



February 2023

Dickinson

HUMAN RESOURCE SERVICES

1 - Volume XVII | Issue 6

In This Issue



- **National Wear Red Day**
- **2023 Spring Into Fitness Challenge**
- **Love Your Body Week**
- **Employee Highlights**
- **Employee Announcements**
- **Get the Most Out of Your Benefits**
- **Community | For the Greater Good**
- **Down on the Farm**
- **Nutrition Corner**
- **Wellness Events and Information**
- **Wellness@Dickinson Fitness Programs**
- **Professional Development**

- **Communication Links, Announcements & Reminders**

The navigation tool in the lower right hand corner allows you to skip through sections of the newsletter.

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

National Wear Red Day



It's a RED OUT Day! Time to get your RED OUT to Support *Go Red For Women* by participating in National Wear Red Day® on Friday, February 3, 2023. Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year. Learn the facts here!¹. ***Fortunately, we can change that because cardiac and stroke events may be prevented with education and action.*** That's why this year we are asking that you wear red on National Wear Red Day®. If you desire

¹<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>

to donate² to this cause, doing so helps support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

Source: American Heart Association's Go Red For Women³



NATIONAL WEAR RED DAY[®]

IS FRIDAY, FEBRUARY 3, 2023

Wear red and be one step ahead.

Show support for the women in your life. On Friday, February 3, get your steps in and proudly **WEAR RED.**

WearRedDay.org
#WearRedDay

Go Red for Women is nationally sponsored by



Big Lots is a National Wear Red Day matching partner of the American Heart Association's Go Red for Women Movement.

© Copyright 2023 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Go Red for Women is a registered trademark of AHA. The Red Dress Design is a trademark of U.S. DHHS. Unauthorized use prohibited.



Leslie Jordan, Margarita Pineiro, & Sharell Weems
heart disease & stroke survivors

*Join us for an informational table event in the Lobby of the HUB on Friday, February 3, from 11:30 a.m. to 1 p.m. **SHOW us your RED!** You can also join the Dickinson Photo Challenges⁴ Team in Microsoft teams and upload your photo in the "Wear Red Day" file or email it to devwell@dickinson.edu⁵.*

²<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give?form=FUNPWYENMHG>

³<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

⁴<https://teams.microsoft.com/l/team/19%3aa4f1974d1ab34d7396b81f26c4ea4a5a%40thread.tacv2/conversations?groupId=196ec6c6-e7dc-4468-a467-e4553698e646&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

⁵<mailto:devwell@dickinson.edu>



10 ways to improve your heart health

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



Need more food for thought? Go to www.heart.org/eatsmart

©2022 American Heart Association. DS18643 2/22

Source: American Heart Association⁶

The Habit Coach



Are you one of the many that didn't stick to your New Year's resolution(s). Healthy habits are hard to start and bad habits are hard to break. Check out the ***Habit Coach series***⁷ through the American Heart Association for encouraging healthy habit tips.

You can also join ***Health for Good*** by signing-up to receive healthy eating tips, exercise motivation, recipes, and more!

For more information visit: **Meet the Habit Coach**⁸

⁶https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/the-ten-ways-to-improve-your-heart-health?utm_source=healthy+for+good+fy+2122&utm_medium=email&utm_campaign=CP_HFG_Send_1_011123&utm_content=content2+cta&sc_camp=0B4876E246A046B4B14864ADCB63B5B1

⁷https://www.heart.org/en/healthy-living/healthy-lifestyle/habits?utm_source=healthy+for+good+fy+2122&utm_medium=email&utm_campaign=CP_HFG_Send_1_011123&utm_content=hero+cta&sc_camp=0B4876E246A046B4B14864ADCB63B5B1

⁸https://www.heart.org/en/healthy-living/healthy-lifestyle/habits?utm_source=healthy+for+good+fy+2122&utm_medium=email&utm_campaign=CP_HFG_Send_1_011123&utm_content=hero+cta&sc_camp=0B4876E246A046B4B14864ADCB63B5B1

Spring Into Fitness Challenge



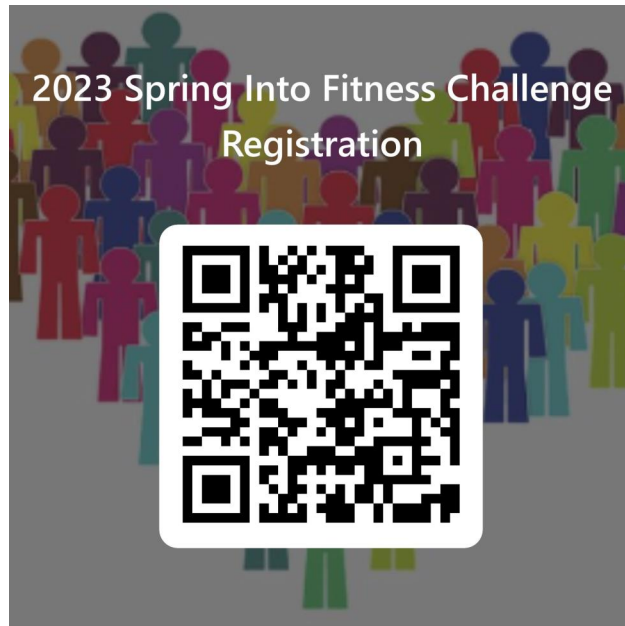
Put away the snow boots and dust off those athletic shoes! It's time to think of spring! We may hibernate during the cold winter months, but warmer weather is just around the corner.

Recruit your teammates now to join in the fun that begins on Sunday, March 19 and runs through Saturday, April 29. The Challenge is open to the entire campus community!

Online registration⁹ opens on Wednesday, February 1 and continues through Monday, March 6. Please click the link or scan the QR code now to register for Spring Into Fitness¹⁰ and be included in the 2023 Challenge.

⁹<https://forms.office.com/r/dFxB2tHwkw>

¹⁰<https://forms.office.com/r/dFxB2tHwkw>



Love Your Body Week



Love Your Body Week¹¹ has become a big part of the Dickinson experience for some time now. The week, which is organized by the Women's and Gender Resource Center and the Love Your Body Week Committee, made up of faculty, staff and students, includes events that focus on the importance of mental health, body positivity and spirituality.

Schedule of Events



Faculty, students, and staff are welcome to participate in the events listed below. for more information or to register, please visit **EngageD**¹² and search for Love Your Body Week.

Body Positive Yoga

- Monday, February 20 | 12 - 1p.m. | HUB Social Hall East

Love Your Body Week Opening Soirée

- Monday, February 20 | 5:30-7:30 p.m. | Allison Community Room

¹¹https://www.dickinson.edu/news/article/4558/dickinson_hosts_virtual_love_your_body_week

¹²https://dickinson.campuslabs.com/engage/events?query=love_your_body_week

Eating to Meet Your Athletic Goals

- Tuesday, February 21 | 12 - 1p.m. | HUB Social Hall West

Happy Body Hour @ The Site

- Tuesday, February 21 | 5:00-6:30 p.m.

Loving our Queer and Trans Bodies

- Tuesday, February 21 | 7:30 - 8:30 p.m. | Landis House

Love Your Atypical Brain and Body

- Wednesday, February 22 | 11:30 a.m. - 1:30 p.m. | HUB Social Hall West

Mindfulness Session

- Wednesday, February 22 | 4:30 p.m. - 5:30 p.m. | Stern Center Great Room

Bearing Witness to Myself: Womanness, Blackness, Fatness, Wholeness and...the Twisted Work of Trauma

Love Your Body Week Keynote: Psyche Williams-Forsen, University of Maryland College Park

For more information visit <https://www.clarkeforum.org/wednesday-february-22-2023/>

- Wednesday, February 22 | 7 - 8:30 p.m. | Anita Tuvin Schlechter Auditorium

Open Dance Class

- Thursday, February 23 | 12- 1 p.m. | HUB Social Hall East

Pleasurable Sex Salon

- Thursday, February 23 | 7 - 8:30 p.m. | Allison Community Room

Employee Highlights



New Hires



November 2022

Ben Batchelor, *Academic Technology*

December 2022

Kevin Foster, *Campus Life*

Shirley Garman, *Dining Services*

Hannah Portilla, *Facilities Management*

Grace Wellmon, *Dining Services*

Brian Wladkowski, *Chemistry*

January 2023

Eriko Best, *East Asia Studies*

Zachary Bryant, *Music*

Britni Greenleaf, *Campus Life*

Ashley Grimm, *International Business & Management*

Nico Haven, *American Studies, Anthropology & Archeology, and Women's Gender & Sexuality Studies*

Nancy Hoover, *President's House*

Bob Karas, *Dining Services*

Mallory Lane, *Dining Services*

Mohammad Naderi Dehkordi, *Mathematics and Computer Science*

Katze Prudence, *Film Studies*

Jake Ramsey, *Facilities Management*

Isabel Ruff, *ALLARM*

Sarah Schadler, *Children's Center*

Alex Smith, *College Farm*

Troy Swindell, *Dining Services*

Lindsay VanFossen, *ALLARM*

Cathleen Wright, *Dining Services*

Retirements



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

January

Denise McCauley, *American Studies, Anthropology & Archeology, and Women's Gender & Sexuality Studies*

February

Vicki Rotz, *Office of the Treasurer*

Employee Announcements



Spring Semester 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.

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 Totara¹³.

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

COVID-19 Employee Information¹⁴

¹³<https://totara.dickinson.edu/course/view.php?id=398>

¹⁴https://www.dickinson.edu/homepage/1579/covid-19_employee_information



Faculty and staff can find up-to-date information within the COVID-19 Employee Information¹⁵ 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 here¹⁶ to find available resources.

If you test positive, please complete the at-home COVID testing form¹⁷. A member of Human Resource Services will be in touch via email and/or phone to provide general guidance.

¹⁵https://www.dickinson.edu/homepage/1579/covid-19_employee_information

¹⁶https://www.dickinson.edu/download/downloads/id/13900/covid-19_testing_resources.pdf

¹⁷<https://www.dickinson.edu/xfp/form/374>

Compliance | Policies



Substance Misuse and the Drug Free Workplace



Wednesday, February 8 | noon -1 p.m. | Stern Center, room 102

Presented by Missy Stine, Ph.D.

AOD Coordinator/Licensed Psychologist, Dickinson College Wellness Center

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.¹⁸

Get the Most Out of Your Benefits



Wellness@Dickinson: Completing the Online Health Risk Assessment

¹⁸<https://totara.dickinson.edu/course/view.php?id=300>



Meritain Health offers many wellbeing tools and resources through their member portal. One of these is an online Health Risk Assessment (HRA). Full-time employees may follow the steps below to explore the member portal to learn more and know your own health risks. Employees completing the HRA will receive a thank-you incentive (Love \$ Carlisle gift certificate)! Just send an email to devwell@dickinson.edu¹⁹ to let us know you have completed your Meritain Health HRA.*

Complete your FREE Health Risk Assessment²⁰ 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 Health²¹ > Tools and Resources > Health Tools > My Wellness (GO) > My Health > Health Assessment

**Not a Meritain Health participant? Visit the HRA course in Totara²² for other HRA online options!*

HealthAdvocateSM

HealthAdvocate is a service offered for full-time employees. Health Advocate is an independent organization which will provide services to you, your children, your spouse, your parents and your spouse's parents. Complete information about the service is available at Health Advocate's website²³.

¹⁹<mailto:devwell@dickinson.edu>

²⁰<https://totara.dickinson.edu/course/view.php?id=429>

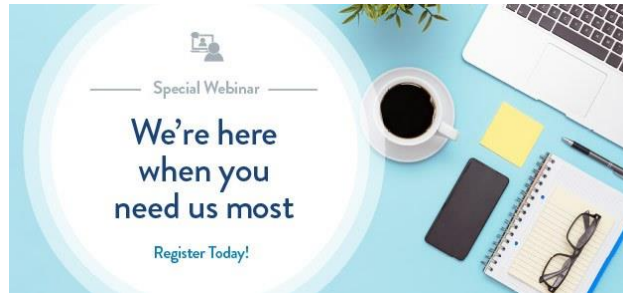
²¹<https://account.meritain.com/>

²²<https://totara.dickinson.edu/course/view.php?id=429>

²³<http://www.healthadvocate.com/>

Food for Thought: What's Impacting Your Food Choices?

A HealthAdvocate Webinar



Thursday, February 16 | 10:15 a.m. and 4:15 p.m. | Webinar

Presenters: Zoë Kobrin, MSN, MSW, ACC Nutritionist, Certified Health Coach

For the vast majority of us, food acts as much more than just a source of sustenance--it can be used to provide comfort, show love, distract from boredom or painful emotions, and promote social connection. The relationship we have with food is one of the longest we'll have throughout our lives.

In this session, join guest presenter Zoë Kobrin, MSN, MSW, ACC, a nutritionist and certified health coach, to explore your relationship with food. We'll work together to identify what's been working well and what you might want to change. You'll walk away with simple strategies that you can begin to implement immediately in order to move toward your ideal relationship with food.

Register for the session that fits your schedule:

Thursday, February 16 | 10:15 a.m.²⁴

Thursday, February 16 | 4:15 p.m.²⁵

²⁴<https://register.gotowebinar.com/register/3461094806085595660>

²⁵<https://register.gotowebinar.com/register/5879341988518432779>

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*. All appointments will be held in the **HUB, Mary Dickinson Room**:

- **Thursday, February 16 | 9 a.m. - 4 p.m.**

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.

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

TIAA Webinars

Would you like to learn more about saving or retirement planning for the future? TIAA offers free on-demand, online webinars on a variety of topics. All employees are welcome to attend and can register at [TIAA.org/webinars](https://www.tiaa.org/webinars)²⁷. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

February

Wednesday, February 15 | noon - 1 p.m. | Make the Move Toward Long-Term Financial Security

Wednesday, February 15 | 3 - 4 p.m. | Hindsight is 2020

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.

²⁷<https://www.tiaa.org/webinars>

²⁸<mailto:daniel.mccarthy@fmr.com>

²⁹<https://www.fidelity.com/>



Smart Money Moves in your 20's & 30's

The best time to **start planning** for your financial future is **now**! The earlier you begin the better chance that you will achieve your goals for financial wellbeing down the road. This workshop offers 10 relevant tips from creating a budget and establishing an emergency fund to making the most of retirement savings.

Click this link³⁰ to view tips for beginning this journey today.

Smart Money Moves in your 40's, 50's, 60's & Beyond

You've lived a while now, and maybe wondering what you should be doing financially to **prepare for the immediate future - and also to prepare for retirement**. What's the best approach, which way should you go with financial planning and saving now?

Click this link³¹ to explore tips and suggestions as you move along the path approaching retirement! There are 10 key practical financial and retirement planning tips to consider in your 40s, 50s, 60s and beyond. From managing taxes and having the right asset allocation to setting realistic goals, this workshop will cover them all.

³⁰<https://totara.dickinson.edu/mod/url/view.php?id=1158>

³¹<https://totara.dickinson.edu/mod/url/view.php?id=1159>

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 Toolkit³² 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**³³ – 4 min.

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

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

³²http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fW1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrcucm9IEwBxWbrsds3U8mYp2MYxqZRlyaNs7T-2FXidg023PT3Nkl-2Bv9rfHXEhqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZt57tkfpr0fC08TDCulrdIPkKjgKqf6EoECHCdpW7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsu0cMQP7wwB1FNBEengszABs-2BmN-2F0bzrekAgcb8hHCh4-3D

³³http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEVhTWev4fwU63leQ2JrJX5tdT0DUYzGBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FpkqajJNtQKy8n-2FVTi5qbkDhD6HVPwNvy_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UfnmRM-2FqQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D

³⁴<mailto:Medicare@HTA-insurance.com>

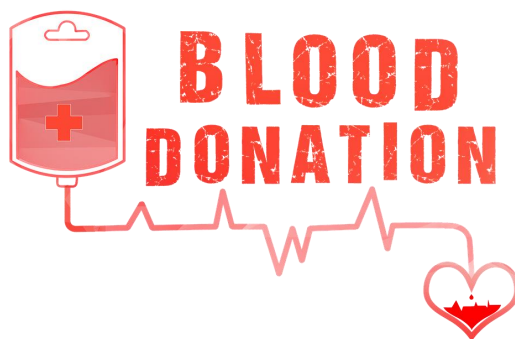
- Schedule Online³⁵

Community | For the Greater Good



³⁵http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDLukaTif5PxtPo8C7FLZimf73xCigKK3EBITFlrS76mZ0DvUTYkj0OYEPH4QONMBAktlPrwqADKQLZ-2FWIQU5cmYfcJj3No69EnbQL6tEf5_977_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAkVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwb0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1lI3UmZJFA1s1QixL-2BhxZBRqadqcgJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2FJpjffv8mv5IReHgnz3Or-2BFVXqTfu609sb8lVtaFIbiPgGoq4dDOTZ8AM5cfIVAWYQloLRLjV-2Bg8-2BAk-3D

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 February:***

- **Cumberland County Blood Drives³⁶**
- **Dauphin County Blood Drives³⁷**
- **Juniata-Mifflin County Blood Drives³⁸**
- **New Bloomfield Fire Company Blood Drives³⁹**

³⁶https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

³⁷https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf

³⁸https://www.dickinson.edu/download/downloads/id/14369/central_pennsylvania_blood_bank_juniata_and_mifflin_counties.pdf

³⁹https://www.dickinson.edu/download/downloads/id/12736/central_pennsylvania_blood_bank_new_bloomfield_fire_company.pdf

- Wellspan Chambersburg Hospital Blood Drives⁴⁰

For other blood drives in the area, please visit the Central Pennsylvania Blood Bank's "Give Blood" website⁴¹ to locate additional dates and locations!

Down on the Farm



⁴⁰https://www.dickinson.edu/download/downloads/id/13913/central_pennsylvania_blood_bank_wellspan_chambersburg_hospital.pdf

⁴¹<https://www.717giveblood.org>



Farm Works reopened for the spring semester on Monday, January 23.

The Farm Works store is located at 169 West High Street (just around the corner from Denny Hall). Stop by for freshly prepared soups, salads, and sustainable goods. You can also purchase fresh from the farm produce when available.

Visit Dickinson Farm Works online⁴² for current menu and more information.

⁴²<http://www.dickinson.edu/farmworks>

Winter Delights & Simple Cooking with Professor Ren Wei

Join the farm's first cooking class
of the year! Professor Ren Wei will
guide us through **four** simple
dishes celebrating winter produce!

5:30pm, Friday 2/10
at Stern Kitchen

RSVP on EngageD

Email farmcoordinator@dickinson.edu with questions.



Winter Hours for Farmers on the Square



You can visit vendors on the square each **Wednesday from 2 - 5 p.m.** 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 ⁴³here to order your farm fresh pizza!

⁴³<https://form.jotform.com/222967100079153>

Nutrition Corner



Old-Fashioned Vegetable-Barley Soup



<https://youtu.be/91HlyBbwptw>

Warm up with this heart-healthy soup

A quick and easy vegetarian soup that can be in your bowl in about 30 minutes. It is packed with heart-healthy vegetables and whole grains.

Ingredients:

- Cooking spray
- 1 teaspoon olive oil
- 1/2 medium onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/2 cups frozen mixed vegetables1 1/2 cups low-sodium vegetable broth
- 1 cup chopped kale
- 1/2 cup water
- 1/4 cup uncooked quick-cooking barley
- 1/2 teaspoon dried basil, crumbled
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

Directions

1. Lightly spray a large Dutch oven with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.
2. Ladle into soup bowls. Sprinkle with the Parmesan.

Quick Tips

Look for bags of washed and chopped kale in the produce section of your supermarket.

Nutrition Facts

Servings: 4 **Serving size:** 1 1/4 cups

Per Serving: Calories: 129 Total Fat: 2.0g | Saturated Fat: .5g | Trans Fat: 0.0g | Polyunsaturated Fat: .5g | Monounsaturated Fat: 1.0g | Cholesterol: 1 mg | Sodium: 78mg | Total Carbohydrate: 24g | Dietary Fiber: 5g | Sugars: 5g | Protein: 6g

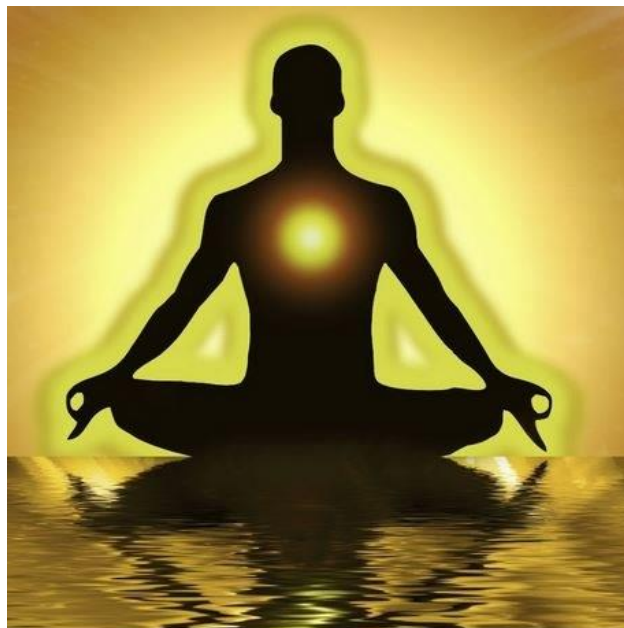
Source: American Heart Association⁴⁴

⁴⁴https://recipes.heart.org/en/recipes/old-fashioned-vegetable-barley-soup?utm_source=healthy+for+good+fy+2122&utm_medium=email&utm_campaign=CP_HFG_Send_1_011123&utm_content=Recipe+cta&sc_camp=0B4876E246A046B4B14864ADCB63B5B1

Wellness Events and Information



Deep Breathing and Relaxation Workshop with Dr. Megan Nesbitt



Monthly on Wednesdays starting February 1 | 4:40 - 5:20 p.m. | HUB Side Room 201

Feeling anxious and struggling to focus? Has it been increasingly difficult to be present? This monthly workshop will focus on body-mind techniques for lowering anxiety, combating stress, and interrupting worry. Each meeting will begin with deep breathing and then focus on a relaxation exercise, a guided visualization, or an awareness technique. All students, staff, faculty, and members of the Dickinson community are invited to attend. Beginners and drop ins welcome.

Workshops with Dr. Nesbitt will be held on February 1, March 1, April 5, and May 3.

Enroll and sign-up in Totara.⁴⁵

Free Blood Pressure Screenings



Monday, February 13 | noon - 1 p.m. | HUB, Mary Dickinson Room

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!

⁴⁵<https://totara.dickinson.edu/course/view.php?id=307>

Walk-in, no appointment needed!

Heart Healthy Eating



Thursday, February 16 | noon - 1 p.m. | HUB Social Hall West

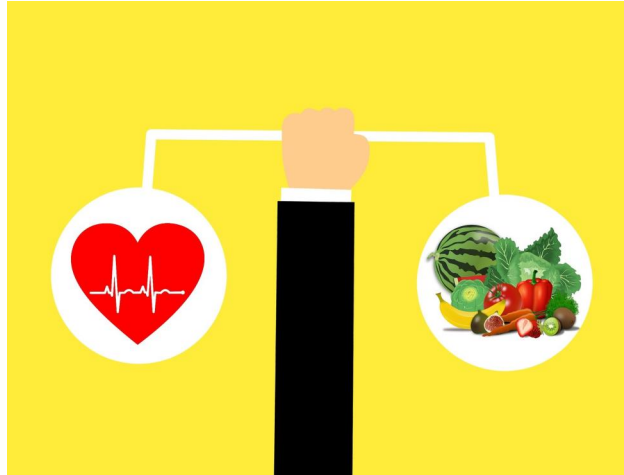
Presented by Rebecca Flanagan, UPMC Dietitian II

Food choices can be a challenge in today's world with all the offerings available. Learn priorities when it comes to taking care of our hearts - dietary fats, sodium and fiber. Take away ideas for increasing variety in your choices but keeping balance and moderation a part of your routine.

Enroll and sign-up for this nutrition information session in Totara.⁴⁶

Heart Health & Your Lifestyle

⁴⁶<https://totara.dickinson.edu/course/view.php?id=94>



Wednesday, February 22 | noon - 1 p.m. | Stern Center Room 102

Presented by Courtney Hager, RD LDN, Dickinson College Wellness Center Dietitian

Understand what your cholesterol and blood pressure numbers mean, what other factors to look at for learning about your cardiovascular health and risk factors, and of course, what the research says about improving your heart health and preventing disease. We will focus heavily on food and nutrition but also discuss other lifestyle goals you can set for yourself!

Enroll and sign-up in Totara.⁴⁷

⁴⁷<https://totara.dickinson.edu/course/view.php?id=94>

Make A Bowl Community Fundraiser

Join the Art Department for 3 nights of making and decorating bowls for the fundraiser event, **Empty Bowls**. Instructors will be helping students make bowls by hand. All bowls will be donated! No previous experience required.

CLAY NIGHTS:

Wednesday, February 15
6:30-8pm

Thursday, February 23
6:30-8pm

GLAZING NIGHT:

Tuesday, March 7
6:30-8pm

Come to any or all of the makers nights! Pizza and snacks will be provided.

Empty Bowls takes place on March 20, 2023 from 6-7:30pm at Project SHARE. All proceeds benefit Project SHARE.



**Goodyear Ceramics
Studio**

Cedar Street Entrance

Paint Night at the Trout Gallery

Nature's Imprint: The Japanese Woodblock Print Tradition



Wednesday, March 8 | 6:30-8 p.m. | Weiss Center, Trout Gallery & Mumper Education Center

Participant Fee: \$10.00

Have you wondered at the ability to create art out of the depths of your mind or observations? Paint Night events offer the opportunity to learn techniques and skills, while offering the chance to explore your inner art talent that may not have been discovered yet!

Sessions are taught by staff and students of the Trout Gallery, with step-by-step instruction to make this a fun evening of artistic exploration. A Tour of the current Trout Gallery exhibition is included in the evening program. A nominal fee (e.g. \$10) covers the cost of the materials and supplies. This is a BYOB event - snacks will be provided!

Nature's Imprint: The Japanese Woodblock Print Tradition

From the soft fur of a rabbit to the rough bark of a tree, discover the image capabilities of woodblock printing in this workshop featuring the exhibition *Memory and Modernity: Modern Japanese Woodblock Prints of the Natural World*. Participants will learn how to carve their own blocks and color and print an image series.

Enroll and sign-up for this fun employee development session in Totara⁴⁸.

⁴⁸<https://totara.dickinson.edu/course/view.php?id=91>

Tour of the Trout Gallery exhibit begins at 6:30 p.m. Woodblock carving, printing and refreshments in the Mumper Stuart Education Center. Appetizers will be provided. B.Y.O.B begins at 7 p.m.

There is a \$10.00 fee for materials. Fee may be submitted to the Bursar's Office prior to the event.

Payroll Deduction Is Not Available for this event.

CPR, First Aid & AED Training

Friday, March 17 | 8 a.m. - 1 p.m. | DPS Training Room, Kauffman Hall

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.⁴⁹



⁴⁹<https://totara.dickinson.edu/course/view.php?id=93>

Biometric Screenings



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

The Biometric Screening provides a snapshot of your health looking at your fasting total cholesterol and glucose. Blood pressure, height, weight, waist circumference and body mass index (BMI) also should be examined for a fuller picture, and can be done independently for 2022-2023 or as part of your on-campus screening . This is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome. The number of people with metabolic syndrome increases with age, affecting more than 40 percent of people in their 60s and 70s. Several factors increase your risk for developing the syndrome – high blood pressure, high cholesterol, diabetes or high blood sugar, a lack of physical activity, smoking, and family history. Monitoring your blood pressure, blood glucose, cholesterol levels and BMI gives you the ability to stay on top of your overall health. Knowing your numbers provides the information to you for conversations with your personal physician.

Do you know your numbers? If not, please plan to complete this health screening. For 2022-2023, the free biometric screening is available to the first 100 registrants, or complete this screening during your annual well visit for your physical exam with your healthcare provider.

Participants of the biometric screening will receive a \$5 Farmers on the Square gift certificate.
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 Totara⁵⁰.

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.edu⁵¹ or by phone at ext.1663.

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

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

⁵¹<mailto:studentwellness@dickinson.edu>

- 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.com⁵² today to reserve your spot and get all the details.

Carlisle Family YMCA - Special Discount



⁵²<mailto:ddrinks@themedgym.com>

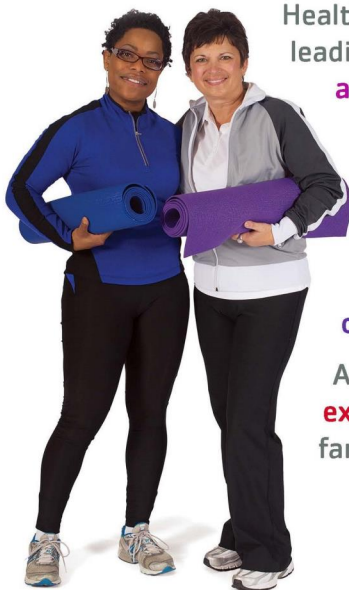
The Carlisle Family YMCA offers *discounted memberships (20% off)* for Dickinson College *employees*. The discount is good for employees who are current members of the YMCA and for employees who become new members. Employees interested in the discounted membership rate should contact the YMCA membership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

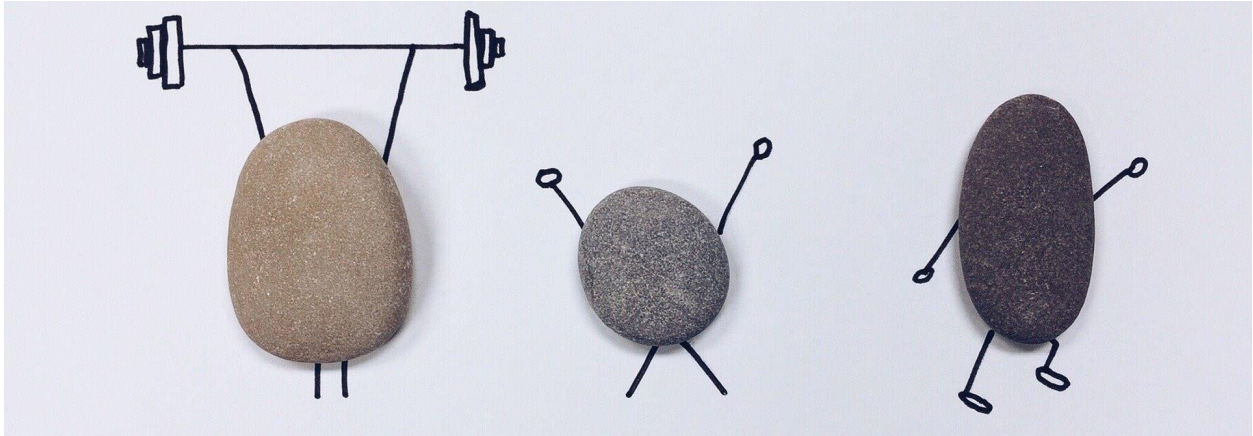
Eligible Categories	Monthly Rate
Young Adult	\$26.40
Adult	\$30.40
Senior Adult	\$28.80
2 Adults^	\$46.40
1 Adult with Dependents^	\$51.20
2 Adults with Dependents^	\$55.20
2 Senior Adults^	\$44.80
1 Senior Adult with Dependents^	\$47.20
2 Senior Adults with Dependents^	\$49.60

^ 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.

Wellness@Dickinson Fitness Programs



Campus Fitness Programs



Wellness programs offered for the spring semester begin in February 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, Sports Yoga, Vinyasa Flow Yoga, and Water Aerobics will return this spring, along with a variety of other group fitness classes offered through SLCE that can be found online in EngageD by searching for group fitness.

Spring Semester Fitness Programs – Register NOW!

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

Vinyasa Flow Yoga⁵³ | Wednesdays from noon-1 p.m. | HUB Dance Studio

Sports Yoga⁵⁴ | Tuesdays beginning February 14, from 5 - 6 p.m. | HUB Dance Studio

Camp Cardio⁵⁵ | Thursdays beginning February 16, from 5 - 6 p.m. | HUB Dance Studio

Water Aerobics⁵⁶ | Mondays beginning March 20, from 5-6 p.m. | Kline Center Pool

Campus Recreation & Athletics Group Fitness Program Offerings:

(RSVP in EngageD)

Pilates⁵⁷ | Mondays and Wednesdays from 4:30-5:30 p.m. | Memorial Hall, Old West

Cardio Fusion⁵⁸ | Tuesdays from noon-1 | HUB Dance Studio

Zumba⁵⁹ | Tuesdays and Thursdays from 4-5 p.m. | HUB Dance Studio

Spin Class⁶⁰ | Wednesdays and Sundays from 5:30-6:30 p.m. | Kline Spin Studio

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁶¹ or call ext. 8084.

Pilates

⁵³<https://totara.dickinson.edu/course/view.php?id=88>

⁵⁴<https://totara.dickinson.edu/course/view.php?id=47>

⁵⁵<https://totara.dickinson.edu/course/view.php?id=379>

⁵⁶<https://totara.dickinson.edu/course/view.php?id=21>

⁵⁷<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁵⁸<https://dickinson.campuslabs.com/engage/events?query=cardio fu>

⁵⁹<https://dickinson.campuslabs.com/engage/events?query=zumba>

⁶⁰<https://dickinson.campuslabs.com/engage/events?query=spin class>

⁶¹<mailto:devwell@dickinson.edu>



Mondays and Wednesdays | 4:30-5:30 p.m. | Memorial Hall, Old West

Offered by Campus Recreation & Athletics | Instructor: Jenni Moore

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

RSVP in EngageD!⁶²

Cardio Fusion

⁶²<https://dickinson.campuslabs.com/engage/events?query=pilates>



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

Offered by Campus Recreation & Athletics | Instructor: Jenni Moore

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!⁶³

Zumba

⁶³[https://dickinson.campuslabs.com/engage/events?query=cardio fusion](https://dickinson.campuslabs.com/engage/events?query=cardio%20fusion)



Tuesdays and Thursdays | 4 - 5 p.m. | HUB Dance Studio

Offered by Campus Recreation & Athletics | Instructor: Jeannette Kole

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!⁶⁴

Vinyasa Flow Yoga

⁶⁴<https://dickinson.campuslabs.com/engage/events?query=zumba>



Wednesdays | noon - 1 p.m. | HUB Dance Studio (*through May 3*)

Instructor: Claire Seiler

Vinyasa Flow yoga fuses breath and movement to cultivate grace, flexibility and balance of body and mind. From breath work and meditation, the practice moves through smart, inventive sequences designed to focus the mind and energize the body. This class will challenge you where you are, with modifications and options for all levels. The only prerequisites for this mindfulness practice are an open mind and a sense of humor. Free!

RSVP in Totara!⁶⁵

Note: This is an employee only session.

Indoor Spinning

⁶⁵<https://totara.dickinson.edu/course/view.php?id=88>



Wednesdays & Sundays | 5:30-6:30 p.m. | Kline Spin Studio

Offered by Campus Recreation & Athletics | Instructor: Harper Sinclair '25

This is a high intensity cardio workout specifically choreographed to music on indoor stationary bikes. This class provides a full body workout by combining interval training with light weights and abdominal/core work. You will build your endurance and have fun while pedaling to upbeat, motivating music. People of all fitness levels are welcome to ride, whether you are a seasoned rider or new to spinning!

RSVP in EngageD!⁶⁶

Sports Yoga

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



Tuesdays beginning February 14 | 5 - 6 p.m. | HUB Dance Studio (*through April 11*)

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.

RSVP in Totara!⁶⁷

Camp Cardio with Ethos Fitness

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



Thursdays beginning February 16 | 5 - 6 p.m. | HUB Dance Studio (*through April 13*)

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.

RSVP in Totara!⁶⁸

Water Aerobics



Mondays beginning March 20 | 5 - 6 p.m. | Kline Center Pool (*through May 9*)

Instructor: Miriam McMechen

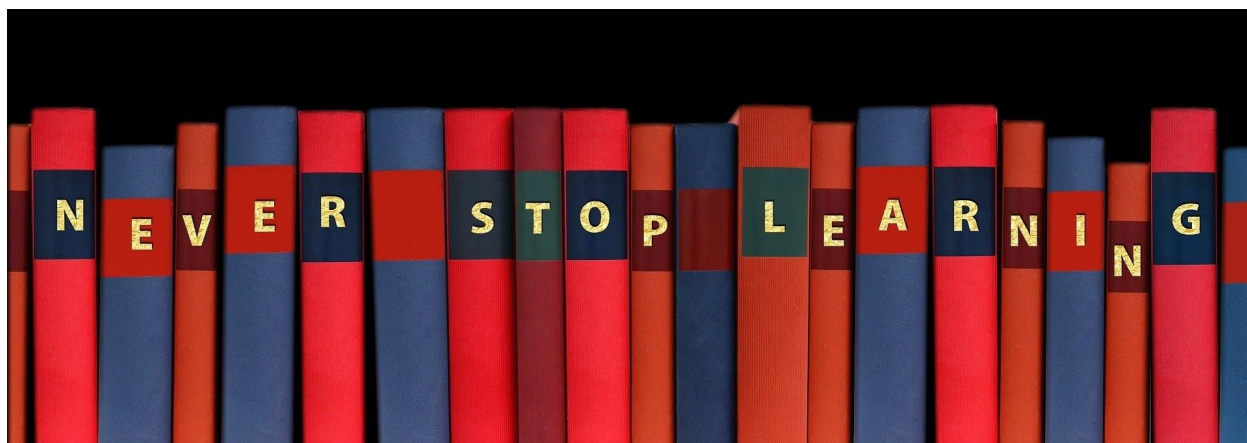
⁶⁸<https://totara.dickinson.edu/course/view.php?id=379>

Water aerobic exercise burns calories, tone muscles and refreshes with a dip in the pool! Enjoy a great low-impact, aerobic workout to music in a stress-free environment. Great for all levels of fitness!

RSVP in Totara! ⁶⁹

Please remember you must have your Dickinson ID to sign-in at the Kline Center registration desk.

Professional Development



President's Staff Forum

⁶⁹<https://totara.dickinson.edu/course/view.php?id=21>

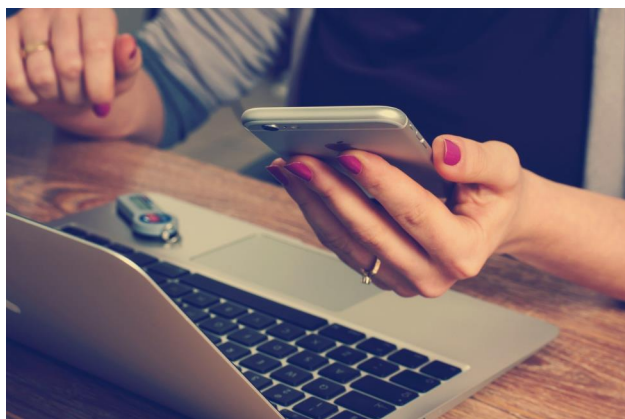


As mentioned at the Town Hall meeting in January, the President's Staff Forum is coming back. This group last met in the winter of 2020, and connected staff from across the college to learn more about all that is Dickinson. Over the years, they met with divisional vice presidents, heard presentations from students, and even took a field trip to the Farm. They discussed policy implementation, shared questions from peers, and were asked to bring information and updates back to their departments/divisions.

As we plan a Forum for 2023 and beyond, we'd like your input. If you are interested in becoming a Forum member or sharing thoughts on its development, please send an email to staff_forum@dickinson.edu⁷⁰. Don't miss this chance to **Engage** with others and help cultivate our **Community**.

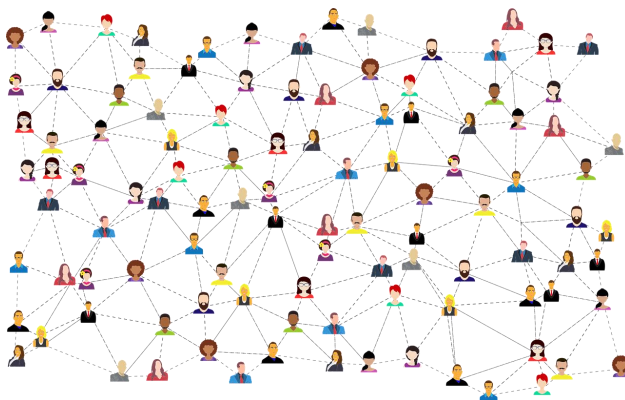
TechNews

⁷⁰mailto:staff_forum@dickinson.edu



Are you challenged with all of the constant technology updates and changes? Looking for a few quick tips or information to help with your technology abilities? Check out the **TechNews** portal in OneDrive! TechNews is filled with very quick reads and 2-3 minute videos that include common uses, answers to the most common questions we receive, what to use when, as well as helpful tips and tricks. Click to learn more now⁷¹!

Carlisle Networking Resources



⁷¹<https://dickinson0.sharepoint.com/sites/TechNews?xsdata=MDV8MDF8fDNkMDk4ZTM2MTImNjQ5MmFmMTYyMDhkYjAzYzBIZGFmFDYyMzJiMDU1NzZiOTRjMTM5Yjg4YjU2MmFIN2RiNmZifDB8MHw2MzgxMdc4OTkzNTkzOTlwOTh8VW5rbm93bnxWR1ZoYlhoVFpXTjFjbWwwZVZObGNuWnBZMIY4ZXIKV0lqb2lNQzR3TGpBd01EQWIMQ0pRSWpv aVYybHVNeklpTENKQIRpSTZJazkwYUdWeUlpd2lWMVFPt2pFeGZRPT18MXxNVFkzTIRFNU16RXpORGmzTORzeE5qYz FNVGt6TVRNME56YzRPekU1T2pWbFpXTTNPREUwTFRJNFptUXROR013WkMxaE0yUmIMV0ZpTkdGbFpHUXpaR0pp Tmw5bVkyVmlaR1F5WkMwelpHTTJMVFJoTWpndE9XUTVNaTAxTW1FMk5HVTVNREl3WTJQQWRXNXhMbWRpYkM 1emNHRmpaWE09fDMwMzY1OTUwZDU0NzRkYTVmMTYyMDhkYjAzYzBIZGFmFDcwYmFIZGM0MWNiZTRlYTdhZTM xODkzZjNiMmM5YWRj&sdata=U0RwWGxMa1Ztb2R6SDIYNStGdWxeUVYzGY4eGira2ZjcXo3RDk0SFxST0%3D&ovu ser=6232b055-76b9-4c13-9b88-b562ae7db6fb%2Cdiamondj%40dickinson.edu>

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 Professionals⁷²

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 Cumberland⁷³

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

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 Club⁷⁴

⁷²<https://carlisleyp.org/>

⁷³<https://www.leadershipcumberland.org/>

⁷⁴https://www.dickinson.edu/homepage/92/dickinson_club

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 website⁷⁵.

Cumberland County Commission for Women⁷⁶

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 County⁷⁷
- YWCA Carlisle & Cumberland County⁷⁸

⁷⁵https://www.dickinson.edu/homepage/92/dickinson_club

⁷⁶<https://www.cumberlandcountypa.gov/57/Commission-for-Women>

⁷⁷<https://uwcarlisle.org/>

⁷⁸<https://ywcacarlisle.org/>

- Domestic Violence Services of Cumberland & Perry Counties⁷⁹
- Hope Station⁸⁰
- Big Brothers Big Sisters⁸¹
- Partnership for Better Health⁸²
- Project SHARE⁸³
- Safe Harbour⁸⁴
- YMCA⁸⁵

Contact Us



⁷⁹<https://www.dvscp.org/>

⁸⁰<https://greatercarlisleproject.dickinson.edu/listing/hope-station/>

⁸¹<https://business.carlislechamber.org/list/member/big-brothers-big-sisters-of-capital-region-5002249>

⁸²<https://forbetterhealthpa.org/>

⁸³<https://projectsharepa.org/>

⁸⁴<https://safeharbour.org/>

⁸⁵<https://carlislefamilyymca.org/>

Wellness Program | Monthly Incentive Prize Winners

Congratulations to Sally Heckendorn, Bursar's Office, and Anthony Rauhut, Psychology, for being randomly selected as the incentive winners for the month of November and December.

The 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.edu⁸⁶ 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

⁸⁶<mailto:devwell@dickinson.edu>

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 Gateway⁸⁷ or by contacting Human Resource Services. To offer an equal opportunity for all employees to participate in these programs, we request staff members to register after confirming availability with supervisory staff to ensure that scheduling permits attendance.

In the event that you register and find that you are unable to attend, our policy⁸⁸ 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 Guide⁸⁹

Dickinson Download⁹⁰

Dickinson/Biking⁹¹

Dickinson/College Farm⁹²

⁸⁷<https://gateway.dickinson.edu/>

⁸⁸http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁸⁹[http://www.dickinson.edu/info/20043/about/1562/dickinson_\"how_to\"_guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_\)

⁹⁰http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download

⁹¹<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁹²<http://www.dickinson.edu/collegefarm>

Dickinson/Sustainability⁹³

Trout Gallery⁹⁴

Theatre & Dance⁹⁵

Campus Announcements⁹⁶

Campus Events Calendar⁹⁷



2 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁹⁸

Human Resource Services Website⁹⁹

⁹³<http://www.dickinson.edu/sustainability>

⁹⁴<http://www.troutgallery.org/>

⁹⁵<https://www.dickinson.edu/theatreanddance>

⁹⁶<https://www.dickinson.edu/announcements>

⁹⁷<http://www.dickinson.edu/events>

⁹⁸<mailto:devwell@dickinson.edu>

⁹⁹https://www.dickinson.edu/homepage/122/human_resource_services