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Dickinson

HUMAN RESOURCE SERVICES

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April is Sexual Assault Awareness Month



Take Back the Night



Wednesday, April 19

7:00 p.m. Meet at Allison Great Hall

8:00pm March through Campus

8:30pm Candlelight Vigil, Britton Plaza

Staff, faculty, and students join together in this annual event to support survivors and challenge cultural norms that lead to sexual assault. This international call to Take Back the Night began in the early 1970s on college campuses and in several U.S. cities and continues to provide an opportunity for community building, sexual assault prevention, and healing work for survivors and their allies.

Dickinson continues its annual Take Back the Night event on April 19, with a gathering in Allison Hall followed by a march through campus and closing with a candlelight vigil. This year's Take Back the Night keynote speaker is Dr. Sara Walters, an author, advocate, and survivor. She has worked with survivors of sexual and domestic violence in central PA for the last three years while also writing two young adult novels that include themes of sexual violence and personal struggle. Her newest novel was the Barnes & Noble *Our Monthly Pick* in February 2023. Walters will join speakers from Dickinson's staff and students, and a performance by the Infernos, a Dickinson acapella group.

Come show your support by taking a stand against sexual violence. Open to the public, everyone welcome.

Sexual Assault Awareness - Denim Day: Wednesday, April 26



For the past 22 years, Peace Over Violence has run its Denim Day campaign on a Wednesday in April in honor of Sexual Violence Awareness Month. The campaign was originally triggered by a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. To learn more, visit <https://denimday.org/>.

On Wednesday, April 26, join people from across the world and wear jeans with a purpose to support survivors.

Spring Into Fitness Challenge





Put on your walking shoes and enjoy the fresh, warmer air outside during the Spring Into Fitness Challenge. The challenge began on Sunday, March 19 and continues through Saturday, April 30 – Dickinson College faculty and staff, as a community, will be in a campus exercise/walking challenge with students, staff and faculty! Challenge winners will be determined by two criteria – the greatest percentage of cumulative participation, and also the highest average number of minutes per participant! See the special events and programs in Totara¹ and sign-up and get started for this year's Spring Into Fitness Challenge!

SIFC Week # 1: Kick-off Walk

On Monday, March 20, Spring Into Fitness Challenge participants kicked-off week #1 with a walk lead by President John Jones and First Lady, Beth. We had a great gathering and beautiful weather that afternoon for our stroll around campus and the surrounding Carlisle neighborhoods!

Photo credits go to Dan Loh, Assistant Director of Visual Media.

¹<https://totara.dickinson.edu/course/view.php?id=109>













SIFC Week # 2: Scavenger Hunt, Sustainability Expo, & Northside Ride

Northside Ride, The Sustainability Expo and the Global Ed & Sustainability Scavenger Hunt were the highlight week #2 of the 2023 Spring Into Fitness Challenge.



SIFC Week # 3: April 2-8

National Walking Day



Wednesday, April 5 | noon - 1 | Start at Britton Plaza

Meet at Britton Plaza | 11:55 a.m. Walking Tour starts promptly at noon!

In remembering our founder, Dr. Benjamin Rush, this mid-day stroll is a fitting activity for National Walking Day! According to historical records, Dr. Rush encouraged patients "to sew, garden, listen to music or ***exercise during the day.***"*

For National Walking Day, we encourage you to join this tour and take 30 minutes (or more) to stretch your legs and fill your lungs with some fresh air and sunshine!

Click here² to confirm your participation.

Self-Guided Walking Tours

Dickinson & Slavery Walking Tour

Explore some of Dickinson's history through the self-guided Dickinson & Slavery Tour. Click on the link provided in the Spring Into Fitness page in Totara³ to download the walking tour map.

Historical Book Self-Guided Walking Tour

Carlisle and the college campus are rich in history - and what better way to explore history than through books and the local resources that we have available to us?! One aspect of Dickinson's progression includes an actual Book Walk from Bosler Hall (previous library) to our current Waidner Spahr Library. Students, faculty and staff of the college literally carried the books from Bosler to the new library, walking them across campus from one location to another. This historical book walk will not require anyone to carry books all around town or across campus but will allow participants to visit local places that connect us to the community and our own library, while being reminiscent of the Book Walk that is part of the college's history. Enjoy learning a bit about Carlisle by following this self-guided walking tour, while stretching your legs and getting some fresh air too!

If you are unable to join us, click on the link below to complete this walk independently:

Estimated Distance: 1.5 miles; 3000-3600 steps with 14 flights of stairs included.⁴

This walking tour event highlights historical and book-focused places on campus but will also include some community spaces on West High Street and East Pomfret Street. The walking tour will be approximately 3000 steps and should take 45-60 minutes overall.

²<https://totara.dickinson.edu/mod/facetoface/view.php?id=714>

³<https://totara.dickinson.edu/course/view.php?id=109>

⁴https://www.dickinson.edu/download/downloads/id/9174/historical_book_walking_tour.pdf

SIFC Week # 4: April 9-15

Try something new this week! We have a variety of FREE physical fitness programs offered on campus. Programs are open to the entire campus community (unless noted otherwise) - all employees and students! More details can be found in the **Wellness@Dickinson Fitness Programs** section of this Sway.

NEW:

Pickle Ball Event: Tuesday, April 11 | 7-8 p.m. | Kline Center Back court area

Sign-up opening soon, watch for an announcement in Dickinson Today and EngageD.

Spring Semester Fitness Programs

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

Water Aerobics⁵ | Mondays from 5-6 p.m. | Kline Center Pool

Sports Yoga⁶ | Tuesdays from 5 - 6 p.m. | HUB Dance Studio

Vinyasa Flow Yoga⁷ | Wednesdays from noon-1 p.m. | HUB Dance Studio

Camp Cardio⁸ | Thursdays beginning from 5 - 6 p.m. | HUB Dance Studio

Campus Recreation & Athletics Group Fitness Program Offerings:

(RSVP in EngageD)

Pilates⁹ | Mondays and Wednesdays from 4:30-5:30 p.m. | Memorial Hall, Old West

⁵<https://totara.dickinson.edu/course/view.php?id=21>

⁶<https://totara.dickinson.edu/course/view.php?id=47>

⁷<https://totara.dickinson.edu/course/view.php?id=88>

⁸<https://totara.dickinson.edu/course/view.php?id=379>

⁹<https://dickinson.campuslabs.com/engage/events?query=pilates>

Cardio Fusion¹⁰ | Tuesdays from noon-1 | HUB Dance Studio

Zumba¹¹ | Tuesdays and Thursdays from 4-5 p.m. | HUB Dance Studio

Spin Class¹² | Wednesdays and Sundays from 5:30-6:30 p.m. | Kline Spin Studio

SIFC Week # 5: April 16-22

SELF-CARE IN THE FRESH AIR
A Place-Based Retreat at the College Farm.

Join in free workshop sessions focused on staying grounded during stressful times through connection to place & others, movement, art and more.

Hands-on sessions, time for reflection, and a locally sourced meals aim to build community and bring us closer to those around us.

Sunday, April 16th
11am to 4pm

To register, please go to
<https://blogs.dickinson.edu/farm/get-involved/fresh-air-self-care-a-place-based-retreat-at-the-college-farm/>

Transportation provided to and from campus.

2 - For more information and to register, click here¹³.

Campus Events

- **Benefits & Wellness Fair**

¹⁰[https://dickinson.campuslabs.com/engage/events?query=cardio fu](https://dickinson.campuslabs.com/engage/events?query=cardio%20fusion)

¹¹<https://dickinson.campuslabs.com/engage/events?query=zumba>

¹²[https://dickinson.campuslabs.com/engage/events?query=spin class](https://dickinson.campuslabs.com/engage/events?query=spin%20class)

¹³<https://blogs.dickinson.edu/farm/get-involved/fresh-air-self-care-a-place-based-retreat-at-the-college-farm/>

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

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.

- **Take Back the Night**

Wednesday, April 19 | 7:00 p.m. Meet at Allison Great Hall

8:00pm March through Campus

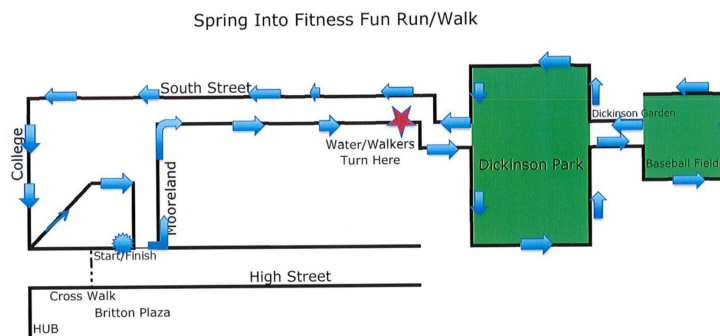
8:30pm Candlelight Vigil, Britton Plaza

Staff, faculty, and students join together in this annual event to support survivors and challenge cultural norms that lead to sexual assault.

- **Fun Run/Walk**

Thursday, April 20 | Between 11:30 a.m. - 1:30 p.m. | Start at Britton Plaza to Sign In

Complete the Fun Run/Walk on April 20 (Rain date April 25)! This annual April tradition continues for 2023 as a self-guided option. Enjoy the fresh air and sunshine with your mini-team or individually if you wish. Sign-up in Totara¹⁴.



SIFC Week # 6: April 16-22

¹⁴<https://totara.dickinson.edu/course/view.php?id=109>

Campus and Community Events

- ***Biometric Screening***

Thursday, April 27 | 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. More information can be found in the Wellness@Dickinson section of this Sway. Enroll and sign-up for your screening in Totara¹⁵.

- ***Spiritual Wellbeing***

Thursday, April 27 | noon - 1 p.m. | Allison Hall Community Room

Spirituality often evokes feelings of peace, love, connectivity and purpose. Curious about what spirituality means to you and your life --- explore join us on Thursday, April 21. Register for this event in Totara¹⁶. More details can be found in the Wellness Event section of this Sway.

- ***Annual Spring Fest - Details to be announced***

Saturday, April 29 | 10 a.m. - 2 p.m. | Morgan Field

¹⁵<https://totara.dickinson.edu/course/view.php?id=51>

¹⁶<https://totara.dickinson.edu/course/view.php?id=432>

Employee Highlights



New Hires



March

Raymond Hoy, *College Farm*

Anne Nye, *Music*

Chloe Rupp, *Facilities Management*

Jill Swartz, *Public Safety*

Tessa Vance, *Children's Center*

Leah Walker, *Office of Enrollment Management*

Employee Announcements



Dickinson's 9th Annual Day of Giving



Tuesday, April 4 | 9 a.m. - 2 p.m. | Britton Plaza

We are so excited to celebrate Dickinson's 9th annual Day of Giving on Tuesday, April 4th! 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 visit the Day of Giving website¹⁷ to make your gift and learn more and be sure to stop by Britton Plaza from 9 a.m. - 2 p.m. on April 4 to snag free kettle corn and coffee in celebration!

2023 Benefits & Wellness Fair (IN-PERSON!)



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

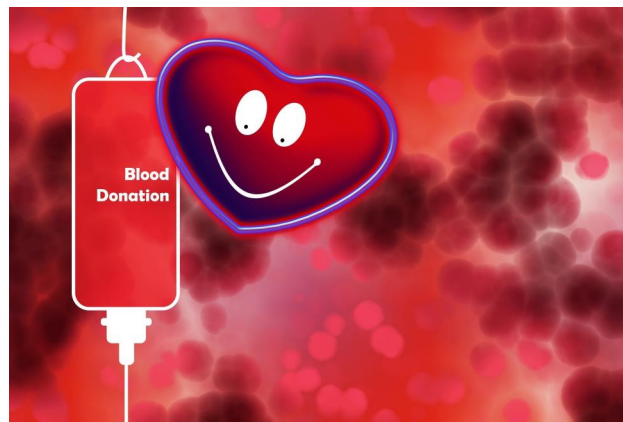
¹⁷<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdayofgiving.dickinson.edu%2Fpages%2Fhome-2020-4&data=05|01|shaffeca%40dickinson.edu|0f09fbdf4f974ddaf1ac08db2cacdec7|6232b05576b94c139b88b562ae7db6fb|0|0|638152893197018790|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTil6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=X9VK7CzTt3Amb5ntowp2VbkFrBjlq0UKplyfcZCxl8%3D&reserved=0>

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!

American Red Cross Blood Drive



Friday, April 21 | 10 a.m. - 5 p.m. | HUB Social Hall

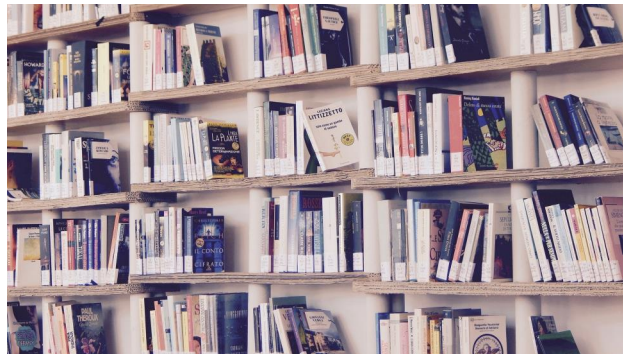
Sponsored by Alpha Phi Omega

The American Red Cross Biomedical Services is the largest single supplier of blood and blood products in the United States, collecting and processing more than 40 percent of the blood supply and distributing it to some 3,000 hospitals and transfusion centers nationwide. Please consider donating blood to support your local community by participating in this blood drive! For more questions or more information about blood donation to the American Red Cross, please visit www.redcrossblood.org¹⁸ or call 1-800-RED Cross (1-800-733-2767).

¹⁸<http://www.redcrossblood.org/>

For more information, please contact apo@dickinson.edu¹⁹ or devwell@dickinson.edu²⁰.

Borrow Leisure Reading & Popular Films from the Library



Summer is almost here! As you start thinking about how you'll spend vacation time, consider borrowing books or DVDs from the Waidner-Spahr Library. The library has a leisure reading collection called Dickinson Reads²¹, as well as a DVD collection²² that includes popular films and TV shows. These collections are available for checkout by all Dickinson staff and faculty. Your employee ID is your library card.

2022 Performance Appraisals

¹⁹<mailto:apo@dickinson.edu>

²⁰<mailto:devwell@dickinson.edu>

²¹<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Flibguides.dickinson.edu%2Fbrowsing%2Fdickinsonreads&data=05|01|shaffeca%40dickinson.edu|66728ba5f0cd4f38cf6d08db2bd9e0fc|6232b05576b94c139b88b562ae7db6fb|0|0|638151987013634699|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTiI6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=6PZAVv139mdtDBCMay4dJiUE2UH79eBVsfciK98yhaU%3D&reserved=0>

²²<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Flibguides.dickinson.edu%2Fbrowsing%2Fdvd&data=05|01|shaffeca%40dickinson.edu|66728ba5f0cd4f38cf6d08db2bd9e0fc|6232b05576b94c139b88b562ae7db6fb|0|0|638151987013634699|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTiI6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=KKp9biaSix9s5eZtixVXZhqopl5AUjZ55a9c%2BKt%2BTf%3D&reserved=0>



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>

Spring Semester Dining Services Volunteer Sign-Up



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 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, \$50 per 3-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 Totara²⁶.

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

²⁶<https://totara.dickinson.edu/course/view.php?id=398>

COVID-19 Employee Information²⁷



Faculty and staff can find up-to-date information within the COVID-19 Employee Information²⁸ 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 here²⁹ to find available resources.

If you test positive, please complete the at-home COVID testing form³⁰. A member of Human Resource Services will be in touch via email and/or phone to provide general guidance.

²⁷https://www.dickinson.edu/homepage/1579/covid-19_employee_information

²⁸https://www.dickinson.edu/homepage/1579/covid-19_employee_information

²⁹https://www.dickinson.edu/download/downloads/id/13900/covid-19_testing_resources.pdf

³⁰<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.edu³¹ to let us know you have completed your Meritain Health HRA.*

Complete your FREE Health Risk Assessment³² 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.

³¹<mailto:devwell@dickinson.edu>

³²<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 Health³³ > Tools and Resources > Health Tools > My Wellness (GO) > **My Health > Health Assessment**

**Not a Meritain Health participant? Visit the HRA course in Totara³⁴ 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 website³⁵.

The Good, the Bad, and the Cumulative - Is All Stress Equal?



Thursday, April 20 | 10:15 and 4:15 | Webinar

Presenter: Jeff Gorter, MSW, LCSW, Vice President of Crisis Response Clinical Service, R3 Continuum

³³<https://account.meritain.com/>

³⁴<https://totara.dickinson.edu/course/view.php?id=429>

³⁵<http://www.healthadvocate.com/>

Whether you're working onsite, from home, or a combination of the two, it can be easy for the lines between stress inside and outside of work to become blurred, and you are far from alone. However, it is important to understand what this stress means for you and when it is time to reach out for help.

In this 30-minute webinar, Jeff Gorter, MSW, LCSW, R3 Continuum's Vice President of Crisis Response Clinical Service, we will examine the different kinds of stress, how to recognize and manage stress within yourself, and how to seek help when you need it.

Click on the time most convenient for and register:

10:15 a.m.³⁶

4:15 p.m.³⁷

Upcoming webinar:

May 18: Mental Health and Me

Registration Links: 10:15 am (ET)³⁸ | 4:15 pm (ET)³⁹

³⁶<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D19ff0c77ef45e7f3662c47c6a72c685275f46ac90e2ffbe30662de7ad7e8ca71be689bb161d9d78fd7d12e538c5f6d1d&data=05|01|shaffeca%40dickinson.edu|7292780d5f9d4cfe183108db1c290150|6232b05576b94c139b88b562ae7db6fb|0|0|638134734656058152|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQIjoiv2luMzliLCJBtIi6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=6kvrTbAwQKqdvWqaRdZ1aRcMBfjxjZRLkuXp%2Fc8q4U%3D&reserved=0>

³⁷<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D19ff0c77ef45e7f3962b7de630d51262f89cf9dd804df446774b2f05b1ad0308a4542c225f3bd4383d153d13664039cb&data=05|01|shaffeca%40dickinson.edu|7292780d5f9d4cfe183108db1c290150|6232b05576b94c139b88b562ae7db6fb|0|0|638134734656058152|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQIjoiv2luMzliLCJBtIi6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=6WhqOW2TYmbVkk%2BvkwZBb9DmHUmhZ0dXiuS4TSEmVog%3D&reserved=0>

³⁸<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D19ff0c77ef45e7f3643fe6bb196d669ba99241a0129fde1b559b0883378f91497661a595eb6e6a66d979af039d4f9aa9&data=05|01|shaffeca%40dickinson.edu|7292780d5f9d4cfe183108db1c290150|6232b05576b94c139b88b562ae7db6fb|0|0|638134734656214390|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQIjoiv2luMzliLCJBtIi6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=%2BYyj3sQ5JIHwaXDhjJGEgdjvcky37VE0apAYK5allKs%3D&reserved=0>

³⁹<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D19ff0c77ef45e7f36fd17915f8948622c11012e07ebd23e5f997835e2602f3cebca2d37f0224dd9eed1c91f54d8fc793&data=05|01|shaffeca%40dickinson.edu|7292780d5f9d4cfe183108db1c290150|6232b05576b94c139b88b562ae7db6fb|0|0|638134734656214390|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQIjoiv2luMzliLCJBtIi6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=j5QEL3cbXE6Kbc8LNMwuJiyOLbMEnkiDjuF1QUUn2GA%3D&reserved=0>

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*:

- **Wednesday, May 3 | 9 a.m. - 1:30 p.m. | HUB Mary Dickinson Room**

To schedule a personal meeting please sign up online⁴⁰ 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

⁴⁰<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

Would you like to learn more about saving or retirement planning for the future? TIAA offers free on-demand, online webinars on a variety of topics. All employees are welcome to attend and can register at [TIAA.org/webinars](https://www.tiaa.org/webinars)⁴¹. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

April

- **Wednesday, April 12 | noon - 1 p.m. | Quarterly Economic and Market Update with TIAA's Chief Investment Officer**
- **Wednesday, April 12 | 3 - 4 p.m. | Fine-tuning Your Retirement Strategy: Investing Toward a Secure Future**
- **Thursday, April 13 | 11:00 a.m. - noon | Take Control of Your Financial Life: 5 Steps to Managing Money & Debt**
- **Wednesday, April 19 | 3 - 4 p.m. | W2W - Start to Finish**

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 Matthew Young, Workplace Financial Consultant / Personal and Workplace Investing, at matthew.young2@fmr.com⁴² matthew.young2@fmr.com⁴³ or call (973) 289-7694.**

Visit [Fidelity.com](https://www.fidelity.com/)⁴⁴ to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.

⁴¹<https://www.tiaa.org/webinars>

⁴²<mailto:matthew.young2@fmr.com>

⁴³<mailto:matthew.young2@fmr.com>

⁴⁴<https://www.fidelity.com/>

Medicare Services



Get your Medicare questions answered!

Medicare Transition Services⁴⁵

Visit Medicare Transition Services online to learn more about this benefit as you plan your retirement and think about medicare.

Medicare Transition Services Guidebook⁴⁶

Explore and review this guidebook provided by Medicare Transition Services as you begin to plan for your retirement.

⁴⁵<https://www.medicaretransitionservices.com/>

⁴⁶https://www.dickinson.edu/download/downloads/id/12871/medicare_transition_services_guidebook.pdf

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



Registration is NOW OPEN for the 12th Annual Carlisle Downtown Mile⁴⁷, 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!

Click here⁴⁸ to register!

For more information, contact:

Brian Emert⁴⁹, Race Director

⁴⁷<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Frunsignup.com%2FRace%2FPA%2FCarlisle%2FCarlisleDowntownMile&data=05|01|shaffeca%40dickinson.edu|65fbc3efb7ff4cf458ec08db15e28f6c|6232b05576b94c139b88b562ae7db6fb|0|0|638127835048203217|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAilCjQljojV2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=ega%2BDFy3EXAzSax0z5RE7KXwLjIAM51f%2F1u4E6M2Yk%3D&reserved=0>

⁴⁸<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Frunsignup.com%2FRace%2FPA%2FCarlisle%2FCarlisleDowntownMile&data=05|01|shaffeca%40dickinson.edu|65fbc3efb7ff4cf458ec08db15e28f6c|6232b05576b94c139b88b562ae7db6fb|0|0|638127835048359452|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAilCjQljojV2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=O%2BSVgmdjSxiSymaoTpg%2BLReq0OWvXDuFYntjGe%2BoQ6k%3D&reserved=0>

⁴⁹<https://RaceDIR@employmentskillscenter.org>

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!

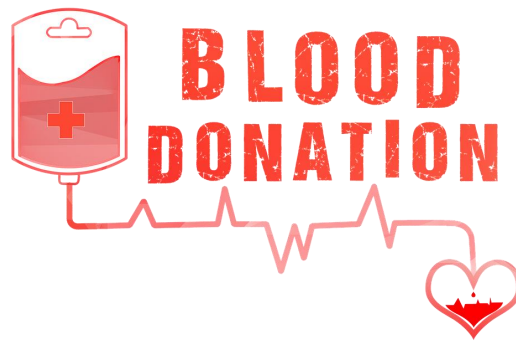
- ✓ **SAVE MONEY**
- ✓ **SELL YOUR ITEMS**
- ✓ **VALUE SUSTAINABILITY**
- ✓ **THRIFT SHOPPING IS FUN**
- ✓ **SUPPORT LOCAL BUSINESS**

WWW.C-LUV.COM



CLUVTHRIFT

[Community Blood Drives](#)



Central Pennsylvania Blood Bank

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

- **Cumberland County Blood Drives⁵⁰**
- **Franklin County Blood Drives⁵¹**
- **Perry County Blood Drives⁵²**

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

⁵⁰https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

⁵¹https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

⁵²https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

Down on the Farm



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



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 blog⁵³ or contact Mary Silva at farm@dickinson.edu⁵⁴.

⁵³<http://blogs.dickinson.edu/farm/csa/>

⁵⁴<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 online⁵⁵ for current menu and more information.

Winter Hours for Farmers on the Square

⁵⁵<http://www.dickinson.edu/farmworks>



You can visit vendors on the square each **Wednesday from 2 - 5 p.m.** through April. Hours will change to 3 - 7 p.m. starting the first Wednesday in May.

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 ⁵⁶here to order your farm fresh pizza!

⁵⁶<https://form.jotform.com/222967100079153>

Nutrition Corner



While healthy eating is often considered complicated or challenging, it is actually very simple! Click on the link below to learn about one simple rule to help you eat healthy at every meal.

Health Advocate also outlined several basic nutrition tips to assist you on your path toward better eating habits:

Health Advocate Blog⁵⁷

Spring Greens with Salmon and Apricot-Ginger Vinaigrette



This crunchy combination of spring greens, baby spinach, red cabbage, and snow peas is powered up with salmon and topped with a sweet apricot-ginger vinaigrette.

Source: American Heart Association⁵⁸

Ingredients

Vinaigrette

- 1/4 cup all-fruit apricot spread
- 1/4 cup fresh orange juice

⁵⁷<https://blog.healthadvocate.com/2023/02/the-only-nutrition-rule-you-need/>

⁵⁸<https://recipes.heart.org/en/recipes/spring-greens-with-salmon-and-apricot-ginger-vinaigrette>

- 2 tablespoons white wine vinegar
- 1 tablespoon sugar
- 2 teaspoons grated peeled gingerroot
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon salt

Salad

- 4 cups mixed salad greens (spring mix preferred), torn into bite-size pieces
- 2 cups baby spinach leaves
- 1 cup shredded red cabbage
- 1 cup fresh or frozen snow peas, thawed if frozen, trimmed and halved diagonally
- 1 7.1-ounce vacuum-sealed pouch pink salmon

Directions

1. In a food processor or blender, process the vinaigrette ingredients until smooth.
2. Put the salad ingredients except the salmon on a serving platter. Pour the vinaigrette over the salad. Toss gently. Crumble the salmon on top. Serve immediately for peak flavor and texture.

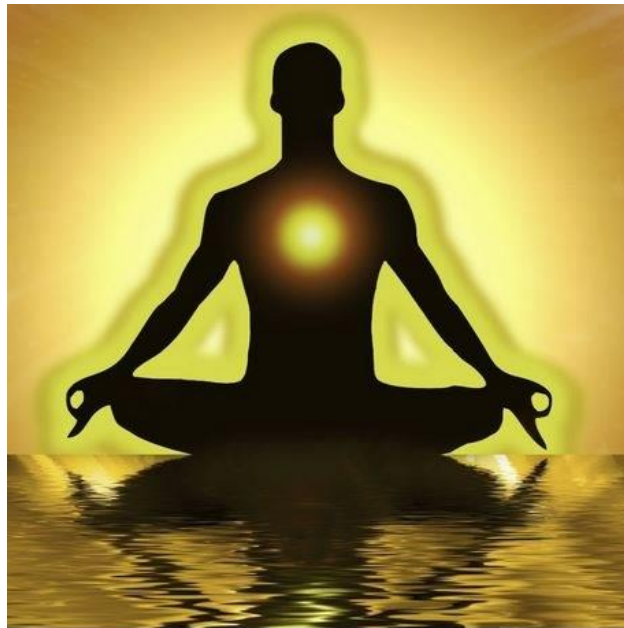
Nutrition Facts

Servings: 4 (2 cups salad and 2 tablespoons of dressing)

Calories: 128 | Fat: 2.0g | Carbs: 17g | Protein: 11g | Sugars: 12g | Dietary Fiber: 3g



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.

The next workshop with Dr. Nesbitt will be held on May 3.

Enroll and sign-up in Totara.⁵⁹

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

⁵⁹<https://totara.dickinson.edu/course/view.php?id=307>

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 here⁶⁰.

For more information, contact Kelly Ellis⁶¹.

Free Blood Pressure Screenings



Monday, April 10 | noon - 1 p.m. | HUB, Mary Dickinson Room

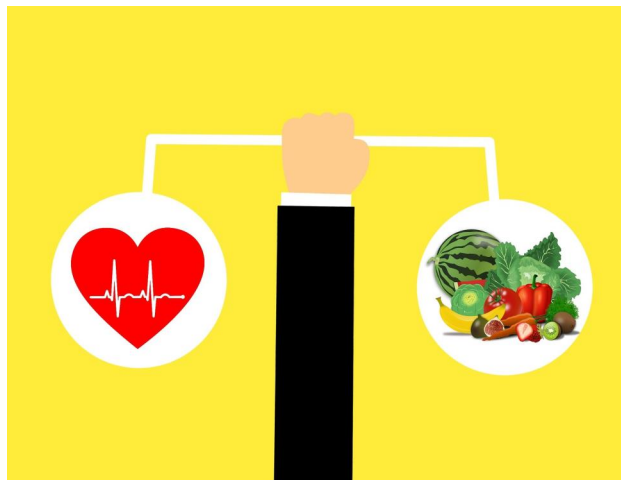
⁶⁰<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.microsoft.com%2F%2Fchannel%2F19%3aY4Si8hHOy14cZ91JBVEeaAK-KQqG5e2cJNsySldm8OU1%40thread.tacv2%2FGeneral%3FgroupId%3D353a5f8f-c851-4dad-88b7-1ab71fdd6f59%26tenantId%3D6232b055-76b9-4c13-9b88-b562ae7db6fb&data=05|01|shaffeca%40dickinson.edu|d79bbc6e157d44e4ea7608db137b7fe9|6232b05576b94c139b88b562ae7db6fb|0|0|638125193374487109|Unknown|TWfPbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQIjoiv2IuMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|3000||&sdata=XeRCAIRfaCqzZBpDfZrpe1b1oMHJJXLMjjCcY1fQQpl%3D&reserved=0>

⁶¹<mailto:ellisk@dickinson.edu>

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!

Spring Clean Your Nutrition!



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

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.⁶²

⁶²<https://totara.dickinson.edu/course/view.php?id=94>

Biometric Screenings



Thursday, April 27 | 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 Totara⁶³.

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.edu⁶⁴ or by phone at ext.1663.*

Spirituality & Wellbeing



Thursday, April 27 | noon - 1 p.m. | Allison Hall Community Room

Holistic wellbeing includes all aspects of wellness - mind, body and spirit. Spirituality carries different meaning and context for individuals, typically includes believing in something beyond yourself. The connection or belief in something higher than self promotes exploration of many things - such as love, altruism and compassion just to name a few! Spirituality often evokes feelings of peace, love, connectivity and purpose. Curious about what spirituality means to you and your life --- explore the course option(s) below to learn more.

Join Martha Harris '77 as she introduces us to spirituality and how this relates to wellbeing overall from a holistic perspective! Enroll and sign-up in Totara⁶⁵.

⁶³<https://totara.dickinson.edu/course/view.php?id=51>

⁶⁴<mailto:studentwellness@dickinson.edu>

Carlisle Family YMCA - Special Discount



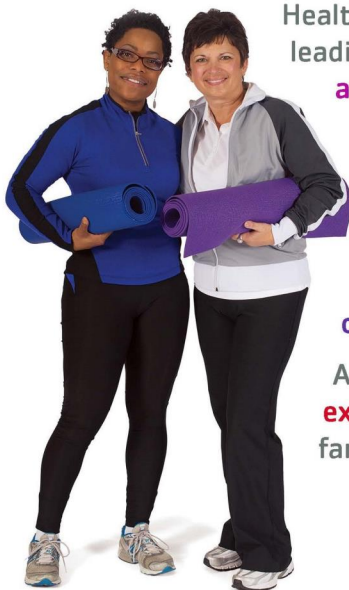
The Carlisle Family YMCA offers *discounted memberships (20% off)* for Dickinson College *employees*. The discount is good for employees who are current members of the YMCA and for employees who become new members. Employees interested in the discounted membership rate should contact the YMCA membership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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dickinson

CARLISLE FAMILY YMCA CORPORATE PARTNERSHIP



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

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

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

HERE'S HOW IT WORKS

I'M A Y MEMBER

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

I'M NOT A Y MEMBER

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

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

CORPORATE PARTNER RATE CHART

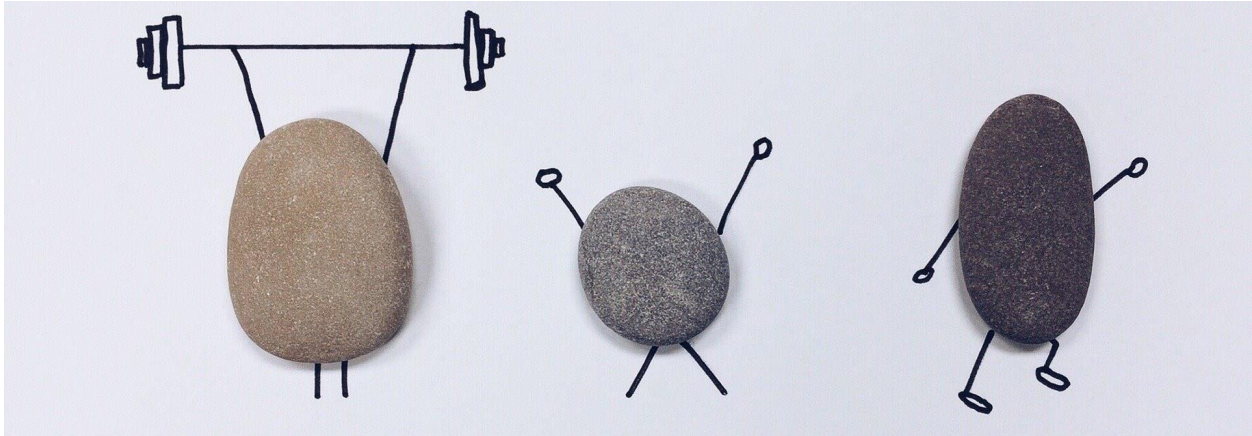
Eligible Categories	Monthly Rate
Young Adult	\$26.40
Adult	\$30.40
Senior Adult	\$28.80
2 Adults^	\$46.40
1 Adult with Dependents^	\$51.20
2 Adults with Dependents^	\$55.20
2 Senior Adults^	\$44.80
1 Senior Adult with Dependents^	\$47.20
2 Senior Adults with Dependents^	\$49.60

^ living at the same address

Additional Information

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

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.com⁶⁶ 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

⁶⁶<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 Aerobics⁶⁷ | Mondays from 5 - 6 p.m. | Kline Center Pool

Sports Yoga⁶⁸ | Tuesdays from 5 - 6 p.m. | HUB Dance Studio (through April 11)

Vinyasa Flow Yoga⁶⁹ | Wednesdays from noon-1 p.m. | HUB Dance Studio

Camp Cardio⁷⁰ | Thursdays beginning from 5 - 6 p.m. | HUB Dance Studio (through April 13)

Campus Recreation & Athletics Group Fitness Program Offerings:

(RSVP in EngageD)

Pilates⁷¹ | Mondays and Wednesdays from 4:30-5:30 p.m. | Memorial Hall, Old West

Cardio Fusion⁷² | Tuesdays from noon-1 | HUB Dance Studio

Zumba⁷³ | Tuesdays and Thursdays from 4-5 p.m. | HUB Dance Studio

Spin Class⁷⁴ | 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.edu⁷⁵ or call ext. 8084.

⁶⁷<https://totara.dickinson.edu/course/view.php?id=21>

⁶⁸<https://totara.dickinson.edu/course/view.php?id=47>

⁶⁹<https://totara.dickinson.edu/course/view.php?id=88>

⁷⁰<https://totara.dickinson.edu/course/view.php?id=379>

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

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

⁷³<https://dickinson.campuslabs.com/engage/events?query=zumba>

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

⁷⁵<mailto:devwell@dickinson.edu>

Water Aerobics



Mondays | 5 - 6 p.m. | Kline Center Pool (*through May 8*)

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! ⁷⁶

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

Pilates

⁷⁶<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!⁷⁷

Cardio Fusion

⁷⁷<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!⁷⁸

Sports Yoga

⁷⁸[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!⁷⁹

Zumba



⁷⁹<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!⁸⁰

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

⁸⁰<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!⁸¹

**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!⁸²

⁸¹<https://totara.dickinson.edu/course/view.php?id=88>

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

Camp Cardio with Ethos Fitness



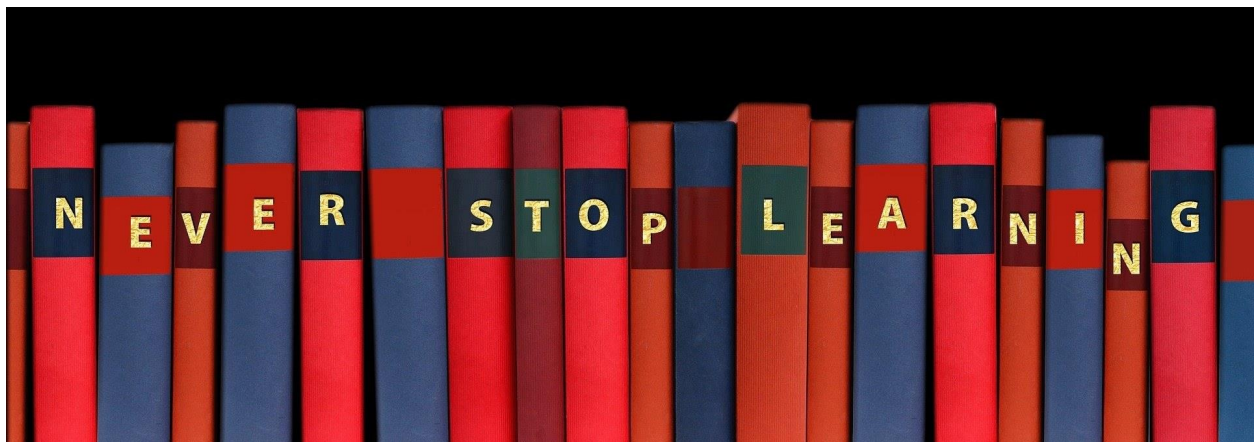
Thursdays | 5 - 6 p.m. | HUB Dance Studio (*through April 13*)

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



Apply to be a Leadership Cumberland Fellow



Application Deadline Extended to April 17!

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 here⁸³ to apply. All applications must be submitted by April 17, 2023!

Protecting Our Community

⁸³<https://www.leadershipcumberland.org/programs-services/fellows-program/application.html>



Tuesday, May 2 | 1-2:30 p.m. | Stern Center, Room 102

Wednesday, May 10 | 10-11:30 a.m. | HUB Side Room 202

Dickinson College is committed to providing a supportive working environment for all employees. On a biennial basis, all members of the community are required to complete educational programs which provide an overview of regulatory guidelines and tools to recognize and address potential harassing and discriminating behavior. Login to Totara to check to see when you are due and register for the session that fits your schedule. Web-based modules are available in Totara through the employee's dashboard.

Click here⁸⁴ **to register for the *interactive, in-person session*** in Totara. Select "sign-up" for the session that fits your schedule.

To ***access the web-based modules***, go to Totara and:

1. Click on Dashboard in the upper ribbon
2. Click on Protecting Our Community Certification...
3. The next page will provide links to the required on-line courses to complete the certification.

For questions, please email devwell@dickinson.edu⁸⁵ or contact Carol Shaffer at x1152.

⁸⁴<https://totara.dickinson.edu/course/view.php?id=31>

⁸⁵<mailto:devwell@dickinson.edu>

Information and Technology Services



TechNews



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 now⁸⁶!

Contact Us



Wellness Program | Monthly Incentive Prize Winners

Congratulations to Beth Bachman, Enterprise Systems, for being randomly selected as the incentive winners for the month of February. The Wellness incentive prize winner for each month is randomly selected based on their fitness program participation. Eligibility for the

⁸⁶<https://dickinson0.sharepoint.com/sites/TechNews>

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.edu⁸⁷ 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

⁸⁷<mailto:devwell@dickinson.edu>

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 Gateway⁸⁸ 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 policy⁸⁹ 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 Guide⁹⁰

Dickinson/Biking⁹¹

Dickinson/College Farm⁹²

Dickinson/Sustainability⁹³

TechNews⁹⁴

Trout Gallery⁹⁵

Theatre & Dance⁹⁶

Campus Announcements⁹⁷

⁸⁸<https://gateway.dickinson.edu/>

⁸⁹http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁹⁰[http://www.dickinson.edu/info/20043/about/1562/dickinson_\"how_to\"_guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_\)

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

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

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

⁹⁴<https://dickinson0.sharepoint.com/sites/TechNews>

⁹⁵<http://www.troutgallery.org/>

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

⁹⁷<https://www.dickinson.edu/announcements>



3 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

*717-245-1503 | devwell@dickinson.edu*⁹⁹

*Human Resource Services Website*¹⁰⁰

⁹⁸<http://www.dickinson.edu/events>

⁹⁹<mailto:devwell@dickinson.edu>

¹⁰⁰https://www.dickinson.edu/homepage/122/human_resource_services