



Vitality- November 2022

Dickinson

HUMAN RESOURCE SERVICES

1 - Volume XVII | Issue 4

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Giving in Action



United Way Day of Caring



On Friday, October 13, United Way held its annual Day of Caring. 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.

If you missed this organized volunteer opportunity, put a reminder on your calendar for next year! *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.*

Dickinson's United Way Campaign

In 2021, Dickinson's United Way Campaign raised \$23,215.14 in support of the United Way of Carlisle & Cumberland County. The funding enabled the nonprofit and its partner agencies to provide vital health care, employment, educational and other assistance programs for the local community.

It's not too late! Employees who want to join in can still make a gift by completing an online pledge form¹ or by making a gift directly to United Way online² and indicating "**Dickinson College**" in the employer field.

Because of the generosity of several local companies, all undesignated contributions to the campaign and all contributions designated specifically to any of the United Way's partner

¹https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-2V2j_6JxkRPj-v8zisWoQJUNldIVE1IV0k5RVUwRVFFtjIJVEdERzgZQS4u

²<https://uwcarlisle.org/donate/>

agencies directly benefit these agencies and their programs, as 100% of contributions go to the organizations.

Out on Britton

On Tuesday, October 11, the Office of LGBTQ Services held *Out On Britton*, which took place in honor of National Coming Out Day. Students and staff organized activities to celebrate LGBTQ+ identified folks. Food, music and giveaways were available to add to the fun. Pictures coming soon!

Take Action!



American Red Cross Blood Drive

Friday, November 18 | 10:30 a.m. - 4:30 p.m. | HUB Social Hall

Sponsored by Alpha Phi Omega

The American Red Cross Biomedical Services is the largest single supplier of blood and blood products in the United States, collecting and processing more than 40 percent of the blood supply and distributing it to some 3,000 hospitals and transfusion centers nationwide. Please consider donating blood to support your local community by participating in this blood drive!

For more questions or more information about blood donation to the American Red Cross, please visit www.redcrossblood.org³ or call 1-800-RED Cross (1-800-733-2767).

For more information, please contact apo@dickinson.edu⁴ or devwell@dickinson.edu⁵.

³<http://www.redcrossblood.org/>

⁴<mailto:apo@dickinson.edu>

⁵<mailto:devwell@dickinson.edu>



Blood Drive
Dickinson College
Holland Union Building

Social Hall
28 N. College Street
Carlisle

Friday, November 18
10:30 a.m. to 4:00 p.m.

Sponsored by Alpha Phi Omega

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: dickinson to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to be directed to
RapidPass®



Scan to schedule
an appointment.

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

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Schedule your appointment by scanning this QR code



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 Totara⁶.

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

⁶<https://totara.dickinson.edu/course/view.php?id=398>

Fall Into Fitness Challenge



The Fall Into Fitness Challenge⁷ is a 6-week campus-wide program designed to inspire wellbeing and healthy behaviors in all who participate! Join this fun challenge to connect with peers, friends and family while you engage in the activities and programs offered.

The fall 2022 challenge began on Monday, October 31 and continues through Sunday, December 11. Registration opened on Tuesday, October 4⁸ - and is available to everyone (students and employees) in the campus community!

Join the Team!⁹ 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 form¹⁰.

Challenge Activities:

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 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 through a variety of fun live and virtual challenges. Make the steps you take in the 2022 Fall Into Fitness Challenge the first steps you take toward ***falling into wellness!***

⁷<https://forms.office.com/r/RtXUvaUjTH>

⁸<https://forms.office.com/r/RtXUvaUjTH>

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

¹⁰<https://forms.office.com/r/RtXUvaUjTH>

Week #1 Focus on Fun | Fitness with Family & Friends!



- ***Carve a Pumpkin & Share your photo #FallIntoFitnessPumpkinArt2022***
 - November 3: Campus Inclusion Scavenger Hunt¹¹ - *Complete the Scavenger Hunt to have a bit of fun...clues will appear across campus starting on Monday and continue to be posted through Friday - rain or sun!*
 - Health Coaching 101 | Focus on Fun¹² - *Focusing on having fun while being active is a great approach to improving and maintaining your wellbeing. View the Health Coaching PowerPoint for tips and resources to support having fun in your wellness journey!*
-

Week #2: Focus on Nutrition | Nourish Your Mind, Body & Soul



- Tuesday, November 8: Cooking Demo: Autumn Squash Soup | noon-1 p.m. | Stern 102¹³

¹¹<https://totara.dickinson.edu/mod/resource/view.php?id=1602>

¹²<https://totara.dickinson.edu/mod/url/view.php?id=1586>

¹³<https://totara.dickinson.edu/mod/facetoface/view.php?id=2274>

- Tuesday, November 8: Flu Shots | 4-6 p.m. | HUB Social Hall¹⁴
- **Wednesday, November 9: Kindness Matters Table Event | 11:30 a.m. - 1:30 p.m. | HUB Lobby**
- **Thursday, November 10: ArtWalk 2022 | 7:45-8:30 a.m. | Weiss Center Steps¹⁵**
- Thursday, November 10: Cybersecurity & Identity Theft Prevention (rescheduled)¹⁶

Explore the MyPlate Food Groups - **Try the challenges below to learn more about nutrition, while also having a fun and DELICIOUS afternoon or evening out.**

1. MyPlate.gov Nutrition Quiz¹⁷ - MyPlate.gov offers a nutrition quiz and LOTS of resources! Take the MyPlate.gov quiz to learn more about nutrition and explore the multitude of resources available.
 2. Dickinson Farm Works¹⁸ - Check out Farm Works for some savory soup or a delicious fresh salad. Enjoy other organic products from the College Farm at 169 W. High Street.
 3. Edible Excursions¹⁹ - Explore some virtual Edible Excursions via the College Farm online - and then visit any or all of these with family and/or friends to have some fun!
- ArtWalk 2022²⁰ - Complete the self-guided 2022 ArtWalk and enjoy some fresh air and sunshine while viewing art around campus and in the Carlisle community! Click the link to begin...**Or join a live walking tour on Thursday, November 10 from 7:45-8:30 a.m.** to view the art with others (weather permitting)! Click the LIVE Registration link²¹.

Week #3: Focus on Water | For a Healthier Mind & Body

¹⁴<https://totara.dickinson.edu/course/view.php?id=165>

¹⁵<https://totara.dickinson.edu/mod/facetoface/view.php?f=557>

¹⁶<https://totara.dickinson.edu/course/view.php?id=67>

¹⁷<https://totara.dickinson.edu/mod/url/view.php?id=1510>

¹⁸<https://totara.dickinson.edu/mod/url/view.php?id=2266>

¹⁹<https://totara.dickinson.edu/mod/url/view.php?id=2267>

²⁰<https://totara.dickinson.edu/mod/url/view.php?id=1517>

²¹<https://totara.dickinson.edu/mod/facetoface/view.php?id=1518>



- November 15: The Importance of Every Breath | noon - 1 p.m. | Stern Center, Room 102²²
- November 16: Book Discussion - Where the Crawdads Sing | noon - 1 p.m. | McCauley Room, Old West²³

Drinking 8 cups of water each day is recommended for optimal bodily and cognitive functioning and health. Try a fruit-flavored water, such as adding a few strawberries to your water, for a delicious and refreshing drink. *Try adding a cup of water with each meal during the day – and see how easy it is to increase your water consumption.*

This week includes a water consumption challenge plus the additional option to complete an online health risk assessment. Learning your health risks is an important step in taking care of yourself for an enhanced wellbeing!

1. Create a new Twist | Fruit-Infused Water²⁴ - *Tired of just plain water? Here's a cool and fruity twist on it! Consider mixing up several fruits for a refreshing drink! Citrus fruit and berries are a great combo to try if you want something different and new. For a more flavorful beverage, add multiple fruits. You can squeeze the juice out to color the water or just put whole slices and berries in.*
2. Clarke Aquatic Center at the Kline Center²⁵ - Looking for an opportunity to take a swim? Check out the pool at the Clarke Aquatic Center in the Kline Center! If you are interested

²²<https://totara.dickinson.edu/course/view.php?id=64>

²³<https://totara.dickinson.edu/course/view.php?id=43>

²⁴<https://totara.dickinson.edu/mod/url/view.php?id=1513>

²⁵<https://totara.dickinson.edu/mod/url/view.php?id=1584>

in swimming this fall...**Directions for Registering as a Pool User in the Fall of 2022.** Those interested in using the pool must complete the Clarke Aquatic Center Orientation²⁶. **Pool users should bring and present their email receipt from the orientation to the Kline Center front desk attendant during their first week using the pool, until the necessary systems are updated.** If you have questions or concerns, reach out to Paul Richards, Interim Aquatics Director & Swim Coach: richards@dickinson.edu²⁷

3. Complete an Online Health Risk Assessment²⁸ - Wondering what health risks may be lurking in your lifestyle or habits? Take about 15 minutes to complete a free online Health Risk Assessment (HRA) and learn about any modifiable health risks you may have and not realize. There are three free options included in this link. Explore to learn more!

Week #4: Focus on Family Health History



- November 22: Arbor Walk | noon - 1 p.m. | Start at Benjamin Rush Statue²⁹ (*self-guided but offering in a group format*)
- Fun Family Food Activity | Chocolate Caramel Turkey Legs, Acorn Treats & More!³⁰ - *Have some fun this week getting creative with kids to make fancy, fun snacks and*

²⁶https://dickinson.co1.qualtrics.com/jfe/form/SV_eflNoxoOdz171um

²⁷<mailto:richards@dickinson.edu>

²⁸<https://totara.dickinson.edu/mod/url/view.php?id=2268>

²⁹<https://totara.dickinson.edu/mod/facetoface/view.php?f=625>

³⁰<https://totara.dickinson.edu/mod/url/view.php?id=1694>

desserts! Click this link for some easy recipes for little hands to help with for the holiday celebrations.

- Thursday, November 24 | Carlisle Family YMCA Annual Turkey Trot | Carlisle YMCA³¹ - *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.*
- Carlisle Historical Wayside Markers Self-Guided Walking Tour³² - *The town of Carlisle is rich in history dating back to the 1700s. Discover this charming town's history by browsing the historic markers throughout the walkable downtown. Highlights include the Old County Prison, the Carlisle Theatre and the Old Public Graveyard. Curious about all of the history found within Carlisle? This tour includes 31 different stops - so completing this may require a bit more time than usual!*
- Raising Resiliency | The Power of Gratitude | OpenSesame Online Course³³ - *Adopt an attitude of gratitude with the tips and techniques presented in this Raising Resiliency series. The Power of Gratitude course will teach you how to give and receive sincere gratitude. We'll discuss the importance of creativity in employing different forms of gratitude to best suit different types of employees. As a result, those around you will feel truly appreciated, improving both your personal and working relationships.*

Learn about your own family health history by chatting with relatives! *Knowing your family health history is not always an easy task to accomplish, but learning it may help you better address your own wellbeing now and in the future. Take a few moments to get to know the details of your family health history and gain the knowledge to help manage your own potential health risks.*

- My Family Health Portrait³⁴ - *Learn about your own family health history by chatting with relatives! CHALLENGE: Complete the CDC's My Family Health Portrait³⁵ from the office of the surgeon general – an online tool to help navigate your health and health risks, along with advice from your healthcare provider.*

³¹<https://totara.dickinson.edu/mod/url/view.php?id=2269>

³²<https://totara.dickinson.edu/mod/url/view.php?id=2272>

³³<https://totara.dickinson.edu/mod/url/view.php?id=2271>

³⁴<https://totara.dickinson.edu/mod/url/view.php?id=1583>

³⁵<https://phgkb.cdc.gov/FHH/html/index.html>

Week #5: Focus on Sleep



Rejuvenate, Heal, Dream...strive to sleep 7-8 hours each night to be at your best!

Sleep Challenge: Improve your sleep by taking a technology break after 7 p.m. Turn off your electronic devices and wind down to the sounds of nature.

- Thursday, December 15 | noon-1 p.m. | Health Coaching Roundtable: Eustress for Success³⁶ - What is "eustress" and how does this impact us in a positive way? There are many kinds of stressors in our lives - many are detrimental to our wellbeing, but some are actually helpful! Participate in this roundtable discussion to learn more. Click the above link to register and participate in this online discussion on December 15.
- Fall Asleep Fast | Deep Sleep Relaxing Music³⁷ - Sleep evades even the best of us at times, when daytime stress invades our minds at the hour we are trying to rest and sleep...White Noise or music (YouTube, Alexa or otherwise) is a great resource for sleep music and sounds to help you relax and fall asleep. Check out this video link to sample some soothing sleep music. Click this link to try out this resource for rest!
- Sleep is YOUR SuperPower!³⁸ - View this TED talk by Matt Walker to learn how and why SLEEP is your SuperPower!!! (Viewing time is approximately 20 minutes.) *Sleep is your*

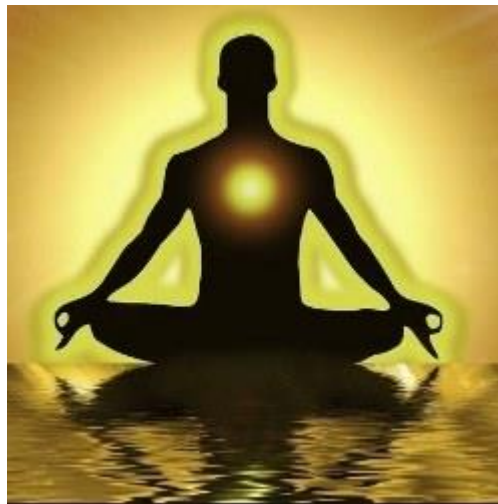
³⁶<https://totara.dickinson.edu/mod/url/view.php?id=2270>

³⁷<https://totara.dickinson.edu/mod/url/view.php?id=2273>

³⁸<https://totara.dickinson.edu/mod/url/view.php?id=1585>

life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye.

Week #6: Focus on Holistic Health for your MIND & BODY



CHALLENGE: Quiet your mind, claim your peace – set aside 15 minutes (or more) each day this week to meditate and focus and be CALM! Try the CALM app

Spice up your week with a bit of variety in your exercise activities! Small changes or different activities help your body to stay in tune - even if you simply change the rate that you walk to vary your pace this is helpful.

Consider an impromptu game of bowling or tag with your kids - anything to motivate and inspire not only yourself but other family members is a great way to better engage in your own wellbeing.

- CALM | Meditate, Relax and MORE!³⁹ - Looking for ways to improve health, reduce stress and anxiety, sleep better and be happy? Try the 30-day CALM Challenge to learn how to improve your sleep quality, reduce your stress and anxiety, improve your focus and work on self-improvement generally. This free app is a great resource for wellbeing. *There is a premium version with a fee, but the basic app itself is free. The YouTube link provided is a good way to test this out if you are curious about CALM and want to try it before downloading the app.*
- Step-Up Challenge!⁴⁰ - For a bit of variety this week or any other week - try this "step" challenge that takes you through a variety of buildings across campus and incorporates the stairs as part of the fun! *This activity should take approximately 30-45 minutes to complete and includes about 3600 steps depending on your stride!*
- Health Coaching 101 | Finding Your Wellbeing Sweetspot!⁴¹ - Looking for a little guidance and inspiration? Check-out this Health Coaching 101 slideshow that was offered as a live/virtual session in spring 2021.
- The Happy Secret to Better Work | TED Talk by Shawn Achor⁴² - For a dose of positivity - and learning about happiness from a scientific, psychological perspective - and with LOTS of laughter...Click this link to view inspiring TED Talk about the SCIENCE of Happiness! You will be so HAPPY that you did!!!

³⁹<https://totara.dickinson.edu/mod/url/view.php?id=1655>

⁴⁰<https://totara.dickinson.edu/mod/resource/view.php?id=1666>

⁴¹<https://totara.dickinson.edu/mod/resource/view.php?id=1665>

⁴²<https://totara.dickinson.edu/mod/url/view.php?id=1698>

Employee Highlights



New Hires



October

Allura Alonso, *Office of Financial Aid*

Jeremy Barnes, *Advancement Services*

Tony Boston, *Office of Diversity, Equity, and Inclusion*

Jamie Chase, *Office of Financial Aid*

Steven Clark, *Dining Services*

James D'Annibale, *Academic Technology*

Dan Guerrisi, *Office of Financial Aid*

Erika Heishman, *Financial Operations*

Joann Holevinski, *Dining Services*

Harold Keister, *Dining Services*

Jennifer Marsh, *Trout Gallery*

Brady McCartney, *Center for Sustainability Education*

Nasima Rezayee, *Dining Services*

Joseph Rosas, *College Farm*

Daniel Wolfert, *Dining Services*

Employee Announcements



Inclusivity Speed Meet & Greet

Thursday, November 10 | 3:30-4:30 p.m. and 4:30-5:30 p.m. | Rector Atrium

Are you interested in building community with others on campus who are doing diversity, equity, inclusion and belonging work? Come to a speed meet and greet hosted by the all-College committee on Equity, Inclusion and Belonging! Through a series of quick, structured conversations, you'll connect with allies in this work and create relationships across campus.

Light refreshments will be provided. All staff, faculty, and students are encouraged to attend!

Please register here to join the event: Inclusivity Speed Meet & Greet Online Registration Form⁴³

⁴³<https://forms.office.com/r/my0Ra6WDYD>

INCLUSIVITY SPEED MEET & GREET



Are you interested in building community with others on campus who are doing diversity, equity, inclusion and belonging work? Come to a speed meet & greet hosted by the all-College committee on Equity, Inclusion & Belonging!

**Light refreshments will be provided.
All faculty, staff, & students welcome!**

**NOVEMBER 10
3:30-4:30PM
OR
4:30-5:30PM
RECTOR ATRIUM**



**REGISTER ONLINE (CLICK HERE):
[HTTPS://FORMS.OFFICE.COM/R/MY0RA6WDYD](https://forms.office.com/R/My0RA6WDYD)**

Election Day - November 8



President John Jones encouraged students, faculty, and staff to take the time to exercise our civic duty to vote. As a reminder to employees, Dickinson has expanded the time for full-time employees to vote to up to four hours of paid time off. Employees should contact their supervisor to make specific arrangements if voting before or after regularly assigned work hours is not possible. Nonexempt employees should record these hours as regular hours worked.

Employee Compensation Statement

The annual employee compensation statements for 2022 will be made available via the Gateway in November. The statement summarizes both the salary and benefits you receive as an employee of Dickinson College. This summary serves as an information tool to assist you in making important decisions for you and your family. Please read the information carefully. If you have any concerns about the statement or questions related to a specific benefit, please contact us at hrservices@dickinson.edu⁴⁴.

⁴⁴<mailto:hrservices@dickinson.edu>

COVID-19 Employee Information Page



Faculty and staff can find up-to-date information within the COVID-19 Employee Information⁴⁵ 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 here⁴⁶ to find available resources.

If you test positive, please complete the at-home COVID testing form⁴⁷. A member of Human Resource Services will be in touch to provide general guidance.

⁴⁵https://www.dickinson.edu/homepage/1579/covid-19_employee_information

⁴⁶https://www.dickinson.edu/download/downloads/id/13900/covid-19_testing_resources.pdf

⁴⁷<https://www.dickinson.edu/xfp/form/374>

Compliance | Policies



Substance Misuse and the Drug Free Workplace

Presented by Missy Taylor, Ph.D.

AOD Coordinator/Licensed Psychologist, Dickinson College Wellness Center

Session Options:

Wednesday, November 30 and 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.⁴⁸

Summary of Annual Reports

- Tax Deferred Annuity Retirement Plan - 2021⁴⁹
- Defined Contribution Retirement Plan - 2021⁵⁰

The above reports reflect the financial conditions and transactions for January 1, 2021 to December 31, 2021. You may print and/or view PDF versions of the above reports.

For more information and to view the 2021 Emeriti report later in November, please click here⁵¹.

⁴⁸<https://totara.dickinson.edu/course/view.php?id=300>

⁴⁹https://www.dickinson.edu/download/downloads/id/14140/2021_tax_deferred_annuity_summary_annual_report.pdf

⁵⁰https://www.dickinson.edu/download/downloads/id/14139/2021_defined_contribution_retirement_plan_summary_annual_report.pdf

⁵¹https://www.dickinson.edu/info/20083/human_resource_services/497/summary_plan_descriptions/2

Get the Most Out of Your Benefits



Flu Vaccine Appointments Fall 2022



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 Portal⁵².

CVS Caremark also helps provide members with access to vaccinations. During this flu season, they are offering vaccinations at local pharmacies and online appointment⁵³ scheduling for extra convenience. Members can receive their vaccinations at the location and time of their choosing.

Who Should Get a Flu Vaccine?

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

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



Tuesday, November 8 | 4 - 6 p.m.

⁵²<https://account.meritain.com/>

⁵³http://insightsemail.cvshealth.com/MTYxLUxYTy00OTEAAAF_7561HHjt18GbkiZFC5p0vJ_R4m5hC-t2uHE6pWMhWH3ZU-yYJKoChA8KxQNF1JdQI9tL9Oo=

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-up⁵⁴ for your free flu vaccine today!

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

Click here⁵⁵ 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.

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.



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.

⁵⁴<https://totara.dickinson.edu/course/view.php?id=165>

⁵⁵<https://totara.dickinson.edu/course/view.php?id=165>

Complete your FREE Health Risk Assessment⁵⁶ 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 Health⁵⁷ > *Tools and Resources* > *Health Tools* > *My Wellness* (GO) > **My Health > Health Assessment**

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*

⁵⁶<https://totara.dickinson.edu/course/view.php?id=429>

⁵⁷<https://account.meritain.com/>

- **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 online⁵⁸ 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

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)⁵⁹. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

Tuesday, November 8 | 3 p.m. | Inside Money: Managing Income and Debt

Wednesday, November 9 | 3 p.m. | The Power of Savings

Thursday, November 10 | 12 p.m. | Financial Housekeeping for Now and Later

Thursday, November 10 | 3 p.m. | Money at Work 2: Sharpening Investment Skills

Wednesday, November 16 | 3 p.m. | Opening Doors to the Future - Save in a 529 College Savings Plan

Fidelity Consultations

⁵⁸<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

⁵⁹<https://www.tiaa.org/webinars>



Fidelity's investment representatives offer individual counseling for financial planning and retirement. **If you have questions or concerns regarding your Fidelity account, please contact Daniel McCarthy, Retirement Planner / Personal and Workplace Investing, at daniel.mccarthy@fmr.com⁶⁰ or call (603) 213-3523.**

Visit [Fidelity.com](https://www.fidelity.com)⁶¹ 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
- 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

⁶⁰<mailto:daniel.mccarthy@fmr.com>

⁶¹<https://www.fidelity.com/>

- 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 Totara⁶² 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.

HTA offers a Client Toolkit⁶³ 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

⁶²<https://totara.dickinson.edu/course/view.php?id=339>

⁶³<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fFw1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrcucm9lEwBxWbrsds3U8mYp2MYxqZRlyaNsJ7T->

them, rather than directly with the insurance company. Click the link to watch this short video on **HTA Medicare Services**⁶⁴ – 4 min.

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

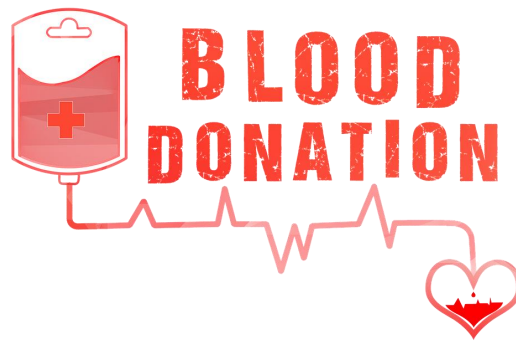
- **Call: 610-430-6650, Option 1**
- **Email: Medicare@HTA-insurance.com**⁶⁵
- **Schedule Online**⁶⁶

[2FXidg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZt57tkfprOfC08TDCulrdIPkKjgKqf6EoECHCdPw7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsU0cMQP7wwB1FNBEengszABs-2BmN-2F0bzrekAgcb8hHCh4-3D](#)⁶⁴[http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEVhTWev4fwU63leQ2JrJX5tdT0DUYZgBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FPKqajJNtQKy8n-2FVTi5qbkvDhD6HVPwNvy qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UFnmRM-2FogQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D](#)⁶⁵[mailto:Medicare@HTA-insurance.com](#)⁶⁶[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-2BhxZBRqadqcgqJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5IReHgnz3Or-2BFVXqTfu609sb8lVtaFibiPgGog4dDOTZ8AM5cfIVAWYQloLRLjV-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 November:

- **Cumberland County Blood Drives⁶⁷**
- **Dauphin County Blood Drives⁶⁸**
- **Perry County Blood Drives⁶⁹**
- **Lewistown Presbyterian⁷⁰**

For other blood drives in the area, please visit the Central Pennsylvania Blood Bank's "Give Blood" website⁷¹ to locate additional dates and locations!

⁶⁷https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

⁶⁸https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf

⁶⁹https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

⁷⁰https://www.dickinson.edu/download/downloads/id/13364/central_pennsylvania_blood_bank_lewistown_presbyterian.pdf

⁷¹<https://www.717giveblood.org>

Carlisle Family YMCA Turkey Trot



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!⁷²

⁷²https://r20.rs6.net/tn.jsp?f=001vSGnPPyzif5IjlwUVILux01IHZ0ydwstRhky2QKSW_miAs69iqDx1dYCowWQdy-yTxVe4P7l18UO_D5y8GohMdrp-gp7lDeuzXt55KUngeV7DHcdbuujYbjLceCDbDeBOquSFNQe9ogQ4y_AxBe71iCv6KUZ8_13p3rsuHnAFIHws56RdLXJaXZeNeBH8lskuTWeNg0WfFMmc_n9PNAPk4limbtoeoiTqfE284JHjn1MRQECxRSfw==&c=bR6sFpRyY9wgzYGmsYYMaBn3ESBU4SlgOWEg40VGpq5ljpcJeTJm7Q==&ch=RW4lvGDaK5QGrUy5_ajDaAXYEzQ2N2-Ree6pURWGIHbWGuby2XrGEA==

Down on the Farm



Give a Gift from the Land



Shop Farm Works for all your holiday gift-giving needs! From herbal remedies and pet toys to mugs and tote bags, all of our goods are sustainably produced and distinctively Dickinson! ***We will close for the semester at 2 p.m. on Friday, Dec. 9.***

Visit Dickinson Farm Works online⁷³ for current menu and more information.

New Winter Hours for Farmers on the Square!

⁷³<http://www.dickinson.edu/farmworks>



Beginning October 26, Farmers on the Square adjusted their schedule to winter hours. You can visit vendors on ***Wednesdays from 2 - 5 p.m.*** each week through April.

The College Farm will be there with fresh vegetables, canned goods, and farm pizza. You can now preorder your pizza for pickup. Orders must be placed by 2 p.m. on Wednesdays. Click ⁷⁴here to order your farm fresh pizza!

⁷⁴<https://form.jotform.com/222967100079153>

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 Association⁷⁵

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>

⁷⁵<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

Thai Chicken Broccoli Salad with Peanut Dressing



<https://youtu.be/3HhAwyrRsyU>

November is National Peanut Butter Lover's Month. Peanut Butter can be a great source of protein. Spread it on toast for a quick breakfast or dip your sliced apples into it for a sweet and savory treat. Try this no-cook Thai-inspired salad with peanut dressing for lunch or an evening meal. *Source:* American Heart Association⁷⁶

Peanut Dressing

- 2 tablespoons low-sodium natural peanut butter
- 2 teaspoons soy sauce (lowest sodium available)
- 1 tablespoon plain rice vinegar or fresh lemon juice

⁷⁶<https://recipes.heart.org/en/recipes/thai-chicken-broccoli-salad-with-peanut-dressing>

- 2-3 tablespoons water

Thai Chicken and Broccoli Salad

- 2 cups chopped, fresh broccoli OR 12 ounces frozen broccoli florets (thawed, drained)
- 2 cups chopped cooked skinless chicken breast, cooked without salt, all visible fat discarded OR 20 ounces salt-free white meat chicken (drained)
- 1 15-ounce can no-salt-added sweet peas, rinsed and drained
- 1 11-ounce can mandarin orange slices in their own juice or light syrup, drained
- 1/4 cup chopped onion (white or yellow or green onions)

Preparation

Peanut Dressing

1. In a small bowl, whisk together the peanut butter, vinegar, and soy sauce.
2. Starting with 2 tablespoons water, whisk in enough to thin the dressing to your desired consistency.

Thai Chicken and Broccoli Salad

1. In a large bowl, stir together the salad ingredients.
2. Pour the dressing over the salad, tossing to combine.

Quick Tips:

Cooking Tip: Some brands of peanut butter are thicker than others, so you may need to add more water to thin the dressing.

Keep it Healthy: If you're using fresh broccoli, chop up the stems as well as the crowns. They add flavor and texture to the salad and are quite nutritious.

Tip: Buying a package of precut broccoli can be more expensive, but it will save you time.

Nutrition Facts

Servings 4 Serving size: 1 1/2 cups

Per Serving: Calories: 268 Total Fat: 8.0g | Saturated Fat: 2.0g | Trans Fat: 0.0g | Polyunsaturated Fat: 1.5g | Monounsaturated Fat: 3.5g | Cholesterol: 70 mg | Sodium: 347mg | Total Carbohydrate: 23g | Dietary Fiber: 7g | Sugars: 13g | Protein: 27g

Wellness Events



Med Gym SNAP: Announcing a Brand New Offering at The Med Gym!



Med Gym SNAP (Small group Nutrition coaching Accountability Program)

If you are interested in:

- Losing weight
- Decreasing body fat
- Improving your diet
- Eating well to support your body and activity
- Getting individualized coaching to improve your diet AND accountability to implement better nutrition...

Then, you may be a perfect fit for The Med Gym's new Small-Group Nutrition Coaching & Accountability Program!

This program is designed to give you individualized nutrition coaching from The Med Gym's certified nutrition coach. Plus, you'll get accountability to actually implement the changes you want to make!

As we roll out this brand-new program at The Med Gym, you can get in for a 3-month commitment at \$100/month. OR, you can commit to 6-months of coaching for just \$90/month!

To keep this group small enough for each person to get the individualized coaching they need, we'll be opening it up for just 5 clients initially. If you are interested, then ***reach out to David Drinks at*** ddrinks@themedgym.com⁷⁷ today to reserve your spot and get all the details.

Cooking Demo: Autumn Squash Soup

⁷⁷<mailto:ddrinks@themedgym.com>



Tuesday, November 8 | noon - 1 p.m. | Stern Center, room 102 or 5 - 6 p.m. | Stern Kitchen

Demonstration by Courtney Hager, RDN, LDN

Fall in love with nourishing autumn veggies! Registered dietitian Courtney Hager will be cooking a smooth and creamy squash soup and discussing plant-based eating. The recipe we will use will be vegan with plenty of protein per serving. But meat-eaters shouldn't shy away - this soup is perfect for anyone who wants to increase plant power in their meals!

Enroll and sign-up for the nutrition information session in Totara⁷⁸.

Free Blood Pressure Screenings

⁷⁸<https://totara.dickinson.edu/course/view.php?id=94>



Monday, November 14 | noon - 1 p.m. | HUB, Mary Dickinson Room

Future screenings will be available on the second Monday of each month through May 2023.

Hypertension or High Blood Pressure is sometimes called the silent killer. Do you know your blood pressure? If not stop by this free screening to know your numbers and learn more!

Walk-in, no appointment needed!

Lung Health: The Importance of Every Breath



Tuesday, November 15 | noon-1 p.m. | Stern Center, room 102

Presented by UPMC

Our body requires oxygen to function and thrive. When we breathe, the air content includes oxygen and other atmospheric gases. Once we inhale, oxygen moves throughout our body and lungs via the bloodstream. Without a healthy set of lungs, quite obviously our very existence is compromised. How does our body handle oxygenation and process this very important part of living? What happens when things go awry with breathing due to multiple causes? Attend this presentation to learn more.

Enroll and sign-up for this wellness information session in Totara⁷⁹.

Mindfulness: Handling Holiday Stress

A HealthAdvocate Webinar



Thursday, November 17

Registration Links: 10:15 am (ET)⁸⁰ | 4:15 pm (ET)⁸¹

⁷⁹<https://totara.dickinson.edu/course/view.php?id=64>

⁸⁰<http://cl.S7.exct.net/?qs=1426d9b97f0d315e55661224fc9f7d6475c159c109468b89d8431b5de56b146d3bbba8b09249f6b373620623cfe03f77>

⁸¹<http://cl.S7.exct.net/?qs=1426d9b97f0d315e01136c026a1c7d91a6b74a9a9e0cdd3b506e0a236c8f3b0bc42557d89b0da9f380f498e2d231822f>

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*

Carlisle Family YMCA - Special Discount



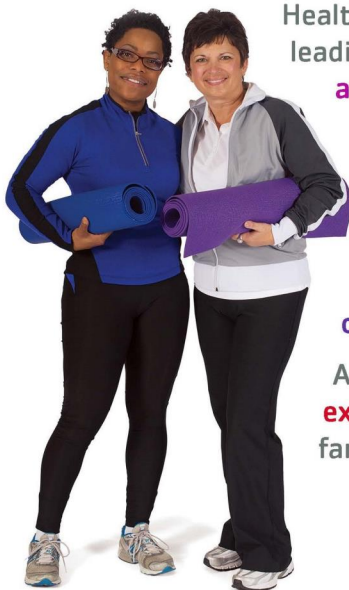
The Carlisle Family YMCA offers *discounted memberships (20% off)* for Dickinson College *employees*. The discount is good for employees who are current members of the YMCA and for employees who become new members. Employees interested in the discounted membership rate should contact the YMCA membership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

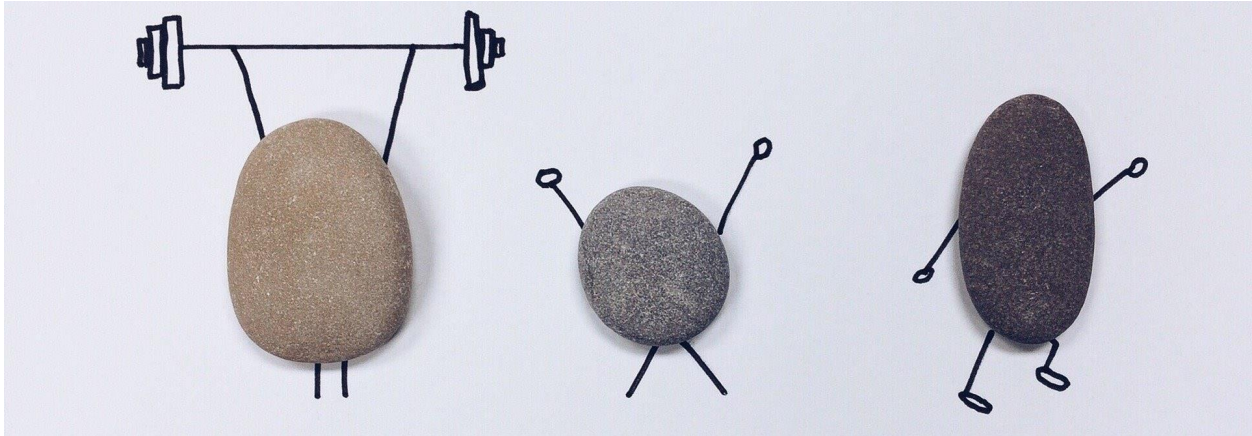
Eligible Categories	Monthly Rate
Young Adult	\$26.40
Adult	\$30.40
Senior Adult	\$28.80
2 Adults^	\$46.40
1 Adult with Dependents^	\$51.20
2 Adults with Dependents^	\$55.20
2 Senior Adults^	\$44.80
1 Senior Adult with Dependents^	\$47.20
2 Senior Adults with Dependents^	\$49.60

^ 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.

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 webpage⁸² (***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:

⁸²http://www.dickinson.edu/info/20230/campus_recreation/1799/group_fitness_classes/1

Zumba⁸³ | Monday, Tuesdays, Thursdays from 1:30-2:30 in the HUB Dance Studio (*RSVP in EngageD by searching Zumba*)

Cardio Fusion⁸⁴ | Tuesdays from noon-1 p.m. in the HUB Dance Studio (*RSVP in EngageD by searching Cardio Fusion*)

Sports Yoga⁸⁵ | Tuesdays from 4:45-5:45 p.m. in the HUB Dance Studio

Pilates⁸⁶ | Mondays and Wednesdays from 4:30-5:30 p.m. in the HUB Dance Studio (*RSVP in EngageD by searching Pilates*)

Camp Cardio⁸⁷ | Thursdays from 5 - 6 p.m. in the HUB Dance Studio

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁸⁸ or call ext. 8084.

Zumba



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

Offered by Student Leadership and Campus Engagement

⁸³<https://dickinson.campuslabs.com/engage/events?query=zumba>

⁸⁴<https://dickinson.campuslabs.com/engage/events?query=cardio fusion>

⁸⁵<https://totara.dickinson.edu/course/view.php?id=47>

⁸⁶<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁸⁷<https://totara.dickinson.edu/course/view.php?id=379>

⁸⁸<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!⁸⁹

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!⁹⁰

⁸⁹<https://dickinson.campuslabs.com/engage/events?query=zumba>

⁹⁰<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 Totara⁹¹!

Pilates

⁹¹<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!⁹²

Camp Cardio with Ethos Fitness

⁹²<https://dickinson.campuslabs.com/engage/events?query=pilates>



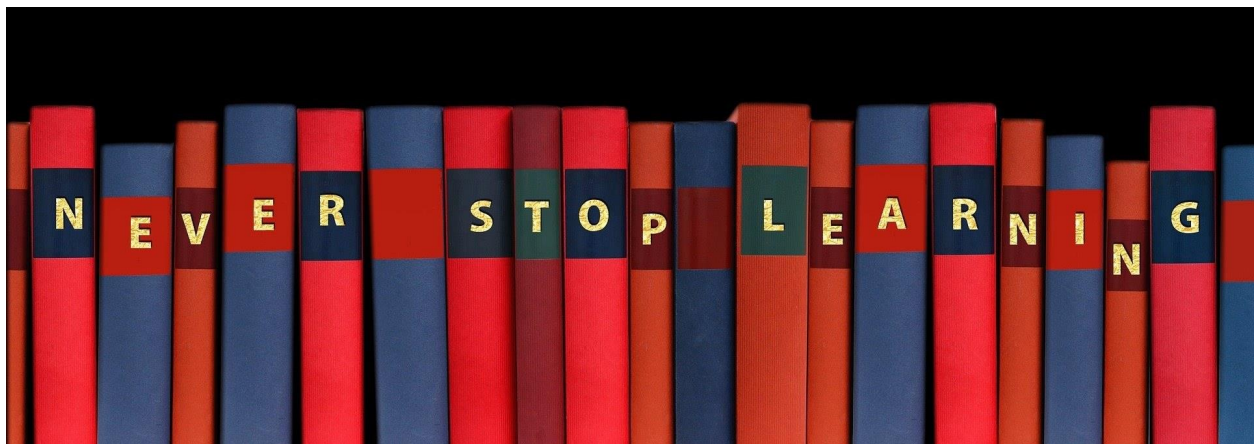
Thursdays through November 17 | 5 - 6 p.m. | HUB Dance Studio

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 Totara⁹³!

Professional Development



CyberSecurity & Identity Theft Prevention

⁹³<https://totara.dickinson.edu/course/view.php?id=379>



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

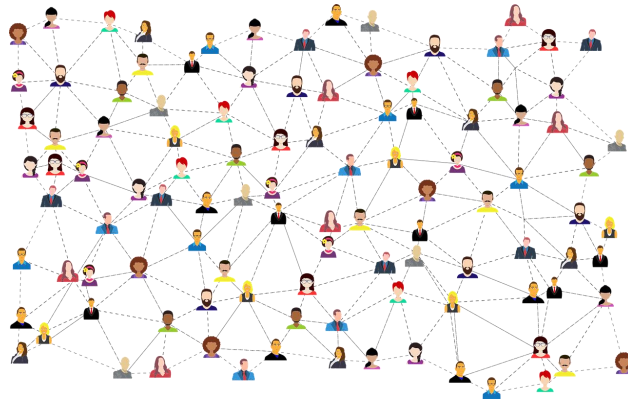
Presented by Members 1st

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 Totara⁹⁴.

Carlisle Networking Resources

⁹⁴<https://totara.dickinson.edu/course/view.php?id=67>



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 Professionals⁹⁵

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 Cumberland⁹⁶

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

⁹⁵<https://carlisleyp.org/>

⁹⁶<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 Club⁹⁷

The Dickinson Clubs hosts a social gathering on most Fridays from 5 – 7 pm at the Hartman House . Attendees will enjoy light fare and a variety of beverages while socializing with current and retired employees, as well as current and retired faculty of US Army War College and the Penn State Dickinson School of Law. Employees are welcome to come a few times and see if you'd like to come regularly before becoming a member (for the modest fee of \$25 a year for newcomers).

Find out more (including the schedule of get-togethers) by going to the Dickinson Club website⁹⁸.

Cumberland County Commission for Women⁹⁹

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.

⁹⁷https://www.dickinson.edu/homepage/92/dickinson_club

⁹⁸https://www.dickinson.edu/homepage/92/dickinson_club

⁹⁹<https://www.cumberlandcountypa.gov/57/Commission-for-Women>

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 County¹⁰⁰
- YWCA Carlisle & Cumberland County¹⁰¹
- Domestic Violence Services of Cumberland & Perry Counties¹⁰²
- Hope Station¹⁰³
- Big Brothers Big Sisters¹⁰⁴
- Partnership for Better Health¹⁰⁵
- Project SHARE¹⁰⁶
- Safe Harbour¹⁰⁷
- YMCA¹⁰⁸

Book Discussions

¹⁰⁰<https://uwcarlisle.org/>

¹⁰¹<https://ywcacarlisle.org/>

¹⁰²<https://www.dvscp.org/>

¹⁰³<https://greatercarlisleproject.dickinson.edu/listing/hope-station/>

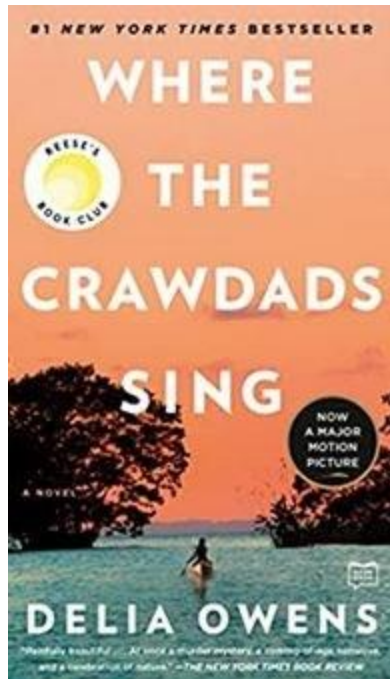
¹⁰⁴<https://business.carlislechamber.org/list/member/big-brothers-big-sisters-of-capital-region-5002249>

¹⁰⁵<https://forbetterhealthpa.org/>

¹⁰⁶<https://projectsharepa.org/>

¹⁰⁷<https://safeharbour.org/>

¹⁰⁸<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**¹⁰⁹ (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.

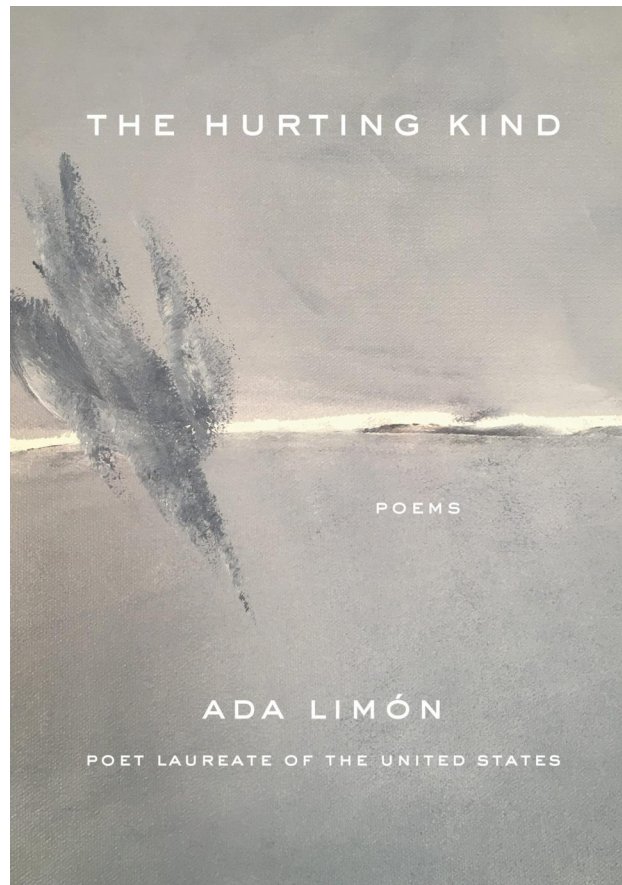
Where The Crawdads Sing is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are

¹⁰⁹https://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=&hvptwo=&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 Totara¹¹⁰.

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 Laureate¹¹¹, Ada Limón¹¹². We will meet

¹¹⁰<https://totara.dickinson.edu/course/view.php?id=43>

¹¹¹<https://www.loc.gov/programs/poetry-and-literature/poet-laureate/>

¹¹²<https://www.adalimon.net/about>

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 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 Award¹¹³.

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



¹¹³https://www.dickinson.edu/info/20296/stellfox/2068/the_harold_and_ethel_l_stellfox_visiting_scholars_and_writers_program

Physical Wellness Program Incentive Prize Winners

Congratulations to Beth Graham (*Wellness Center*) for being randomly selected as the incentive winner for the month of September. 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.edu¹¹⁴ 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 Gateway¹¹⁵ or by contacting Human Resource Services. To offer an equal opportunity for all

¹¹⁴<mailto:devwell@dickinson.edu>

¹¹⁵<https://gateway.dickinson.edu/>

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 policy¹¹⁶ 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 Guide¹¹⁷

Dickinson Download¹¹⁸

Dickinson/Biking¹¹⁹

Dickinson/College Farm¹²⁰

Dickinson/Sustainability¹²¹

Trout Gallery¹²²

Theatre & Dance¹²³

Campus Announcements¹²⁴

Campus Events Calendar¹²⁵



2 - Professional Development and Wellness

¹¹⁶http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

¹¹⁷http://www.dickinson.edu/info/20043/about/1562/dickinson_how_to_guide

¹¹⁸http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download

¹¹⁹<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

¹²⁰<http://www.dickinson.edu/collegefarm>

¹²¹<http://www.dickinson.edu/sustainability>

¹²²<http://www.troutgallery.org/>

¹²³<https://www.dickinson.edu/theatreanddance>

¹²⁴<https://www.dickinson.edu/announcements>

¹²⁵<http://www.dickinson.edu/events>

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu¹²⁶

Human Resource Services Website¹²⁷

¹²⁶<mailto:devwell@dickinson.edu>

¹²⁷https://www.dickinson.edu/homepage/122/human_resource_services