



Vitality

Dickinson 

**HUMAN RESOURCE SERVICES**

*1 - October 2021*

*Volume XVI | Issue 3*

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

## LGBTQ History Month





2 - Todd Nordgren

Director, Office of LGBTQ Services

**LGBTQ History Month** provides an opportunity to reflect on and celebrate the history of LGBTQ communities, this year with renewed enthusiasm as we return to in-person instruction and work on campus! It offers us a chance to make visible histories that have been suppressed due to discrimination and oppression and provides an opportunity to build community and educate on issues that impact LGBTQ communities. Dickinson itself plays an important role in preserving LGBTQ histories. The LGBT Center of Central PA and the Dickinson College Archives and Special Collections have partnered to document the stories and history of LGBT life and activism in Central PA. You can visit the digital archives here: [archives.dickinson.edu/lgbt](https://archives.dickinson.edu/lgbt)<sup>1</sup>

The Office of LGBTQ Services will host and cosponsors a number of events open to all Dickinsonians during October, including, but not limited to:

- **Monday, October 11: Out on Britton | 3 - 6 p.m. | Britton Plaza**
- **Thursday, October 14: Screening of *Changing the Game* | 7 - 9 p.m. | Althouse 106**
- **Wednesday, October 20: International Gender Pronouns Day | noon - 2 p.m. | Britton Plaza**
- **Thursday, October 21: LGBTQ Spirit Day | noon - 2 p.m. | Britton Plaza**
- **Friday, October 22: Pride Shabbat | 5 - 6:30 p.m. | Asbell Center for Jewish Life**
- **Wednesday, October 27: Ace/Aro Awareness Day | noon - 2 p.m. | Britton Plaza**
- **Thursday, October 28: "Vice Patrol: Revisiting the Policing of Gay Life before Stonewall" | 7 - 8:30 p.m. | Anita Tuvin Schlecter (ATS) Auditorium**

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<sup>1</sup><https://archives.dickinson.edu/lgbt>

Keep an eye on the Office of LGBTQ Services website (<https://dickinson.edu/LGBTQ>) and Instagram (@dsonlgbtq) page for details of these events and more. You also can visit the Waidner-Spahr Library and the Trout Gallery Curriculum Gallery all month for displays of art and archival objects related to LGBTQ history. For more information about the Office of LGBTQ Services events year round, sign up for the weekly newsletter. (<http://eepurl.com/dHOoyz>)

## National Fire Prevention Week: October 3-9



This year's Fire Prevention Week theme is **"Learn the Sounds of Fire Safety!"** Stop and think about the different alarm sounds of a smoke or carbon monoxide detector. Knowing what to do when a specific alarm sounds will keep you and your family safe. When an alarm makes noises – a beeping sound or a chirping sound – you must take action.

Check out the NFPW Safety Tip Sheet<sup>2</sup> for more information.

### **What if someone in my home is deaf or hard of hearing?**

There are smoke alarms and alert devices that alert people who are deaf or hard of hearing. These devices include strobe lights that flash to alert people when the alarm sounds. Pillow or bed shakers designed to work with your smoke alarm also can be beneficial. For more information on this important topic, visit Fire Safety for the deaf or hard of hearing section.<sup>3</sup>

### **P.A.S.S.**

Do you know what P.A.S.S. stands for? Most fire extinguishers operate using the following P.A.S.S. technique:

**P**ull the pin. This will also break the tamper seal.

**A**im low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire.

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<sup>2</sup><https://www.nfpa.org/-/media/Files/FPW/Safety-tip-sheets/2021/FPW21ThemeSafetyTipSheet.ashx>

<sup>3</sup>[https://www.nfpa.org/Events/Events/Fire-Prevention-Week/~/\\_link.aspx?id=CB3610E8F1164B1AAC9AB2C2B8896641&z=z](https://www.nfpa.org/Events/Events/Fire-Prevention-Week/~/_link.aspx?id=CB3610E8F1164B1AAC9AB2C2B8896641&z=z)

Squeeze the handle to release the extinguishing agent.

Sweep from side to side at the base of the fire until it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2-4.

If you have the slightest doubt about your ability to fight a fire... EVACUATE IMMEDIATELY!

Reference: OSHA Evacuation Plans and Procedures eTool<sup>4</sup>

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<sup>4</sup>[https://www.osha.gov/SLTC/etools/evacuation/portable\\_use.html#:~:text=Discharge the extinguisher within its,the fire is not out.](https://www.osha.gov/SLTC/etools/evacuation/portable_use.html#:~:text=Discharge the extinguisher within its,the fire is not out.)

## Employee Highlights



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## *New Hires*

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### **September**

Katelyn Bias, *Office of Financial Aid*

Tracie Clevenger, *Center for Spirituality and Social Justice*

Cheri Getty, *Organic Farm*

Kevin Gorman, *Music*

Corinne Miller, *Psychology*

Lindsay Mintz, *Dean of Students Office*

Grace Salyards, *Music*

Elizabeth Shedlock, *Library Services*

Mackenzie Weaver, *Office of Financial Aid*

Elizabeth White-Hurst, *Registrar*



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## *Retirement*

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

**October:**

Diane Morris, *Office of Financial Aid*

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*Seniors of Old Bellaire*

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Every year Dickinson inducts faculty and staff who have completed 25 years of full-time service to the college. This year, the following seven employees were recognized for their loyal service to Dickinson:

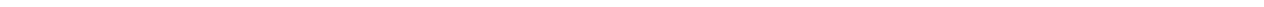
- Pat Faulkner, *Prospect Research* (1996)
- Christopher Francese, *Classical Studies* (1996)
- Steve Negley, *Facilities Management* (1996)
- Robert Palmer, *Facilities Management* (1995)
- Susan Perabo, *Creative Writing* (1996)
- Rick Stum, *Facilities Management* (1996)
- Kay Yeruski, *Dining Services* (1995)

The Seniors of Old Bellaire Recognition Dinner tradition began in 1957 as a program to honor those who had served the college for 25 years or more. The first dinner was held at the Allenberry Resort and Playhouse on March 8, 1957 with 37 charter members. Over the past 63 years, the college has recognized 392 individuals. With the addition of seven new members for 2021, the total grows to 399.

*The origin of the name, **Seniors of Old Bellaire**, remains a mystery with several possibilities. A connection has been suggested to the novel “In Old Bellaire” which was written by Mary Dillon. Mary Dillon was the daughter of Herman Merrills Johnson, a president of the college during the Civil War period. Other references to this name include an area of Carlisle that may have been known as Bellaire Park, or a path within the college grounds that may have been called Bellaire Path. We cannot confirm the origin of the name, but we can enjoy the celebration of our 25-year employees.*

Congratulations to all employees who have attained the status of **Seniors of Old Bellaire**.

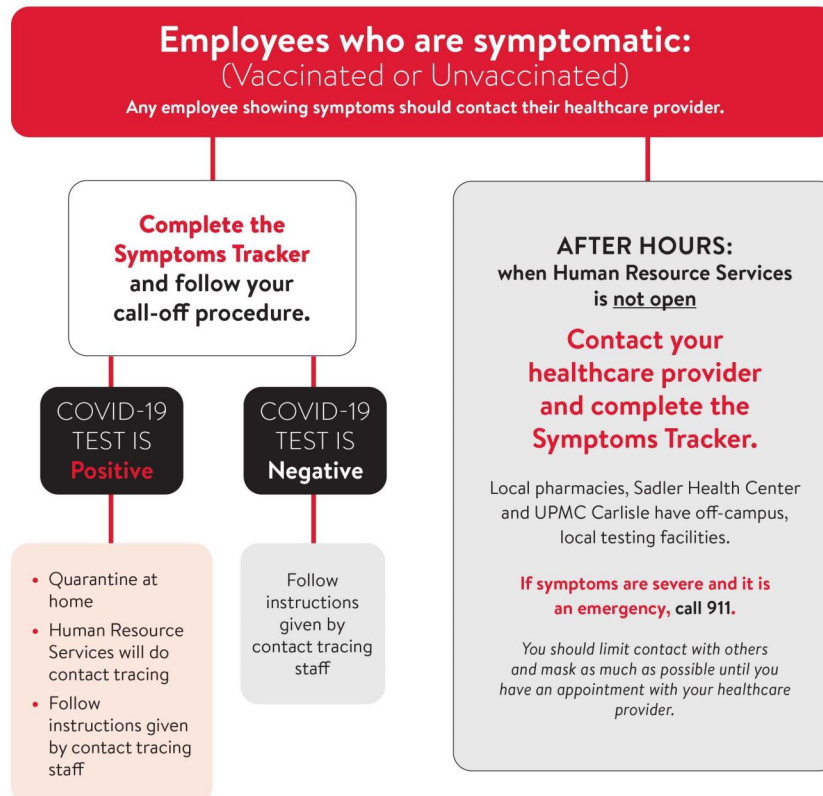
## Employee Announcements



## Dickinson

COVID-19 Symptoms include any or all of the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



If you are made aware of an exposure to COVID-19 from a person off campus complete the Symptoms Tracker.  
If you have any questions, please contact Human Resource Services at (717) 245-1503 or by email at [hrrservices@dickinson.edu](mailto:hrrservices@dickinson.edu).  
If you are not vaccinated, and a close contact, you will be asked to quarantine.

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## COVID-19 Testing Schedule

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<sup>5</sup>[https://www.dickinson.edu/homepage/1505/fall\\_2021\\_semester\\_information?utm\\_source=2021-09-03\\_covid-update&utm\\_medium=email&utm\\_campaign=campus-email&utm\\_content=2021-09-03\\_covid-update](https://www.dickinson.edu/homepage/1505/fall_2021_semester_information?utm_source=2021-09-03_covid-update&utm_medium=email&utm_campaign=campus-email&utm_content=2021-09-03_covid-update)

**Any vaccinated faculty or staff member who would like to be tested may do so during our regularly scheduled times. No appointment is necessary. Please *do not enter* the testing center if you are symptomatic.**

**Please email [hrservices@dickinson.edu](mailto:hrservices@dickinson.edu)<sup>6</sup> to confirm testing.** A COVID risk-management team member will follow-up, if necessary.

Employee COVID-19 testing takes place in **Allison Hall Room 1**. *Your Dickinson ID card is needed to enter the building.*

- **Mondays** – 2 – 5 p.m.
- **Tuesdays** – 8 a.m. – noon
- **Thursdays** – 10:30 a.m. – 2:30 p.m.

*Additional testing days/times are available during student testing, if you are not able to make it during the employee schedule. Student testing will take place weekly on Monday, Wednesday, and Friday from 8 a.m. to 1:30 p.m.*

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#### ***Medicare Prescription Drug Plan Creditable Coverage Disclosure Notice***

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<sup>6</sup><mailto:hrservices@dickinson.edu>



In accordance with the Center for Medicare and Medicaid Services (CMS), all employees who are participating in the Dickinson College group health insurance plan managed by Aetna and group prescription drug plan managed by CVS are required to receive a disclosure notice regarding our plan's creditable prescription drug coverage.

**PLEASE NOTE:** If you or your covered dependents are not currently eligible for Medicare you may disregard this notice. Contact Human Resource Services<sup>7</sup> if you have any questions.

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<sup>7</sup><mailto:hrservices@dickinson.edu>



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### *2021 United Way of Carlisle & Cumberland County*

### *Pacesetter Campaign*

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Dickinson College is a ***Pacesetter*** for the United Way<sup>8</sup> of Carlisle & Cumberland County's annual campaign<sup>9</sup>. Our campus campaign began mid-August and continued through mid-September—to help set the pace for the larger community's fall campaign. ***Gifts may be made through December 31, 2021.*** To make your gift, please complete an online pledge form at [www.dickinson.edu/unitedway](http://www.dickinson.edu/unitedway)<sup>10</sup> or make your gift at <https://uwcarlisle.org/donate/> indicating “Dickinson College” in the employer field. If you prefer a paper pledge form, please contact Dottie Warner, Office of Conferences & Special Events, at [warner@dickinson.edu](mailto:warner@dickinson.edu)<sup>11</sup> or 717-245-1900.

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<sup>8</sup><http://carlisleunitedway.org/>

<sup>9</sup><http://carlisleunitedway.org/campaign/>

<sup>10</sup>[https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirN22-2V2j\\_6JxkRPj-v8zisWoQJUNldIVE1IV0k5RVUwRVFFTjIJVEdERzgZQS4u&fswReload=1&fswNavStart=1630940505141](https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirN22-2V2j_6JxkRPj-v8zisWoQJUNldIVE1IV0k5RVUwRVFFTjIJVEdERzgZQS4u&fswReload=1&fswNavStart=1630940505141)

<sup>11</sup><mailto:warner@dickinson.edu>

## United Way of Carlisle & Cumberland County

### 2021 Day of Caring

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**Friday, October 15 | 8:30 a.m. to noon**

**Opening ceremony at Allison Hall - 8 a.m.**

*The morning will start at 8 a.m. with a kickoff at Dickinson College's Allison Hall located at 99 Mooreland Avenue, Carlisle. During this time, volunteers can meet with their groups and collect their LIVE UNITED Day of Caring T-shirt. Projects will run from 8:30 a.m.-noon.*

**Are you looking to volunteer? Sign up here<sup>12</sup>!**

On the morning of **Day of Caring**, volunteers will go to their volunteer project sites after the opening ceremony at Allison Hall. **Volunteer projects will run from 8:30 a.m. - noon**

Day of Caring is an opportunity for people to donate a morning to help local non-profit organizations complete needed work projects and to learn more about the needs of human service organizations in the greater Carlisle area.

Register within Totara<sup>13</sup> to let us know of your intent to participate. Jason Maddux<sup>14</sup> – community impact director, United Way of Carlisle and Cumberland County – will receive a list of Dickinson volunteers and make the volunteer assignments. You can also sign up directly with United Way today for yourself, a group, or family at <https://uwcarlisle.org/day-of-caring/><sup>15</sup>.

*Reminder of Community Service Benefit: All employees must first receive approval from their supervisors before registering for the event. All exempt and nonexempt employees will be allowed to volunteer for up to eight (8) hours of paid time from July 1 to June 30. **To indicate your interest in this community volunteer opportunity, please register for this program.***

For specific questions about the Day of Caring, please contact Jason Maddux: Call 717-243-4805 or email [Jason@uwcarlisle.org](mailto:Jason@uwcarlisle.org)<sup>16</sup>.

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<sup>12</sup><https://totara.dickinson.edu/course/view.php?id=59>

<sup>13</sup><https://totara.dickinson.edu/course/view.php?id=59>

<sup>14</sup><mailto:Jason@uwcarlisle.org>

<sup>15</sup><https://carlisleunitedway.org/day-of-caring/>

<sup>16</sup><mailto:Jessica@uwcarlisle.org>

## Get the Most Out of Your Benefits



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### *Flu Vaccine Appointments Fall 2021*

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For the second year in a row, medical experts agree on the likelihood that flu viruses and the virus that causes COVID-19 will spread this fall and winter. Getting the flu shot is, once again, important this year. Healthcare systems could easily be overwhelmed treating both flu patients and COVID-19 patients. In addition, the flu and COVID-19 can bring similar symptoms, people who think they have COVID—but really have the flu—could lead to more testing shortages, unnecessary alarm on campus and massive healthcare emergencies.

The links below provide reliable information about the flu and COVID-19:

- CDC | Benefits of the Flu Vaccination<sup>17</sup>
- CDC | Frequently Asked Flu Questions for the 2021-2022 Season<sup>18</sup>

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<sup>17</sup><https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>

### ***The Flu Vaccine is FREE\****

The seasonal flu vaccine is available at no cost to **Aetna members** who have benefits that cover preventive services. (*\*Most other commercial plans cover a flu vaccination at no cost to the member, as well.*) The vaccine is available from your primary care provider (and some pharmacies) for adults and for children 6 months and older. Aetna members can identify a local participating pharmacy by visiting their Aetna member portal<sup>19</sup>.

**CVS Caremark** also helps provide members with access to vaccinations. During this flu season, they are offering vaccinations at local pharmacies and online appointment<sup>20</sup> scheduling for extra convenience. Members can receive their vaccinations at the location and time of their choosing.

### ***Who Should Get a Flu Vaccine?***

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older get the flu vaccine. It is very important for people at higher risk to get the flu vaccine. This includes health care workers and caregivers of children younger than 6 months.

### ***HUB Social Hall | Appointments required | Administered by Wellness Center Staff***

Wednesday, October 20 | 11 a.m. - 2 p.m.

Tuesday, November 2 | 4 - 6 p.m.

***For Fall 2021 as in previous years, we are happy to offer flu vaccinations to students and employees of the college.***

***More flu shot facts:*** *Of course, the flu shot fights the flu. But what exactly is the flu? It's a virus that can cause respiratory infection. It spreads quickly. And it can lead to pneumonia and other complications. Sign-up<sup>21</sup> for your free flu vaccine today!*

***Our on-campus flu vaccines are ONLY offered to adults (employee and students), ages 18 years and over, at this time.*** We do not carry flu vaccine supplies for children.

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<sup>18</sup><https://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm>

<sup>19</sup><https://www.aetna.com/about-us/login.html>

<sup>20</sup>[http://insightsemail.cvshealth.com/MTYxLUxYTy00OTEAAAF\\_7561HHjt18GbkjZFC5p0vJ\\_R4m5hC-t2uHE6pWMhWH3ZU-yYJKoChA8KxQNF1JdQI9tL9Oo=](http://insightsemail.cvshealth.com/MTYxLUxYTy00OTEAAAF_7561HHjt18GbkjZFC5p0vJ_R4m5hC-t2uHE6pWMhWH3ZU-yYJKoChA8KxQNF1JdQI9tL9Oo=)

<sup>21</sup><https://totara.dickinson.edu/course/view.php?id=165>

*\*Everyone ages 6 months and older should get a yearly flu shot. This protects you, your family and your community.*

**REGISTRATION IS REQUIRED IN ORDER TO RECEIVE YOUR FLU VACCINATION.** Registration is OPEN now! Due to the COVID-19 pandemic, we would like to offer students and employees living and/or working on-campus first preference for receiving the on-campus flu shots.

Click here<sup>22</sup> to enroll and sign-up in Totara. Please remember that **you must enroll and then click the "SIGN-UP"** button at the bottom of the selected appointment page. If you did not click the "sign-up" button, you are not registered.

***IMPORTANT: Face coverings are required to be worn during your visit to campus for your flu vaccine appointment. 2021 Flu Vaccine Clinic Participation Forms are required to be completed by all participants. Please click the link in Totara for employee or student status, download and complete the form and bring it with you to your scheduled flu vaccine appointment.***

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#### *Aetna 1:1 Consultations*

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**Wednesday, October 27 | 1 - 4 p.m.**

Managing your money and making choices for your healthcare are challenges many of us face regularly. Take advantage of making an appointment to meet with our ***Aetna representative, Jean Enders***, to get your questions answered about claims, learning to read an EOB (Explanation of Benefits), or learn more about online resources available to help estimate costs or save money! Register in Totara <sup>23</sup>to select your appointment for a 1:1 consultation. A phone number to contact our Aetna representative will be provided upon enrollment and sign-up for the session.

More appointment options are available via Totara<sup>24</sup>.

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<sup>22</sup><https://totara.dickinson.edu/course/view.php?id=165>

<sup>23</sup><https://totara.dickinson.edu/course/view.php?id=60>

<sup>24</sup><https://totara.dickinson.edu/course/view.php?id=60>

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*Health Advocate makes healthcare easier<sup>25</sup>!*

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## HealthAdvocate<sup>SM</sup>

Health Advocate is a service available for all full-time employees. Health Advocate is an independent organization which will provide services to you, your children, your spouse, your parents and your spouse's parents. Click here<sup>26</sup> for a quick overview.

Complete information about the service is available at Health Advocate's website<sup>27</sup>.

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### *Individual Virtual Counseling Session*

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**Wednesday, November 17 | 10:00 a.m. - 4:00 p.m.**

***Don't plan for your future alone—you can schedule a counseling session today***

No matter where you are in life—just getting started or planning for retirement—a session with **Carolyn Sharp** can help you create a plan for your goals. And, it's at no additional cost as a part of your retirement plan. You'll get answers to these questions and more:

- Am I invested in the right mix of investments to help meet my goals?
- Am I saving enough to create the retirement income I need?
- How do I take income from my retirement account once I stop working?

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<sup>25</sup>[https://www.dickinson.edu/download/downloads/id/12897/health\\_advocate\\_highlights\\_overview\\_2021.pdf](https://www.dickinson.edu/download/downloads/id/12897/health_advocate_highlights_overview_2021.pdf)

<sup>26</sup>[https://www.dickinson.edu/download/downloads/id/12896/health\\_advocate\\_brochure\\_2021.pdf](https://www.dickinson.edu/download/downloads/id/12896/health_advocate_brochure_2021.pdf)

<sup>27</sup><http://www.healthadvocate.com/>

RSVP today, as space is limited. Register for sessions at [www.TIAA.org/schedulenow](http://www.TIAA.org/schedulenow)<sup>28</sup> or by calling 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET). You must register directly with TIAA.

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### *October TIAA Educational Webinars*

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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/webinar](http://TIAA.org/webinar)<sup>29</sup>s. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

- Thursday, October 7 at 3 p.m. - Understanding Health Savings Accounts (HSAs)
  - Tuesday, October 12 at noon - Looking to Turn Your Retirement Savings into a "Paycheck" for Life?
  - Wednesday, October 13 at noon - Quarterly Economic and Market Update with TIAA's Chief Investment Strategist
  - Wednesday, October 13 at 3 p.m. - Paying Yourself: Income options in retirement
  - Thursday, October 14 at noon - Within Reach: Transitioning from career to retirement
  - Thursday, October 14 at 3 p.m. - Be a Cyber-Hero: Help protect you, your family, and your money
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### *Fidelity Consultations*

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| From | Subject | Received | Size | Categories |
|------|---------|----------|------|------------|
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<sup>28</sup><https://www.TIAA.org/schedulenow>

<sup>29</sup><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.com<sup>30</sup> or call (603) 213-3523.**

Visit Fidelity.com<sup>31</sup> to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.



We have access to a Medicare Help Team at HTA, and they are looking forward to talking with you to provide education, guidance and to answer your questions.

They offer a Client Toolkit<sup>32</sup>, which is a one-page quick reference with details on the services HTA provides. Here is a short video on **HTA Medicare Services**<sup>33</sup> – 4 min. There is absolutely no

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<sup>30</sup><mailto:daniel.mccarthy@fmr.com>

<sup>31</sup><https://www.fidelity.com/>

<sup>32</sup>[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fW1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrucum9IEwBxWbrsds3U8mYp2MYxqZRlyaNs7T-2FXidg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp\\_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZJt57tkfpr0fC08TDCulrdIPkKjgKqf6EoECHCdpW7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsu0cMQP7wwB1FNBEngszABs-2BmN-2F0bzrekAgcb8hHCh4-3D](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fW1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrucum9IEwBxWbrsds3U8mYp2MYxqZRlyaNs7T-2FXidg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZJt57tkfpr0fC08TDCulrdIPkKjgKqf6EoECHCdpW7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsu0cMQP7wwB1FNBEngszABs-2BmN-2F0bzrekAgcb8hHCh4-3D)

<sup>33</sup>[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEVhTWev4fwU63leQ2JrJX5tdT0DUYZgBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FpKqajJNtQKy8n-2FVTi5qbkvDhD6HVPwNvy\\_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UfnmRM-2FogQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEVhTWev4fwU63leQ2JrJX5tdT0DUYZgBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FpKqajJNtQKy8n-2FVTi5qbkvDhD6HVPwNvy_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UfnmRM-2FogQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D)

cost for working with them, and you do not pay a higher premium if you enroll through them, rather than directly with the insurance company.

Don't worry, they are available to help with any of your Medicare concerns or questions. It is easy to schedule an appointment:

**Call: 610-430-6650, Option 1 | Email: Medicare@HTA-insurance.com<sup>34</sup>**

Schedule Online<sup>35</sup> (click link) If you would rather attend an educational webinar, please click on the hyperlink to register for your preferred date--you will be able to choose your time on the registration form. All webinars are scheduled in **Eastern Time**.

- **Wednesday, October 6th<sup>36</sup>:** 7am, 10am, 1pm, 4pm, 7pm
- **Tuesday, October 12th<sup>37</sup>:** 7:30am, 9am, 12pm, 3pm, 6pm
- **Thursday, November 4th<sup>38</sup>:** 7:30am, 9am, 11am, 1pm, 4pm, 6pm

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<sup>34</sup><mailto:Medicare@HTA-insurance.com>

<sup>35</sup>[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDLukaTif5PxtPo8C7FLZimf73xCigKK3EBITfIrS76mZ0DvUTykj0OYEPH4QONMBAktlPrwqADKQLZ-2FWIQUlu5cmYfcJ3No69EnbQL6tEf5\\_977\\_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1l3UmZJFA1s1QixL-2BhxZBRgadqcgJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5lReHgnz3Or-2BFVXqTfu609sb8lVtaFlbiPgGoq4dDOTZ8AM5cfVAWYQloLRLjV-2Bg8-2BAk-3D](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDLukaTif5PxtPo8C7FLZimf73xCigKK3EBITfIrS76mZ0DvUTykj0OYEPH4QONMBAktlPrwqADKQLZ-2FWIQUlu5cmYfcJ3No69EnbQL6tEf5_977_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1l3UmZJFA1s1QixL-2BhxZBRgadqcgJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5lReHgnz3Or-2BFVXqTfu609sb8lVtaFlbiPgGoq4dDOTZ8AM5cfVAWYQloLRLjV-2Bg8-2BAk-3D)

<sup>36</sup>[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6lNn-2FskpmC0UztmoEOEFkTyUrsiLapYsOMl1Ya5nTxAX40oBHshZSioLkvrGPUbSdypQUQrPdEJOZSusw3aSa2iiWmUnQAahU55lFvEpn9iWQ-3D-3DqEgO\\_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46R31lHw2C-2F3Up39UXL7Abn0D41gd6NxpY5iCmYKStgQqiVGs4SJBnStTdgbrJlIfQSP6-2FqybBCbMdu0sToyLE7yK2dWTKRYMjyYfPOT651of8PPK-2FEBH0Fyu88pJVGvwKM0edlFtsg2pX-2BN4AUcsLxbY-3D](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6lNn-2FskpmC0UztmoEOEFkTyUrsiLapYsOMl1Ya5nTxAX40oBHshZSioLkvrGPUbSdypQUQrPdEJOZSusw3aSa2iiWmUnQAahU55lFvEpn9iWQ-3D-3DqEgO_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46R31lHw2C-2F3Up39UXL7Abn0D41gd6NxpY5iCmYKStgQqiVGs4SJBnStTdgbrJlIfQSP6-2FqybBCbMdu0sToyLE7yK2dWTKRYMjyYfPOT651of8PPK-2FEBH0Fyu88pJVGvwKM0edlFtsg2pX-2BN4AUcsLxbY-3D)

<sup>37</sup>[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6lNn9JQnHO2KHku67Nm7vL3hMM-2FBfyjbyRHU-2FOp15uTGC42FY3-2BTXvO3go29LucOGTMC9PB9UQVeOOBRB7flMe9lf6RT42tpRXn5c78-2BuaNTKhmw-3D-3Dz6eK\\_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46dZd6J2m7o1JGsgJTe4fTnmJY9-2BTUgYJD5yUeyLHoWvqOyYZYKpjWnrRoZ0kQmIJG-2F4EAXGhr1oC-2FU9yFOZayBDelJLbzCwA9kuGv6LCumzWnUq87a68jIYvCUGVRHhn2O3jiE6Eulh9Ri6FwadGb0-3D](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6lNn9JQnHO2KHku67Nm7vL3hMM-2FBfyjbyRHU-2FOp15uTGC42FY3-2BTXvO3go29LucOGTMC9PB9UQVeOOBRB7flMe9lf6RT42tpRXn5c78-2BuaNTKhmw-3D-3Dz6eK_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46dZd6J2m7o1JGsgJTe4fTnmJY9-2BTUgYJD5yUeyLHoWvqOyYZYKpjWnrRoZ0kQmIJG-2F4EAXGhr1oC-2FU9yFOZayBDelJLbzCwA9kuGv6LCumzWnUq87a68jIYvCUGVRHhn2O3jiE6Eulh9Ri6FwadGb0-3D)

<sup>38</sup>[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6lNn8x5Y4DXuP6gFCpwoiaYV1ZqhYAns428SYDVxM6zkGx1hTI6kznl2A9BRhXMiLEygRbg64kJ7U0meQ5ZzqVToaaeT5liRy1nPJVRTgRDzgBGQ-3D-3DsKWZ\\_qtLTTfIHECvtWDv3qB5kqv-](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6lNn8x5Y4DXuP6gFCpwoiaYV1ZqhYAns428SYDVxM6zkGx1hTI6kznl2A9BRhXMiLEygRbg64kJ7U0meQ5ZzqVToaaeT5liRy1nPJVRTgRDzgBGQ-3D-3DsKWZ_qtLTTfIHECvtWDv3qB5kqv-)

- **Friday, November 12th<sup>39</sup>**: 7am, 10am, 1pm, 4pm, 7pm
- **Monday, November 22nd<sup>40</sup>**: 7:30am, 9am, 11am, 1pm, 4pm, 6pm
- **Wednesday, December 1st<sup>41</sup>**: 7am, 10am, 1pm, 4pm, 7pm

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### *Beneficiary Designations*

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#### **An important part of your plan for the future might be missing...**

If you're like many retirement plan participants, you probably selected a beneficiary for your accounts when you started your job and never thought about it since. Keeping your beneficiary information current is one of the most important—and one of the most commonly overlooked—aspects of managing your retirement benefits. If you have not yet designated a beneficiary for your Retirement Plans, we encourage you to do so now. In the event of your

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[2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UyXEIfpaNP3KQ7DXa5E4YExRH4iwwn0y69Bg-2FPV9sumhNpOhqj4iEvsguhR0M-2Bi-2Fu-2BAb8G4uEjVrGhgAmxx5ESjzHoCH-2ByHjVP6fXtOdLi6f3YORZ6-2BII4N-2Fxtl3oB-2B9hlxdswGSpi0nclvkbKu1A-3D](http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn-2F-2FiCcOlwbEb-2BSkM9-2FzsfXD7VdCo2qLahmS8fTaLN7xmb8KVuvEcUQss356dHCTY2mq-2F1acXgYFYQAS7Mql4FXqxYalvY2DigfBk3-2BaR61hiQ-3D-3DeIGz qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UyXEIfpaNP3KQ7DXa5E4YExRH4iwwn0y69Bg-2FPV9sumhNpOhqj4iEvsguhR0M-2Bi-2Fu-2BAb8G4uEjVrGhgAmxx5ESjzHoCH-2ByHjVP6fXtOdLi6f3YORZ6-2BII4N-2Fxtl3oB-2B9hlxdswGSpi0nclvkbKu1A-3D)

<sup>39</sup><http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn-2F-2FiCcOlwbEb-2BSkM9-2FzsfXD7VdCo2qLahmS8fTaLN7xmb8KVuvEcUQss356dHCTY2mq-2F1acXgYFYQAS7Mql4FXqxYalvY2DigfBk3-2BaR61hiQ-3D-3DeIGz qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46RqynD6Snd1GUVitfa-2BmL94f8Qo2wkF3wSjk-2Fm8BNYlkjGHmNMP1W1A-2BfHH6XipinOISeUJ490t9uq6i1xIUn3rRRfD-2Fs-2FDNVqoZyf5WxHiNPpToJk4Rpz3EIVkk7RvrANMIITHgHD6X0UaGS8BpF48-3D>

<sup>40</sup><http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn8x5Y4DXuP6gFCpwoiaYV1Z9nFCERQDuGEjNTIOeYVSVXCyamKil0M5rAuWXGcvXZOavzFhuw2wr1qSGmFa91awpCuFicrMo-2FvZEvw7-2BJG3AQ-3D-3DCE-J qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46WuzpK9wFyfJjd3gWu8dC4Z2jEu0w4qlXOT6fqUcj-2BLMFgsI3unLLTjmwZXnrVclg2qfPkCNePG7UmeHCfdY9YIC1Rr8asffhC668yxdT3xJ90kZJQPkYYjF4vnRP-2FCxIQOjO7cQ2otiVGUFYcqT2g-3D>

<sup>41</sup><http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn-2FEukFo6ZKf9vPKI6wyheMmjux9eJToWgxgLKsBRDPiIVmzmigfB31tvAG4TzEFmGqSkQsL1h8BqD5vjLi2v8jug6faEHLXGCKDvx9v2MjD-2Bw-3D-3DROD2 qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46XicsVXYkoA3nBfiQ8p3lsvgwYaN-2FzrUIM53a4LpavFIRqN9BiDldTK-2FOzFFAe2Bd3Vp07XTMX2bzQ1zXJ22X-2Fr8y5GaKAdSezgdaUSbl7FceZ4LF-2Fx-2FSTNFX3GuKdZqdjmVDAxiJS0v6W4c7VgiyQ8-3D>

death, benefits would be paid according to plan rules, which might be different from the designation you would choose. Please take a few moments to name your beneficiaries to ensure that your vested account balance will be distributed according to your wishes.

Click here<sup>42</sup> to read more to learn why it is important to designate a beneficiary and how to avoid complications and expense.

## Community | For the Greater Good



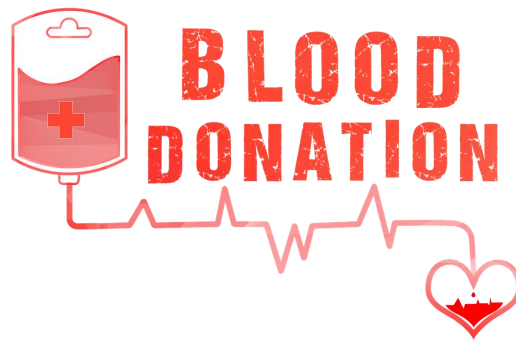
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### *Community Blood Drives*

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<sup>42</sup>[https://www.dickinson.edu/info/20083/human\\_resource\\_services/3424/beneficiary\\_designations](https://www.dickinson.edu/info/20083/human_resource_services/3424/beneficiary_designations)



### Central Pennsylvania Blood Bank

Click on the links below to see a listing of area blood drives during the month of October:

- **Cumberland County Blood Drives<sup>43</sup>**
- **Dauphin County Blood Drives<sup>44</sup>**
- **Franklin County Blood Drives<sup>45</sup>**
- **Perry County Blood Drives<sup>46</sup>**
- **Calvary Bible Church<sup>47</sup>**
- **Turkey Valley UMC<sup>48</sup>**

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<sup>43</sup>[https://www.dickinson.edu/download/downloads/id/12731/central\\_pennsylvania\\_blood\\_bank\\_cumberland\\_county\\_blood\\_drives.pdf](https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf)

<sup>44</sup>[https://www.dickinson.edu/download/downloads/id/12738/central\\_pennsylvania\\_blood\\_bank\\_dauphin\\_county\\_blood\\_drives.pdf](https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf)

<sup>45</sup>[https://www.dickinson.edu/download/downloads/id/12735/central\\_pennsylvania\\_blood\\_bank\\_franklin\\_county\\_blood\\_drives.pdf](https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf)

<sup>46</sup>[https://www.dickinson.edu/download/downloads/id/12734/central\\_pennsylvania\\_blood\\_bank\\_perry\\_county\\_blood\\_drives.pdf](https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf)

<sup>47</sup>[https://www.dickinson.edu/download/downloads/id/13175/central\\_pennsylvania\\_blood\\_bank\\_calvary\\_bible\\_church.pdf](https://www.dickinson.edu/download/downloads/id/13175/central_pennsylvania_blood_bank_calvary_bible_church.pdf)

<sup>48</sup>[https://www.dickinson.edu/download/downloads/id/13174/central\\_pennsylvania\\_blood\\_bank\\_turkey\\_valley\\_united\\_methodist\\_church.pdf](https://www.dickinson.edu/download/downloads/id/13174/central_pennsylvania_blood_bank_turkey_valley_united_methodist_church.pdf)

## Nutrition Corner - Healthy Recipe



## Apple Pear Crisp

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October 21 is National Apple Day. Here's an easy dessert that's under 200 calories per serving. Apples and pears with a yummy sweet crisp topping. It's quick and delicious! Source: American Heart Association<sup>49</sup>

### Topping Ingredients

- 1/4 cup uncooked rolled oats
- 1/4 cup all purpose flour
- 2 tablespoons trans-fat free tub margarine, chilled in freezer for 15 minutes
- 1 tablespoon unsweetened applesauce
- 1/2 teaspoon ground cinnamon
- 1 tablespoon stevia-sugar blend

### Crisp Ingredients

- 1 large pear (Anjou or Bartlett), peeled and diced
- 1 large apple (Fuji, Granny Smith, or Gala), peeled and diced
- 1 teaspoon of cornstarch
- 1/2 teaspoon of Stevia OR 1 Stevia sweetener packet
- 1/8 teaspoon of ground ginger
- 1/8 teaspoon of ground cloves
- 1/8 teaspoon of ground cardamom (optional)

### Preparation

1. Preheat oven to 375°.
2. In a medium bowl stir together *all crisp ingredients*.
3. Spoon 1/2 cup of the apple-pear mixture into four (4) six-ounce ovenproof glass custard cups or porcelain ramekins.

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<sup>49</sup><https://recipes.heart.org/en/recipes/apple-pear-crisp>

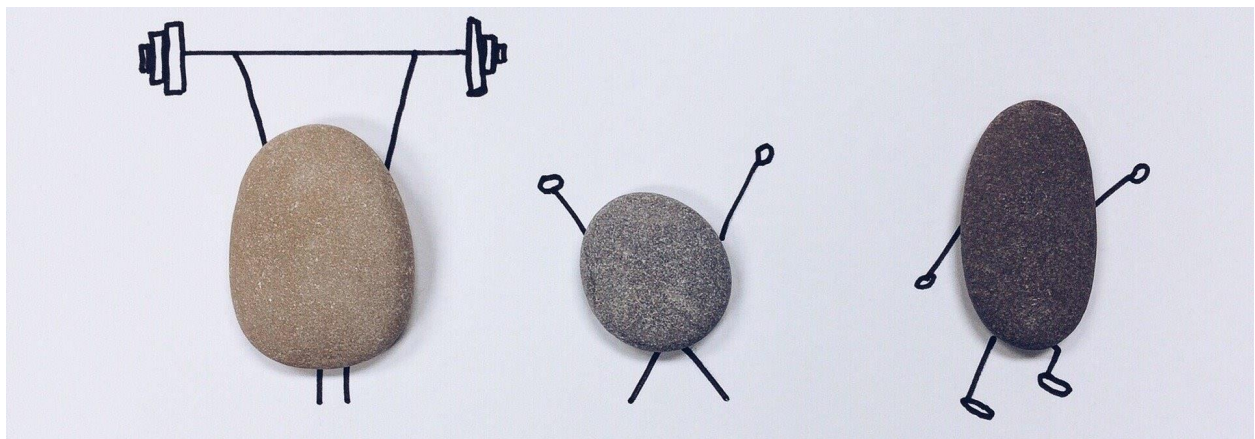
4. In a small bowl, stir together the topping ingredients. Sprinkle the topping mixture over the fruit mixture in each of the custard cups.
5. Bake for 20-25 minutes or until the fruit mixture is bubbly and the topping is golden brown.

### Nutrition Facts

**Serving size:** 1/2 cup

**Per Serving:** Calories: 156 Total Fat: 4g Saturated Fat: 1g Cholesterol: 0mg Sodium: 57mg Carbohydrates: 30g Fiber: 4g Protein: 2g

### Wellness



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## *Biometric Screening*

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The Biometric Screening provides a snapshot of your health looking at your fasting total cholesterol and glucose. Blood pressure, height, weight, waist circumference and body mass index (BMI) also should be examined for a fuller picture, and can be done independently for 2021-2022 due to the pandemic environment. The screening is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome. Knowing your numbers provides the information to you for conversations with your personal physician. Do you know your numbers? If not, please plan to complete this health screening.

***For fall 2021, a limited number of spots (100) for the biometric screening appointments are available (as walk-ins) at UPMC Carlisle Outpatient and Donor Center on select days during the months of September-October-November. Pre-registration<sup>50</sup> in Totara is required to receive a screening voucher for your Biometric Screening during the fall 2021 semester. Walk-in appointments are offered during select weeks /dates shown below - and a screening voucher is provided for presentation when you walk-in:***

***Walnut Bottom Professional Center | 419 Village Drive, Suite 7 | Carlisle PA 17015***

- October 25, 26, 27, 28, 29
- November 23, 24, 26

***Please Note: The UPMC Biometric Screenings are for EMPLOYEES ONLY. Students interested in a biometric screening should contact the Wellness Center to schedule their screening at [studentwellness@dickinson.edu](mailto:studentwellness@dickinson.edu)<sup>51</sup> or by phone at ext.1663.***

*Some additional screening options are available with a small fee based on option(s) selected. If you decide to opt for any of the screenings with fees, your fee payment will be collected via payroll deduction for ease of processing your payment.*

- **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: \$35.00**

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<sup>50</sup><https://totara.dickinson.edu/course/view.php?id=51>

<sup>51</sup><mailto:studentwellness@dickinson.edu>

- Ferritin (snapshot of your iron level stored in your blood): \$20.00
- HbA1C (three-month look at your glucose levels to better detect diabetes): \$15.00
- TSH (snapshot of Thyroid and metabolic function): \$25.00

For more information, please email [devwell@dickinson.edu](mailto:devwell@dickinson.edu)<sup>52</sup> or view the Biometric Screening<sup>53</sup> course page in Totara.



## **Lung Health | The Importance of Every Breath**

Presented by UPMC Carlisle

Wednesday, October 27

Zoom Online | noon-1 p.m.

*Our body requires oxygen to function and thrive. When we breath, the air content includes oxygen and other atmospheric gases. Once we inhale, oxygen moves throughout our body and lungs via the bloodstream. Without a healthy set of lungs, quite obviously our very existence is compromised. How does our body handle oxygenation and process this very important part of living? What happens when things go awry with breathing due to multiple causes? Sign-up now<sup>54</sup> for this virtual session to learn more!*

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<sup>52</sup><mailto:devwell@dickinson.edu>

<sup>53</sup><https://totara.dickinson.edu/course/view.php?id=51>

<sup>54</sup><https://totara.dickinson.edu/course/view.php?id=64>



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*Pilates - Hosted by Student Leadership and Campus Engagement*

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**Mondays | 4:30 - 5:30 p.m.**

**Tuesdays | noon - 1 p.m.**

**Wednesdays | 4:30 - 5:30 p.m.**

**HUB Dance Studio with instructor Jenni Moore**

Pilates is a non-impact, full-body workout. These classes will improve flexibility, build strength, and develop control and endurance in the entire body. The practice puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. This style of Pilates is a blend of resistance training and floor-barre work to challenge and condition the body, all while being down on a mat. This class is appropriate for all fitness levels. Sign-up is available through EngageD<sup>55</sup>. Registration for each class is required.

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



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### Wellness Yoga Online with Julie Vastine, 200-hour RYT

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**Select Tuesdays through November 23 | 5-6 p.m.**

#### ***Zoom Fitness Activity***

Wellness Yoga will take participants through a series of asanas that stretch, strengthen, and relax the body and mind. This 60-minute class will start with guided centering breath work, move into gentle movements to warm up your muscles, head into a flow of yoga poses to build heat and flexibility, and end with a closing centering and relaxation. The class will also include a compassionate focus on alignment and the integration of breath with movement.

*Previous yoga knowledge is encouraged but is not necessary. Please participate to your own comfort level and ability!*

*Enroll and sign-up via Totara<sup>56</sup> through the Gateway to obtain the Zoom link.*

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<sup>56</sup><https://totara.dickinson.edu/course/view.php?id=341>



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### *SitFit Fall Semester Sessions*

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**Wednesdays, starting October 13 | noon - 12:30 p.m. | Zoom Fitness Activity**

*Instructor: Jennifer Moore*

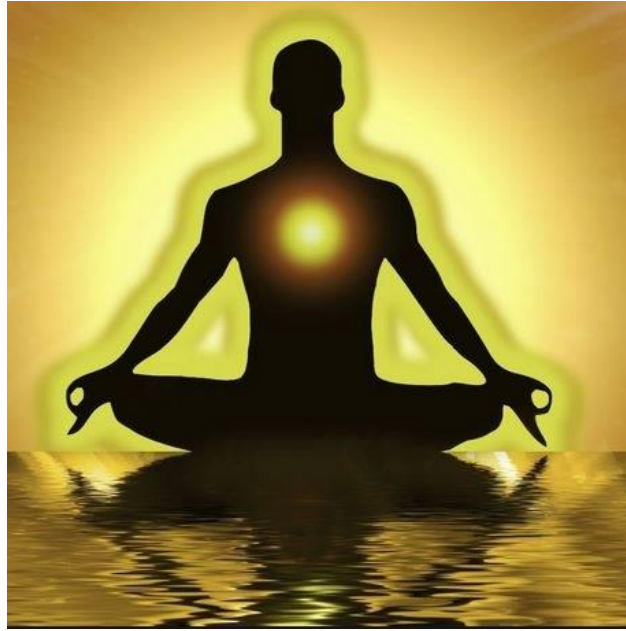
SitFit<sup>57</sup> is an integrative approach to fitness that uses a chair for cardio, strength, and flexibility training. The chair provides great support while sitting and stability for standing, making this class appropriate for all fitness levels, especially those who have limited mobility, certain health concerns, or are just easing into fitness.

Enroll and sign-up for this physical wellbeing session in Totara<sup>58</sup>. A Zoom link will be provided upon signing up.

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<sup>57</sup><https://totara.dickinson.edu/mod/facetoface/view.php?id=16>

<sup>58</sup><https://totara.dickinson.edu/course/view.php?id=3>



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### *Deep Breathing, Relaxation, and Mindfulness Workshop*

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**Wednesdays starting October 13 through December 8**

**4:30 - 5:15 p.m. | Allison Hall Community Room**

***with Dr. Megan Nesbitt***

Feeling anxious in these unpredictable times and struggling to practice focus and calm? Has it been difficult to interrupt worrying and be present? This group will meet weekly to engage in body-mind techniques for calming anxiety. Each meeting will begin with deep breathing and then focus on a relaxation exercise, a guided visualization, or a therapeutic mindfulness technique. Beginners welcome. No need to attend every week, drop-ins welcome. Students, staff, faculty, all members of the Dickinson community welcome.

Meetings will be in person, as health protocols permit, but there is also an option to join virtually. Enroll and sign-up in Totara<sup>59</sup>.

Join Zoom Meeting:

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<sup>59</sup><https://totara.dickinson.edu/course/view.php?id=307>

<https://us04web.zoom.us/j/72095146417?pwd=N3RQYkFRMW81QVpVUGMvNzBSWEEd3UT09>

Meeting ID: 720 9514 6417

Passcode: OxtAsp



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### ***Ethos Fitness - Camp Cardio***

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***Join with ZOOM or attend LIVE, in person at Ethos Fitness | 265 Penrose Plaza, Carlisle***

**Thursdays through November 18 | 4:30-5:30 p.m.**

Join us for an energetic and fun, heart-pumping, calorie-burning cardio class.

This aerobic class will tone muscles and strengthen your heart with different aerobic formats such as: Hi/Lo, Strong, cardio-kickboxing, Zumba, and more. All you need is your body and some space to move.

Join us ***virtually via ZOOM, or at the Ethos Fitness Studio*** located at 265 Penrose Plaza, Carlisle, PA 17013! **Select your attendance option in Totara**<sup>60</sup>.

**REGISTRATION IS REQUIRED for the LIVE, in person session as space is limited.**



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### *Crochet Your Way - Through December 2021*

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*Instructor: Miriam McMechen*

Alternating Mondays | noon-1 p.m. | TEAMS meeting online

The art of textile design and personal creations takes a variety of forms. One of the most loved handiwork arts allows for expression through yarn or other fibers to create items like cuddly afghans, warm scarves and ornate lace doilies. Hands-on crafting is an outlet for your creativity and also helps reduce your stress while producing some beautiful pieces. Learn how to get started in this medium by joining this noon-hour session presented by Miriam McMechen via TEAMS! Sign-up<sup>61</sup> to access the TEAMS meeting link!

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<sup>60</sup><https://totara.dickinson.edu/course/view.php?id=379>

<sup>61</sup><https://totara.dickinson.edu/course/view.php?id=380>

Want to connect more outside of these virtual/live sessions? Join the DIG-IT group - Creative Fibers in TEAMS<sup>62</sup>!

## Professional Development



**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 an informal Book Discussion group, simply click the TEAMS link and join us! TEAMS Book Discussions<sup>63</sup> is a TEAMS group where books are determined by the membership, and discussions will be scheduled based on participants availability. Send an email to devwell@dickinson.edu<sup>64</sup> for more information or any questions!

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<sup>62</sup><https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

<sup>63</sup><https://teams.microsoft.com/l/team/19%3a27de690cacf14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

<sup>64</sup><mailto:devwell@dickinson.edu>

## Contact Us



### Physical Wellness Program Incentive Prize Winners

**Congratulations to Kim Morgan (*Individual Giving*) and Neil Leary (*Center for Sustainability*) for being randomly selected as the incentive winners for the months of August and September.**

The Physical Wellness incentive prize winners for the each months are randomly selected for their fitness program participation. 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.edu](mailto:devwell@dickinson.edu)<sup>65</sup> or call ext. 8084.

### 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

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<sup>65</sup><mailto:devwell@dickinson.edu>

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 Gateway<sup>66</sup> or by contacting Human Resource Services. To offer an equal opportunity for all employees to participate in these programs, we request staff members to register after confirming availability with supervisory staff to ensure that scheduling permits attendance.

*In the event that you register and find that you are unable to attend, our policy<sup>67</sup> 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!**

How To Guide<sup>68</sup>

Dickinson Download<sup>69</sup>

Dickinson/Biking<sup>70</sup>

Dickinson/College Farm<sup>71</sup>

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<sup>66</sup><https://gateway.dickinson.edu/>

<sup>67</sup>[http://www.dickinson.edu/info/20314/professional\\_development\\_and\\_wellness/1502/policies\\_and\\_procedures](http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures)

<sup>68</sup>[http://www.dickinson.edu/info/20043/about/1562/dickinson\\_how\\_to\\_guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_how_to_guide)

<sup>69</sup>[http://www.dickinson.edu/info/20198/technology\\_services/3261/the\\_dickinson\\_download](http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download)

<sup>70</sup><http://www.dickinson.edu/info/20052/sustainability/2317/biking>

Dickinson/Sustainability<sup>72</sup>

Trout Gallery<sup>73</sup>

Theatre & Dance<sup>74</sup>

Campus Announcements<sup>75</sup>

Campus Events Calendar<sup>76</sup>



*3 - Professional Development and Wellness*

*PO Box 1773 | Carlisle PA 17013-2896*

*717-245-1503 | devwell@dickinson.edu<sup>77</sup>*

*Human Resource Services Website<sup>78</sup>*

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<sup>71</sup><http://www.dickinson.edu/collegefarm>

<sup>72</sup><http://www.dickinson.edu/sustainability>

<sup>73</sup><http://www.troutgallery.org/>

<sup>74</sup><https://www.dickinson.edu/theatreanddance>

<sup>75</sup><https://www.dickinson.edu/announcements>

<sup>76</sup><http://www.dickinson.edu/events>

<sup>77</sup><mailto:devwell@dickinson.edu>

<sup>78</sup>[https://www.dickinson.edu/homepage/122/human\\_resource\\_services](https://www.dickinson.edu/homepage/122/human_resource_services)