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Dickinson

HUMAN RESOURCE SERVICES

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In This Issue



- **Women's History Month**
- **2023 Spring Into Fitness Challenge**
- **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**
- **Updates from Information and Technology Services**

- **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.

Women's History Month





2 - Dr. Katie Schweighofer¹, Director, Women's and Gender Resource Center

Welcome to March, and Women's History Month! Frequently we use this time to do the work of filling in the history of women that is rarely highlighted in our national story. We might learn about the selfless work of Dr. Mabel Ping-Hua Lee in the women's suffragist movement despite the fact she'd be prevented from voting for another 40 years by the Chinese Exclusion Act; the strength of Dolores Huerta, early 20th century labor organizer and originator of the phrase "***si, se puede***" (***yes, we can***); or the problem-solving savvy of Dr. Dorothy Ferebee who founded community organizations providing health and maternity care for poor African-American women.

These are important histories that complicate and resist simple narratives of women's lives in the face of sexism, racism, and class discrimination. But women's history is about more than stories of the past, it extends right into the present. The challenges these women dedicated their lives to continue to mark the American story today: millions of American women face

¹<mailto:schweigk@dickinson.edu>

disenfranchisement² due to changes in voter access policies, research shows a persistent wage gap between men and women³ with lifelong implications, and inequity in maternal mortality rates⁴ means the risk of death in childbirth is 3 times higher for African-American and Native American women.

There is much work to be done for women in the United States to truly live as equal citizens. This month, do your part! Consider learning more about these topics or others of your choosing as part of Women's History Month. Join the WGRC as we celebrate Gender Week: Gender and Labor (March 6-10) through workshops, alumni panels, and a faculty research talk on gendered labor globally. Learn, explore, and celebrate with us as we move toward a more equitable future for all – *si, se puede!*

Gender Week and Labor Programs and Events:

USAWC Panel: Women's Lives and Careers in the Military

Monday, March 6 | noon - 1 p.m. | HUB Social Hall East | RSVP in EngageD⁵

- Army War College Panelists will discuss Gendered and Racialized Work Experiences.

Queer on the Job Alumni Panel

Thursday, March 9 | noon - 1:15 p.m. | Stern Center, Room 102 | RSVP in EngageD⁶

- Join Alumni for to learn about their experiences in navigating the job market as LGBTQ folks.

Celebrating Women of Dickinson College

Each year the National Women's History Alliance⁷ designates a theme for Women's History Month, which is held during the month of March. The theme for 2023 is "Celebrating Women Who Tell Our Stories." Below we share the stories of past female Dickinsonians. Women who

²<https://www.americanprogress.org/article/100-years-19th-amendment-fight-womens-suffrage-continues/>

³<https://www.gao.gov/products/gao-23-106041>

⁴<https://www.nytimes.com/2019/05/07/health/pregnancy-deaths-.html>

⁵<https://dickinson.campuslabs.com/engage/event/8631909>

⁶<https://dickinson.campuslabs.com/engage/event/8785354>

⁷<https://nationalwomenshistoryalliance.org/>

were firsts. Women who overcame obstacles. Women who challenged their peers and challenge us today.

Zatae Longsdorff⁸ - ***the first female graduate of Dickinson***

- *Zatae Longsdorff was born April 16, 1866, daughter of William Henry and Lydia R. Haverstick Longsdorff of Centerville, Pennsylvania. She was the second of six children. Her father was a physician and graduated from Dickinson College in 1856. Zatae's brother, Harold, graduated from the College in 1879. Zatae continued the family tradition by graduating with the class of 1887, becoming the first female graduate of the College. She obtained a master's degree in cursu from Dickinson in 1890.*

Esther Popel Shaw⁹ - ***the first African-American woman to graduate from Dickinson***

- *Esther Popel entered Dickinson in 1915 and commuted to Dickinson's campus from her home in Harrisburg, Pennsylvania. She studied Latin sciences, spoke five languages, graduated Phi Beta Kappa and went on to become a leading Harlem Renaissance poet and a friend of famed black poet and playwright Langston Hughes. Shaw, whose first book of poems was published in 1934, played an important part in black literary history, using the written word to inspire readers to fight against prejudice. "She wrote about the central paradox of American history: the contradiction between American ideals of equality and freedom and the realities of black experience—slavery, oppression, segregation in Jim Crow America," said Sharon O'Brien, James Hope Caldwell Professor of American Cultures. "She challenged her white readers and affirmed her black readers." https://www.dickinson.edu/news/article/700/straight_talk¹⁰*

Martha Lester Harris¹¹ - ***entrepreneur and masters in divinity!***

- **In recent years, Human Resource Services has partnered with Martha Harris and her social media enterprise, b_Fizika. Fizika Flex has been used for Fall Spring Into Fitness Challenge participants to track their progress in their wellness journey. Martha was a 1977 graduate of the College, majoring in English and theater. Shortly after graduating, she obtained an internship with WLYH in Mt. Gretna and later was hired as a part-time studio camera operator for WHP-21 Harrisburg and promoted to assignment editor. Only**

⁸https://www.dickinson.edu/info/20238/office_of_residence_life_and_housing/1291/traditional_residence_halls/11

⁹https://www.dickinson.edu/news/article/700/straight_talk

¹⁰https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dickinson.edu%2Fnews%2Farticle%2F700%2Fstraight_talk&data=05|01|shaffeca%40dickinson.edu|31acae231cd940dee5b708db13770936|6232b05576b94c139b88b562ae7db6fb|0|0|638125174197446765|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQljojV2luMzliLCJBTil6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=iauzMx57ljHoSxnxbMWCbNV3o6mX%2FN3lc1a9pht6U%3D&reserved=0

¹¹<https://www.dickinson.edu/news/article/3505/>

two years out of college, she was responsible for determining how to cover the Three Mile Island nuclear power accident in 1979. Her experience and knowledge lead her to numerous positions within state government: 1981, press secretary for the PA Department of Insurance under Governor Dick Thornburgh; 1983 press secretary to the late U.S Senator, John Heinz; 1984, associate director of Governor Thornburgh's office in Washington D.C. Continuing her commitment to public services, she obtained her master's in public administration from Harvard Kennedy School in 1986. In 1995 she served as deputy secretary of the PA Department of Commerce under Governor Tom Ridge. Martha retired from state government in January 2000 to enable her to support her daughter, Kathryn, who was diagnosed with learning challenges. Her daughter later graduated from Alvernia University in 2015. She now works with Martha at b_Fazika, which was founded in 2018, to advance literacy and brain health across the lifespan and provide training and technology to help vulnerable populations - Head Start students and at-risk seniors. Martha's journey does not stop here. She pursued a master's in divinity at Lancaster Theological Seminary at the age of 65. Martha is an ordained Priest in the Episcopal Diocese of Central Pennsylvania. In January, 2023, Martha was named Priest in Charge¹² at two parishes in Lancaster County: Saint Pau, Columbia, and St. Luke's, Mount Joy.

Julie Johnson¹³ - **pursued her career aspirations of working with the deaf and** currently focuses¹⁴ **on organizations with STEM-engagement**

- Julie Johnson, who majored in biology, was a 1982 graduate of the College. Since high school, Julie was interested in working with the depth and found a way to deepen her knowledge of that community while at Dickinson. She worked closely with faculty to craft a "study abroad" program at Gallaudet University and gained fluence in American Sign Language. After graduating from Dickinson, she worked as a middle-school math and science teacher for hearing impaired children. Johnson has B.S., M.S., and M.A. degrees in biology, instructional technology, and deaf education; she received her Ph.D. in Leadership and Change from Antioch University. She currently serves as the program director in Division of Research and Learning at the National Science Foundation, where she worked since 2013. She works with the Advancing Informal STEM Learning (AISL), Innovative Technology Experiences for Students and Teachers (ITEST) the Faculty Early Career Development (CAREER), and Future of Work at the Human-Technology Frontier (FW-HTF) programs.

¹²<https://www.linkedin.com/in/marthalesterharris>

¹³<https://www.dickinson.edu/news/article/2703/>

¹⁴<https://be-stemm.blackscientists.ca/bestemm2022/drjulijohnson>

Lt General Laura Anibal Potter¹⁵ - ***one of only a few women generals in the U.S. Army and the first female Dickinson ROTC graduate to attain that rank***

- *Laura Anibal Potter participated in Dickinson's ROTC program and was a 1989 graduate of the College. "One of the greatest benefits I gained from my Dickinson experience was critical thinking," she says. "I don't think we called it that when I went there, but it was the idea that students could analyze an issue—whether in literature, history, religion, art or science—and think about it beyond what was written in the text or conveyed in the lecture; learn how to debate it amongst ourselves; and learn how to draw our own conclusions and stand by them with conviction." She taught Spanish to U.S. Army Intelligence officers posted in Latin America. She communicated in Russian with locals and peacekeepers during a United Nations mission in the Republic of Georgia. And in July 2016, as Brigadier General, Laura Anibal Potter assumed her current position as director of intelligence for the United States European Command, headquartered in Germany. She collaborates with the militaries of 28 NATO nations and multiple partner nations across Europe. Potter created her own path, often chalking up "firsts" for women in her field. "Those firsts are not a reflection of my effort to seek out positions in order to break a barrier," she says. "Instead, they are a reflection of the path our Army has been on that has seen an increasing number of opportunities open to women. I have been fortunate at every stage in my career to take advantage of those great opportunities...."*

Spring Into Fitness Challenge



¹⁵<https://www.dickinson.edu/news/article/2596/>



Spring Into Fitness Challenge Kick-Off Walk

President John Jones will kick-off the 2023 Spring Into Fitness Challenge with a walk on Monday, March 20, at noon, starting at the Benjamin Rush Statue on the John Dickinson Academic Quad. Register now and join the fun¹⁶ - don't miss the opportunity to be part of the 2023 Challenge!

Register for the Challenge Now!¹⁷

This campus-wide Challenge is open to all students, staff and faculty! Activities and programs are planned for each week, with special programs highlighting areas within the campus and throughout Carlisle. We look forward to sharing the activities for this year's Challenge very soon! Watch for updates to be shared on this webpage and through Dickinson Today announcements, Vitality, Twitter @DickinsonHR, and posters across campus. **Special activities and programs will be offered each week!** *Tracking participation through the Fizikaflex app continues this spring. If you have not used this app before, this is a online app that is easy to use and promotes healthy behaviors through nudges and suggestions over the 6-week challenge.*

Click here¹⁸ to register for the 2023 Spring Into Fitness Challenge!

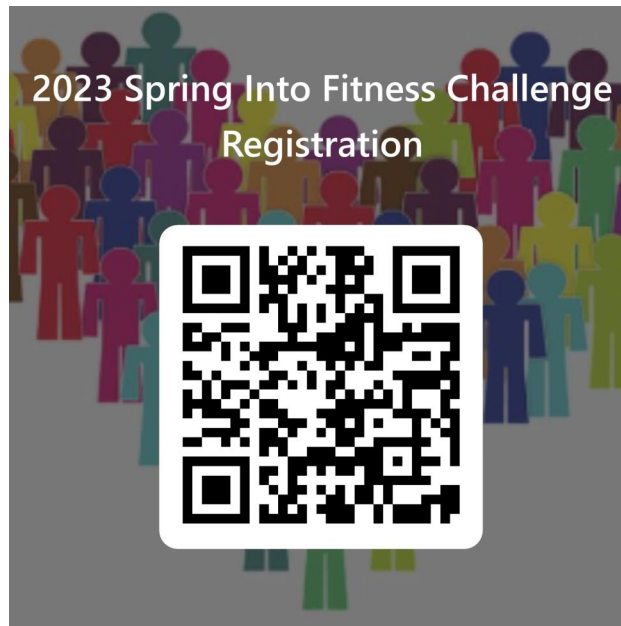
¹⁶<https://totara.dickinson.edu/mod/facetoface/view.php?id=344>

¹⁷<https://forms.office.com/r/dFxB2tHwkw>

¹⁸<https://forms.office.com/r/dFxB2tHwkw>

The details of the Spring Into Fitness Challenge (SIFC) activities will be coming soon on the SIFC webpages¹⁹ and in Totara ²⁰. ***Some of the highlighted programs and events are shown below in this issue of Vitality!*** Registered participants will receive an email after March 7 with more details for the 2023 Spring Into Fitness Challenge!

Who will win the Golden Sneaker in 2023? The 2022 Spring Into Fitness Challenge divisional winner was Finance and Administration! Click to view results for our 2022 in a PowerPoint show!²¹



¹⁹https://www.dickinson.edu/info/20314/professional_development_and_wellness/2927/spring_into_fitness_challenge

²⁰<https://totara.dickinson.edu/course/view.php?id=109>

²¹<https://dickinson0.sharepoint.com/:p:/s/SpringIntoFitnessChallenge/EULoGTQ0neVKq7bnxKRRBIAB7k8abKVDAMEdCb8jCnLFeg?e=mKI3bG>

Employee Highlights



New Hires



February

Sasa Esh, *Office of CASE*

Robbie Gray, *Dining Services*

Mohammad Kaihan, *Dining Services*

Summer Lebo, *Dining Services*

Paul Winston, *Library Services*

Employee Announcements





4 Experiences for the Price of 1!

Hersheypark
The Boardwalk at Hersheypark
ZooAmerica
Hershey's Chocolate World

Over 65 rides and attractions

FREE Admission to *ZooAmerica* when entered from *Hersheypark*
Hershey's Chocolate World - the **#1** visited corporate visitor center in the world
Award-winning live entertainment

Discounted HERSHEY PARK tickets are available for advance purchase to Dickinson students and employees at the special rates listed below.

Special ticket pricing!

Tickets valid any day during 2023 regular operating season
from April 1, 2023 through September 10, 2023

\$40.95 all ages over 3 years (*ages 2 and under are free*)

Tickets must be requested and paid for by March 24, 2023. Ticket orders can be placed with **Campus Life** in the lower level of the HUB or with Office of Human Resource Services, located at 55 N. West Street. Checks should be made payable to **Dickinson College**. When the ticket orders arrive, purchasers will be notified of availability for pick-up at Human Resource Services.

For details, call ext. 8084 or send an email to hrservices@dickinson.edu

3 - hrservices@dickinson.edu²²

2022 Performance Appraisals

²²<mailto:hrservices@dickinson.edu>



2022 performance reviews opened on March 2, via Totara. Staff members who are due for an annual review received an automated messages from Totara.

We encourage you to get started with your self-appraisal as soon as possible. All reviews are due on or before July 31. Please consult with your supervisor on a specific department completion timeline.

The overall performance forms are unchanged. Each employee will again select the current goals to be included as part of the annual evaluation. An email will be sent to the supervisor prompting the next stage in the process.

Online learning modules are available through Totara on the Gateway (search for keywords: performance or goals). Additional resources can be found on Human Resource Services web pages²³. Please feel free to contact Dennette Moul²⁴ or Carol Shaffer²⁵ in Human Resource Services (ext. 1152) with any questions or concerns. We are here to help.

²³https://www.dickinson.edu/homepage/1298/performance_management

²⁴<mailto:mould@dickinson.edu>

²⁵<mailto:shaffeca@dickinson.edu>

Dickinson's 9th Annual Day of Giving



We are so excited to celebrate Dickinson's 9th annual Day of Giving on **Tuesday, April 4!** Last year, more than 3,500 Dickinsonians united to give more than \$1.4 million in a single day! Let's top that effort this year and show our Dickinson pride. Please mark your calendar for April 4, and visit Day of Giving online²⁶ to learn more!

2023 Benefits & Wellness Fair (IN-PERSON!)

²⁶<https://dayofgiving.dickinson.edu/pages/home-2020-4>



Tuesday, April 18 | 10 a.m. - 2 p.m. | HUB Social Hall

Mark your calendars now for this LIVE event! The annual Benefits & Wellness Fair provides an opportunity ***for employees of the college*** to meet with new and returning benefits vendors and wellness program providers as well as some local community participants.

Free health screenings are offered in addition to a wealth of information about our benefits, health and wellness programs.

Please plan to stop by to learn more about benefits and wellness options available to the college community. Many prizes and giveaways are also part of this annual event!



SAVE THE DATE: Friday, March 31, 2023 on Britton Plaza (rain location: Social Hall)

Dickinson will bring together students, faculty, staff and the Carlisle community for our **Sustainability Expo 2023: Celebrating the Future**. This event is an interactive celebration of our campus and community partnerships dedicated to the progress and future of sustainability.

The Center for Sustainability Education (CSE) wants **YOU** to join them and share how your work connects to people, prosperity, and the planet! CSE invites you to host a table, activity, vendor booth or interactive activity to highlight your work or business or club! Please consider joining them. CSE is asking for partners to complete the application form by March 10!

This campus celebration will include games, interactive tabling, sustainable shopping, sharing information, prizes, interactive education, and camaraderie in combination with the UN Sustainable Development Goals²⁷ and the **2023 Campus EcoChallenge**.

Click here²⁸ for more information or to be a partner.



²⁷<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdickinson.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3D4e4e9183dbbc5a4d3fb091b04%26id%3D02baa74475%26e%3De3b03d2f20&data=05|01|shaffeca%40dickinson.edu|66a3df2c8b284c9c8e5b08db15c2b401|6232b05576b94c139b88b562ae7db6fb|0|0|638127698223902666|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6I k1haWwiLCJXVCi6Mn0%3D|3000||&sdata=cbGuKlz65U7rBYjRRzbGMbJnPFwN0bqUOxTldaxzV5M%3D&reserved=0>

²⁸<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdickinson.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3D4e4e9183dbbc5a4d3fb091b04%26id%3D6a36cbc322%26e%3De3b03d2f20&data=05|01|shaffeca%40dickinson.edu|66a3df2c8b284c9c8e5b08db15c2b401|6232b05576b94c139b88b562ae7db6fb|0|0|638127698223902666|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6I k1haWwiLCJXVCi6Mn0%3D|3000||&sdata=3KjbDVB8%2FzMI7k%2BhD7ty8wJ7WSDLIjGwL1pzqaFpUt3Q%3D&reserved=0>

The Handlebar aims to increase bicycle use, repair services, and bike-related knowledge on campus. The shop believes in equitable access, affordability, and a strong sense of community.

Connections:

The Handlebar Facebook²⁹

The Handlebar Instagram³⁰

Spring Semester Dining Services Volunteer Sign-Up



Shifts prior to Spring Break are still available. Watch for new shifts opening soon!

Dining services continues to seek 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

²⁹<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdickinson.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3D4e4e9183dbbc5a4d3fb091b04%26id%3D2d7bed57ff%26e%3Deaa52f8546&data=05|01|shaffeca%40dickinson.edu|a6cdcdbe088c4d2ca9ce08db15b28d88|6232b05576b94c139b88b562ae7db6fb|0|0|638127628874723964|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6I1haWwiLCJXVCI6Mn0%3D|3000||&sdata=YOV62kdRmbDaYp39kG%2BbcQgjsi5MrBsrLJfHaK2Ki7A%3D&reserved=0>

³⁰<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdickinson.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3D4e4e9183dbbc5a4d3fb091b04%26id%3Dbb4e6a24f9%26e%3Deaa52f8546&data=05|01|shaffeca%40dickinson.edu|a6cdcdbe088c4d2ca9ce08db15b28d88|6232b05576b94c139b88b562ae7db6fb|0|0|638127628874723964|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6I1haWwiLCJXVCI6Mn0%3D|3000||&sdata=3KzbkZfz5q8j8Eoe1rfi0VZp4hoGvqx279NrihWFbXY%3D&reserved=0>

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 Totara³¹.

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 Information³²

³¹<https://totara.dickinson.edu/course/view.php?id=398>

³²https://www.dickinson.edu/homepage/1579/covid-19_employee_information



Faculty and staff can find up-to-date information within the COVID-19 Employee Information³³ 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 here³⁴ to find available resources.

If you test positive, please complete the at-home COVID testing form³⁵. A member of Human Resource Services will be in touch via email and/or phone to provide general guidance.

³³https://www.dickinson.edu/homepage/1579/covid-19_employee_information

³⁴https://www.dickinson.edu/download/downloads/id/13900/covid-19_testing_resources.pdf

³⁵<https://www.dickinson.edu/xfp/form/374>

Get the Most Out of Your Benefits



Wellness@Dickinson: Completing the Online Health Risk Assessment



Meritain Health offers many wellbeing tools and resources through their member portal. One of these is an online Health Risk Assessment (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.edu³⁶ to let us know you have completed your Meritain Health HRA.*

Complete your FREE Health Risk Assessment³⁷ 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.

³⁶<mailto:devwell@dickinson.edu>

³⁷<https://totara.dickinson.edu/course/view.php?id=429>

- 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/>

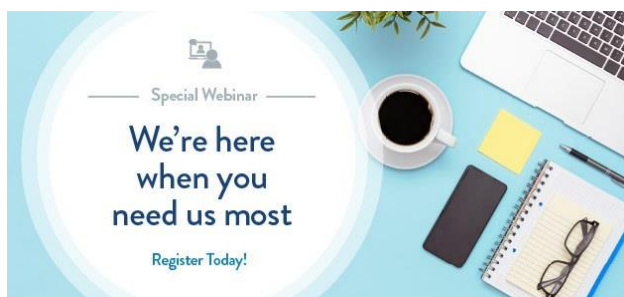
Meritain Health³⁸ > Tools and Resources > Health Tools > My Wellness (GO) > **My Health > Health Assessment**

**Not a Meritain Health participant? Visit the HRA course in Totara³⁹ 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 website⁴⁰.

Avoiding Tax Filing Fraud - A HealthAdvocate Webinar



Thursday, March 16 | 2 - 3 p.m. | Webinar

Presenter: Chris Shelton, Senior Fraud Resolution Specialist, CLC

³⁸<https://account.meritain.com/>

³⁹<https://totara.dickinson.edu/course/view.php?id=429>

⁴⁰<http://www.healthadvocate.com/>

Tax filing can expose a substantial amount of personal information – annual income, retirement plans, and a Social Security number to name a few. Data thieves are looking to prey on this “gold mine” of information and sell it on the dark web.

Join us for a special webinar with guest presenter, Chris Shelton, a Fraud Resolution Specialist, to learn more about the warning signs of tax-related fraud and explore tips on safely filing your taxes this year.

CLC is the leading service provider of legal and identity theft solutions for employee assistance programs (EAP), membership associations, and insurance companies.

Register for this financial wellbeing session in Totara⁴¹.

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?

⁴¹<https://totara.dickinson.edu/course/view.php?id=408>

3. Am I on track to meet my retirement goals?

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

- **Wednesday, March 1 | 9 a.m. - 1:30 p.m. | HUB Mary Dickinson Room**
- **Tuesday, April 4 | 9 a.m. - 4 p.m. | HUB Side Room 201**
- **Wednesday, May 3 | 9 a.m. - 1:30 p.m. | HUB Mary Dickinson Room**

To schedule a personal meeting please sign up online⁴² 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)⁴³. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

March

- **Tuesday, March 7 | noon - 1 p.m. | Invest for Success: 5 Principles You Need to Know**
- **Thursday, March 9 | noon - 1 p.m. | Opening Doors to the Future | Save In a 529 College Savings Plan**
- **Wednesday, March 15 | 2 p.m. - 3 p.m. | Cyber: Help Protect You, Your Family, and Your Money**

⁴²<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

⁴³<https://www.tiaa.org/webinars>

- **Wednesday, March 22 | noon - 1 p.m. | Charting Your Course: A Financial Guide for Women**
-

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.com⁴⁴ or call (603) 213-3523.**

Visit [Fidelity.com](https://www.fidelity.com/)⁴⁵ to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.

Medicare Help Team



⁴⁴<mailto:daniel.mccarthy@fmr.com>

⁴⁵<https://www.fidelity.com/>

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 Toolkit⁴⁶ 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**⁴⁷ – 4 min.

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

- **Call: 610-430-6650, Option 1**
- **Email: Medicare@HTA-insurance.com**⁴⁸
- **Schedule Online**⁴⁹

⁴⁶<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fFw1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrcucm9IEwBxWbrsds3U8mYp2MYxqZRlYaNsj7T-2FXidg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwvsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZJt57tkfpr0fC08TDCulrdIPkKjgKqf6EoECHCdpW7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsU0cMQP7wwB1FNBEengszABs-2BmN-2F0bzrekAgcb8hHCh4-3D>

⁴⁷<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEvhTWev4fwU63leQ2JrJX5tdT0DUYZgBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FpkqajJNtQKy8n-2FVTi5qbvkDhD6HVPwNvy qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UFnmRM-2FqO1YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D>

⁴⁸<mailto:Medicare@HTA-insurance.com>

⁴⁹<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDIukaTif5PxtPo8C7FLZimf73xCigKK3EBITfIrS76mZ0DvUTykj0OYEPH4QONMBAktIPrwqADKQLZ-2FWIQUl5cmYfcJ3No69EnbQL6tEf5 977 qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1lI3UmZJFA1s1QixL-2BhxZBRqadqcgJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5IReHgnz3Or-2BFVXqTfu609sb8lVtaFibiPgGog4dDOTZ8AM5cfIVAWYQloLRLjV-2Bg8-2BAk-3D>

Community | For the Greater Good







SATURDAY, APRIL 1, 2023
3.8-MILE GUIDED COMMUNITY BIKE RIDE

9 A.M. REGISTRATION, FREE BREAKFAST & BIKE REPAIRS • 10:15 A.M. BIKE RIDE DEPARTS
MEET AT NEW LIFE COMMUNITY CHURCH, 64 E. NORTH ST., CARLISLE, PA
ENDS AT HOPE STATION, 149 W. PENN ST., CARLISLE, PA

Visit YWCA, Project SHARE, Hope Station and other local landmarks

Learn safe biking skills through fun activities at each site

FREE bike helmet, light, and lock for all participants



- **AGES 18+** need to sign waiver
- **AGES 14-17** need waiver signed by parent/guardian BUT can ride alone
- **AGES UNDER 14** need waiver signed by parent/guardian AND an adult to ride with them
- **RAIN DATE:** APRIL 15, cancellation announced via Facebook event

Bringing together community members of all ages to explore our neighborhood safely, on bikes.

FOR MORE INFORMATION PLEASE VISIT: www.dickinson.edu/northsideride

Carlisle Tool Library
 Carlisle Victory Circle
 Carlisle West Side Neighbors

Harrisburg Bicycle Club
 Hope Station
 Lifecycle Carlisle

New Life Community Church
 Project Share
 YWCA Carlisle & Cumberland County

Dickinson

Carlisle Downtown Mile



Early bird registration is NOW OPEN for the 12th Annual Carlisle Downtown Mile⁵⁰, sponsored by UPMC! Join us for this one mile run/walk along High Street in downtown Carlisle on **Thursday, May 18, 2023.**

For the 12th consecutive year, Employment Skills Center will host the Carlisle Downtown Mile to raise money for the center and its programs. All proceeds will benefit adult learners in our community.

Children, adults, and groups are encouraged to participate. There will be prizes and a post-race celebration. Race competitively or walk/run just for fun!

Save Money, Register Early⁵¹! Early Bird Registration ends at midnight on March 31. Click here⁵² to register!

⁵⁰<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Frunsignup.com%2FRace%2FPA%2FCarlisle%2FCarlisleDowntownMile&data=05%201%20shaffeca%40dickinson.edu%2065fbc3efb7ff4cf458ec08db15e28f6c%206232b05576b94c139b88b562ae7db6fb%200%20638127835048203217%20Unknown%20TWfPbGZsb3d8eyJWljoimc4wLjAwMDAilCjQljoiv2luMzliLCJBTil6lk1haWwLlCjXVCI6Mn0%3D%203000%20%20&sdata=ega%2BDFy3EXAzSax0z5RE7KXwL6jIAM51f%2F1u4E6M2Yk%3D&reserved=0>

⁵¹<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Frunsignup.com%2FRace%2FPA%2FCarlisle%2FCarlisleDowntownMile&data=05%201%20shaffeca%40dickinson.edu%2065fbc3efb7ff4cf458ec08db15e28f6c%206232b05576b94c139b88b562ae7db6fb%200%20638127835048359452%20Unknown%20TWfPbGZsb3d8eyJWljoimc4wLjAwMDAilCjQljoiv2luMzliLCJBTil6lk1haWwLlCjXVCI6Mn0%3D%203000%20%20&sdata=O%2BSVgmdjSxjSymaoTpg%2BLReq0OWvXdufyNtjGe%2BoQ6k%3D&reserved=0>

⁵²<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Frunsignup.com%2FRace%2FPA%2FCarlisle%2FCarlisleDowntownMile&data=05%201%20shaffeca%40dickinson.edu%2065fbc3efb7ff4cf458ec08db15e28f6c%206232b05576b94c139b88b562ae7db6fb%200%20638127835048359452%20Unknown%20TWfPbGZsb3d8eyJWljoimc4wLjAwMDAilCjQljoiv2luMzliLCJBTil6lk1haWwLlCjXVCI6Mn0%3D%203000%20%20&sdata=O%2BSVgmdjSxjSymaoTpg%2BLReq0OWvXdufyNtjGe%2BoQ6k%3D&reserved=0>

For more information, contact:

Brian Emert⁵³, Race Director

717-243-6040 x4430

**LOCAL BUSINESS
COMMUNITY FOCUS**
WORKING TOGETHER WITH DICKINSON



**20 N. HANOVER
STREET, CARLISLE**

**10% DISCOUNT
WITH DICKINSON ID**

5 REASONS TO GO TO C-LUV THRIFT!

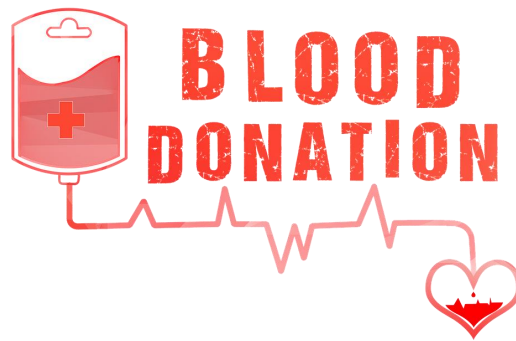
- ✓ **SAVE MONEY**
- ✓ **SELL YOUR ITEMS**
- ✓ **VALUE SUSTAINABILITY**
- ✓ **THRIFT SHOPPING IS FUN**
- ✓ **SUPPORT LOCAL BUSINESS**

WWW.C-LUV.COM

  **CLUVTHRIFT**

Community Blood Drives

⁵³<https://RaceDIR@employmentskillscenter.org>



Central Pennsylvania Blood Bank

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

- **Cumberland County Blood Drives⁵⁴**
- **Dauphin County Blood Drives⁵⁵**
- **Franklin County Blood Drives⁵⁶**
- **Perry County Blood Drives⁵⁷**
- **Mifflintown Hose Company Blood Drive⁵⁸**
- **Lewistown Calvary Church Blood Drive⁵⁹**

⁵⁴https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

⁵⁵https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf

⁵⁶https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

⁵⁷https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

⁵⁸https://www.dickinson.edu/download/downloads/id/14369/central_pennsylvania_blood_bank_mifflintown_hose_company.pdf

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

Down on the Farm



From the Farm to your Kitchen – Sign-Up Now for Dickinson Vegetable Shares

⁵⁹https://www.dickinson.edu/download/downloads/id/13364/central_pennsylvania_blood_bank_lewistown_calvary_church.pdf



Dickinson College Farm CSA (Campus Supported Agriculture) signups are now open. Fully customized vegetable shares each week with options for a 24 or a 30-week season beginning in May. Pick up weekly or every other week at the Farm or on campus. Our produce is certified organic and freshly harvested. Beef, lamb, eggs and other tasty surprises are also offered. Let us share a taste of farm goodness with you!

To sign up or to learn more about the benefits associated with becoming a CSA member, please visit the Dickinson College Farm blog⁶⁰ or contact Mary Silva at farm@dickinson.edu⁶¹.

⁶⁰<http://blogs.dickinson.edu/farm/csa/>

⁶¹<mailto:farm@dickinson.edu>



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 online⁶² for current menu and more information.

Winter Hours for Farmers on the Square

⁶²<http://www.dickinson.edu/farmworks>



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 ⁶³here to order your farm fresh pizza!

⁶³<https://form.jotform.com/222967100079153>

Nutrition Corner



Understanding the Difference Between Whole and Processed Foods - For the Health of It



By Bill Bodisch, CPT, PN1

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." – Ann Wigmore

Whole food is defined as food that has been processed or refined as little as possible and is free from additives or other artificial substances. Envision the produce department of your local grocery store! Whole foods are the cornerstone of a healthy diet and lifestyle. But while you may think it is easy to identify whole versus processed foods, it is not always straightforward. The definition of processed food can be complex.

According to the United States Department of Agriculture (USDA), processed food is defined as any raw agricultural commodity that has been subject to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging, or other procedures that alter the food from its natural state.

The Food and Drug Administration (FDA) uses 18 classifications for types of ingredients that can be added to food. Additionally, there are anywhere from 56-61 different names of added sugars and sweeteners.

With all of these options for additives to food, it is rare to find strictly whole foods. But this does not mean that we should give up on healthy eating! Instead, focusing on minimally processed foods, without added ingredients and sugars, gives us the best opportunity to absorb the vitamins, minerals, and nutrients we need for optimal health. Unfortunately, the Standard American Diet (S.A.D.) is rich in highly-processed foods, meat, and dairy. While this is a popular

diet in our culture, it is also a major factor in the common cardiovascular and metabolic diseases we face. The added ingredients and sugars in most foods we consume lead to exaggerated spikes in blood sugar, accumulation of bad fats, and chronic inflammation. Chronic, long-term inflammation negatively affects our health and is a leading cause of lifestyle diseases.

The most important element to better health is better nutrition. It starts with adopting a whole-food, plant-based plan. To do this, do not try to overhaul your diet. Instead, think about foods in your diet that are highly processed with food additives. Then, pick one to focus on this week and exchange it for a minimally processed alternative. Gradual changes toward whole foods can result in big health changes over time.

About the Author:

Bill is a Certified Personal Trainer, a Precision Nutrition Level 1 Certified Coach, and a Certified Health and Life Coach. Bill pursues his passion for helping people improve their health and their lives as a personal trainer and nutrition coach at The Med Gym in Carlisle.

P.S. If you would like to set up a free 30-minute consultation with Bill to review your diet and get feedback on your nutrition, you can contact Bill directly at billb@themedgym.com⁶⁴!

Creamy Vegan Lentil and Roasted Vegetable Bake

⁶⁴<mailto:billb@themedgym.com>



A comforting winter casserole AND you can make it gluten free!

Source: <https://www.purewow.com/recipes/vegan-lentil-roasted-vegetable-bake>

Ingredients

Casserole

- 1 medium head of cauliflower, cut into florets
- 3 cups peeled and chopped butternut squash
- 1 large sweet potato, peeled and chopped
- 3 tablespoons extra-virgin olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 large sweet onion, diced
- 6 garlic cloves, minced
- 12 ounces (1½ cups) French green (Puy) lentils
- 4 cups low-sodium vegetable broth or water
- Small handful of thyme sprigs
- 4 tablespoons tahini
- 2 tablespoons yellow or white miso paste
- 2 tablespoons balsamic vinegar
- Chopped Italian flat-leaf parsley, for serving

Cashew Cream

- 1 cup raw cashews, soaked 1 hour in boiling water
- 2 garlic cloves
- 2 tablespoons nutritional yeast
- 1½ tablespoons freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper

Crispy Pine Nut Topping

- 1 tablespoon extra-virgin olive oil
- ½ cup panko bread crumbs
- ½ cup pine nuts

Directions

1. **Make the Casserole:** Preheat the oven to 400°F. Toss the cauliflower florets, butternut squash and sweet potato with 1½ tablespoons of the olive oil; season generously with salt and pepper. Transfer the vegetables to sheet trays and roast, tossing once, until they are browned and soft, 25 to 30 minutes. Lower the heat to 350°F.
2. While the vegetables are roasting, pour the remaining 1½ tablespoons olive oil into a large, deep skillet or Dutch oven and heat over medium heat. Add the diced onion and cook until lightly browned, 5 to 7 minutes. Add the garlic and cook, stirring frequently, until fragrant, about 2 minutes.
3. Add the lentils, vegetable broth and thyme sprigs to the skillet. Bring to a boil, then reduce to a rapid simmer. Simmer until most of the liquid is absorbed and the lentils are tender but still al dente, 25 to 30 minutes. Season with salt and pepper to taste.
4. Remove the thyme sprigs from the lentils and stir in the tahini, miso paste and balsamic vinegar.
5. **Make the Cashew Cream:** While the vegetables are roasting and the lentils are cooking, add the drained cashews, garlic, nutritional yeast, lemon juice and ½ cup plus 2

tablespoons water to the bowl of a high-powered blender. Season with salt and pepper, and blend until smooth and creamy. Alternatively, you can prepare the cashew cream up to two days in advance.

6. Layer the roasted veggies and cooked lentils in a 13-by-9-inch or 3-liter casserole pan. Drizzle the cashew cream on top and bake for 20 minutes at 350°F.
7. **Prepare the Crispy Pine Nut Topping:** Meanwhile, heat the olive oil in a nonstick skillet over medium heat. Add the panko bread crumbs and stir until beginning to brown, about 3 minutes. Transfer to a bowl, cool slightly and then stir in the pine nuts.
8. Sprinkle the pine nut mixture over the casserole and then place the dish under the broiler for a few minutes until the topping is golden (keep a careful watch, as pine nuts can burn easily). Allow the casserole to cool for 5 minutes before serving. Garnish with chopped parsley.

Gluten-Free option:

Omit the topping and garnish the casserole with simply toasted pine nuts.

Nutrition Facts

Servings: 8

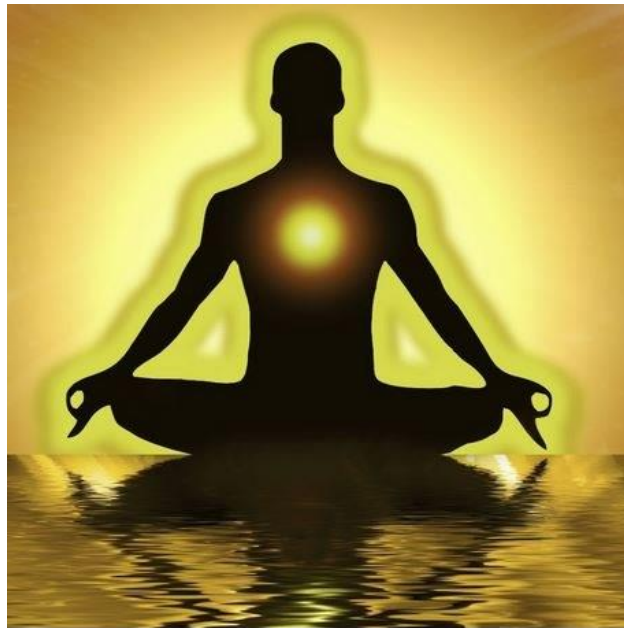
Calories: 438 | Fat: 18g | Carbs: 56g | Protein: 19g | Sugars: 9g

Note: The information shown is Edamam's⁶⁵ estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice

⁶⁵<https://www.edamam.com/>



Deep Breathing and Relaxation Workshop with Dr. Megan Nesbitt

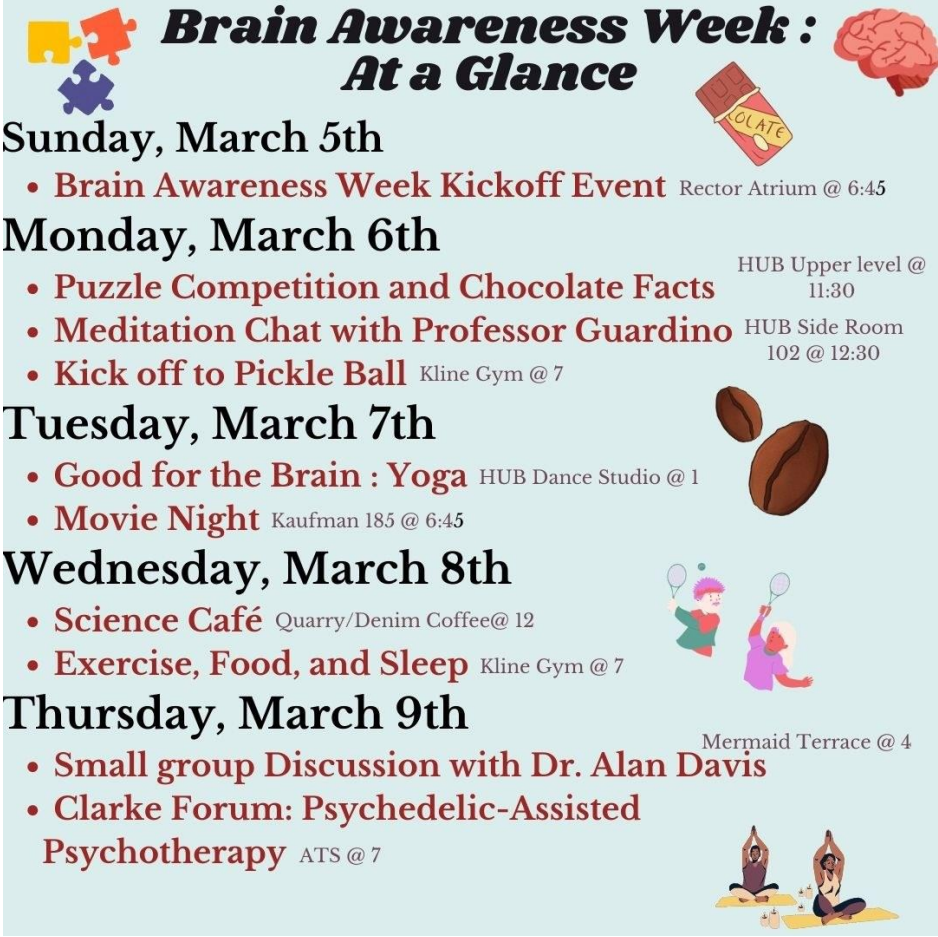


Wednesday, April 5 | 4:40 - 5:20 p.m. | HUB Side Room 201

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.

Future workshop with Dr. Nesbitt will be held on May 3.

Enroll and sign-up in Totara.⁶⁶



**Brain Awareness Week :
At a Glance**

Sunday, March 5th

- **Brain Awareness Week Kickoff Event** Rector Atrium @ 6:45

Monday, March 6th

- **Puzzle Competition and Chocolate Facts** HUB Upper level @ 11:30
- **Meditation Chat with Professor Guardino** HUB Side Room 102 @ 12:30
- **Kick off to Pickle Ball** Kline Gym @ 7

Tuesday, March 7th

- **Good for the Brain : Yoga** HUB Dance Studio @ 1
- **Movie Night** Kaufman 185 @ 6:45

Wednesday, March 8th

- **Science Café** Quarry/Denim Coffee @ 12
- **Exercise, Food, and Sleep** Kline Gym @ 7

Thursday, March 9th

- **Small group Discussion with Dr. Alan Davis** Mermaid Terrace @ 4
- **Clarke Forum: Psychedelic-Assisted Psychotherapy** ATS @ 7

The poster features several illustrations: puzzle pieces, a brain, a chocolate bar labeled 'CHOCOLATE', coffee beans, two people playing pickleball, and two people doing yoga.

⁶⁶<https://totara.dickinson.edu/course/view.php?id=307>

AIM to Keep It Real – **A**ccountability, **I**nquiry, and **M**indfulness – a support group for **healthy habits**.



Thursdays | Noon-1 p.m. | Althouse 109

A new group has formed to help you stay on track, *if you desire*! Whether it is healthy eating habits or motivation to keep moving, this group is open for you! Our hope is to share tips for those who are struggling with snacking, overeating, bingeing (*not Netflix*), and just plain making the wrong decisions when it comes to nourishing our bodies. We would also like to form groups or partners who wish to exercise or take a stroll during their lunch break or before/after work.

If you are searching for ways to keep yourself accountable in your wellness journey, we hope you'll join us. We are not professionals; *we just played one on TV :-)* Join our Team! We'll meet in Althouse 109 on Thursdays at noon. You can also share in the Team's feed by clicking here⁶⁷.

⁶⁷<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.microsoft.com%2F%2Fchannel%2F19%3aY4Si8hHOy14cZ91JBVEeaAK-KQqG5e2cJNsySldm8OU1%40thread.tacv2%2FGeneral%3FgroupId%3D353a5f8f-c851-4dad-88b7-1ab71fdd6f59%26tenantId%3D6232b055-76b9-4c13-9b88-b562ae7db6fb&data=05|01|shaffeca%40dickinson.edu|d79bbc6e157d44e4ea7608db137b7fe9|6232b05576b94c139b88b562ae7db6fb|0|0|638125193374487109|Unknown|TWfpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQjoiV2I>

For more information, contact Kelly Ellis⁶⁸.

Empty Bowls - Community Fundraiser

[uMzliLCBTii6Ik1haWwiLCJXVCI6Mn0%3D|3000||&sdata=XeRCAIRfaCqzZBpDfZrpe1b1oMHJJXLMjjCcY1fQQpl%3D&reserved=0](https://www.dickinson.edu/emptybowls)

⁶⁸<mailto:ellisk@dickinson.edu>

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 Totara⁶⁹.

⁶⁹<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 will be 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.

Free Blood Pressure Screenings



Monday, March 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!

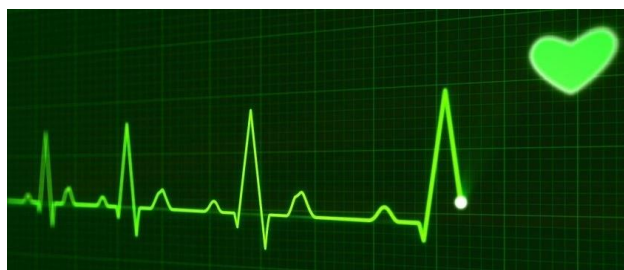
Walk-in, no appointment needed!

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 ages 12 or younger, and infants. Being certified will provide you with valuable skills that will prepare you to handle a potentially life-threatening situation. Reserve your spot in this blended learning certification program. Successful participants will learn and achieve the skills needed to demonstrate and pass the written certification exams.

Enroll and sign-up in Totara.⁷⁰



Coffee, Chocolate & Tea | Antioxidants and Enjoyment!

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

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

Learn about what antioxidants are, what foods to find them in (spoiler: we'll be enjoying coffee, chocolate, and tea together), and how to get a variety of antioxidant-rich foods in your meals.

Enroll and sign-up for this nutrition information session in Totara.⁷¹

⁷⁰<https://totara.dickinson.edu/course/view.php?id=93>

⁷¹<https://totara.dickinson.edu/course/view.php?id=94>



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. 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.

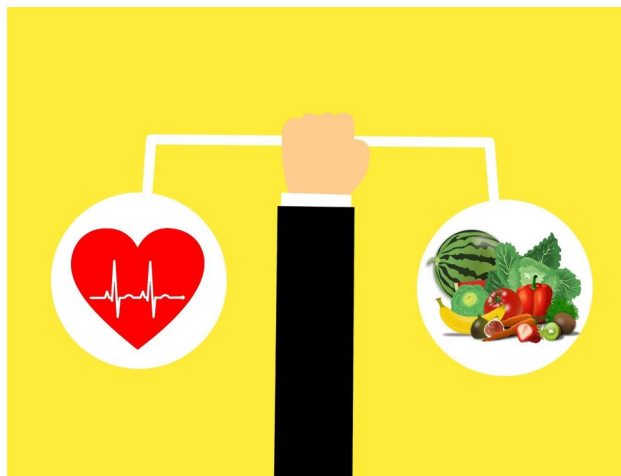
Do you know your numbers? If not, sign up NOW to complete this FREE health screening. For 2022-2023, the free biometric screening is available to the first 100 registrants *or* complete this screening during your annual well visit for your physical exam with your healthcare provider.

Participants in the biometric screening will receive a \$5 Farmers on the Square gift certificate. ALL employees are eligible to participate! 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 Totara⁷².

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.edu⁷³ or by phone at ext.1663.*

Spring Clean Your Nutrition!



Wednesday, April 19 | noon - 1 p.m. | Stern Center Room 102

⁷²<https://totara.dickinson.edu/course/view.php?id=51>

⁷³<mailto:studentwellness@dickinson.edu>

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

It feels great to dig in and deep clean our homes in spring. Let's use the spring cleaning momentum and spruce up our food choices! Bring your own grocery list or common meal rotation and make tweaks as we discuss.

Enroll and sign-up in Totara.⁷⁴

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.

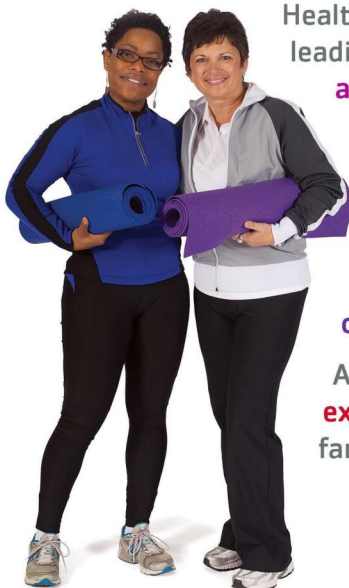
⁷⁴<https://totara.dickinson.edu/course/view.php?id=94>



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

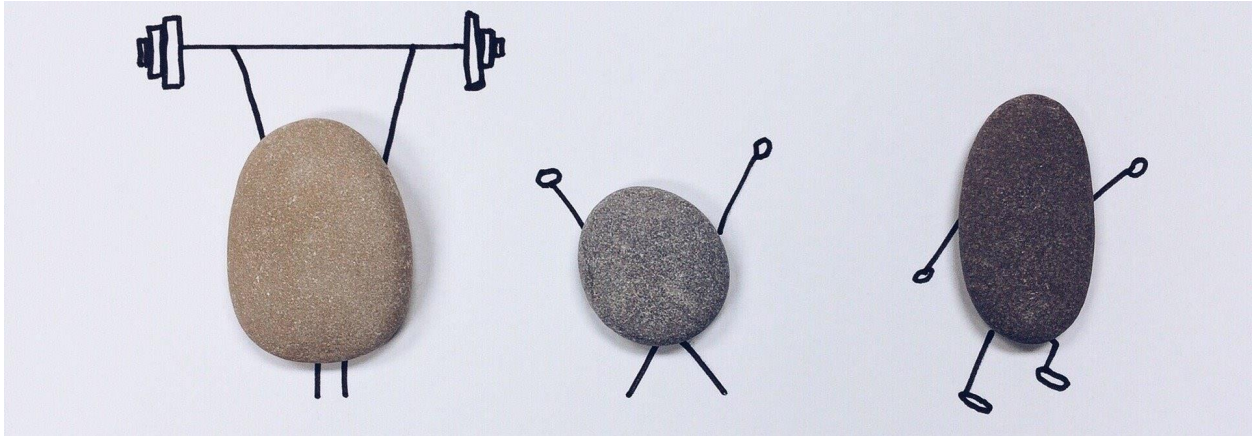
Eligible Categories	Monthly Rate
Young Adult	\$26.40
Adult	\$30.40
Senior Adult	\$28.80
2 Adults^	\$46.40
1 Adult with Dependents^	\$51.20
2 Adults with Dependents^	\$55.20
2 Senior Adults^	\$44.80
1 Senior Adult with Dependents^	\$47.20
2 Senior Adults with Dependents^	\$49.60

^ 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



Dickinson Personal Trainer



Padraic Wood is a personal trainer certified by the National Academy of Sports Medicine (NASM). He has worked professionally in fitness industry for well over a decade and began working with the Dickinson community at the Kline Fitness Center in 2019. Having worked with hundreds of people of all kinds locally he knows that we all have eclectic needs and goals pertaining to our health and fitness. He would love to offer his knowledge and experience to help you thrive physically and solidify fitness and wellness as fundamental aspects of your daily

life. From beginner to longtime gym member, you will work together to help you find the best exercise selection, format, frequency, and volume for you, keeping your individual life circumstances very much in mind. It is incredibly valuable to know how to use a gym and have a solid foundation of quality movements that you can use for years to come.

If you are someone who would like to learn how to work out safely and effectively, Padraic is here for you. Also, if you are someone with a lot of training experience and are looking for some fresh perspective and ideas, Padraic is here for you too. One way or another, the best way to get started with personal training is to get in the gym and get moving. If you would like to know more about Padraic's services or if you have any fitness-related questions, feel free to contact him at coachpwood@gmail.com⁷⁵ or call (646) 300-0955.

Rates:

\$35/session for one-on-one private training

\$50/session for semi-private (two clients at a time)

Campus Fitness Programs



Wellness programs offered for the spring semester began in February with fitness options collaboratively designed with the office of Athletics/Campus Recreation to allow the maximum possible wellness opportunities for the campus community. Camp Cardio with Ethos Fitness, Sports Yoga, Vinyasa Flow Yoga, and Water Aerobics return this spring, along with a variety of

⁷⁵<mailto:coachpwood@gmail.com>

other group fitness classes shown below that can found online in EngageD. Programs are open to the entire campus community (unless noted otherwise) - all employees and students!

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:

Water Aerobics⁷⁶ | Mondays beginning March 20, from 5-6 p.m. | Kline Center Pool

Sports Yoga⁷⁷ | Tuesdays from 5 - 6 p.m. | HUB Dance Studio

Vinyasa Flow Yoga⁷⁸ | Wednesdays from noon-1 p.m. | HUB Dance Studio

Camp Cardio⁷⁹ | Thursdays beginning from 5 - 6 p.m. | HUB Dance Studio

Campus Recreation & Athletics Group Fitness Program Offerings:

(RSVP in EngageD)

Pilates⁸⁰ | Mondays and Wednesdays from 4:30-5:30 p.m. | Memorial Hall, Old West

Cardio Fusion⁸¹ | Tuesdays from noon-1 | HUB Dance Studio

Zumba⁸² | Tuesdays and Thursdays from 4-5 p.m. | HUB Dance Studio

Spin Class⁸³ | 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.edu⁸⁴ or call ext. 8084.

⁷⁶<https://totara.dickinson.edu/course/view.php?id=21>

⁷⁷<https://totara.dickinson.edu/course/view.php?id=47>

⁷⁸<https://totara.dickinson.edu/course/view.php?id=88>

⁷⁹<https://totara.dickinson.edu/course/view.php?id=379>

⁸⁰<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁸¹<https://dickinson.campuslabs.com/engage/events?query=cardio fu>

⁸²<https://dickinson.campuslabs.com/engage/events?query=zumba>

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

⁸⁴<mailto:devwell@dickinson.edu>

Water Aerobics



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

Instructor: Miriam McMechen

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! ⁸⁵

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

Pilates

⁸⁵<https://totara.dickinson.edu/course/view.php?id=21>



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!⁸⁶

Cardio Fusion

⁸⁶<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!⁸⁷

Sports Yoga

⁸⁷[https://dickinson.campuslabs.com/engage/events?query=cardio fusion](https://dickinson.campuslabs.com/engage/events?query=cardio%20fusion)



Tuesdays | 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!⁸⁸

Zumba



⁸⁸<https://totara.dickinson.edu/course/view.php?id=47>

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!⁸⁹

Vinyasa Flow Yoga



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

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

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!⁹⁰

**Vinyasa Flow Yoga is an employee only program.*

Indoor Spinning



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!⁹¹

⁹⁰<https://totara.dickinson.edu/course/view.php?id=88>

⁹¹<https://dickinson.campuslabs.com/engage/events?query=spin>

Camp Cardio with Ethos Fitness



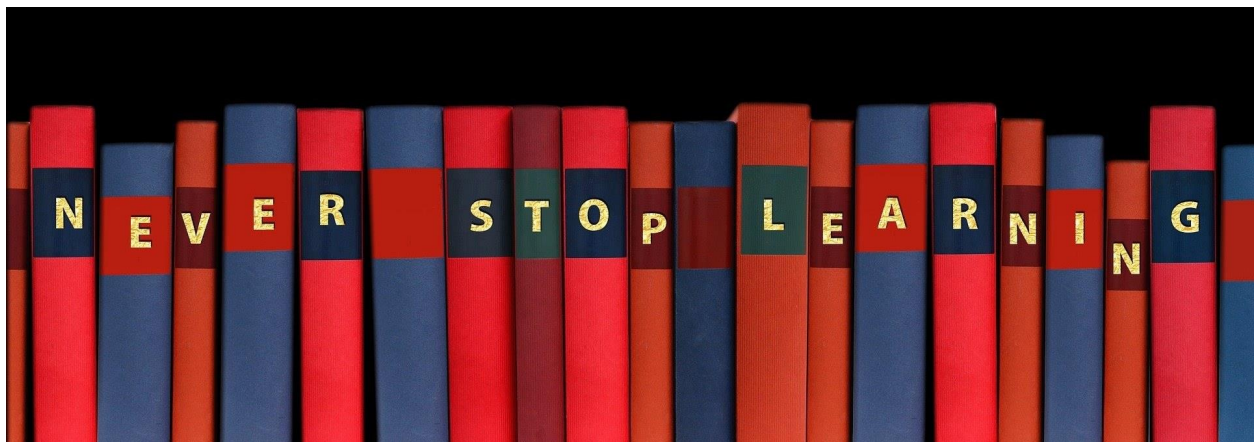
Thursdays | 5 - 6 p.m. | HUB Dance Studio (*through April 13*)

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!

Professional Development



College Prep for Parents



Part I - High School Counseling and Admissions - Tuesday, March 21 | noon - 1 p.m. | Stern Center, Room 103

Part II - Financial Aid and Tuition Benefits - Tuesday, March 28 | noon - 1 p.m. | Stern Center, Room 103

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

Enroll and sign up for one or both sessions.⁹²

⁹²<https://totara.dickinson.edu/course/view.php?id=42>

Preparing for a Role in Supervision



This interactive series is for employees looking to prepare for a future in management. The series will cover fundamental skills that all individuals need to know before making that leap into management. The program will be comprised of four (4) modules, each a hands-on, instructional workshop focused on relevant topics in the supervising of employees. Topics that will be offered within the program will include:

- Employment Regulatory Basics | Tuesday, March 21 | 9-11 a.m. | Stern Center, 102
- Intrinsic Drivers | Wednesday, March 22 | 9-11 a.m. | Stern Center, 102
- Supervisory Techniques | Tuesday, March 28 | 9-11 a.m. | Stern Center, 102
- Coaching for Performance | Wednesday, March 29 | 9-11 a.m. | Stern Center, 102

Enroll and sign-up in Totara.⁹³

RAISE 2.0



Tuesday, March 21 | noon-1:15 p.m. | Althouse 207

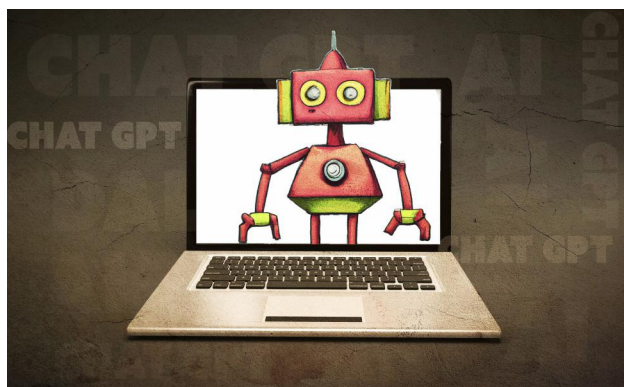
⁹³<https://totara.dickinson.edu/course/view.php?id=36>

Want to grow as an ally to the LGBTQ+ community? Join us for our new training to engage with other members of the campus community to discuss the implementation of your ally action plans and take the next steps in the RAISE process! This training supplements the prior RAISE training, deepening our discussion and exploring conversations that started during the first training.

Only individuals who have completed the ally action plan and the first RAISE training at least six months ago are eligible for this event.

Click here⁹⁴ to register in Totara.

ChatGPT Workshops with Academic Technology and the Writing Program



Academic Technology and the Writing Program are teaming up to offer two workshops for those of you who want to understand and explore the strengths and limitations of **ChatGPT**.

ChatGPT is a language model chatbot that has been trained to do many things including conversation, writing, coding, math problems, etc. In March, the workshops listed below focus on how **ChatGPT** affects academic writing.

⁹⁴<https://totara.dickinson.edu/course/view.php?id=65>

Please click [here](#) to RSVP⁹⁵ and attend one or both workshops!

ChatGPT: What is it? What does it know? How well does it write?

Friday, March 24 | noon-1:00 p.m. | Library Classroom 2

Facilitator: James D'Annibale, Director of Academic Technology

In this workshop, we will discuss what ChatGPT is, how it works, and its potential for misuse in academic writing. Participants should come to the session with writing prompts from their own classes to explore how ChatGPT responds to them and to observe ChatGPT's strengths and weaknesses in generating written texts. This session will provide participants a foundational understanding of ChatGPT's capabilities in order to recognize what ChatGPT generated texts may look like.

"Human"-izing Writing Assignments to be ChatGPT-proof

Thursday, March 30 | noon-1:00 p.m. | Alden Room, Waidner-Spahr Library

Facilitators: John Katunich and Noreen Lape, Writing Program

With the release of ChatGPT3 in late 2022, concerns about the possible effect on academic integrity in writing have been on the minds of many teachers. In this workshop, we will share and discuss concrete ways that you can “ChatGPT-proof” your writing assignments to achieve two related goals: to minimize opportunities for students to engage in academic misconduct and to make writing assignments more analytical, more process-oriented, and more specific, in other words, “human”-izing the writing that we ask our students to do in our classes.

⁹⁵<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2F%2F0gyy5N63aR&ata=05|01|shaffeca%40dickinson.edu|e56e16073d4d4a8a12df08db15aa5359|6232b05576b94c139b88b562ae7db6fb|0|0|638127593510084213|Unknown|TWFPbGZsb3d8eyJWlloiMCMwLjAwMDAiLCJQIjoVl2luMzliLCBTIIk1khawWwiLCJVCl6Mn0%3D|3000||&sdata=mDGIEWVsRqA8TpfgcGOWjAcVS6J%2BeTxUDxJfIVl5Pss%3D&reserved=0>

Apply to be a Leadership Cumberland Fellow



Leadership Cumberland's mission is to develop, promote, and inspire community-based leadership skills. The organization strives to develop individuals to become effective leaders in the workplace and community. Fellows, as participants are called, represent a diverse group of emerging leaders from banking, the law, healthcare, government, production, education, and nonprofits. While differing in age, background, and profession they share one common trait—the motivation and desire to take on greater responsibilities in the community and at work.

Leadership Cumberland Fellows have demonstrated emerging leadership and vision through their career experience and community involvement. The personal and professional objectives of prospective Fellows are volunteerism, leadership, and an interest in shaping the future of workplaces and organizations that serve Cumberland County. Each year, Dickinson proudly sponsors a fellowship and is pleased to once again extend this professional development opportunity to interested faculty and staff. Leadership Cumberland is a cohort-based program and follows the academic year—begins in August and graduates in May.

Click here⁹⁶ to apply. All applications must be submitted before April 3, 2023!

Leadership Cumberland Recruitment Event:

Interested in being a part of Leadership Cumberland? Join them at LC Circle!

⁹⁶<https://www.leadershipcumberland.org/programs-services/fellows-program/application.html>

LC Circle is designed for our supporters, prospective students, and community members to help educate and enhance their overall knowledge of Leadership Cumberland and our countywide impact.

Come meet their leaders and learn about the life-changing experiences Leadership Cumberland provides from a few of their current Fellows. They'll share their testimonies and takeaways as well as some class accomplishments.

Two location options:

Friday, March 10 | 8 - 9:30 a.m. | Carlisle Chamber of Commerce | [Click here to register](#)⁹⁷

Wednesday, March 22 | 8 - 8:30 a.m. | West Shore Chamber of Commerce, Camp Hill | [Click here to register](#)⁹⁸

Career Development Conference Fund

Non-exempt employees are eligible to participate in the Career Development Conference Fund offered by the college to support attending training seminars or workshops off-campus.

More information can be found in the Employee Handbook⁹⁹ (page 29):

*Supervisors must confirm that the program would enhance particular skills related to the work of the department. **Funding is limited to \$200 per person per year to be used for registration fees. Requests will be funded on a first come, first served basis until the budget for the fund has been exhausted.***

The Conference Fund will not be used to pay for certifications that are required by an employee's position (i.e. CPR, blood-borne pathogens, Act 120, teacher certification, etc.). These funds can be provided by individual departments. In addition, the funds are not intended to be used to pay for degree-type programs.

⁹⁷<https://www.leadershipcumberland.org/events-news/calendar.html/event/2023/03/10/lc-circle-recruitment-event/419684>

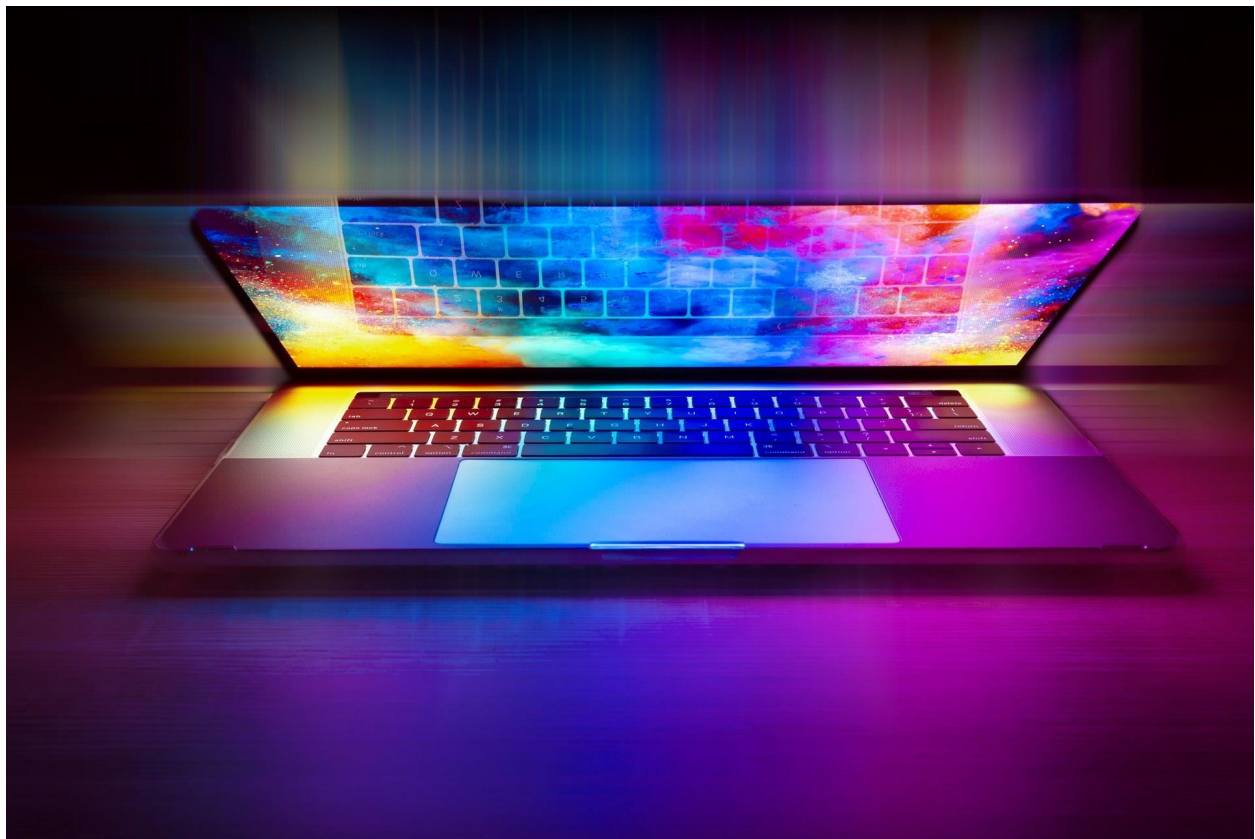
⁹⁸<https://www.leadershipcumberland.org/events-news/calendar.html/event/2023/03/22/lc-circle-recruitment-event/419686>

⁹⁹https://www.dickinson.edu/download/downloads/id/6779/employee_handbook_october_2016.pdf

To submit a conference fund request, please complete the form by clicking here¹⁰⁰.



Information and Technology Services



¹⁰⁰https://www.dickinson.edu/download/downloads/id/10813/career_development_conference_fund_application.pdf

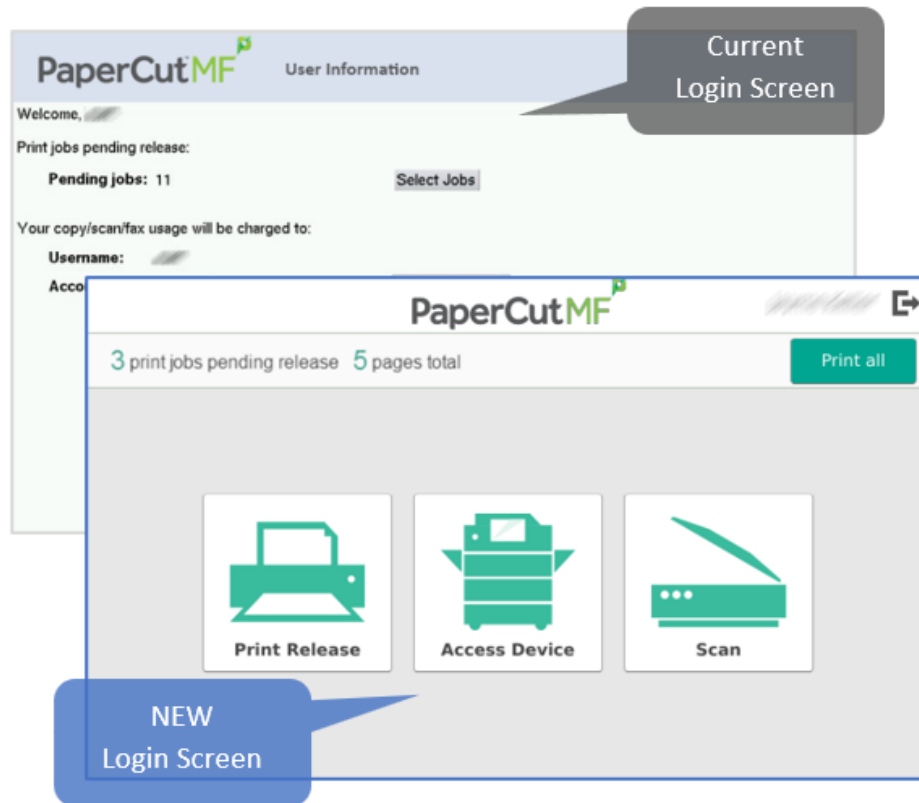
Toshiba Copier Update

Adding scan-to-cloud functionality and improved touchscreen interface to campus Toshiba copier / printers.

In a recent email from ITS (Information Technology Services) to Dickinson faculty, students, and staff. ITS is upgrading campus Toshiba Multi-Function Printers (MFPs) so they will be ***able to scan documents directly to personal OneDrive folders and department Teams channels and/or SharePoint site folders***. As part of the scan-to-cloud functionality upgrade, users will find an improved user interface on all Toshiba MFPs ***starting on Sunday, March 12***.

When first swiping into a Toshiba after the upgrade, the initial page (*see below*) will display the following:

- a summary of pending print jobs (and pages),
- a “Print all” button to easily release all pending documents,
- an improved Print Release screen for managing pending jobs,
- a button to Access Device classic photocopying functions (no changes to these functions),
- and a Scan button to quickly scan documents to email and OneDrive. Optionally, employees may request Teams and/or SharePoint folder locations. (*Note: Teams/SharePoint scan locations must be requested and setup by ITS – see KB article linked below for details*)



Please note: The classic functions found on the “Access Device” button (photocopying, scanning to P Drive Network Folders, scanning to USB drive) will remain unchanged with this upgrade.

You can find the updated Toshiba users guide in the Knowledge Base¹⁰¹.

Please feel free to email the HelpDesk¹⁰² with any questions or concerns.

¹⁰¹<https://nam12.safelinks.protection.outlook.com/ap/w-59584e83/?url=https%3A%2F%2Fdickinson0.sharepoint.com%2F%3Aw%3A%2Fg%2FKnowledgeBase%2FETpPF1L59N5AghIWnwQf9Q8BKtuWaDI0kak-GCOYIs1yzA%3Fe%3DRKGwD3&data=05|01|shaffeca%40dickinson.edu|d6f11e55c36943ec820f08db14fc3a1b|6232b05576b94c139b88b562ae7db6fb|0|0|638126845760686099|Unknown|TWfPbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQljoiv2luMzliLCJBTiil6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=p52GTJz2ioOfm7OvtVPevLkXJgXr2TU5hRtiP%2BYB4So%3D&reserved=0>

¹⁰²<mailto:helpdesk@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 now¹⁰³!

¹⁰³<https://dickinson0.sharepoint.com/sites/TechNews>

Contact Us



Wellness Program | Monthly Incentive Prize Winners

Congratulations to Kim Morgan, *Individual Giving*, for being randomly selected as the incentive winners for the month of January. 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.edu¹⁰⁴ 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 Gateway¹⁰⁵ 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.

¹⁰⁴ <mailto:devwell@dickinson.edu>

¹⁰⁵ <https://gateway.dickinson.edu/>

In the event that you register and find that you are unable to attend, our policy¹⁰⁶ 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 Guide¹⁰⁷

Dickinson/Biking¹⁰⁸

Dickinson/College Farm¹⁰⁹

Dickinson/Sustainability¹¹⁰

TechNews¹¹¹

Trout Gallery¹¹²

Theatre & Dance¹¹³

Campus Announcements¹¹⁴

Campus Events Calendar¹¹⁵



¹⁰⁶http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

¹⁰⁷http://www.dickinson.edu/info/20043/about/1562/dickinson_how_to_guide

¹⁰⁸<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

¹⁰⁹<http://www.dickinson.edu/collegefarm>

¹¹⁰<http://www.dickinson.edu/sustainability>

¹¹¹<https://dickinson0.sharepoint.com/sites/TechNews>

¹¹²<http://www.troutgallery.org/>

¹¹³<https://www.dickinson.edu/theatreanddance>

¹¹⁴<https://www.dickinson.edu/announcements>

¹¹⁵<http://www.dickinson.edu/events>

4 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu¹¹⁶

Human Resource Services Website¹¹⁷

¹¹⁶<mailto:devwell@dickinson.edu>

¹¹⁷https://www.dickinson.edu/homepage/122/human_resource_services