



Vitality- September 2022

Dickinson

HUMAN RESOURCE SERVICES

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National Suicide Prevention Month





*Life happens, and sometimes not in ways that make it easy to navigate the paths that we travel. Rocky, twisting roads in life can make an otherwise normal day seem impossible to manage and cause feelings of uncertainty or even hopelessness in the moment. The month of September is **National Suicide Prevention Month**. Read on to learn about resources to share with your friends and loved ones who may need some assistance now or in the future.*

On July 16, 2022, **988** was established as a **three-digit dialing code to route callers to the Suicide & Crisis Lifeline**.

Some times life hits us hard! If you or someone you know is struggling with suicidal thoughts, don't be afraid to ask for help or ask the tough questions: "Are you having thoughts of suicide? OR "Are you thinking of killing yourself?" Be direct when asking. Let them know that you care by listening and seek help immediately by calling **988**, contacting the National Suicide Prevention Lifeline¹ at 1-800-273-TALK (8255), or text "HOME" to the Crisis Text Line², at 741741. These services are free, confidential, and available 24/7.

Warning Signs of Suicide:

- Talking about or wanting to die

¹<https://suicidepreventionlifeline.org/>

²<https://www.crisistextline.org/>

- Searching for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

What to Do:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt
- Call the National Suicide Prevention Lifeline at **988** or 1-800-273-TALK (8255)
- Take the person to an emergency room, or seek help from a medical or mental health professional

Source: <https://988lifeline.org>

#BeThe1To is the 988 Suicide & Crisis Lifeline's³ message for National Suicide Prevention Month.

³<https://988lifeline.org/>

#BeThe1To Ask.

Don't be afraid to ask the tough question.

**When somebody you know is in emotional pain,
ask them directly:**

“Are you thinking about killing yourself?”

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To **Be
There.**

**If your friend is thinking about suicide,
listen to their reasons for feeling hopeless and in pain.**

**Listen without judgment and with compassion and
empathy.**

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To **Keep Them Safe.**

**If your friend is thinking about suicide,
ask if they've also thought about how they would do
it.**

**Separate them from anything they are thinking of
using to hurt themselves.**

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To Help Them
Connect.

Help your friend **connect to a support system** so they
have others to reach out to for help;

whether it's 800-273-TALK (8255), family, friends,
clergy, coaches, co-workers or therapists.

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To Follow Up.

Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

Check in with the person you care about on a regular basis.

Find out why this can save a life at [BeThe1To.com](https://www.bethe1to.com/).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



HealthAdvocateSM

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 here⁴ for a quick overview.

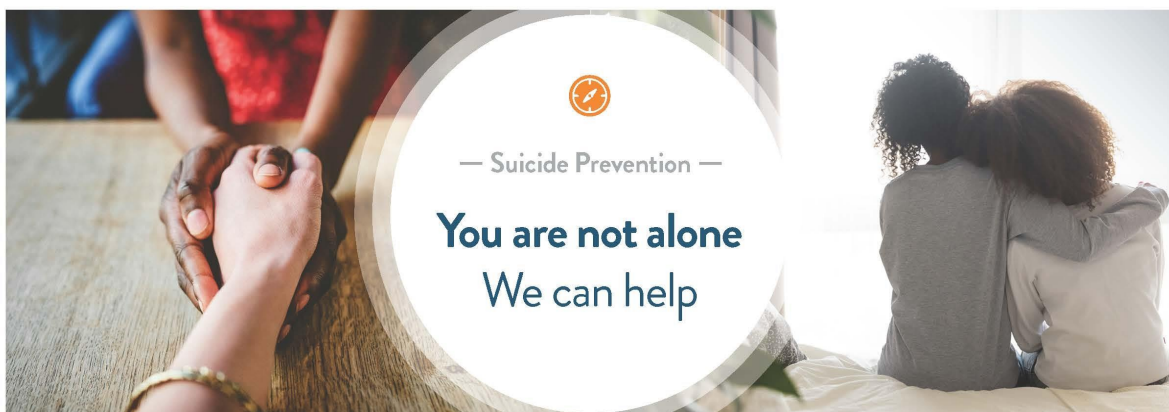
Complete information about the service is available at Health Advocate's website⁵.

All full time employees have access to Health Advocate⁶, a free service for health advocacy and assistance available to the employee, spouse, dependents, parents and parents-in-law. Click on the link or call 866-695-8622

⁴https://www.dickinson.edu/download/downloads/id/12896/health_advocate_brochure_2021.pdf

⁵<http://www.healthadvocate.com/>

⁶<https://healthadvocate.com>



Struggling with suicidal thoughts can happen to anyone who is feeling depressed or overwhelmed by grief, loss, financial burdens, relationship problems, health issues or even troublesome events going on. But depression can be treated, and there is support to help you overcome your struggles and renew hope, even though it may feel impossible. Remember, seeking help is a sign of strength.

Know the warning signs

If you or someone you know is experiencing the warning signs below, it's important to get help right away.

Talking or writing about suicide, including hints like "You'll be better off without me"

Withdrawal from friends or family, saying or feeling things like "They just don't understand me"

Expressing hopelessness, ongoing sadness, rage, desire for revenge, or feeling trapped, worthless or guilty

A painful life event such as the loss of a relationship

Changes in behavior including disinterest in pleasurable activities, or giving away prized possessions

Taking action like seeking access to a weapon, pills or other means to harm oneself

Get help

The first step is to talk to a counselor. **Just call Health Advocate** for confidential support and resources. You can also call the **988 Suicide & Crisis Lifeline**. Or call 911. All are available 24/7.

How Health Advocate can help

We can offer assistance to connect you to the appropriate resources to address depression, substance abuse and other stressful emotional issues.



HealthAdvocate™

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2021 Health Advocate HA-M-2008009-11FLY

Employee Assistance Program

What is an EAP?

The Employee Assistance Program offers you and your family individual assistance to help you resolve your problems and make your life happier, more productive, and more satisfying. It is voluntary.

Access to the EAP means that you will receive assistance in clarifying the problem, searching for alternatives to resolve the problem, and developing a constructive plan of action. It can help you with problems related to marital and family issues, problems with children at home or in school, depression, relocation, alcoholism or drug abuse, aging, health-related problems, eating disorders, or the death of a loved one.

Any personal problem which is troublesome to you is important enough to use the Employee Assistance Program.

Who can use the EAP?

Your Employee Assistance Program is available to all full-time and part-time employees and immediate family members who are eligible for medical benefits.

What does the EAP provide?

In many cases, problems can be resolved with only a few consultations. Dickinson College has prepaid for the EAP services. You may have up to three visits per fiscal year at no cost to you. If you and your psychologist believe you require more specialized assistance or longer-term service, he or she may suggest you seek help outside the EAP by suggesting appropriate and qualified providers. Services received from resources outside the EAP may be covered in full or in part by the College's medical coverage.

Will my EAP contact be confidential?

Yes. That is why the College uses outside professionals. Consultations are conducted in offices which are comfortable, convenient, and private. No one will know of your contact without your written permission unless you tell someone.

Who provides the EAP service?

Dickinson College contracts with a highly qualified group practice to provide you professional services in their offices. Their clinical staff offer a range of expertise including treatment of adults, couples, children, and families. The practice is:

FRANCO PSYCHOLOGICAL ASSOCIATES, P.C.

26 State Avenue, Carlisle, PA | 717-243-1896

<http://www.francopsychological.com/>

Should you want to seek professional services outside of Carlisle, you can be referred to an appropriate EAP provider nearby. The Clinical Director of Franco Psychological Associates is available to respond to this need and to answer any other questions you might have related to the EAP.

Reliance Standard Assistance Program



An additional EAP program option is also available to all active, eligible full-time employees through ***Reliance Standard***. For more information and a list of comprehensive benefits under Reliance Standard's program, please visit <http://myassistanceprogram.com/rs/>.

Live, Immediate Assistance: Call 24/7: **(855) 775-4357**. Schedule confidential, **face-to-face**, **phone**, **video**, **text** or **chat** assistance with professionals that's private, confidential.

Mental Health Counseling: When overwhelmed with personal, work or life stressors, mental health counseling can be a lifesaver. Our licensed master's level counselors support you and your household members through difficult times providing confidential assistance. **WE HELP WITH: Family Conflict, Couples/Relationships, Substance Abuse, Anxiety, Depression and more.**

Work/Life Resources: Navigating the practical challenges of life, while handling the demands of your job can be stressful. Work/Life resources and referral services are designed to provide knowledgeable consultation and customized guidance to assist with gaining resolution to everyday hurdles. **RESOURCES INCLUDE: Adoption, Elder/Adult Care, Parenting, Child Care, Medical Advocacy, Special Needs Support, Wellness and more.**

Legal/Financial Resources: Legal and Financial resources and referrals are available to connect you with experienced, vetted professionals in their topical area of legal and financial needs. **RESOURCES INCLUDE: Budgeting, Estate Planning/Wills, Divorce/Custody, Bankruptcy, Personal Injury/Malpractice, Major Life Event Planning, ID Theft and more.**

Member Portal & App: Access services through our **member portal** and **mobile app** with **phone, chat, text and video access**. Take advantage of thousands of up-to-date topic related articles, videos, webinars, checklists and more on subjects including Financial and Legal, Family, Education, Health, Wellness, Career, Military, Everyday Living and more. **New Members:** Use company code **RSI1859** to create your new account. ***Click Here to create your account or login.***⁷

Life Coaching: Achieve your personal and professional goals by engaging life coaching. Our life coaches act as an accountability partner and can assist you in overcoming obstacles and achieving your goals. **COACHES HELP WITH: Life Transitions, Work/Life Balance, Goal Setting, Improving Relationships, and more.**

⁷<https://aci.mylifeexpert.com/login/rsli>

Other Resources

Essential Community Services | Dial 211

<https://211.org>⁸ OR <https://www.211.org/get-help/mental-health>

What do you call a 211 for?

2-1-1 is a free telephone number providing access to local community services. 2-1-1 is available in multiple languages, allowing those in need to access information and obtain referrals to physical and mental health resources; housing, utility, food, and employment assistance; and suicide and crisis interventions.

Meritain Health: Behavioral Health Providers

- <https://account.meritain.com>⁹
- Create your user account if you carry Meritain Health medical insurance.
- Sign-in to your portal
- Do a provider search for Behavioral Health providers.

Health Advocate: <https://members.healthadvocate.com/>

- Select “Dickinson College” as your organization
- Create a username and password to sign-in
- Select “Health”
- Browse the Health Advocate Blog or other resources found online.
- Request assistance to identify a provider.

Substance Abuse and Mental Health Services Association (aka SAMHSA):

<https://www.samhsa.gov/find-help/national-helpline>

⁸<https://211.org/>

⁹<https://account.meritain.com/>

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Also visit the online treatment locator¹⁰: <https://findtreatment.samhsa.gov/>.

SAMHSA National Helpline: 1-800-662 HELP (4357)

Domestic Violence Services of Cumberland & Perry Counties *(for assistance or help anytime)*

www.dvscp.org¹¹

24 Hour Hotline 1-800-852-2102 • 24 Hour Emergency Shelter

Cumberland County Crisis Intervention

<https://www.ccpa.net/2493/Crisis-Intervention>

Mental Health Resources in PA | <https://www.pa.gov/guides/mental-health/>

Your mental health is important.

We can take steps to improve our mental health. This looks different for everyone. Perhaps you'd like to talk to someone, focus more on self care, consider medication, and/or seek other treatments.

No matter your challenges, there are options to help you. Use this guide to find the support that works for you and your loved ones. (Click the link above to access the guide.)

Crisis Help

Mental health crises can range from risk of suicide to rapid mood swings, abusive behavior, inability to perform daily tasks, paranoia, and/or loss of touch with reality.

If you or someone you know is experiencing a mental health crisis, please reach out for help.

- Call 911: If someone is in immediate danger, call 911.

¹⁰<https://findtreatment.samhsa.gov/>

¹¹<http://www.dvscp.org/>

- Call 988: Get connected to the National Suicide Prevention Lifeline by dialing 988.
- Crisis Text Line: Get 24/7 help from the Crisis Text Line . Text PA to 741741 to start the conversation.

PA Crisis Hotlines: Find a crisis line in your county.

Reaching out for help is the right thing to do. You are not alone.

Employee Highlights



New Hires



August

Matt Bolen, Dining Services

Rani Brolin, *Dining Services*

Ashley Byerts, *Theatre and Dance*

Tori Campbell, *Residence Life & Housing*

Dani Cook, *Athletics*

Holly Coombs, *Biology*

Deirdre Danklin, *Creative Writing*

Connie Devilbiss, *Women's, Gender & Sexuality Studies*

Michael Gallaway, *Dining Services*

William Goble, *Mathematics and Computer Science*

Ella Goldman, *Policy Studies*

Jenn Hanks, *Athletics*

Kaltum Hassan, *Dining Services*

Ryan Hawbaker, *Dining Services*

Manami Inaba, *East Asia Studies*

Hannah Koby, *Music*

Nicole Laverture, *Wellness Center*

Meghan Lazzari, *Athletics*

Nhi Ly, *VP of Student Life*

Linda Miller, *Office of the President*

Anne Monahan, *Art and Art History*

Christopher Peacock, *East Asia Studies*

Denise Shiflett, *Facilities Management*

Mitchell Snyder, *Policy Studies*

Laurie Spankuch, *Facilities Management*

Jackie Steger, *Mail Center*

Todd Stine, *Mathematics and Computer Science*

Brian Strunk, *Facilities Management*

Marcellus Taylor, *Sociology*

Olivia Trombley, *Environmental Studies*

Marc Vandyke, *Facilities Management*

Yu Wang, *East Asia Studies*

Amy Ward, *Library Services*

Retirements

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

- Nancy Cicak, *Wellness Center*



Employee Announcements



Meritain Health Insurance Benefit Overview



Tuesday, September 13 | 1:30 and 3 p.m. (walk-in between 1:30 & 4:30) | Stern Center, Room 102

Human Resource Services is pleased to offer employees the opportunity to learn more about our Meritain Health (an Aetna Company) medical insurance plan. As shared during Open Enrollment, Meritain now serves as Dickinson's plan administrator. Representatives will be on campus to share information and answer your specific questions regarding the transition and the new medical/prescription insurance cards. Please join us for one of the 20-minute open informational sessions or stop by to ask any questions while our representatives are on campus. You may preview our benefit insurance information by clicking here¹².

Public Service Loan Forgiveness Limited Waiver



Time is Running Out!

Do you have a federal student loan? If so, you may be able to benefit from temporary changes made to the Public Service Loan Forgiveness (PSLF) program. These changes, called the "Limited PSLF Waiver," are helping borrowers across the nation more easily get their loans forgiven – but

¹²<https://www.dickinson.edu/homepage/1261/benefits>

if you haven't already applied for PSLF, you must ***submit a PSLF form and/or consolidate your non-Direct federal student loans by October 31 to get the benefit.***

You can learn more about the waiver here¹³. In short, the waiver will allow borrowers to gain additional PSLF credit, even if they had been told previously that they had the wrong loan type or the wrong repayment plan:

- The waiver gives borrowers credits for past periods of repayment on federal student loan – even loans *that would otherwise not qualify for PSLF (i.e., Federal Family Education Loans (FFEL), Federal Perkins Loans, Federally Insured Student Loans (FISL), National Defense Student Loans (NDSL), and other types of federal loans that are not Direct Loans) - as long as the borrower consolidates into a federal Direct Loan.*
- Past periods of repayment ***will now count*** whether or not you , made that payment on time, for the full amount due, or on a qualifying repayment plan. The Department of Education will even count certain periods of forbearance toward PSLF.

There's no specific application for the waiver – you will just need to submit a PSLF form by October 31. If you have non-Direct federal student loans, you'll need to consolidate into a Direct Loan before October 31 too. Once you have submitted a PSLF form and consolidated into the Direct Loan program, you will be automatically opted into the waiver. This means that, if you qualify, you will lock in the benefits of the waiver and start accruing credit towards PSLF.

If you previously applied for PSLF and were denied because of your loan type, we encourage you to try again. If you previously applied for PSLF, we encourage you to update your employment certification by completing a PSLF form.

To take advantage of the waiver, you need to:

1. Register for an FSA ID if you don't already have one at this link¹⁴.
2. If you have Federal Family Education Loans (FFEL), Perkins loans, or other federal student loans including FISL or NDSL, you will need to consolidate your loans into a Direct Consolidation Loan to qualify for PSLF. Before consolidating, make sure to check to see if

¹³https://studentaid.gov/announcements-events/pslf-limited-waiver?utm_source=em_a&utm_medium=pdf&utm_content=l1&utm_campaign=pslf_waiver_fedtoolkit_ext_2022

¹⁴https://studentaid.gov/fsa-id/create-account/launch?utm_source=em_a&utm_medium=pdf&utm_campaign=pslf_waiver_fedtoolkit_ext_2022

you work for a qualifying employer using the PSLF Help Tool¹⁵. You can consolidate your loans if you need to at this link¹⁶.

3. Submit a PSLF form to certify employment for PSLF that you want credit for through the waiver. You can generate a PSLF form at this link¹⁷.
- In the PSLF Help Tool, it's important to use the appropriate Federal Employer Identification Number (EIN). Please check with your HR department for the correct EIN for your employer. You can also find it on your W-2.

Just a few minutes of your time may save you thousands of dollars on your student loans. Remember, you need to take the steps necessary to qualify for the Limited PSLF Waiver before October 31, 2022. Take advantage of the PSLF waiver TODAY!

Public Service Loan Forgiveness forms for employees of Dickinson College may be submitted to Human Resource Services¹⁸.

Retirement Plan Fee Disclosure Information

In compliance with Department of Labor regulations, during the month of August 2022, employees were sent important information regarding the expenses and fees related to retirement investments. This information is provided to ensure employees have all the information necessary to take full advantage of retirement plan options for both TIAA Financial Services and Fidelity Investments. Please note: NO ACTION is required. This information is being provided in compliance with the Department of Labor requirement to provide consumers with more information about fees and expenses related to their retirement investments. For questions, more information or if you do not receive this information, please contact Human Resource Services.

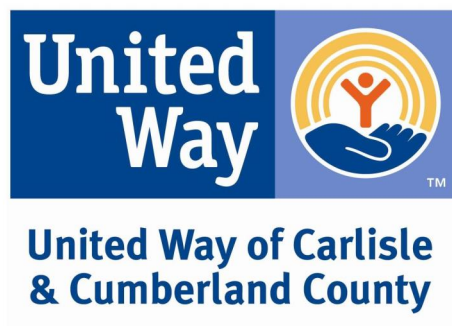
¹⁵https://studentaid.gov/pslf/?utm_source=em_a&utm_medium=pdf&utm_content=l1&utm_campaign=pslf_waiver_fedtoolkit_ext_2022

¹⁶https://studentaid.gov/app/launchConsolidation.action?utm_source=em_a&utm_medium=pdf&utm_content=l1&utm_campaign=pslf_waiver_fedtoolkit_ext_2022

¹⁷https://studentaid.gov/pslf/?utm_source=em_a&utm_medium=pdf&utm_content=l1&utm_campaign=pslf_waiver_fedtoolkit_ext_2022

¹⁸<mailto:hrservices@dickinson.edu>

2022 United Way of Carlisle & Cumberland County Pacesetter Campaign



Dickinson College is a *Pacesetter* for the United Way¹⁹ of Carlisle & Cumberland County's annual campaign²⁰. Our campus campaign will wrap up in early September—to help set the pace for the larger community's fall campaign.

You may complete an online pledge form²¹ or make your gift on the United Way Website²² indicating "Dickinson College" in the employer field. Paper pledge forms are available by contacting Dottie Warner, Office of Conference and Events, at warner@dickinson.edu²³ or 717-245-1900.

United Way Day of Caring

Friday, October 14 | 8:30 a.m. to noon

Opening ceremony at 8 a.m.

Allison Hall | 99 Mooreland Avenue, Carlisle

¹⁹<http://carlisleunitedway.org/>

²⁰<http://carlisleunitedway.org/campaign/>

²¹<https://www.dickinson.edu/unitedway>

²²<https://uwcarlisle.org/donate/>

²³<mailto:warner@dickinson.edu>

The Day of Caring kick-off at Allison Hall begins at 8 a.m. 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 here²⁴!

The morning of Day of Caring, volunteers will head straight to their volunteer project sites immediately following the kick-off at Allison Hall!

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 Totara²⁵ to let us know of your intent to participate. Jason Maddux²⁶ – community impact director, United Way of Carlisle and Cumberland County – will receive a list of 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/>²⁷.

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 prior to Friday, September 16.

For specific questions about the Day of Caring, please contact Jason Maddux:

Call 717-243-4805 or email Jason@uwcarlisle.org²⁸

²⁴<https://totara.dickinson.edu/course/view.php?id=59>

²⁵<https://totara.dickinson.edu/course/view.php?id=59>

²⁶<mailto:Jason@uwcarlisle.org>

²⁷<https://carlisleunitedway.org/day-of-caring/>

²⁸<mailto:Jessica@uwcarlisle.org>



Faculty and staff can find up-to-date information within the COVID-19 Employee Information²⁹ page. We asked that you continue to monitor your health and test if you believe you have symptoms of COVID-19. At home test kits are widely available. Click here³⁰ to find available resources.

If you test positive, please complete the at-home COVID testing form³¹. A member of Human Resource Services will be in touch to provide general guidance.

Please refer to the flow charts below to guide you if you are symptomatic or you are considered a close contact of someone who tested positive.

²⁹https://www.dickinson.edu/homepage/1579/covid-19_employee_information

³⁰https://www.dickinson.edu/download/downloads/id/13900/covid-19_testing_resources.pdf

³¹<https://www.dickinson.edu/xfp/form/374>

COVID-19 symptoms include any or all of the following that are not caused by another condition:

- 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 notice any of the following symptoms, please call 911: difficulty breathing, blue lips or face, confusion, difficulty awakening or staying awake, persistent chest pain or pressure.

Employees Who Are Symptomatic or Identified as a Close Contact

Symptomatic

Test to confirm if you are **Positive** or **Negative**. [Click here](#) for test kit resources.

COVID-19
Test
Positive

- Complete [Reporting Form](#)
- Isolate at home for 5 days
- Human Resource Services will follow up with general guidance

COVID-19
Test
Negative

- Remain at home until symptoms improve and you are fever free for 24 hours without fever reducing medication

Close Contact

Wear a well fitting mask, when around others, for **10 days after exposure**

Test 5 days after exposure

- If you become symptomatic, please follow guide to the left

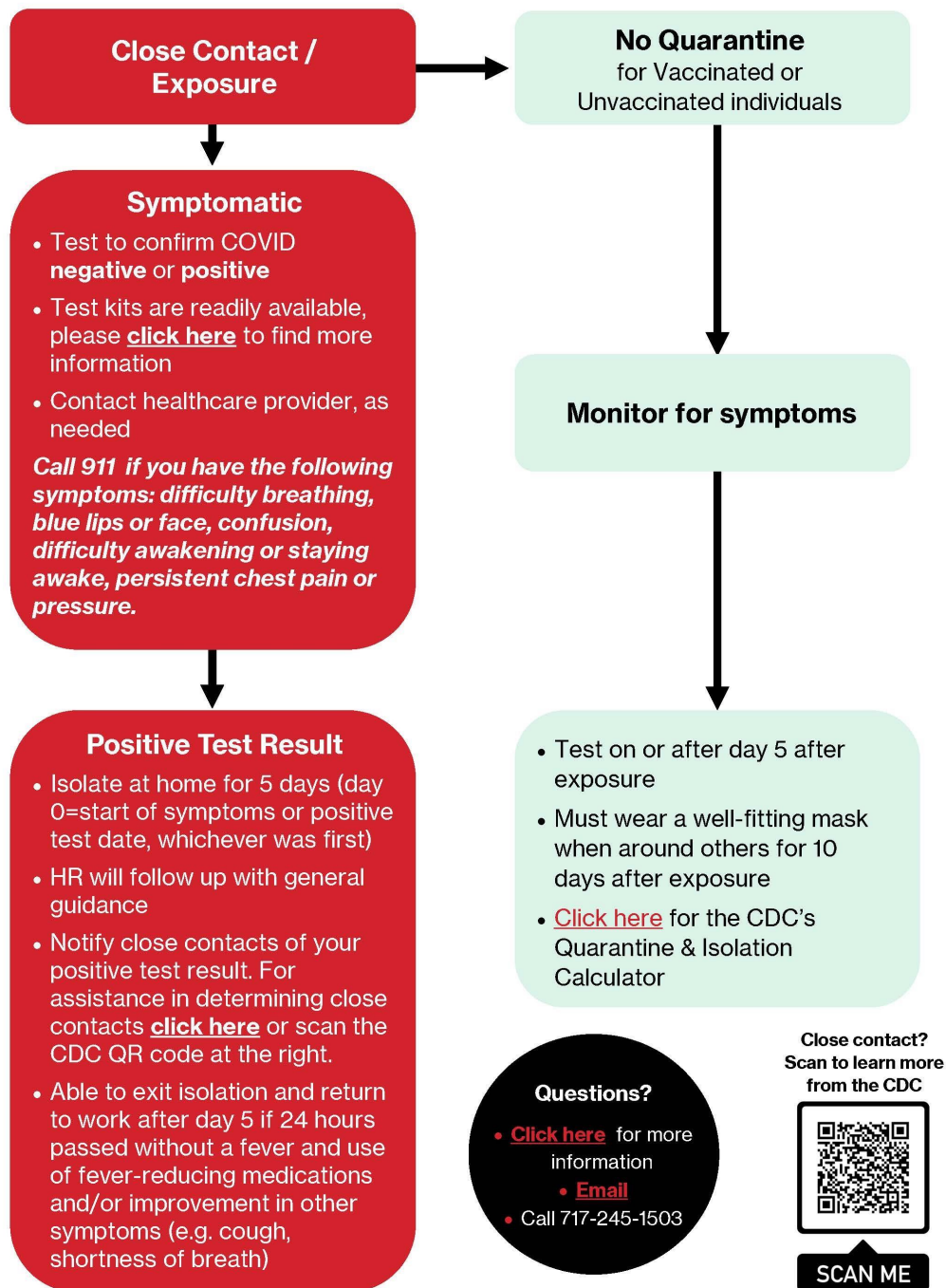
Close contact:
Learn more
from the CDC



SCAN ME

Dickinson

Working on Campus



Dining Services Volunteer Sign-Up



We are seeking volunteers for shifts in a variety of capacities, including serving food on the line, helping in the dish room and assembling packaged meals and sandwiches. Rest assured that volunteers will be working side by side with our trained Dining Services staff members, and no prior food-service experience is required. Note that volunteers will need to wear safe, comfortable shoes (closed toe and heel, preferably non-slip) and comfortable, non-flowing clothing (long pants are required) with an eye to food spills and heat. Aprons, disposable gloves and hair restraints will be provided, though volunteers can also choose to wear a hat. And face coverings are required.

We will continue to offer \$35 per 2-hour shift, \$40 per 2.5 hour shift and \$70 per 4-hour shift for exempt staff and faculty (to be paid at the end of the semester) who work in the evenings and on the weekends. *If you choose to decline the incentive, please indicate this by entering "decline" in the Requests for Session Organizer box upon signing up.*

All hourly paid employees should report hours worked in your primary position and department as usual. The hours worked in Dining Services will be tracked and reported directly to payroll for the current pay period, these hours should not be reported via your regular time entry method.

Sign-up in Totara³².

³²<https://totara.dickinson.edu/course/view.php?id=398>

Please check-in at the Dining Services Office prior to the beginning of any shift for which you sign-up to volunteer.

Get the Most Out of Your Benefits



2022-2023 Benefits Overview³³

This video provides an overview of the benefits for the 2022-2023 fiscal and academic year to help share information about benefit options available to you as an employee.

Dickinson		
Benefit Category ¹	CONCORDIA FLEX PLAN	
	Low Option Plan Pays	High Option Plan Pays
Class I - Diagnostic/Preventive Services		
Exam		
Biting X-rays		
All Other X-rays	100%	100%
Cleanings & Fluoride Treatments		
Sealants		60% ²
Palliative Treatment		
Space Maintainers		
Class II - Basic Services		
Basic Restorative (includes Posterior Composite Fillings)		
Simple Extractions		
Endodontics	80%	80%
Non-surgical Periodontics		
Complex Oral Surgery		
General Anesthesia		
Surgical Periodontics	50%	
Class III - Major Restorative		
Repairs of Crowns, Inlays, Onlays, Bridges & Dentures		80%
Inlays, Onlays, Crowns	50%	50%
Prosthetics (Bridges, Dentures)		
Orthodontical for dependent children to age 19		50%
Diagnostic, Active, Retention Treatment	Not Covered	
Maximums & Deductibles (applies to the combination of services received from network and non-network dentists)		
Contract Year Program Deductible (per person/per family) (July 1 - June 30)	\$50/\$150 Excludes Class I	\$75/\$225 Excludes Class I & Orthodontics
Contract Year Program Maximum (per person) (July 1 - June 30)	\$1,000	\$1,500 Excludes Orthodontics
Lifetime Orthodontic Maximum (per person)	N/A	\$1,000
In-Network Reimbursement ³	One Point	One Point
Non-Network Reimbursement ³	Advantage ³ /80% Percentile ³	80% Percentile

<https://sway.cloud.microsoft/CnQIFKrXkrmeOtLx#content=Y7TExDkJGIKut0>

³³<https://vimeo.com/707943277/a7d5546cde>

Meritain Health (an Aetna company)



As a reminder, on July 1, 2022, we transitioned our medical insurance third-party administrator to Meritain Health (an Aetna company). There was no change to the plan itself – deductibles and co-pays remained the same – and the network of providers is still Aetna Choice POS II (Open Access).

New *updated* insurance cards were issued during the month of June from Meritain Health, which replaced your Aetna and CVS Caremark cards. Members can now use their new Meritain Health card, with new member ID #, for both their Meritain Health medical and CVS Caremark prescription drug insurance coverage needs. Visit Meritain Health's website, <https://www.meritain.com/>, to register for a Meritain member account, view your member ID card, request a new card be sent to you, find a doctor, and view claims and coverage information.

Meritain information is available on our insurance benefits webpage³⁴. Smart phone users can install the Meritain Health Mobile App to gain access to their member account and zoom in on the small print of their member ID card for better viewing at their fingertips. You may also call Meritain Health customer service at 800-925-2272 for assistance. ***If you did not receive your updated card, please contact*** hrservices@dickinson.edu³⁵.

³⁴https://www.dickinson.edu/info/20083/human_resource_services/537/insurance_benefits/2

³⁵<mailto:hrservices@dickinson.edu>

Sample ID card

Card front



Customer Service and Eligibility Inquiries
800.925.2272
www.MERITAIN.com

Member

SAMPLE GROUP

Group #: 11378
Member: **FIRST NAME LAST NAME**
Member ID: **1234567891**
Division: AA1
Dependent(s):
DEPENDENT NAME 1
DEPENDENT NAME 2
DEPENDENT NAME 3

Medical Plan

Coverage:
Aetna Network
Plan: Aetna Choice POS II

Deductible and Out of Pocket (Ind /Fam):
INN Ded: \$XXXX/ \$XXXX INN OOP: \$XXXX/ \$XXXX
OON Ded: \$XXXX/ \$XXXX OON OOP: \$XXXX/ \$XXXX
OV \$XX Spec \$XX UC \$XX ER \$XXX Hosp \$XXX

Pharmacy Plan
RXBIN: 004336 
RXPCN: ADV Member: 866.475.7589
RXGRP: RXZ738 Pharmacy: 800.364.6331

Deductible and Out of Pocket (Ind /Fam):
INN Ded: \$XXXX/ \$XXXX INN OOP: \$XXXX/ \$XXXX
OON Ded: \$XXXX/ \$XXXX OON OOP: \$XXXX/ \$XXXX

Card back

Medical Claims Submission

Mail ALL Claims & Correspondence to:
Meritain Health
PO Box 853921
Richardson, TX 75085-3921
EDI: Change Healthcare 41124 or
McKesson/Relay Health 1708 or 4561

NY Electing

Aetna participating Doctors and Hospitals
are independent providers and are neither
agents nor employees of Aetna.

Contact 800.343.3140 for assistance in
locating an In-Network Provider.

Eligibility

Call 800.925.2272 or visit
www.MERITAIN.com for inquiries
regarding eligibility, claims and plan
benefits.

Utilization

For Precertification call: 800.242.1199. Failure
to comply with your plan's precertification
requirements may result in a reduction of
benefits.

24-Hour Automated Customer Service:
800.566.9311 or www.MERITAIN.com

Printed:

SELF-FUNDED INDEX #: 009



Additional Health Plan Coverage Information

Health Plan Coverage

Dickinson

Medical Plan Overview

- ✓ Introducing Meritain effective July 1, 2022
 - ✓ Independent company of Aetna
 - ✓ Members will continue to use the Aetna Choice POS II Network
- ✓ No Change in Plan Design
- ✓ Insurance premium changed due to increase in market
- ✓ Visit providers without referral & PCPs are not required (but recommended)
- ✓ Preventative Services Covered by the Plan
 - ✓ Well-Child Visits, Adult Physical (One/Contract Year)
 - ✓ Screening Mammography, Pap Tests,
 - ✓ Immunizations
- ✓ Teledoc telemedicine program - \$20 Copay for Acute Illnesses & Mental Health
- ✓ Dependents Covered to Age 26



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JULY 1, 2022 - JUNE 30, 2023 INSURANCE RATES

MEDICAL: Meritain Health (An Aetna Company)				
Annual Salary ↓	Employee	Employee + Child(ren)	Employee + Spouse	Employee + Spouse + Child(ren)
Employee Per Pay Premium - Bi-weekly 26 Pay Cycle				
< \$30,000	\$27.71	\$73.52	\$102.85	\$137.23
\$30,000 - \$34,999	\$30.35	\$80.53	\$112.65	\$150.30
\$35,000 - \$39,999	\$33.65	\$89.28	\$124.89	\$166.64
\$40,000 - \$44,999	\$37.60	\$99.78	\$139.58	\$186.24
\$45,000 - \$49,999	\$41.56	\$110.29	\$154.28	\$205.85
\$50,000 - \$59,999	\$49.48	\$131.29	\$183.66	\$245.05
\$60,000 - \$69,999	\$57.40	\$152.30	\$213.05	\$284.27
\$70,000 - \$89,999	\$65.31	\$173.31	\$242.44	\$323.47
\$90,000 - \$109,999	\$69.27	\$183.81	\$257.13	\$343.08
>= \$110,000	\$73.23	\$194.31	\$271.82	\$362.68
Employee Per Pay Premium - Semi-monthly 24 Pay Cycle				
< \$30,000	\$30.02	\$79.65	\$111.42	\$148.67
\$30,000 - \$34,999	\$32.88	\$87.24	\$122.03	\$162.83
\$35,000 - \$39,999	\$36.45	\$96.72	\$135.30	\$180.53
\$40,000 - \$44,999	\$40.74	\$108.10	\$151.22	\$201.76
\$45,000 - \$49,999	\$45.03	\$119.48	\$167.14	\$223.00
\$50,000 - \$59,999	\$53.60	\$142.23	\$198.97	\$265.48
\$60,000 - \$69,999	\$62.18	\$164.99	\$230.81	\$307.96
\$70,000 - \$89,999	\$70.76	\$187.75	\$262.64	\$350.43
\$90,000 - \$109,999	\$75.04	\$199.13	\$278.56	\$371.67
>= \$110,000	\$79.33	\$210.51	\$294.47	\$392.91
Employee Per Pay Premium - Non-12 month 17 Pays				
< \$30,000	\$42.38	\$112.45	\$157.30	\$209.88
\$30,000 - \$34,999	\$46.41	\$123.16	\$172.28	\$229.87
\$35,000 - \$39,999	\$51.46	\$136.55	\$191.01	\$254.86
\$40,000 - \$44,999	\$57.51	\$152.61	\$213.48	\$284.84
\$45,000 - \$49,999	\$63.57	\$168.68	\$235.96	\$314.83
\$50,000 - \$59,999	\$75.67	\$200.80	\$280.89	\$374.79
\$60,000 - \$69,999	\$87.78	\$232.93	\$325.84	\$434.76
\$70,000 - \$89,999	\$99.89	\$265.06	\$370.78	\$494.72
\$90,000 - \$109,999	\$105.95	\$281.12	\$393.26	\$524.71
>= \$110,000	\$112.00	\$297.19	\$415.73	\$554.69



Aetna Choice POS II No Plan Changes for July 1, 2022

Service	In-Network	Out-of-Network
Deductible	\$350 Single \$1,050 Family Tiers	\$800 Single \$2,400 Family Tiers
Coinsurance	Member pays 10%, after deductible	Member pays 30%, after deductible
Medical Out-of-Pocket Max	\$1,300 Single / \$3,900 Family Tiers	\$1,950 Single / \$5,850 Family Tiers
Primary Care	\$20 copay, deductible waived	Deductible & Coinsurance
Specialist	\$25 copay, deductible waived	Deductible & Coinsurance
Mental Health Office Visit	\$25 copay, deductible waived	Deductible & Coinsurance
Diagnostic Labs	Deductible & Coinsurance	Deductible & Coinsurance
Inpatient Hospital	\$200 copay, then 10% coinsurance after deductible	Deductible & Coinsurance
Urgent Care	\$40 copay, deductible waived	Deductible & Coinsurance
Emergency Room	\$125 copay, deductible waived	\$125 copay, deductible waived

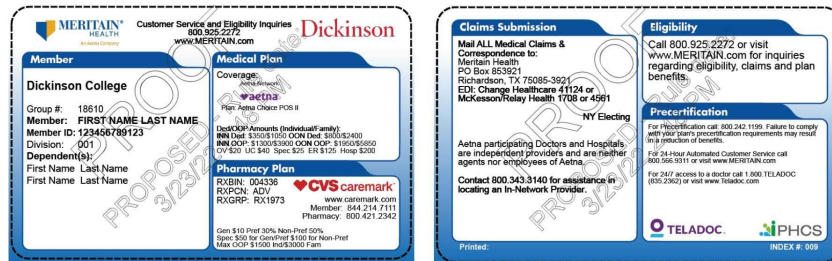


NEW Meritain ID Cards

Members will receive Meritain ID Cards prior to July 1, 2022

Covered dependents are now included on all cards

CVS RX information will now be included on the Meritain ID Card



Please update all providers with new ID Card information for July 1, 2022

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Meritain Member Portal

Website available to all enrolled members – Register once Meritain ID card is received!

- Review benefits and coverage
- View and download claims
- View Explanation of Benefits (EOBs)
- Access benefit plan documents
- Find a doctor
- Access member ID cards

Register or log in at
www.meritain.com



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How to Register

Access is as easy as 1–2–3

Step 1

Go to www.meritain.com and click *Register*.

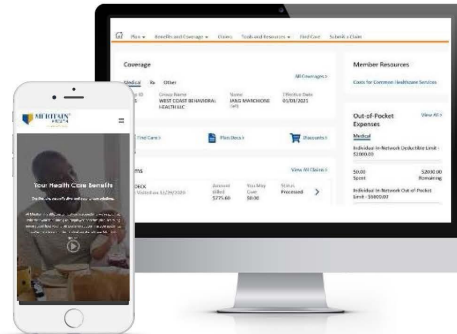
Step 2

Select *Member* under *I am a* and enter your group ID. Then, click *Continue*.

Step 3

You'll need to enter the following information, then select *Submit*:

- Member ID (located on your member ID card)
- Group ID (located on your member ID card)
- First name (employee, spouse or adult dependent)
- Last name (employee, spouse or adult dependent)
- ZIP code
- Email (personal address)
- Date of birth (mm/dd/yyyy)



You can access the portal by computer, tablet or via the Meritain Health mobile app on your iPhone® or Android™.





DocFind Provider Directory

Find Aetna providers online in just a few quick steps

You can use the DocFind directory anywhere you have internet access. Just:

- 1** Visit <http://www.aetna.com/docfind/custom/mymeritain/>.
- 2** Key in the ZIP code, city, county or state of the desired geographical area in the *Enter location here* field. Click *Search*.
- 3** Key in *Aetna Choice® POS II (Open Access)* under *Select a Plan*. Or you can select *Aetna Choice® POS II (Open Access)* from the list of plans. Click *Continue*.
- 4** There are two options available to search for providers. The guided flow search uses some of our most commonly searched terms and easily organizes them for our users to find. To use the guided search flow, choose and click on one of the categories under *Find what you need by category*. Or see **step five**.
- 5** Use the search box, which includes type-ahead suggestions and will present provider, facility, specialty and condition search options based on what is entered. These suggested options will present an exact match or relevant providers. *What do you want to search for near* (will display your chosen location).
- 6** Choose your provider from the list of providers displayed on the results screen. You can learn more about each by clicking on the provider's name.
- 7** Narrow your search results by using the *Filter & Sort* option. Choices include Gender, Languages, Hospital Affiliations, Office Detail, Individual Practice Association Affiliations, Group Affiliations and Provider Type.

***No Change to current provider network**



Teledoc Telemedicine Program

Alternative to receive care by visiting a certified medical doctor right from your home, office or on the go for non-emergency medical conditions. Available 24/7/365

Physicians will diagnose your symptoms, prescribe medications (when appropriate) and send the prescription to your nearest pharmacy.

When to Use:

- Primary care doctor is not available
- Instead of going to the ER or Urgent Care (for a non-emergency)
- Traveling and in need of medical care

Treatable Common Conditions:

Allergies, Asthma, Bronchitis, Cold/Flu, Diarrhea, Ear Infections, Fever, Headache, Infections, Insect Bites, Joint Aches, Rashes, Sinus Infections, Skin Infections, Sore Throat



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Behavioral Health on Teledoc “Confidential therapy on your terms”

Speak with a licensed therapist from anywhere

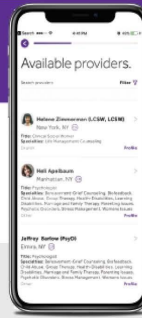
Taking care of your mental health is an important part of your overall well-being. With Teladoc's Mental Health, adults 18 and older can get care for anxiety, depression, grief, family issues, and more. Choose to see a psychiatrist, psychologist, social worker, or therapist and establish an ongoing relationship.

“As a working mom with two small children, finding ‘me time’ is almost impossible. So having easy access to an amazing psychologist through Teladoc has been an invaluable benefit.”
Ade O., Teladoc member

Teladoc doesn't offer a crisis hotline. Appointments must be scheduled.

Why use Teladoc's Mental Health service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you



How to schedule a visit

- 1 Register your Teladoc account via web or app or log in to your account if you're already registered
- 2 Request a visit
- 3 Answer a few questions
- 4 Select your therapist
- 5 Request a time for your appointment



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Meritain Precertification

Meritain medical management team will help you get the most appropriate care, when and where you need it.

Precertify before the following:

- Hospital admissions
- Inpatient or outpatient surgery
- IV home infusion therapy or chemotherapy
- Inpatient substance abuse treatment
- Home health care
- Admission to an extended care or rehab care facility



Call before you get care

You or your doctor can call Meritain Health Medical Management to verify which procedures need to be precertified.



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Additional Meritain Member Resources

Pre-Admission and Post-Discharge Counseling

- Provides educations to members receiving inpatient procedures

Maternity Management

- Connecting members with maternity nurse specialist (RN's) for the duration of pregnancy

Institutes of Quality

- Aetna network includes special network of hospitals and facilities known for providing quality care

Product Discounts

- Meritain provides health discounts for healthcare products including blood pressure monitor, electrotherapy,



United Concordia



United Concordia also sent out new member ID information. If you are enrolled in one of the dental plans, you should have received a letter from United Concordia with updated member information. They did not issue "cards" but a paper copy of cards and information on how to obtain your card at any time through their mobile app or online. For more information, please log in to your United Concordia account at: <https://www.unitedconcordia.com/dental-insurance/home/>

TIAA In-Person Retirement Consultation



Questions about retirement? Your financial consultant has answers.

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

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

Schedule time today for an IN-PERSON appointment with TIAA financial consultant, *Nigel Stearns*:

- ***Friday, September 16***

Appointments are available between 9 a.m. and 4 p.m. in the HUB, Mary Dickinson Room. To schedule a personal meeting with TIAA, please sign up online³⁶ or call 800-732-8353 (remember to ask for the Dickinson College schedule), weekdays, 8 a.m. to 8 p.m. (ET).

All appointments must be scheduled through TIAA.

Please have your investment, retirement plan, bank, savings and other financial statements available to help your TIAA financial consultant identify areas where they can assist you.

³⁶<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

TIAA 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)³⁷. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

Tuesday, September 13 | 12 p.m. | Opening Doors to the Future - Save in a 529 college savings plan

- *You can learn how 529 college savings plans work and how to invest in one for a child, grandchild, yourself or another loved one.*

Tuesday, September 13 | 3 p.m. | Strategies for Staying on Track

- *No matter how much or how little money you can save for retirement, it's important that you start now and stay invested for your future. You can learn how taking smart financial steps today may help lead you to a solid financial future after you've stopped working.*

Wednesday, September 14 | 2 p.m. | Help Protect You, Your Family, and Your Money

- *Are you concerned about identity theft and your family's security online? TIAA's Information Security team will discuss how you can protect yourself and your family from cyber criminal social engineering.*

Thursday, September 15 | 12 p.m. | An Introduction to Alternative Investments: Real Estate

- *Interested in alternative investments? This webinar will help investors understand TIAA's innovative approach to real assets and how it can help diversify an investment portfolio.*

Thursday, September 15 | 3 p.m. | At Your Fingertips: Manage your money from wherever you are

- *Learn about TIAA's commitment to digital, and how we're leveraging the latest technologies in our online and mobile tools to help you save time and achieve financial success while you're on-the-go.*

³⁷<https://www.tiaa.org/webinars>

Fidelity Consultations



Fidelity's investment representatives offer individual counseling for financial planning and retirement. **If you have questions or concerns regarding your Fidelity account, please contact Daniel McCarthy, Retirement Planner / Personal and Workplace Investing, at daniel.mccarthy@fmr.com³⁸ or call (603) 213-3523.**

Visit [Fidelity.com](https://www.fidelity.com)³⁹ to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.

Roadmap to Medicare (Educational Webinar)

Friday, September 30 | noon to 1 p.m. | Webinar

Designed for those: *Nearing age 65 * Nearing Retirement * Working Past age 65 and ALL Retirees

Learn How to Get and Stay Medicare Insurance Ready

Come learn...

Important Timeframes:

- What you should be doing as a retiree or soon to be retiree

³⁸<mailto:daniel.mccarthy@fmr.com>

³⁹<https://www.fidelity.com/>

- Open Enrollment and Guaranteed Issue Periods, plus late penalties
- What happens when you and your spouse do not turn 65 at the same time
- When to enroll or defer Medicare Part B if not retiring at age 65
- Changing carriers—how & when

Make sure your coverage is complete:

- What does Medicare cover and not cover
- Is secondary insurance necessary and what are the options
- How do a Medicare Supplement and Original Medicare coordinate

Guidance regarding your personal situation and much more...

Bring your questions... this is a great opportunity to gather helpful information.

All are welcome—Please invite a friend!

Enroll and sign-up in Totara⁴⁰ to access the webinar link.



Medicare Help Team

⁴⁰<https://totara.dickinson.edu/course/view.php?id=339>

Dickinson employees have access to a **Medicare Help Team** at HTA. The team looks forward to talking with you to provide education, guidance and to answer any questions.

HTA offers a Client Toolkit⁴¹ with details on services provided to guide you through the Medicare process. There is no cost to use HTA and you do not pay a higher premium if you enroll through them, rather than directly with the insurance company. Click the link to watch this short video on **HTA Medicare Services**⁴² – 4 min.

Scheduling an appointment is easy via phone, email or shown below:

- **Call: 610-430-6650, Option 1**
- **Email: Medicare@HTA-insurance.com**⁴³
- **Schedule Online**⁴⁴

⁴¹<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fW1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrcucm9lEwBxWbrsds3U8mYp2MYxqZRlYaNsJ7T-2FXIdg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZJt57tkfpr0fC08TDCulrdIPkKjgKqf6EoECHCdPw7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsu0cMQP7wwB1FNBEengszABs-2BmN-2F0bzrekAgcb8hHCh4-3D>

⁴²<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-2FqQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D>

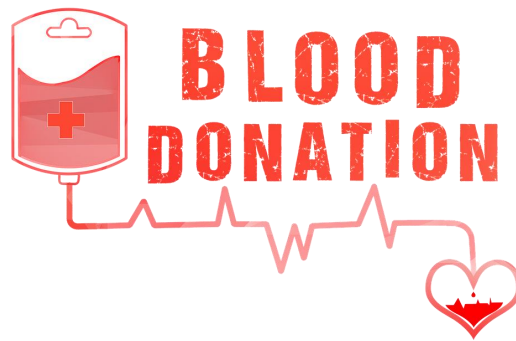
⁴³<mailto:Medicare@HTA-insurance.com>

⁴⁴<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDLukaTif5PxtPo8C7FLZimf73xCigKK3EBITfIrS76mZ0DvUTykj0OYEPH4QONMBAktlPrwqADKQLZ-2FWIQUl5cmYfcJ3No69EnbQL6tEf5 977 qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1lI3UmZJFA1s1QixL-2BhxZBRqadqcgJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5IReHgnz3Or-2BFVXqTfu609sb8lVtaFibiPgGog4dDOTZ8AM5cfIVAWYQlLRLJv-2Bg8-2BAk-3D>

Community | For the Greater Good



Community Blood Drives



Central Pennsylvania Blood Bank

Click on the links below to see a schedule of the following area blood drives during the month of September:

- **Cumberland County Blood Drives⁴⁵**
- **Wellspan Chambersburg Hospital⁴⁶**
- **Perry County Blood Drives⁴⁷**

For other blood drives in the area, please visit the Central Pennsylvania Blood Bank's "Give Blood" website⁴⁸ to locate additional dates and locations!

⁴⁵https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

⁴⁶https://www.dickinson.edu/download/downloads/id/13913/central_pennsylvania_blood_bank_wellspan_chambersburg_hospital.pdf

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

⁴⁸<https://www.717giveblood.org>

American Heart Association: HeartWalk 2022



Sunday, September 18 | City Island | 25 Station Road, Harrisburg PA

Live Registration & Check-in: 12:30 p.m. | Walk Begins: 2 p.m.

Join Team Dickinson at: <http://www2.heart.org/goto/TeamDickinson2022>

Join members of Team Dickinson at the annual HeartWalk scheduled for Sunday, September 18 on City Island in Harrisburg. Stretch your legs and get some fresh air on this fall afternoon with your family, friends and colleagues. *Participating in this event is free.* For more information, please visit the website listed above, send an email to diamondj@dickinson.edu⁴⁹ or call ext. 8084.

2022 Run for Steph 5K | Homecoming Weekend



One of the college's biggest fundraising events for The McAndrews Fund for Athletics is just around the corner—the Run for Steph 5K during Homecoming & Family Weekend. This event

⁴⁹<mailto:diamondj@dickinson.edu>

celebrates the life of Steph Kreiner '03, who was killed by a drunk driver shortly after she graduated from Dickinson. As Steph was an athlete involved with women's lacrosse and field hockey, all of the proceeds of this event benefit Dickinson athletes.

We ask that you join the Dickinson community and support a great cause! Upon completion of your registration, you will receive a confirmation that will include a link to a liability waiver, which you **must complete to participate in this event** - date to be announced for 2022.

Homecoming weekend happens on September 23-25, 2022.

2022 Run for Steph Registration Link will be available soon. Visit the **2022 Homecoming Weekend** webpage⁵⁰ for more information.

Down on the Farm



⁵⁰https://www.dickinson.edu/homepage/716/homecoming_weekend

Campus Supported Agriculture



From the Farm to your Kitchen – Dickinson Vegetable Shares

The summer season is in full swing at the College Farm with fall crops planted and growing strong! We invite Dickinson community members to join the College Farm CSA (Campus Supported Agriculture) mid-season. Our produce is certified organic and freshly harvested. All shares are customized by the member and pre-bagged by our farm staff for easy and safe pick-up at the College Farm on Tuesdays or at Project SHARE on Fridays. Small and Large shares are available 'weekly' or 'every other week'. Beef, lamb, eggs and other tasty surprises are also offered. Don't miss out on the bounty growing in our fields – you'll be delighted!

To sign up or to learn more about the benefits associated with becoming a CSA member, please go to <http://blogs.dickinson.edu/farm/csa/> or contact Mary Silva at farm@dickinson.edu⁵¹.

⁵¹<mailto:farm@dickinson.edu>



Location: 169 West High Street

Dickinson College Farm Works is OPEN for the fall semester. The Farm Works store opened on Monday, August 29, and offers freshly prepared soups, salads, specialty drinks and artisan bread. Check out their weekly menu at Farm Works online⁵²!

The Farm Works store has lots to offer:

- Seasonal Produce - currently carrots and potatoes
- Canned Goods and Refrigerated Items - Salsa, sauces, eggs, hummus, and more!
- Sustainable Goods and Artisanal Products - Reusable totes, Farm Works swag, garden seeds, pet treats,

Stroll on over - - it's just around the corner from Denny Hall!

Farm works is open ***Monday through Friday, from 11 a.m. to 2 p.m.***

⁵²<https://www.dickinson.edu/farmworks>

September Farm Events

Mark your calendar now for these upcoming College Farm events:

Friday, September 9 | 4-7 p.m. | Trout Gallery Pizza on the Plaza

- Come to the Weiss Center for the Arts for a very special Pizza on the Plaza sponsored by The Dickinson College Farm and The Trout Gallery. Enjoy free farm pizza, beverages, live music and student-led art chats about the exhibitions *Robert Rauschenberg: Surface Series* and *Bronze*.

Tuesday, September 20 | 5-7 p.m. | Sourdough cooking class with Kent Barrett

- Join us for our first cooking class of the semester! Professor Kent Barrett will be teaching participants how to make classic sourdough, just in time for the beginning of fall when the air is turning crisp. This event is free and open to the Dickinson community. RSVP on EngageD⁵³.

Friday, September 30 | 6-9 p.m. | Harvest Fest

- Come on down to the Dickinson College Farm for our annual Harvest Fest! Enjoy live music and contra dancing, warm soups, fresh pressed apple cider, Leo's ice cream, and more! Transportation is available and will leave the Kaufman parking lot every 15 minutes starting at 5:45 p.m. This event is free and open to the Dickinson community. RSVP on EngageD⁵⁴.

⁵³<https://dickinson.campuslabs.com/engage/event/8156857>

⁵⁴<https://dickinson.campuslabs.com/engage/event/8026700>

Nutrition Corner



If you're looking to improve your eating habits, you're not alone. Here are some tips for heart-healthy eating.

Source: American Heart Association⁵⁵

Embed://<iframe width="705" height="397"

src="https://www.youtube.com/embed/sRFcyh9AFYg" title="YouTube video player"

frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media;

gyroscope; picture-in-picture" allowfullscreen></iframe>

⁵⁵<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

Grilled Salmon with an Apricot Cranberry Glaze



Looking for a heart-healthy source of protein? Salmon is low in saturated fat and a good source of vitamin B12, potassium, iron and vitamin D.

Ingredients

- 1/16 teaspoon black pepper, ground
- 1/16 teaspoon salt
- 1 4-ounce wild-caught salmon fillet, thawed
- 2 cups chicken stock
- 4 7/8 ounces dried apricots, cut into strips
- 12 ounces cranberries, dried and sweetened
- 4 ounces cranberry juice cocktail
- 1 1/4 ounces light brown sugar

Instructions

Sauce

1. Combine apricots, dried cranberries, and juice. Cover and let rest until dried fruit is rehydrated.
2. Combine all ingredients in a medium saucepan over medium heat.

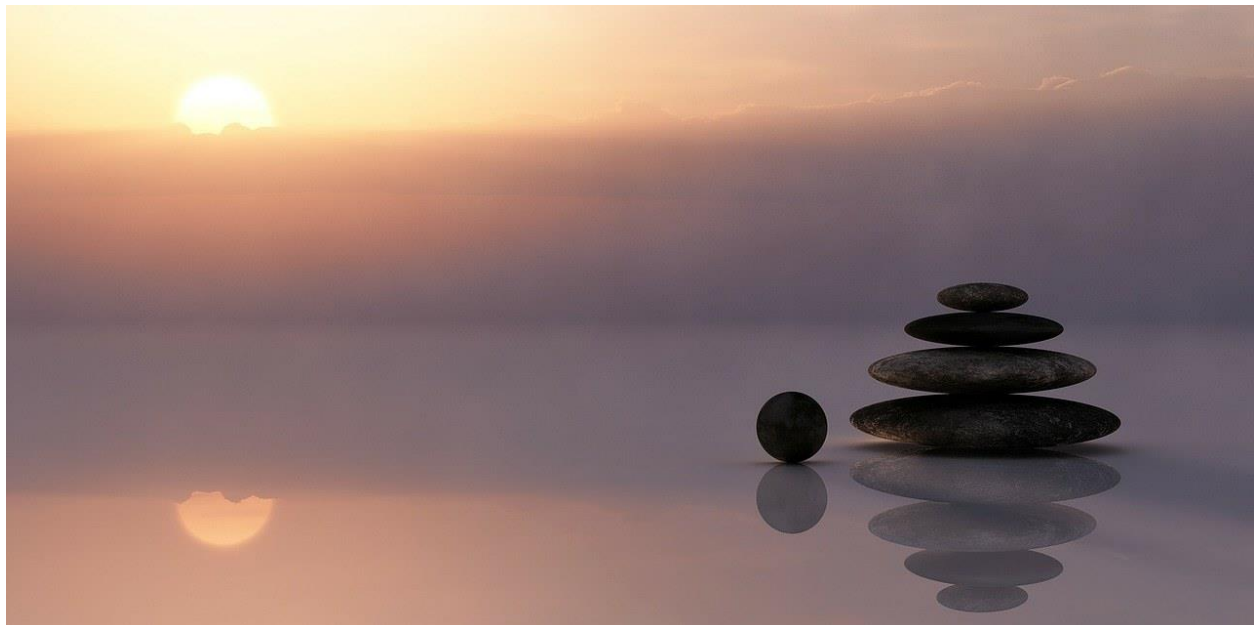
3. Bring to a boil and cook for 5 minutes.
4. Set aside.

Prepare the fish

1. Spray each side of fillets with vegetable oil spray.
2. Season each fillet with 1/16 teaspoon pepper and 1/16 teaspoon salt.
3. Place salmon flesh side down on grill. Cook for 2 minutes.
4. Turn and cook for another 2 minutes. The minimum internal temperature should be at least 145 F (for 15 seconds).
5. Serve with some sauce over the fish.

Source: UPMC⁵⁶

Wellness Events



⁵⁶https://wordpress-share-prod.azurewebsites.net/2014/10/recipe-grilled-salmon-apricot-cranberry-glaze/?source=search-results_title&et_cid=1123252&et_rid=1546396&utm_medium=email&utm_source=salesforce&utm_campaign=nutrition-category&utm_content=newsletter&em_id=HealthBeat-NutritionCategoryAnnouncement-090222_NEWS_Sep-22_e1

Fall 2022 Flu Vaccine Appointments



For Fall 2022 as in previous years, we are happy to offer flu vaccinations to students and employees of the college. The college will host flu clinics in the **HUB Social Hall**:

- Wednesday, September 21 | 9 - 11:30 a.m.
- Thursday, October 27 | 11 a.m. - 1:30 p.m.
- Tuesday, November 8 | 4 - 6 p.m.

Flu Vaccination Registration is now open in Totara⁵⁷!

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

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 HERE⁵⁸ for your free flu vaccine today!

⁵⁷<https://totara.dickinson.edu/course/view.php?id=165>

⁵⁸<https://totara.dickinson.edu/course/view.php?id=165>

Our on-campus flu vaccines are only offered to adults (employees and students) at this time. We do not carry flu vaccine supplies for children. REGISTRATION IS REQUIRED⁵⁹ IN ORDER TO RECEIVE YOUR FLU VACCINATION.

******2022 Flu Vaccine Clinic Participation Forms are required to be completed by all participants. Please click the link below for employee or student status, download and complete the form and bring it with you to your scheduled flu vaccine appointment.***

- Employee Vaccine Clinic Participation Form⁶⁰
- Student Vaccine Clinic Participation Form⁶¹

Carlisle Family YMCA - Special Discount



The Carlisle Family YMCA offers ***discounted memberships (20% off)*** for ***Dickinson College employees***. The discount is good for employees who are current members of the YMCA and for employees who become new members. Employees interested in the discounted membership rate should contact the YMCA membership desk to request this special rate.

⁵⁹<https://totara.dickinson.edu/mod/facetoface/view.php?id=2175>

⁶⁰https://www.dickinson.edu/downloads/download/6357/staff_flu_vaccine_clinic_participation_form

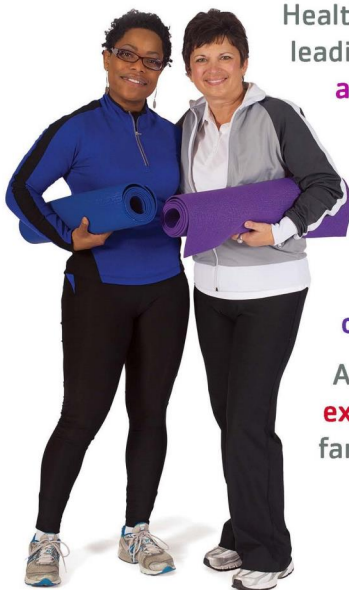
⁶¹https://www.dickinson.edu/downloads/download/6356/student_flu_vaccine_clinic_participation_form



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dickinson

CARLISLE FAMILY YMCA CORPORATE PARTNERSHIP



Healthy and happy employees create successful organizations — leading to **stronger communities where everyone can learn, grow and thrive.**

We are very excited to partner with Dickinson College to help improve the health and well-being of their workforce through YMCA membership, programs and services. We also connect employees to programs and services that **nurture the potential of their children and provide opportunities to support neighbors in need.**

As part of this partnership, **Dickinson College staff enjoy an exclusive 20% membership savings*** off the standard adult or family membership rate each month.

HERE'S HOW IT WORKS

I'M A Y MEMBER

Stop at the Welcome Center the next time you are at the Y. Show your Dickinson College ID to a Member Service Representative to activate your 20% discount on your adult or family membership.

I'M NOT A Y MEMBER

Bring your Dickinson College ID with you to the Welcome Center. Be sure to inform the Member Service Representative that you work for Dickinson College and show them your ID during the joining process to receive the 20% discount.

***The Carlisle Family YMCA reserves the right to alter or suspend the Dickinson College Corporate Partnership program at any time with 30 days notice.**

CORPORATE PARTNER RATE CHART

Eligible Categories	Monthly Rate
Young Adult	\$26.40
Adult	\$30.40
Senior Adult	\$28.80
2 Adults^	\$46.40
1 Adult with Dependents^	\$51.20
2 Adults with Dependents^	\$55.20
2 Senior Adults^	\$44.80
1 Senior Adult with Dependents^	\$47.20
2 Senior Adults with Dependents^	\$49.60

^ living at the same address

Additional Information

- Memberships must be monthly drafted in one of the above categories to qualify for this special rate.
- No other membership fee reductions, special rates or financial aid can be combined with this special rate.
- Current Financial Assistance, Youth, Teen and Child Care members can not get the discount unless they convert to a full-pay adult or family membership.
- The Corporate Partner rate applies only to membership fees, and not to additional fees or program registration fees.

Biometric Screening



Thursday, March 23 | 7:30 - 9 a.m. | Check-in: HUB, Mary Dickinson Room

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 2022-2023 or as part of your on-campus screening . This is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome. The number of people with metabolic syndrome increases with age, affecting more than 40 percent of people in their 60s and 70s. Several factors increase your risk for developing the syndrome – high blood pressure, high cholesterol, diabetes or high blood sugar, a lack of physical activity, smoking, and family history. Monitoring your blood pressure, blood glucose, cholesterol levels and BMI gives you the ability to stay on top of your overall health. Knowing your numbers provides the information to you for conversations with your personal physician.

Do you know your numbers? If not, please plan to complete this health screening. For 2022-2023, the free biometric screening is available to the first 100 registrants, or complete this screening during your annual well visit for your physical exam with your healthcare provider. Your Biometric screening must be completed on or before Friday, May 26, 2023 to meet the deadlines of the 2022-2023 Wellness Incentive Program Challenge! Each biometric screening participant receives a \$5 coupon for *Farmers on the Square*.

Enroll and sign-up for your screening in Totara⁶².

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.edu⁶³ or by phone at ext.1663.*

Depression, Anxiety and Burnout: Moving Toward Hope and Health

A HealthAdvocate Webinar



Thursday, September 15

Registration Links: 10:15 am (ET)⁶⁴ | 4:15 pm (ET)⁶⁵

After more than two years of coping with ongoing challenges while in a pandemic environment, it is understandable that feelings of depression, anxiety and burnout have intensified. Those experiencing these conditions are far from alone, but recognizing when we need extra support for our emotional and mental well-being is critical.

⁶²<https://totara.dickinson.edu/course/view.php?id=51>

⁶³<mailto:studentwellness@dickinson.edu>

⁶⁴<http://cl.S7.exct.net/?qs=4b2f3887bdecbf5714ef3c79dff6b120f77817dd9a293301f8a92714a02be41e229714758e5838716ee5c4c8c48dbd7>

⁶⁵<http://cl.S7.exct.net/?qs=4b2f3887bdecbf5740db1f7bd41e34b6d6b40867609eb2f6ae5a4cccf9f40aeb7cfa665a79b645f76b2e46caaf15e1c7>

Join us for this webinar to understand how to identify and cope with these challenges and how to seek help when needed.

Presenter: Karen Rech, MSW, EAP Program Manager, Senior Trainer, Health Advocate

Upcoming Webinar

Mindfulness: An Experiential Workshop

Thursday, October 20

Registration Links: 10:15 am (ET)⁶⁶ | 4:15 pm (ET)⁶⁷

Mindfulness can reduce stress and improve concentration, focus, health, efficiency and accuracy. When facing tough situations in everyday life, mindfulness can help us to sort through the mental clutter and clear our minds, allowing us to find a new perspective to tackle these challenges.

In this webinar, we will review the key principles of mindfulness and guide participants through real-life exercises that demonstrate its impact on many different stressors, challenges and situations.

Presenter: Karen Rech, MSW, EAP Program Manager, Senior Trainer, Health Advocate

CPR, First Aid & AED Training

⁶⁶<http://cl.S7.exct.net/?qs=4b2f3887bdecbf57b9ab3190291c71acb88b27fb76d0bc8335b3ee65a40eac615e22a9416c6769c306411160ccd407cd>

⁶⁷<http://cl.S7.exct.net/?qs=4b2f3887bdecbf5780c1e27701ac8532417ca0ebb5e5a4f8004f04ceded9b8b202ae31ff8706402147fda8228c675f6b>



Monday, October 17 | 8 a.m. - 4 p.m. | DPS Training Room

This hands-on skills training prepares participants to respond to breathing and cardiac emergencies in adults, children age 12 or younger, and infants. Being certified will provide you with valuable skills that will prepare you to handle a potentially life-threatening situation. Sign up for one of the training options listed below to reserve your spot in this program. Successful participants will learn and achieve the skills needed to demonstrate and pass the written certification exams.

Enroll and sign-up in Totara.⁶⁸

Substance Misuse and the Drug Free Workplace

⁶⁸<https://totara.dickinson.edu/course/view.php?id=93>



Presented by Missy Taylor, Ph.D.

AOD Coordinator/Licensed Psychologist, Dickinson College Wellness Center

Session Options:

Wednesday, October 26 or Wednesday, February 8

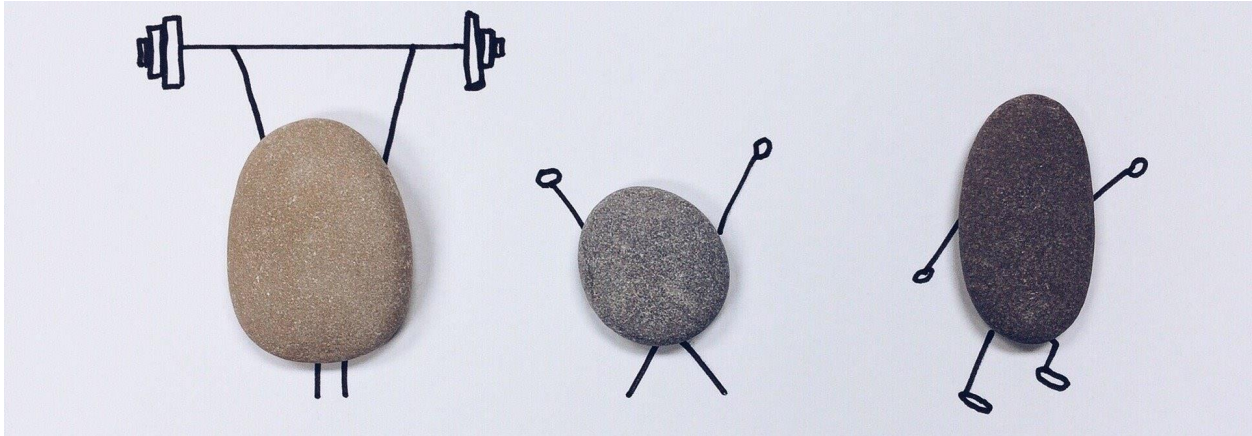
noon -1 p.m. | Stern Center, room 102

This employee workshop is designed to provide brief education on substance misuse and related problems. You will learn about the warning signs of a substance use disorder, how to support persons struggling with substance misuse, and the connection between substance misuse and Dickinson's Drug Free Workplace policy. This program will also provide information on available resources.

Enroll and sign-up in Totara.⁶⁹

⁶⁹<https://totara.dickinson.edu/course/view.php?id=300>

Physical Wellbeing



Wellness@Dickinson Fitness Programs



Wellness programs offered for 2022-2023 begin the week of September 19, with fitness options collaboratively designed with the office of Student Leadership & Campus Engagement (SLCE) to allow the maximum possible wellness opportunities for the campus community. Camp Cardio with Ethos Fitness and Sports Yoga will return this year, along with a variety of other group fitness classes that can be found online on the student recreation Group Fitness Classes webpage⁷⁰ (***watch for updates on this page for the Fall Semester***).

Fall Semester Fitness Programs – Register NOW!

Register now in Totara for the free fall semester fitness programs that are part of the employee wellness program listed below:

⁷⁰http://www.dickinson.edu/info/20230/campus_recreation/1799/group_fitness_classes/1

Zumba⁷¹ | Monday, Tuesdays, Thursdays from 1:30-2:30 in the HUB Dance Studio (*RSVP in EngageD by searching Zumba*)

Sports Yoga⁷² | Tuesdays from 4:45-5:45 p.m. in the HUB Dance Studio

Camp Cardio⁷³ | Thursdays from 5 - 6 p.m. in the HUB Dance Studio

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁷⁴ or call ext. 8084.

Zumba



Monday, Tuesdays, Thursdays beginning September 5 | 1:30-2:30 p.m. | HUB Dance Studio

Offered by Student Leadership and Campus Engagement

Zumba is perfect for anybody and EVERY body, mixing both high and low intensity moves for an interval style, calorie burning, dance fitness party! We will tour the world using music and dance as our guides. Let's take the "work" out of "workout" and combine all elements of cardio, muscle conditioning, coordination, balance, and flexibility, while experiencing boosted energy and FUN that Zumba is known for. No experience is necessary. Bring your smile, an interest to learn and a positive attitude.

⁷¹<https://dickinson.campuslabs.com/engage/events?query=zumba>

⁷²<https://totara.dickinson.edu/course/view.php?id=47>

⁷³<https://totara.dickinson.edu/course/view.php?id=379>

⁷⁴<mailto:devwell@dickinson.edu>

RSVP in EngageD!⁷⁵

Sports Yoga



Tuesdays, September 20 through November 15 | 4:45 - 5:45 p.m. | HUB Dance Studio

Instructor: Jim Mader

Sports Yoga combines active stretching, breathing techniques and a westernized approach to learning and using Yoga poses. Each class is designed to safely increase flexibility, improve mental focus/relaxation and increase strength. With a regular practice of Sports Yoga all activities, including athletics, become easier.

Enroll and sign-up for these sessions in Totara⁷⁶!

Camp Cardio with Ethos Fitness

⁷⁵<https://dickinson.campuslabs.com/engage/events?query=zumba>

⁷⁶<https://totara.dickinson.edu/course/view.php?id=47>



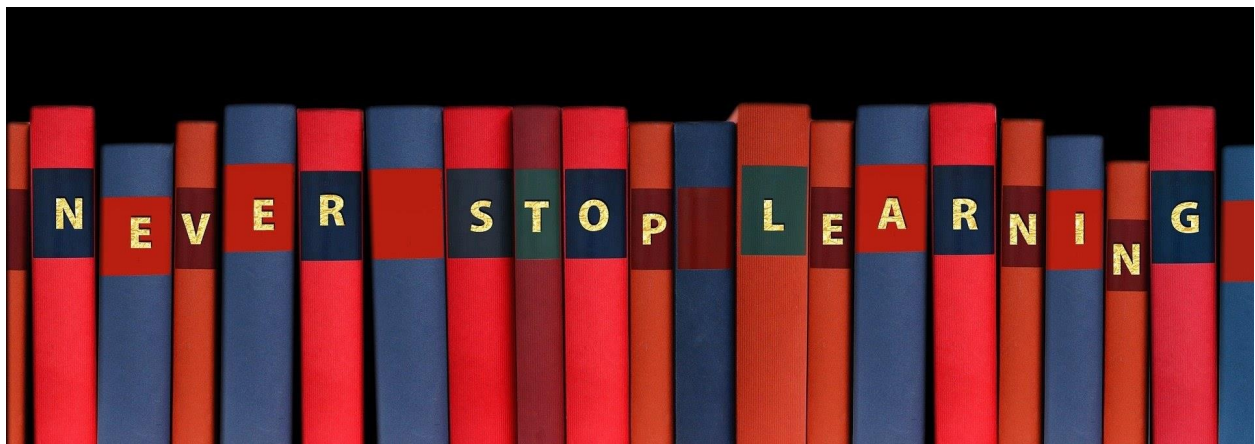
Thursdays, September 22 through November 17 | 5 - 6 p.m. | HUB Dance Studio

Instructor: Tina Salomone

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.

Enroll in this course to sign-up now in Totara⁷⁷!

Professional Development



CyberSecurity & Identity Theft Prevention

⁷⁷<https://totara.dickinson.edu/course/view.php?id=379>



Thursday, October 6 | noon-1 p.m. | Althouse, Room 106

Presented by Members 1st

Safeguarding your financial information is an important part of keeping your identity protected. Unfortunately in today's world, there are unscrupulous individuals who are always busy developing new scams for the unsuspecting public. One of the best ways to protect yourself against fraud is to educate yourself about identity theft, scams, and the many ways in which you are become more diligent when online or elsewhere.

Enroll and sign-up for this financial wellbeing course in Totara⁷⁸.

College Prep for Parents

⁷⁸<https://totara.dickinson.edu/course/view.php?id=67>



Part I - High School Counseling and Admissions - Tuesday, October 11

Part II - Financial Aid and Tuition Benefits - Tuesday, October 25

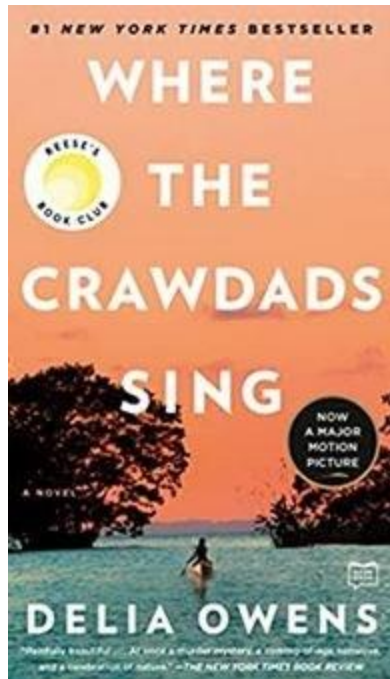
Sessions will be held in the **McCauley Room of Old West from noon to 1 p.m.**

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

Enroll and sign-up in Totara.⁷⁹

Book Discussion

⁷⁹<https://totara.dickinson.edu/course/view.php?id=42>



Wednesday, November 16 | noon - 1 p.m. | McCauley Room, Old West

Did you read the book and/or see the movie? If so, or if you want to read the book...please do! This is an informal book discussion just for fun - and to talk about the many nuances mentioned and hinted at in this book! The book can be obtained through local libraries, borrowed or purchased on **Amazon**⁸⁰ (or many other bookstores). See the *Amazon* "teaser" script below and enjoy reading the book before the discussion in November.

"For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life—until the unthinkable happens.

Where The Crawdads Sing is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are

⁸⁰https://www.amazon.com/Where-Crawdads-Sing-Delia-Owens/dp/0735219109/ref=asc_df_0735219109/?tag=hyprod-20&linkCode=df0&hvadid=501046529223&hvpos=&hvnetw=g&hvrnd=1706232103098473007&hvpon=&hvptw=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9006588&hvtargid=pla-1187009293163&psc=1

forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps."

Enroll and sign-up for this discussion in Totara⁸¹.

Contact Us



Physical Wellness Program Incentive Prize Winners

Congratulations to Erin Markan (*Dining Services*) for being randomly selected as the incentive winner for the month of July. The Physical Wellness incentive prize winner for each month is randomly selected based on 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

⁸¹<https://totara.dickinson.edu/course/view.php?id=43>

record your marathon-in-a-month miles, please send an email to devwell@dickinson.edu⁸² 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 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 Gateway⁸³ 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 policy⁸⁴ 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!

⁸²<mailto:devwell@dickinson.edu>

⁸³<https://gateway.dickinson.edu/>

⁸⁴http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

How To Guide⁸⁵

Dickinson Download⁸⁶

Dickinson/Biking⁸⁷

Dickinson/College Farm⁸⁸

Dickinson/Sustainability⁸⁹

Trout Gallery⁹⁰

Theatre & Dance⁹¹

Campus Announcements⁹²

Campus Events Calendar⁹³



3 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁹⁴

Human Resource Services Website⁹⁵

⁸⁵[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)

⁸⁶[http://www.dickinson.edu/info/20198/technology_services/3261/the dickinson download](http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download)

⁸⁷<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁸⁸<http://www.dickinson.edu/collegefarm>

⁸⁹<http://www.dickinson.edu/sustainability>

⁹⁰<http://www.troutgallery.org/>

⁹¹<https://www.dickinson.edu/theatreanddance>

⁹²<https://www.dickinson.edu/announcements>

⁹³<http://www.dickinson.edu/events>

⁹⁴<mailto:devwell@dickinson.edu>

⁹⁵https://www.dickinson.edu/homepage/122/human_resource_services