



Vitality - October 2022

Dickinson

HUMAN RESOURCE SERVICES

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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, we're celebrating a vital piece of local LGBTQ history here at Dickinson—the **10th anniversary of the Office of LGBTQ Services!** LGBTQ employees and allies are welcome to ***join us for a celebration gala on Saturday, October 8***, and are encouraged to register on EngageD¹. The Office of LGBTQ Services will also host and cosponsors a number of events open to all Dickinsonians during October, including, but not limited to:

- **Saturday, October 8: Celebrating with Pride: 10 Years of the Office of LGBTQ Services | 7 - 8:30 p.m. | Stern Great Room**
- **Tuesday, October 11: Out on Britton | 3 - 6 p.m. | Britton Plaza (Rain Location: HUB) | RSVP Here!²**
- **Thursday, October 20: LGBTQ Spirit Day | noon - 1 p.m. | Steps of Old West**
- **Thursday, October 20: Screening of *How to Survive a Plague* (2012) | 7 - 9:30 p.m. | Denny 317**
- **Wednesday, October 26: Intersex Awareness Day | 11:30 a.m. – 1:30 p.m. | Britton Plaza**
- **Thursday, October 27: LGBTQ+ Faculty & Staff Lunch | 12:00 – 1:00 p.m. | Stern 102**
- **Thursday, October 27: Ace/Aro Awareness Day | 11:30 a.m. – 1:30 p.m. | Britton Plaza**

¹<https://dickinson.campuslabs.com/engage/event/8203632>

²<https://dickinson.campuslabs.com/engage/event/8087275>

- **Friday, October 28: Pride Shabbat | 6 - 8 p.m. | Asbell Center for Jewish Life**

Keep an eye on the Office of LGBTQ Services website³ and Instagram (@dsonlgbtq) page for details of the events above and more. You also can visit the Waidner-Spahr Library all month for archival objects related to LGBTQ history, including a brand new set of displays documenting the history of LGBTQ activism in higher education in Pennsylvania and at Dickinson College. For more information about the Office of LGBTQ Services events year round, sign up for the weekly newsletter⁴.

Celebrations and events offers us a chance to make visible the 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 partnered to document the stories and history of LGBT life and activism in Central PA. Visit the LGBT digital archives⁵ to learn more!

³<https://dickinson.edu/LGBTQ>

⁴<http://eepurl.com/dHOoyz>

⁵<https://archives.dickinson.edu/lgbt>

National Fire Prevention Week: October 9-15



3 - <http://www.FPW.org>

This year's Fire Prevention Week theme is **"Fire Won't Wait. Plan Your Escape."** National Fire Prevention Week (NFPW) reminds us that today's homes burn quicker than ever and everyone should have a plan to escape in the event of an emergency. You could have as little as two minutes to get out of your place of residence if there is a fire.

Check out the following resources available, courtesy of the National Fire Prevention Association:

- How to Make a Home Fire Escape Plan⁶
- Escape Planning for Older Adults⁷
- Evacuation and Emergency Planning for People with Disabilities⁸

Environmental Health & Safety

Knowing what to do if there is a fire in your workplace is important too! Our Emergency Management Specialist, Kevin Walters⁹, and members of DPS recently conducted fire safety drills. Do you know your building's emergency escape plan and where your emergency assembly area is located? Check out your building's Quick Reference Guide, which is located near primary exits and alarm pull stations. If you have questions, please reach out to Kevin.



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:

Pull the pin. This will also break the tamper seal.

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

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!

⁶<https://www.nfpa.org/-/media/Files/FPW/educate/2022/FPW22Grid.ashx>

⁷<https://www.nfpa.org/Events/Events/Fire-Prevention-Week/Escapes-planning-for-older-adults>

⁸<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Specific-groups-at-risk/People-with-disabilities>

⁹<mailto:walterke@dickinson.edu>

Reference: OSHA Evacuation Plans and Procedures eTool¹⁰

Fall Into Fitness Challenge



¹⁰https://www.osha.gov/SLTC/etools/evacuation/portable_use.html#:~:text=Discharge the extinguisher within its,the fire is not out.



The Fall Into Fitness Challenge¹¹ is a fun, holistic, exercise-minutes challenge, that started last fall during the pandemic for the campus community, and is open to the entire campus community. The challenge design encourages overall fitness and wellbeing through a variety of events and activities both live and virtual. (Activities and programs are still being planned.) *Mini-teams are part of the fun, and having a mini-team with a diverse membership is encouraged - meaning inclusive of a variety of team members - such as mixing student/employee teams, different departments, class years, etc.*

Online registration for the 2022 fall challenge runs from Tuesday, October 4 through on Sunday, October 30. The 6-week Challenge competition begins on Monday, October 31 and continues through Sunday, December 11! Register by clicking here¹² to complete the online form.

¹¹<https://forms.office.com/r/RtXUvaUjTH>

¹²<https://forms.office.com/r/RtXUvaUjTH>

Join the Team!¹³ We will keep you updated about the Challenge through TEAMS chat messages, emails, Dickinson Today announcements, and also the Fall Into Fitness Challenge webpages this fall. To officially participate in the 2022 Fall Into Fitness Challenge, please complete the form¹⁴.

Details of the 2022 Fall Into Fitness Challenge are still being finalized!

Each week will include special activities and/or challenges for participants. Individuals may register with or without being part of a mini-team. Mini-teams can consist of 2-6 participants from any part of the college community - any variation of students/staff/faculty members. For staff and faculty, the traditional employee divisional challenge winners will continue to be determined by two criteria – the greatest percentage of participation for staff and the highest average number of minutes per participant.

We require participants to submit their exercise minutes online at the end of each week during the challenge. The online submission website address and other details will be provided to participants registered for the challenge in late-October once registration is closed.

We hope that everyone will join the 2022 Fall Into Fitness Challenge this fall and encourage others to join them in the Challenge too. We had lots of fun with the 2022 Spring Into Fitness Challenge despite the COVID-19 environment through some fun live and virtual challenges. We don't know what this fall's ending celebration will look like yet, but hope to figure this out soon to share and acknowledge the winners for the weekly mini-team Challenge winners, division winner, and individuals. Make the steps you take in the 2022 Fall Into Fitness Challenge the first steps you take toward ***falling into wellness*** this fall!

¹³<https://teams.microsoft.com/l/team/19%3a376b5de98c5c4e0382caa71f30205160%40thread.tacv2/conversations?groupId=74e71e0a-3a05-4fab-949b-086c649b510b&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

¹⁴<https://forms.office.com/r/RtXUvaUjTH>

Employee Highlights



New Hires



September

Billy Albright, *Dining Services*

Madison Albright, *Registrar*

Em Brenneman, *Print Center*

Danielle Dagen, *Career Center*

Jake Dains, *Office of CASE*

Tam Heberlig, *Advancement Services*

Megan Kling, *Office of Admissions*

James Lettieri, *Athletics*

Stacey Mackes, *Financial Operations*

Justin Peterman, *Mail Center*

Olivia Rampulla, *Children's Center*

Kaylee Wenderoth, *Athletics*

Retirements

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

- Maxine Bloom, *Dining Services* (September)
- Ruth Cramer, *Office of Financial Aid* (October)



Employee Announcements



Medicare Prescription Drug Plan Creditable Coverage Disclosure Notice



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 *Meritain Health* and group prescription drug plan managed by CVS Caremark 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 Services¹⁵ if you have any questions.

COVID-19 Employee Information Page

¹⁵<mailto:hrservices@dickinson.edu>



Faculty and staff can find up-to-date information within the COVID-19 Employee Information¹⁶ 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 here¹⁷ to find available resources.

If you test positive, please complete the at-home COVID testing form¹⁸. A member of Human Resource Services will be in touch to provide general guidance.

Dining Services Volunteer Sign-Up



¹⁶https://www.dickinson.edu/homepage/1579/covid-19_employee_information

¹⁷https://www.dickinson.edu/download/downloads/id/13900/covid-19_testing_resources.pdf

¹⁸<https://www.dickinson.edu/xfp/form/374>

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 Totara¹⁹.

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



¹⁹<https://totara.dickinson.edu/course/view.php?id=398>

Flu Vaccine Appointments Fall 2022



It's time to GET VAX'D! The best way to prevent the flu and complications of influenza is to get vaccinated yearly. The Center for Disease Control (CDC) recommends everyone ages 6 months and older should get a yearly flu shot. This protects you, your family, and your community.

The Flu Vaccine is FREE*

The seasonal flu vaccine is available at no cost to **Meritain Health 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 urgent care centers) for adults and for children 6 months and older. Meritain Health members can identify a local participating pharmacy by visiting their Meritain Health Member Portal²⁰.

CVS Caremark also helps provide members with access to vaccinations. During this flu season, they are offering vaccinations at local pharmacies and online appointment²¹ scheduling for extra convenience. Members can receive their vaccinations at the location and time of their choosing.

Who Should Get a Flu Vaccine?

²⁰<https://account.meritain.com/>

²¹http://insightsemail.cvshealth.com/MTYxLUxYTy00OTEAAAF_7561HHjt18GbkjZFC5p0vJ_R4m5hC-t2uHE6pWMhWH3ZU-yYJKoChA8KxQNF1JdQI9tL9Oo=

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



- **Thursday, October 27 | 11 a.m. - 1:30 p.m.**
- **Tuesday, November 8 | 4 - 6 p.m.**

For Fall 2022 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-up²² for your free flu vaccine today!

Our on-campus flu vaccines are ONLY offered to employee and students, ages 18 years and over. We are unable to administer the vaccination to a spouse or dependent.

REGISTRATION IS REQUIRED IN ORDER TO RECEIVE YOUR FLU VACCINATION. Registration is OPEN now!

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

Click here²³ 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: 2022 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.

Wellness@Dickinson: Completing the online Health Risk Assessment



Meritain Health offers many wellbeing tools and resources through their member portal. One of these is an online Health Risk Assessment. Follow the steps below to explore the member portal to learn more and know your own health risks.

Complete your FREE Health Risk Assessment²⁴ online in the Meritain Health member portal! If you have not already created your username/password, you will need to do this to access this resource and the others available online.

- **For Full-time employees with Meritain Health medical insurance. After logging in as a member, click on Tools and Resources, then 'Health Tools > My Wellness > click on My Health > Health Assessment: <https://account.meritain.com/>**

Meritain Health²⁵ > Tools and Resources > Health Tools > My Wellness (GO) > **My Health > Health Assessment**

²³<https://totara.dickinson.edu/course/view.php?id=165>

²⁴<https://totara.dickinson.edu/course/view.php?id=429>

²⁵<https://account.meritain.com/>

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*

- ***Tuesday, November 15 | 9 a.m. - 4 p.m. | HUB, Side Room 202***
- ***Wednesday, December 14 | 9 a.m. - 4 p.m. | HUB, Mary Dickinson Room***

To schedule a personal meeting please sign up online²⁶ 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.

TIAA Webinars

²⁶<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

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)²⁷. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

Tuesday, October 11 | 12 p.m. | Looking to Turn Your Retirement Savings Into a "Paycheck" for Life?

- *You diversify your investment portfolio before retirement to help offset risk. A similar strategy can help see you through retirement. Learn how creating a diversified income plan—one that uses a combination of income sources and includes annuity income that's guaranteed for life¹—can help reduce the risks you may face in retirement and ensure you have income that never runs out.*

Wednesday, October 12 | 12 p.m. | Quarterly Economic and Market Update with TIAA's Chief Investment Officer

- *Take a closer look at our views on the financial markets, including key market drivers, the U.S. economy, policy and politics, and investing in public markets. This webinar will also cover the challenges that investors face and how to navigate them.*

Wednesday, October 12 | 3 p.m. | Money at Work 1: Foundations of Investing

- *Discover how you can manage risk versus reward as well as understand the role of investing and managing risks, ways to help accelerate savings, and tools that can help sustain a portfolio.*

Thursday, October 13 | 12 p.m. | Live With Confidence In Your Retirement: 5 Steps to Creating Your Retirement

- *If you're getting ready to retire, this webinar is essential for understanding how to create an income plan that helps you maximize your savings throughout retirement.*

Wednesday, October 19 | 3 p.m. | Social Security Considerations

- *Social Security will likely play a significant role in building your retirement income. Learn the basics about Social Security, including eligibility, how to apply, how your benefit is calculated and strategies for claiming benefits.*

²⁷<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.com²⁸ or call (603) 213-3523.**

Visit [Fidelity.com](https://www.fidelity.com)²⁹ 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, December 2 | 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

²⁸<mailto:daniel.mccarthy@fmr.com>

²⁹<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 Totara³⁰ to access the webinar link.



Medicare Help Team

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.

³⁰<https://totara.dickinson.edu/course/view.php?id=339>

HTA offers a Client Toolkit³¹ 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**³² – 4 min.

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

- **Call: 610-430-6650, Option 1**
- **Email: Medicare@HTA-insurance.com**³³
- **Schedule Online**³⁴

Beneficiary Designations

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

³¹<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fFw1r98ZdNkk4VOXCq0BrHp-2BczFXRL-2FQYLrucum9lEwBxWbrsds3U8mYp2MYxqZRlYaNsj7T-2FXidg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZt57tkfpr0fC08TDCulrdIPkKjgKqf6EoECHCdPw7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsu0cMQP7wwB1FNBEengszABs-2BmN-2F0bzrekAgcb8hHCh4-3D>

³²<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEvhTWev4fwU63leQ2JrJX5tdT0DUYZgBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FpkqajJNtQKy8n-2FVTi5qgbvkDhD6HVPwNvy qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UFnmRM-2FqQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D>

³³<mailto:Medicare@HTA-insurance.com>

³⁴<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDIukaTif5PxtPo8C7FLZimf73xCigKK3EBITfIrS76mZ0DvUTYkj0OYEPH4QONMBAktlPrwqADKQLZ-2FWIQUlu5cmYfcJ3No69EnbQL6tEf5 977 qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1lI3UmZJFA1s1QixL-2BhxZBRqadqcgqJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5IReHgnz3Or-2BFVXqTfu609sb8lVtaFibiPgGog4dDOTZ8AM5cfIVAWYQloLRLjV-2Bg8-2BAk-3D>

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 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.

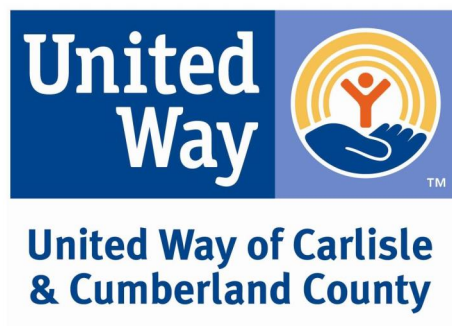
Click here³⁵ to read more to learn why it is important to designate a beneficiary and how to avoid complications and expense.

Community | For the Greater Good



³⁵https://www.dickinson.edu/info/20083/human_resource_services/3424/beneficiary_designations

2022 United Way of Carlisle & Cumberland County Pacesetter Campaign



Dickinson College is a *Pacesetter* for the United Way³⁶ of Carlisle & Cumberland County's annual campaign³⁷. The campus pacesetter campaign wrapped up in early September—to help set the pace for the larger community's fall campaign.

Employees can still support the 2022 United Way campaign with donations through December 31.

You may complete an online pledge form³⁸ or make your gift on the United Way Website³⁹ indicating "Dickinson College" in the employer field. Paper pledge forms are available by contacting Dottie Warner, Office of Conference and Events, at warner@dickinson.edu⁴⁰ or 717-245-1900.

United Way Day of Caring

³⁶<http://carlisleunitedway.org/>

³⁷<http://carlisleunitedway.org/campaign/>

³⁸<https://www.dickinson.edu/unitedway>

³⁹<https://uwcarlisle.org/donate/>

⁴⁰<mailto:warner@dickinson.edu>



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

Opening ceremony at 8 a.m.

Allison Hall | 99 Mooreland Avenue, Carlisle

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 here⁴¹!

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.

The Day of Caring is only a few days away! Please send an email to Human Resource Services to request registration and to let us know of your intent to participate. Jason Maddux⁴² – community impact director, United Way of Carlisle and Cumberland County – will receive a list

⁴¹<https://totara.dickinson.edu/course/view.php?id=59>

⁴²<mailto:Jason@uwcarlisle.org>

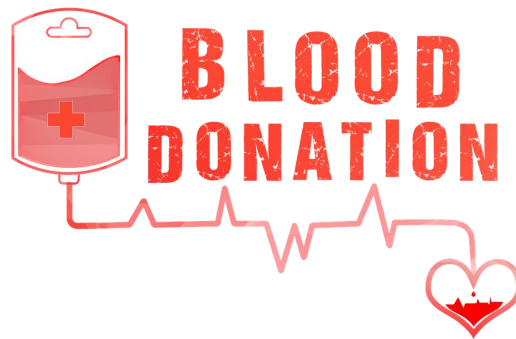
of volunteers and make the volunteer assignments. You can also sign up directly with United Way⁴³ today for yourself, a group, or family.

*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 now!***

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

Call 717-243-4805 or email Jason@uwcarlisle.org⁴⁴

Community Blood Drives



Central Pennsylvania Blood Bank

⁴³<https://uwcarlisle.org/day-of-caring/>

⁴⁴<mailto:Jessica@uwcarlisle.org>

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

- **Cumberland County Blood Drives⁴⁵**
- **Dauphin County Blood Drives⁴⁶**
- **Franklin County Blood Drives⁴⁷**
- **Calvary Church⁴⁸**
- **Mifflintown Hose Company⁴⁹**

For other blood drives in the area, please visit the Central Pennsylvania Blood Bank's "Give Blood" website⁵⁰ to locate additional dates and locations!

Carlisle Family YMCA Turkey Trot

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

⁴⁶https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf

⁴⁷https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

⁴⁸https://www.dickinson.edu/download/downloads/id/13364/central_pennsylvania_blood_bank_calvary_church.pdf

⁴⁹https://www.dickinson.edu/download/downloads/id/12736/central_pennsylvania_blood_bank_mifflintown_hose_company.pdf

⁵⁰<https://www.717giveblood.org>



Thursday, November 24 | Carlisle YMCA

The Carlisle Family YMCA Turkey Trot presented by Penn State Health is back! Register today to be part of our 21st annual race!

Not ready for an in-person event or traveling this Thanksgiving? No problem! Virtual options also are available. Register today!⁵¹

⁵¹https://r20.rs6.net/tn.jsp?f=001vSGnPPyzif5IjlwUVILux01IHZ0ydwstRhky2QKSW_miAs69iqDx1dYCowWQdy-yTxVe4P7l18UO_D5y8GohMdrp-gp7lDeuzXt55KUngeV7DHcdbuujYbjLceCDbDeBOquSFNQe9ogQ4y_AxBe71iCv6KUZ8_13p3rsuHnAFIHws56RdLXJaXZeNeBH8lskuTWeNg0WfFMmc_n9PNAPk4limbtoOeoiTqfE284JHjn1MRQECxRSfw==&c=bR6sFpRyY9wgzYGmsYYMaBn3ESBU4SlgOWEg40VGpg5lpcJeTJm7Q==&ch=RW4lvGDaK5QGrUy5_ajDaAXYEzQ2N2-Ree6pURWGIHbWGuby2XrGEA==

Down on the Farm



Location: 169 West High Street

Dickinson College Farm Works is OPEN for the fall semester. The Farm Works store 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.***

October Farm Events

Mark your calendar now for these upcoming College Farm events:

OKTOBERFEST Pizza on the Plaza (POP)

Friday, October 7 | 4-7 p.m. | Quarry Trellis

- POP offers students and campus community members with the opportunity to enjoy fresh-baked wood-fired pizzas featuring local ingredients from the College Farm. POP also includes music and fun programming to help celebrate the end of the week.

Cooking Class With Nidia Werner: Rice and Beans

Tuesday, October 11 | 5 - 7 p.m. | Stern Center, Kitchen

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

- Learn how to use seasonal ingredients from the farm with your pantry staples to cook up this hearty meal, common in most Brazilian homes. As Fall kicks into full gear, you'll want this recipe in your back pocket. RSVP through EngageD⁵³.

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 Association⁵⁴

⁵³<https://dickinson.campuslabs.com/engage/event/8418609>

⁵⁴<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

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>

Apple Pear Crisp



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 Association⁵⁵

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

⁵⁵<https://recipes.heart.org/en/recipes/apple-pear-crisp>

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.
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 Events



Carlisle Family YMCA - Special Discount



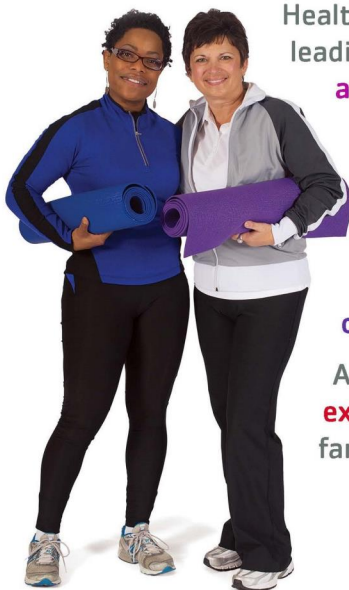
The Carlisle Family YMCA offers *discounted memberships (20% off)* for Dickinson College employees. The discount is good for employees who are current members of the YMCA and for employees who become new members. Employees interested in the discounted membership rate should contact the YMCA membership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



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, October 27 | 7 - 8:30 a.m.

Check-in: *Facilities Management Breakroom, 5 North Orange Street*

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!

Enroll and sign-up for your screening in Totara⁵⁶.

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.edu⁵⁷ or by phone at ext.1663.*

Mindfulness: An Experiential Workshop

A HealthAdvocate Webinar



Thursday, October 20

Registration Links: 10:15 am (ET)⁵⁸ | 4:15 pm (ET)⁵⁹

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

⁵⁶<https://totara.dickinson.edu/course/view.php?id=51>

⁵⁷<mailto:studentwellness@dickinson.edu>

⁵⁸<http://cl.S7.exct.net/?qs=4b2f3887bdecbf57b9ab3190291c71acb88b27fb76d0bc8335b3ee65a40eac615e22a9416c6769c306411160ccd407cd>

⁵⁹<http://cl.S7.exct.net/?qs=4b2f3887bdecbf5780c1e27701ac8532417ca0ebb5e5a4f8004f04ceded9b8b202ae31ff8706402147fda8228c675f6b>

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

Upcoming Webinars

November 17: Handling Holiday Stress

Registration Links: 10:15 am (ET)⁶⁰ | 4:15 pm (ET)⁶¹

The holidays are supposed to be a time of joy and excitement, but for many of us, this season can also lead to feeling stressed or overwhelmed. From family to finances, the holidays often create high expectations that may not be realistic. Finding ways to adapt in this unique season and set boundaries you are comfortable with can help to overcome some of these common challenges. Join us for this brief webinar to explore strategies to reduce and manage stress for a calmer and brighter holiday season.

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

CPR, First Aid & AED Training

⁶⁰<http://cl.S7.exct.net/?qs=1426d9b97f0d315e55661224fc9f7d6475c159c109468b89d8431b5de56b146d3bbba8b09249f6b373620623cfe03f77>

⁶¹<http://cl.S7.exct.net/?qs=1426d9b97f0d315e01136c026a1c7d91a6b74a9a9e0cdd3b506e0a236c8f3b0bc42557d89b0da9f380f498e2d231822f>



Monday, October 17 | 8 a.m. - 1 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.⁶²

Substance Misuse and the Drug Free Workplace

⁶²<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

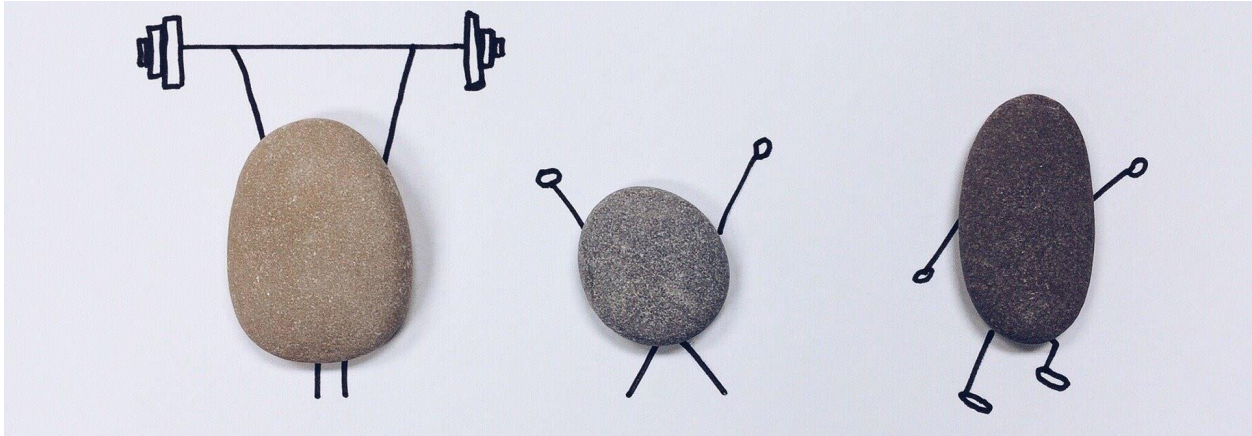
noon -1 p.m. | Stern Center, room 102

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.⁶³

⁶³<https://totara.dickinson.edu/course/view.php?id=300>

Physical Wellbeing



Wellness@Dickinson Fitness Programs



Wellness programs offered for 2022-2023 began 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 webpage⁶⁴ (***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:

⁶⁴http://www.dickinson.edu/info/20230/campus_recreation/1799/group_fitness_classes/1

Zumba⁶⁵ | Monday, Tuesdays, Thursdays from 1:30-2:30 in the HUB Dance Studio (*RSVP in EngageD by searching Zumba*)

Cardio Fusion⁶⁶ | Tuesdays from noon-1 p.m. in the HUB Dance Studio (*RSVP in EngageD by searching Cardio Fusion*)

Sports Yoga⁶⁷ | Tuesdays from 4:45-5:45 p.m. in the HUB Dance Studio

Pilates⁶⁸ | Mondays and Wednesdays from 4:30-5:30 p.m. in the HUB Dance Studio (*RSVP in EngageD by searching Pilates*)

Camp Cardio⁶⁹ | Thursdays from 5 - 6 p.m. in the HUB Dance Studio

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁷⁰ or call ext. 8084.

Zumba



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

Offered by Student Leadership and Campus Engagement

⁶⁵<https://dickinson.campuslabs.com/engage/events?query=zumba>

⁶⁶<https://dickinson.campuslabs.com/engage/events?query=cardio fusion>

⁶⁷<https://totara.dickinson.edu/course/view.php?id=47>

⁶⁸<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁶⁹<https://totara.dickinson.edu/course/view.php?id=379>

⁷⁰<mailto:devwell@dickinson.edu>

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.

RSVP in EngageD!⁷¹

Cardio Fusion



Tuesdays | noon - 1 p.m. | HUB Dance Studio

Offered by Student Leadership and Campus Engagement

Join this fun, all-level circuit-style workout. Gain length, strength, and flexibility through a series of blended traditional strength-training and cardio moves, combined with the exercises of moving arts like Pilates and barre. This class will have a standing portion focusing on strength training and balance as well as mat work for core and flexibility. This class is appropriate for all fitness levels!

RSVP in EngageD!⁷²

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

⁷²<https://dickinson.campuslabs.com/engage/events?query=cardio fusion>

Sports Yoga



Tuesdays 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 Totara⁷³!

Pilates

⁷³<https://totara.dickinson.edu/course/view.php?id=47>



Mondays and Wednesdays | 4:30-5:30 p.m. | HUB Dance Studio

Offered by Student Leadership and Campus Engagement

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.

RSVP in EngageD!⁷⁴

Camp Cardio with Ethos Fitness

⁷⁴<https://dickinson.campuslabs.com/engage/events?query=pilates>



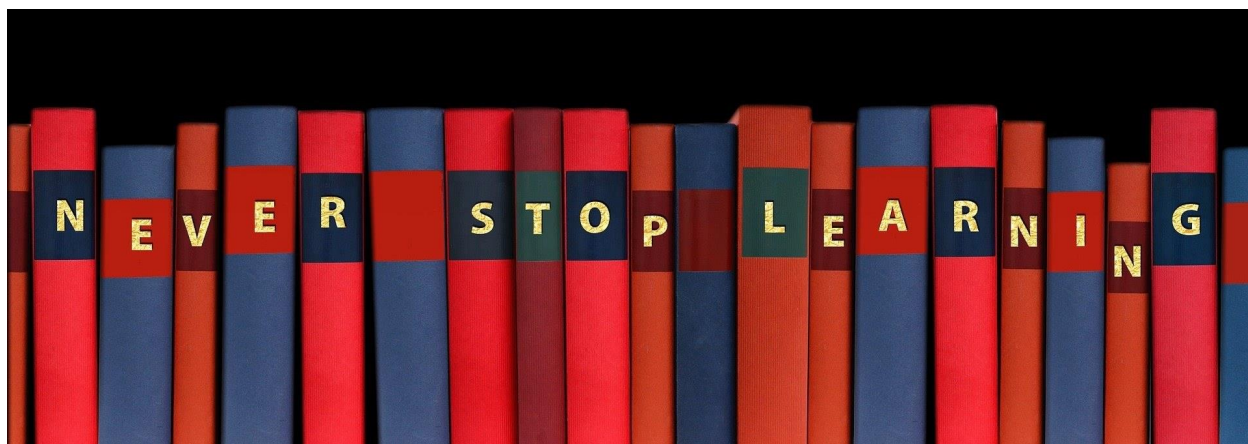
Thursdays through November 17 | 5 - 6 p.m. | HUB Dance Studio

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 Totara⁷⁵!

Professional Development



CyberSecurity & Identity Theft Prevention

⁷⁵<https://totara.dickinson.edu/course/view.php?id=379>



RESCHEDULED: Thursday, November 10 | noon-1 p.m. | Althouse 110

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 Totara⁷⁶.

College Prep for Parents

⁷⁶<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

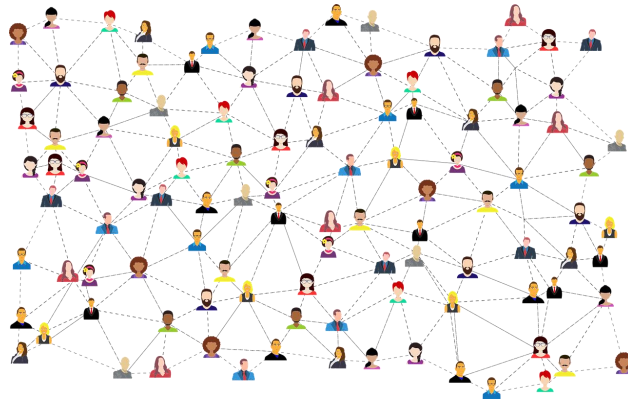
Sessions will be held in the **McCauley Room of Old West from noon to 1 p.m.**

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.⁷⁷

Carlisle Networking Resources

⁷⁷<https://totara.dickinson.edu/course/view.php?id=42>



Are you new to the Carlisle area or new to Dickinson College? If you are looking for ways to connect or meet others in the Carlisle area, the list of resources below may help! Explore these organizations to find opportunities to meet and become involved in your community.

Carlisle Young Professionals⁷⁸

Carlisle Young Professionals was founded in 2011 to provide opportunities for social engagement, community service and leadership development for young professionals in the Carlisle, PA region.

The organization holds numerous events each month ranging from networking happy hours to sports leagues, community service projects and professional development events. Want to learn more? If interested, come to an upcoming event as a guest to see what Carlisle Young Professionals is all about. New members are encouraged to join a committee and get involved in the community.

Members come from all different professions and backgrounds. Some have always lived in the area; others have recently moved here from across the country or abroad. What unites this organization is that we live, work and socialize in the Carlisle area, and we want to make our community even better.

Leadership Cumberland⁷⁹

Leadership Cumberland (LC) aims to develop, promote, and inspire community leadership skills and encourage a deeper understanding and appreciation of Cumberland County.

⁷⁸<https://carlisleyp.org/>

⁷⁹<https://www.leadershipcumberland.org/>

LC believes our community is enhanced through informed leaders who are actively involved in bettering the area they call home. Check out how you can get involved with some of our upcoming events. Interested in becoming a sponsor? We have a variety of valuable opportunities. Learn more and get involved today.

Dickinson Club⁸⁰

The Dickinson Club provides an opportunity for current and retired employees of Dickinson College to gather, commune, and socialize in a relaxed social environment. The Club also welcomes current and retired faculty of the Penn State Dickinson School of Law and the US Army War College.

Cumberland County Commission for Women⁸¹

Mission Statement

The Cumberland County Commission for Women (CCCW) seeks to increase opportunities for Cumberland County women and girls by identifying and promoting awareness of pertinent issues.

Objectives

- Enable women to develop their skills and continue their education.
- Build key partnership with key organizations to promote women's issues.
- Provide professional development training and networking opportunities for women.
- Support municipal, county and government organizations.
- Support women in politics and through the election process.

Carlisle Area Non-Profits are often looking for volunteers to help with projects or join as a board member. Consider volunteering with one of the Carlisle area non-profits listed below or one of the many others in the central Pennsylvania region.

- United Way of Carlisle & Cumberland County⁸²

⁸⁰https://www.dickinson.edu/homepage/92/dickinson_club

⁸¹<https://www.cumberlandcountypa.gov/57/Commission-for-Women>

⁸²<https://uwcarlisle.org/>

- YWCA Carlisle & Cumberland County⁸³
- Domestic Violence Services of Cumberland & Perry Counties⁸⁴
- Hope Station⁸⁵
- Big Brothers Big Sisters⁸⁶
- Partnership for Better Health⁸⁷
- Project SHARE⁸⁸
- Safe Harbour⁸⁹
- YMCA⁹⁰

Book Discussions

⁸³<https://ywcacarlisle.org/>

⁸⁴<https://www.dvscp.org/>

⁸⁵<https://greatercarlisleproject.dickinson.edu/listing/hope-station/>

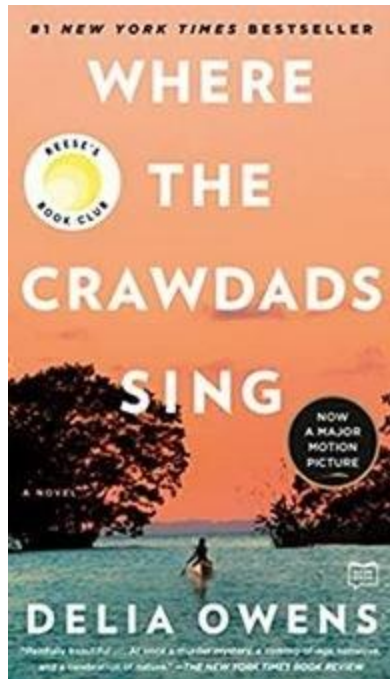
⁸⁶<https://business.carlislechamber.org/list/member/big-brothers-big-sisters-of-capital-region-5002249>

⁸⁷<https://forbetterhealthpa.org/>

⁸⁸<https://projectsharepa.org/>

⁸⁹<https://safeharbour.org/>

⁹⁰<https://carlislefamilyymca.org/>



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**⁹¹ (or many other bookstores). See the *Amazon* "teaser" script below and enjoy reading the book before the discussion in November.

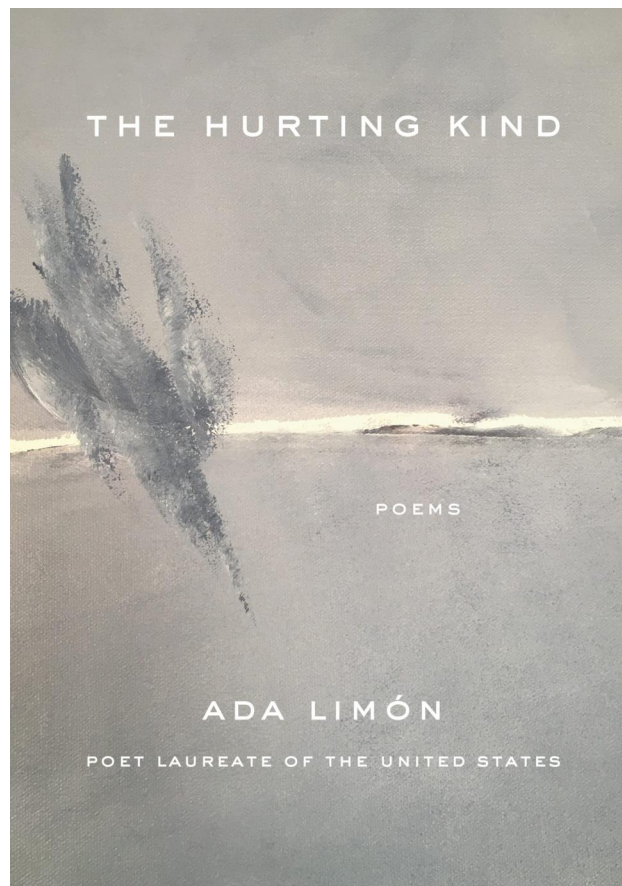
"For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has 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 forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps."

⁹¹https://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

Enroll and sign-up for this discussion in Totara⁹².

Community Reading Program: The Hurting Kind by Ada Limón



Monday, January 30 | 5:00 - 6:30 p.m. | Waidner-Spahr Library

Please join our Community Reading Program to discuss *The Hurting Kind* (2022), the most recent poetry collection by newly appointed U.S. Poet Laureate⁹³, Ada Limón⁹⁴. We will meet at the Waidner-Spahr Library and kickstart the spring semester with a lively discussion of this moving collection. As the Ezra Klein podcast notes in their review, “*Limón’s poems are unique*

⁹²<https://totara.dickinson.edu/course/view.php?id=43>

⁹³<https://www.loc.gov/programs/poetry-and-literature/poet-laureate/>

⁹⁴<https://www.adalimon.net/about>

for the deep attention they pay to both the world's wounds and its redemptive beauty. In otherwise dark times, they have the power to open us up to the wonder and awe that the world still inspires." Our Community Reading Program anticipates Limón's visit to Dickinson in mid-February, as the recipient of The Harold and Ethel L. Stellfox Award⁹⁵.

A limited number of copies of ***The Hurting Kind*** will be made available to Dickinson staff, faculty, and students who register to participate in this event.

For more information and to register, see: <https://libguides.dickinson.edu/commonreading>

Contact Us



Physical Wellness Program Incentive Prize Winners

⁹⁵https://www.dickinson.edu/info/20296/stellfox/2068/the_harold_and_ethel_l_stellfox_visiting_scholars_and_writers_program

Congratulations to Sonya Wright (*Dining Services*) for being randomly selected as the incentive winner for the month of August. 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 record your marathon-in-a-month miles, please send an email to devwell@dickinson.edu⁹⁶ 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 Gateway⁹⁷ 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.

⁹⁶<mailto:devwell@dickinson.edu>

⁹⁷<https://gateway.dickinson.edu/>

In the event that you register and find that you are unable to attend, our policy⁹⁸ 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 Guide⁹⁹

Dickinson Download¹⁰⁰

Dickinson/Biking¹⁰¹

Dickinson/College Farm¹⁰²

Dickinson/Sustainability¹⁰³

Trout Gallery¹⁰⁴

Theatre & Dance¹⁰⁵

Campus Announcements¹⁰⁶

Campus Events Calendar¹⁰⁷



HUMAN RESOURCE SERVICES

4 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu¹⁰⁸

⁹⁸http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁹⁹[http://www.dickinson.edu/info/20043/about/1562/dickinson_\"how_to\"_guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_\)

¹⁰⁰http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download

¹⁰¹<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

¹⁰²<http://www.dickinson.edu/collegefarm>

¹⁰³<http://www.dickinson.edu/sustainability>

¹⁰⁴<http://www.troutgallery.org/>

¹⁰⁵<https://www.dickinson.edu/theatreanddance>

¹⁰⁶<https://www.dickinson.edu/announcements>

¹⁰⁷<http://www.dickinson.edu/events>

¹⁰⁸<mailto:devwell@dickinson.edu>

¹⁰⁹https://www.dickinson.edu/homepage/122/human_resource_services