benefits and resources to support employees' emotional and mental well-being, so it is important to know how to access them.

Join HealthAdvocate for this discussion during Mental Health Awareness Month to understand how to identify and cope with these challenges and how to seek help when needed.

¹<http://www.healthadvocate.com/site/>

Register for the following sessions:

Thursday, May 6 at 10:15 a.m (ET)². | 4:15 p.m. (ET)³

Topics to be covered:

- Coping with uncertain situations
- Finding resources and support
- The value of being proactive versus reactive

Plus, coming up in the weeks ahead:

- May 13, 2021: Let's Talk about Mental Health and Emotional Well-Being

Registration Links: 10:15 am (ET)⁴ | 4:15 pm (ET)⁵

- May 20, 2021: Caregivers: Avoiding Burnout and Coping with Compassion Fatigue

Registration Links: 10:15 am (ET)⁶ | 4:15 pm (ET)⁷

- May 27, 2021: Caregivers: Avoiding Burnout and Coping with Compassion Fatigue

Registration Links: 10:15 am (ET)⁸ | 4:15 pm (ET)⁹

All full-time employees have access to HealthAdvocate¹⁰, a free service for health advocacy and assistance available to the employee, spouse, dependents, parents and parents-in-law. Click on the line provided or call 866-695-8622.

²<http://cl.s7.exct.net/?qs=81f0bd850a92ced9967f8507e3877d61320255c260d2de97be7f417b6f9e045d5824578a1097218911b89fc7fafdfd1b>

³<http://cl.s7.exct.net/?qs=81f0bd850a92ced97f5cd8a651af9c3e60fa40e15c58bf3dc7ab6911a95d2245b5f91befc7f019d8ba54612e968c528a>

⁴<http://cl.S7.exct.net/?qs=81f0bd850a92ced969a341ccd86d0bbbffa66b9c4aa373a5f4b48143f20bd0bd93b2d26b407d0c5b121d7572ba5d0627>

⁵<http://cl.S7.exct.net/?qs=81f0bd850a92ced93351bb05091c13fb1b71f67b66781ca9a43ae0761fe078462490caddbe07edf54b4ba404edb1fe60>

⁶<http://cl.S7.exct.net/?qs=81f0bd850a92ced9ff2432d14a0f6f36d6ab51c01423a60e1b8af73b2fc5c9351301c409044c75b8e24290b10fa03c96>

⁷<http://cl.S7.exct.net/?qs=81f0bd850a92ced92347dd4f432ab5d0aaff0472e877c1bad34e734f2012c725c9e1cc46a712a3a7ae4fb19cbc1caf88>

⁸<http://cl.S7.exct.net/?qs=81f0bd850a92ced93c84abeb5274c26af1ae360eb061d914543c3cfdb3710bf8bca4325cfa5bb65a8ac7b5d1552bc40f1>

⁹<http://cl.S7.exct.net/?qs=81f0bd850a92ced9e84437412c32bdda5b62e004fd41010fc0d2bd2e892f4470026c926d366ee04a535fdee1513704bd>

Totara Dashboards



I'm required to complete a certification or program but I don't know where to go?

Have no fear! Dashboards are here!

Did you say, "What's a dashboard?"

Dashboards are a unique feature in Totara which allow you to see required certifications, programs, and/or courses. You can use the dashboard feature to easily find requirements and your completion status (a nifty bar that highlights the percentage of completion).

Do you want to see your dashboard? Log into Totara and select "Dashboard" from the top ribbon. Easy! Students have a dashboard. Faculty have a dashboard. Staff have a dashboard.

Everyone has a dashboard!

If you are an employee, who is considered a "Staff Manager", you will see your own dashboard as well as "Staff Manager's" dashboard. The staff manager's dashboard has additional information and reports available to you about your team.

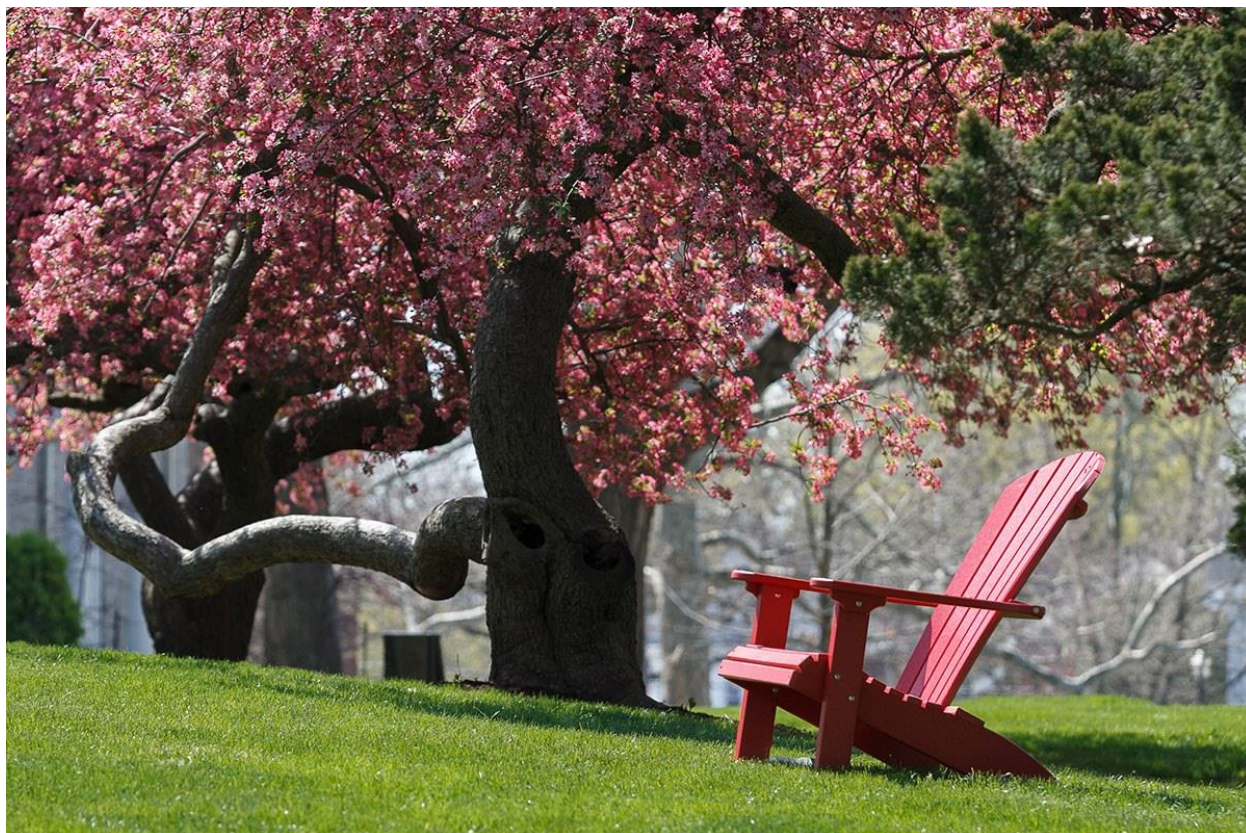
Many employees may also have a "Required Health and Safety Education" dashboard that will include any required education such as the driving certification, Hazard Communications, Bloodborne Pathogens, etc.

You are still able to search for courses, certifications, and programs by typing in a key word. If you have any questions, please email devwell@dickinson.edu¹¹.

Springtime at Dickinson - Scavenger Hunt



¹¹<mailto:devwell@dickinson.edu>



As the semester winds down and the flowers pop up...have some fun and try your luck!

Follow the clues (one each day) and share some photos along the way...

Post your snapshots on social media or TEAMS¹² – just have some fun while catching sunbeams ☀

1. **Flowers:** April showers bring May flowers, how does your garden grow? Find a garden on your walk - take a picture that will make others talk - of how the colors scream out loud - the colors of spring from ground to cloud! (Any floral garden will do – not just one that can be seen by you.)
2. **Animals:** Springtime flora and fauna are found both in the sky and on the ground. Spot your favorite fauna in field, farm or lawn – share this snapshot before they are GONE!

¹²[https://teams.microsoft.com/_#/school/files/Spring Scavenger Hunt 2021?threadId=19%3Accf1a66ba1f64a4c9bd122bd668e939b%40thread.tacv2&ctx=channel&context=Spring%20Scavenger%20Hunt%202021&rootfolder=%2Fsites%2FDickinsonPhotoContest%2FShared%20Documents%2FSpring%20Scavenger%20Hunt%202021](https://teams.microsoft.com/_#/school/files/Spring%20Scavenger%20Hunt%202021?threadId=19%3Accf1a66ba1f64a4c9bd122bd668e939b%40thread.tacv2&ctx=channel&context=Spring%20Scavenger%20Hunt%202021&rootfolder=%2Fsites%2FDickinsonPhotoContest%2FShared%20Documents%2FSpring%20Scavenger%20Hunt%202021)

3. **Adirondack Chairs:** Relaxing outside, this (item) can be found in your yard or at parks around to promote enjoyment in the sun, but certainly not promoting a run. Some are red, and some are green – and others are colors in between. There is not a specific color at all...just what you like is what matters at all.
4. **Parks:** Find this location on a walk or as you ride your bike around the block. Great spot for kids to climb and swing – or just a place to stretch and do anything – as you get some fresh air in the day before heading home to hit the hay!
5. **Acorns:** Squirrels and chipmunks scatter these – across the yards and roads it seems. Although found more commonly in the fall, some are still around and shaped like a tiny ball. Sometimes they seem to wear a hat, imagine that?!
6. **Robins:** Red-breast birds are early risers, found almost anywhere and amongst the flowers, looking for their favorite worm – they don't care about getting a germ!
7. **Honeybees:** Pollinators begin to appear, once the weather is warm and clear, they search with diligence just to see, the sweetness of nectar for these is their specialty!
8. **Benjamin Rush Statue:** Founding members for our limestone walls, found within and without the halls, one such member is easy to see, just go to the area of Hurwitz Green.
9. **Deer:** Depending on where you live and dream, you may find herds of this antlered team, munching on grass or fields of flora, annoying to some but beautiful fauna.
10. **Geese:** The honk and ambling nature of these, gives us pause as we watch the breeze, flying above or gliding on water, these creatures grace us with their aura.
11. **Ants:** Plentiful in number and invasive at times, these little ones can climb and climb, lifting many times their weight, we scream when they cross a dinner plate!
12. **Earthworms:** Rain brings these out in droves and swirls, they can be found on walks all curled. Trying to not step on them it seems – is almost impossible unless you're in a dream.
13. **Rhododendron blooms:** Short or tall these awesome bushes, provide beautiful backdrops for walls of plushness. Blooming mostly in mid-May, they last only for about 14 days before becoming totally green for the remainder of the summer scene.
14. **Open swimming pools:** Splish-splash the sounds of summer begin, not too long for this annual tradition. The grounds will open to a watery retreat, that some will jump in and others find a real treat from the heat.

15. **Bicycle riding:** The wheels begin to turn, and many begin to ride, the Handlebar will open and all can come inside – well maybe – sometime soon this will return, but for now...enjoy this activity as the wheels again turn!
16. **Commencements/graduations:** The start of the next journey begins with the first step, this annual ritual begs for many to take part with much pep. Whether on our campus quad or at another location, enjoy and celebrate this as many do in the nation!
17. **Picnics:** The fresh air, the sunshine, the food that is plenty...take a moment to bask and fill your belly with this right of spring sensation!
18. **Mountain hikes:** Explore the hills, explore the dales, explore the forest paths – take a moment to walk along your favorite swath of space, whether it's a mountain, hill or forest – just claim your time as the sun shines on your face!
19. **Canoeing:** This age old art of gliding in the water, avails itself to many at local parks and lakes. Balance and timing are the key – and remaining seated should guarantee – a fun afternoon on the lake for you and me!
20. **Sunrise:** Capture the first morning rays – on any of the upcoming sunny days. Enjoy the bliss of quiet and solitude as you make your way.
21. **Sunset:** Ending your day with a beautiful view, is a great way to wind down with your favorite beverage too.
22. **Moon and stars:** Looking skyward in the night, you will see a great delight – with many points of interest above, used by many to navigate their way, they are awesome sights not visible in the day.
23. **Rabbits hopping in a yard:** Springtime creatures that hop about – throughout the year they continue to come out, burrows one or more places in your yard – or in the field when it's not too hard. Snap a photo if your quick, but they will be gone --- lickety split!
24. **Cows grazing:** Find these bovine beasts galore, grazing in fields as your ride, by the score. In the middle of the day they munch, loads of grass and hay by the bunch.
25. **Sheep:** Moseying along the way they move, in flocks and groups they have their own groove. Whether up a hill or down the slope, they seem to have it together – and don't need a rope!
26. **New life:** Arriving in any form – in a nest, in a barn, on the farm – find a new arrival and share your awe as these new lives join us after the springtime thaw.

27. **Yardwork:** Beautification when the air is warm, work outside takes the form – of working, raking, cutting the plants – to create a great view not by happenstance! Share your best attempt to beautify your yard (or others), and enjoy the applause from all in response.
28. **Finding time to enjoy the fresh air:** Whether it's a stroll down the lane, or a snooze in the hammock beneath the trees – show us your relaxation in the fresh air breeze!
29. **Going to an outdoor fair:** Spring includes the great outdoors in many forms, go to an outdoor fair and share your fun by taking a photo or two before it is done!
30. **Family time on a Sunday afternoon:** On a weekend day or not, snap a photo of your family fun time to swap – a memory, a fun time and more – just show us your favorite moment to explore, how to make some family (or friends) fun...because soon this scavenger hunt is all done...
31. **Celebrating Memorial Day** --- It ends too soon! Memorial Day marks the unofficial end of spring, the summer season soon will bring, much more sunny and warm days, to enjoy and exercise in the blaze, of mid-day sunshine, warmth and more...so snap a photo to end the month of May, and go on to enjoy a fresh sunny summer day!

Employee Highlights



New Hires



April

Kristine Betts, *Career Center*

Brett Foster, *Public Safety*

Oliver Jennings, *Dining Services*

Kevin Wech, *Facilities Management*

Retirements

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

Greg Ellerman, *Facilities Management*

Kay Yeruski, *Dining Services*

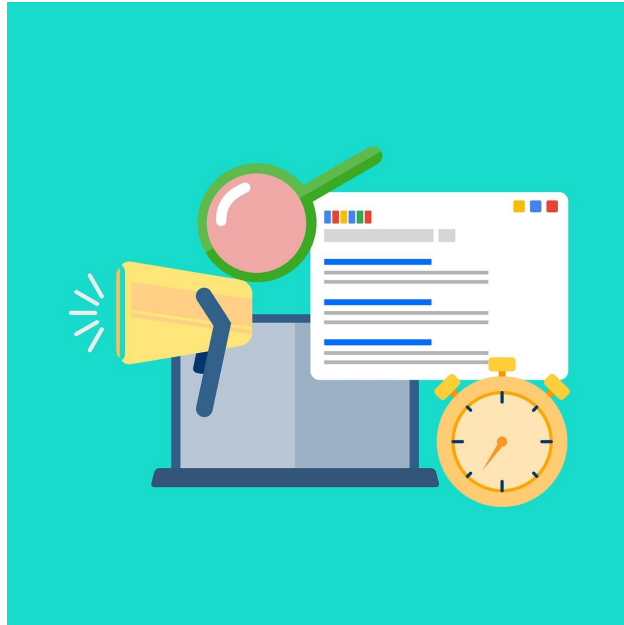
Elizabeth Zizzi, *Spanish and Portuguese*



Announcements



Virtual Employee Benefits & Wellness Fair - Starting May 11!



Mark your calendars now!

The annual **Benefits & Wellness Fair**¹³ happens each spring to provide benefits and wellness information to employees in support of the 2021 annual open enrollment period from in mid-May.

Vendors will provide information and updates on their services and fees, along with products offered (if applicable), which will be shared virtually in Totara! The virtual Benefits & Wellness Fair will open in Totara on Tuesday, May 11¹⁴.

Biometric Screenings¹⁵ - UPMC Carlisle Outpatient & Donor Center, May 11-28

¹³<https://totara.dickinson.edu/course/view.php?id=351>

¹⁴<https://totara.dickinson.edu/course/view.php?id=351>

¹⁵<https://forms.office.com/r/u9WttHp4Xp>



For Spring 2021, we are offering a limited number of spots (total 100) for the FREE biometric screening appointments that will be scheduled at the UPMC Carlisle Outpatient and Donor Center for walk-in appointments:

Walnut Bottom Professional Center

419 Village Drive, Suite 7 | Carlisle PA 17015

Complete the online registration form¹⁶ to indicate your interest and ability to participate in this two-week, walk-in opportunity with UPMC Lab Services for your FREE biometric screening. Some additional screening options offered with a small fee based on options selected.

- Biometric Screening (Lipid Profile with fasting glucose, Total cholesterol, HDL/LDL, triglycerides): FREE
- LiveWell Screening (includes the above Lipid Profile free screening) and many others to provide a snapshot of overall health: \$35
- Ferritin (snapshot of your iron level stored in your blood): \$20
- HbA1C (three-month look at your glucose levels to better detect diabetes): \$15
- TSH (snapshot of Thyroid and metabolic function): \$25

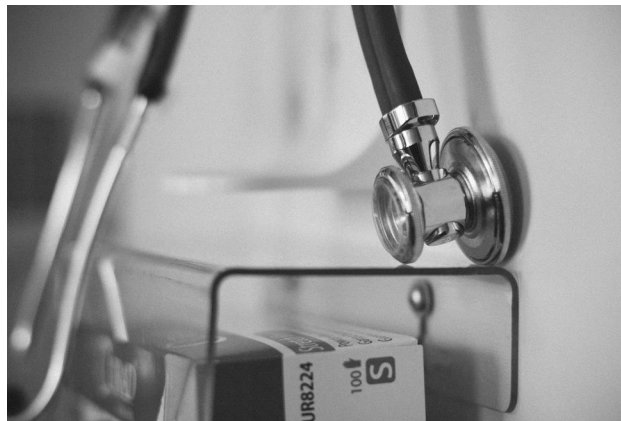
If you decide to also include any of the optional screenings with fees, your fee payment will be deducted via payroll deduction for ease of processing your payment.

¹⁶<https://forms.office.com/r/u9WttHp4Xp>

The biometric screening is available to the first 100 employees to complete this online form who are able to participate beginning Tuesday, May 11 through Friday, May 28 (Monday-Friday) between 8-10 a.m.

If you have any questions, please email devwell@dickinson.edu¹⁷.

Sick-leave Bank



Do you have vacation time that you are not sure what to do with? If you are a full-time nonexempt employee, consider donating a day (or up to five days) to the Sick-leave Bank.

The college maintains a Paid Sick-leave Bank which is available to full-time nonexempt employees as follows:

- Nonexempt employees may donate up to five vacation days each fiscal year (in increments of one day or more, at any time during that year) to the college Sick-leave Bank.
- For every day or larger increment, the college will match the employee's donation with an identical amount of time.
- The maximum size of the college Sick-leave Bank will be 2,000 hours (1,000 donated by employees and 1,000 donated by the college).

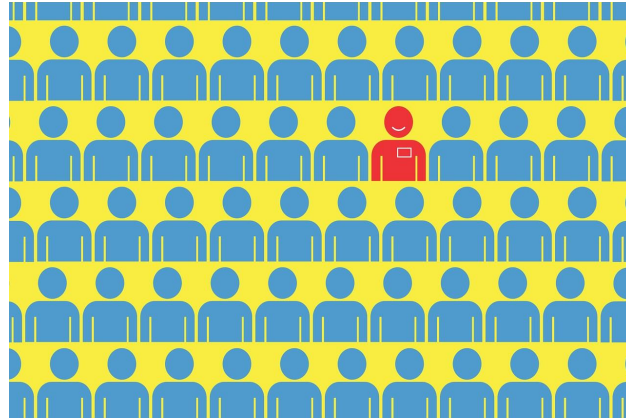
Nonexempt staff may complete this form¹⁸ to participate in the Sick-leave Bank or may download the pdf form¹⁹ and return it via email attachment to Human Resource Services²⁰.

¹⁷<mailto:devwell@dickinson.edu>

¹⁸<https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-5iv2UbYuHBNUSSk7RQbQbFUNes2VINDUENQQUhMNjXRlhEUjFaUEhRNiQIQCN0PWcu>

For more information about the sick leave bank and eligibility, please refer to page 36 of the Employee Handbook²¹.

Employment Verification



Dickinson College has partnered with CCCVerify.com²² to provide fast, secure, and accurate employment and income verifications. This is information you will need when you apply for a loan, lease an apartment, or any other instance where proof of employment or income is needed.

While not required, creating an account with CCCVerify.com²³ will allow you to request an email when a verifier requests your information, view verifier activity, or view a free annual employment verification for accuracy. For more information, visit our website to review employment verification information²⁴.

COVID-19 Dashboard²⁵

- *Questions related to the Spring 2021 semester are updated frequently: Spring 2021 FAQs²⁶*

¹⁹https://www.dickinson.edu/download/downloads/id/10542/sick_leave_bank_donation_form.pdf

²⁰<mailto:hrservices@dickinson.edu>

²¹https://www.dickinson.edu/download/downloads/id/6779/employee_handbook_october_2016.pdf

²²<http://www.cccverify.com>

²³<http://www.cccverify.com>

²⁴https://www.dickinson.edu/info/20083/human_resource_services/4133/employment_verifications

²⁵https://www.dickinson.edu/homepage/1464/covid-19_dashboard

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 here²⁷.

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 here²⁸ 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 Link**²⁹
- **Pennsylvania COVID-19 Viral Testing Sites**³⁰
- **PA Partnership for Better Health COVID-19 Testing Locations Guide**³¹

²⁶https://www.dickinson.edu/homepage/1458/spring_2021_faqs

²⁷https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-8_E_YKk71JhlaOLHGe6iFUM1k2UTY4VlhZWk1WWVFDNINZVDIKR0REWiQIQCN0PWcu

²⁸https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

²⁹<https://vaccine.upmc.com/>

³⁰<https://pema.maps.arcgis.com/apps/webappviewer/index.html?id=1a4c139769d646839e1549bcb6a668f1>

³¹<http://www.forbetterhealthpa.org/new-covid-19-testing-locations-guide/>

Get the Most Out of Your Benefits



Aetna Individual Consultations (Phone Appointment)³²

Special Additional Sessions during the Month of May

Thursday, May 13 | 11 a.m. - 1 p.m.

Tuesday, May 18 | 11 a.m. - 3 p.m.

Wednesday, May 19 | 9 a.m. - 11 a.m.

Monday, May 24 | 9 a.m. - 11 a.m.

Managing your money and making choices for your healthcare are challenges many of us face regularly. Take advantage of making an appointment to speak with Jean Enders, our Aetna Representative, 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 Totara³³. 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.

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

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



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/webinars](https://www.tiaa.org/webinars)³⁴. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

Tuesday, May 11

- *Noon | Halfway There: A retirement Checkpoint*
- *3 p.m. | Looking to Turn Your Retirement Savings into a “Paycheck” for Life?*

Wednesday, May 12

- *Noon | Responsible Investing: Portfolios with purpose*
- *3 p.m. | Money at Work 2: Sharpening investment skills*

Thursday, May 13

- *Noon | The 411 on 529 College Savings Plans*
- *3 p.m. | Health Savings Accounts as a Nest Egg*



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.com³⁵ or call (603) 213-3523.

³⁴<https://www.tiaa.org/webinars>

³⁵<mailto:daniel.mccarthy@fmr.com>

Visit [Fidelity.com](https://www.fidelity.com/)³⁶ 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<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 blogs.dickinson.edu/farm/csa/³⁷ or contact Mary Silva at farm@dickinson.edu³⁸.

³⁷<http://blogs.dickinson.edu/farm/csa/>

³⁸<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 TEAMS³⁹...sign-up in Totara for the online sessions⁴⁰ *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

³⁹<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>

⁴⁰<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-IT⁴¹ in TEAMS!

Community | For the Greater Good



United Way of Carlisle and Cumberland County's U-Turn

⁴¹<https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>



Dickinson is partnering with United Way again for U-Turn 2021. U-turn is collecting donations from faculty and staff at Carlisle Fairgrounds during the times below. More information is available below. You can donate or register to set up your own yard sale table.

With the leadership of Residence Life, CASE, and the Center for Sustainability Education they will be collecting student's unwanted items during 2021 Green Move Out on campus and all those items will go to the sale with proceeds to benefit the community.

Donate your unwanted items to support sustainability and the Carlisle community!

Doing a COVID clean out? Donate your items to support United Way through the U-Turn Program partnership with Dickinson.

Faculty and staff can drop off your items at the Carlisle Fairgrounds from 8 am - 4 pm, on Wednesday, June 9 & Thursday June 10.

No pickups available. Clean and usable items will be resold at the U-Turn Sale.

U-Turn Massive Yard Sale – Saturday, June 12, 2021 from 7:30 am – 12:00 pm – Carlisle Fairgrounds

Accepted items: clothing, children's toys, shoes, kitchen/bed/bath items, rugs, lamps, fans, furniture, sporting goods, small appliances (working) etc.

Dickinson Faculty & Staff Donation Collection Days

- **Wednesday, 6/9, 8 am - 4 pm @ Carlisle Fairgrounds**
- **Thursday, 6/10, 8 am - 4 pm @ Carlisle Fairgrounds**

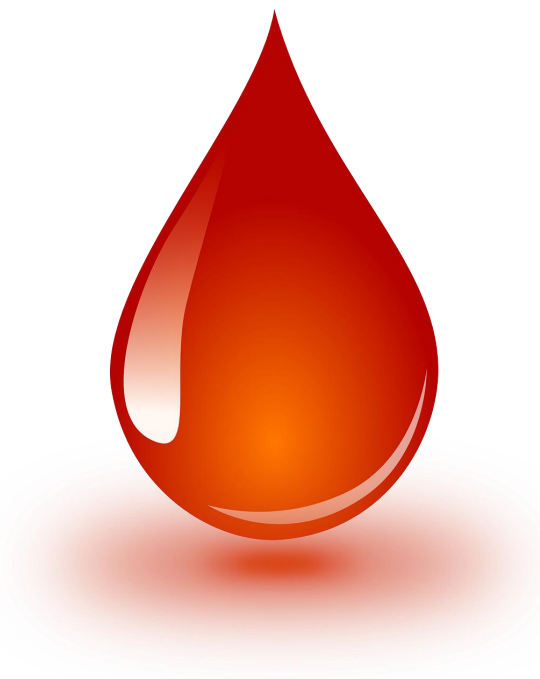
Interested in selling your own stuff? Sign up to be a Vendor!

\$20 per spot - Vendor Registration Open Now (registration link⁴²)

Vendor sign up online at uwcarlisle.org/events⁴³ or call **717-243-4805**.

⁴²<https://uwcarlisle.org/wp-content/uploads/2021/03/Vendor-Registration-Form.pdf>

Blood Donations



Central Pennsylvania Blood Bank

Click on the links below to see a listing of area blood drives and COVID-19 Antibody Testing during the month of May.

- Cumberland County Blood Drives⁴⁴
- **Dauphin County Blood Drives⁴⁵**
- **Franklin County Blood Drives⁴⁶**
- **Perry County Blood Drives⁴⁷**
- Memorial Day Weekend Blood Drives⁴⁸

⁴³<http://uwcarlisle.org/events>

⁴⁴https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

⁴⁵https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf

⁴⁶https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

⁴⁷https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

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.

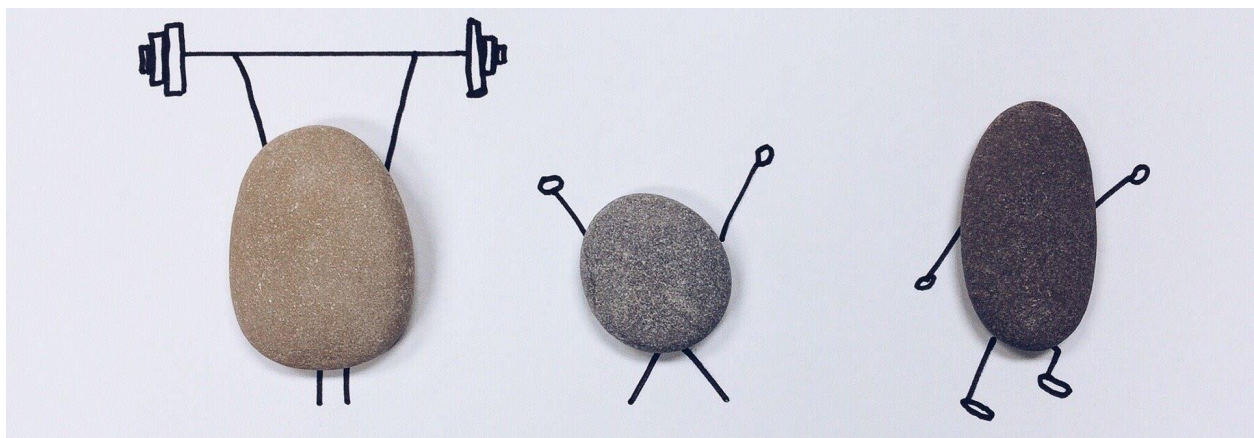
Red Cross Blood Donation Sites⁴⁹

Miseno's Discount



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



⁴⁸https://www.dickinson.edu/download/downloads/id/12736/central_pennsylvania_blood_bank_memorial_day_weekend_blood_drives.pdf

⁴⁹<https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html>

Be Well – Be Calm – Be Engaged⁵⁰

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*⁵¹ webpages.

Health Coaching Roundtable⁵²



According to the American Council on Exercise⁵³, 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 | Eustress for Success

⁵⁰https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

⁵¹https://www.dickinson.edu/info/20083/human_resource_services/1755/worklife_balance/2

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

⁵³<https://www.acefitness.org/>



Wednesday, May 26 | noon-1 p.m. | TEAMS meeting

What is "eustress" and how does this impact us in a positive way? There are many kinds of stressors in our lives - many are detrimental to our wellbeing, but some are actually helpful! Participate in this roundtable discussion to learn more. Enroll and sign-up for this wellness session to learn more under Health Coaching 101⁵⁴ in Totara!

Pound Fitness⁵⁵



Wednesday, May 5 & 12 | 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.

⁵⁴<https://totara.dickinson.edu/course/view.php?id=305>

⁵⁵<https://dickinson.campuslabs.com/engage/events?query=Pound>

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 EngageD⁵⁶.

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 May. Check out their schedule⁵⁷ online and register for a class.
- **Planet Fitness YouTube Home Work-ins** offer the option to select your fitness workout⁵⁸ at your convenience.
- **YMCA 360: On-Demand Videos** provides over 100 on-demand videos⁵⁹ 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 movement⁶⁰ at all levels in an on-demand platform.

⁵⁶<https://dickinson.campuslabs.com/engage/events?query=Pound>

⁵⁷<https://www.eventbrite.com/o/capital-blue-health-and-wellness-center-30255516400>

⁵⁸<https://www.youtube.com/planetfitness>

⁵⁹<https://ymca360.org/on-demand>

⁶⁰<https://www.youtube.com/user/yogawithadriene>



Physical Wellness Program Incentive Prize Winner

Congratulations to **Shelley Hess** (*Admissions*) for being the Physical Wellness incentive prize winner for the month of April. 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



2 - 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