



Vitality- March 2024

Dickinson 

HUMAN RESOURCE SERVICES

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Women's History Month





2 - Dr. Katie Schweighofer, Ph.D.,

Director, Women's and Gender Resource Center

Welcome to Gender Week! Gender Week is an annual event hosted by Dickinson's Women's and Gender Resource Center (WGRC) to help celebrate **Women's History Month** but also think more broadly about how gender affects everyone. This year our theme is **Gender and Health**, and our events and campaigns will encourage our Dickinson community to engage in the ways health justice and health equity are critical issues in our culture. Our events consider these questions from many perspectives:

Wednesday, March 6 | noon - 1 p.m. | Stern 102

- Tommy Lee, Director of the LGBTQ+ Center, "From Crisis to Courage: HIV and How the Queer Community Turns Adversity into Activism"

Thursday, March 7 | 7 - 8 p.m. | Stern Great Room

- Hagir Elsheikh, "Breaking Barriers: A journey of empowering women through self-discovery, equality, and resilience"

Friday, March 8 | noon - 1 p.m. | Stern 102

- Gender & Health Alumnae Panel featuring alums from '08, '13, and '90 sharing their experiences

Throughout the week, the WGRC will also be tabling in the HUB to raise awareness of menstrual justice issues on campus. As researchers, activists, organizers, and medical professionals have argued¹, menstrual justice is a central key in achieving gender equity in schools, workplaces, and public spaces. Menstrual justice demands intersectional action, asking us to think critically about unequal resources, geographies, gender, sexuality, age, disability, and sustainability. The WGRC's gender and health campaign shares important health information, expands our thinking about health equity, and offers opportunities for taking action – come join us!

Spring Into Fitness



¹<https://www.bmj.com/content/382/bmj.p2079>



The annual Spring Into Fitness Challenge begins on Sunday, March 17 and continues through Saturday, April 27! Register now and join the fun² -- don't miss the opportunity to be part of the 2024 Challenge!



3 - QR CODE

Online registration for the Spring Into Fitness Challenge continues through March 8. Please click here to register³ or scan the QR code now.

²<https://totara.dickinson.edu/mod/facetoface/view.php?id=344>

³<https://forms.office.com/r/YLtnA3ihKa>

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! 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 Fizikaflex before, this is an easy to use online app and promotes healthy behaviors through nudges and suggestions over the 6-week challenge.*

The details of the Spring Into Fitness Challenge (SIFC) activities will be coming soon on the SIFC webpages⁴ and in Totara ⁵. Registered participants will receive an email after March 8 with more details!



⁴https://www.dickinson.edu/info/20314/professional_development_and_wellness/2927/spring_into_fitness_challenge

⁵<https://totara.dickinson.edu/course/view.php?id=109>

*Who will win the Golden Sneaker in 2024? The 2023 Spring Into Fitness Challenge divisional winner was **Finance and Administration!***

Employee Announcements



Discounted Hersheypark Ticket Sale

Tickets must be paid for by Friday, March 8.

Discounted Hersheypark Tickets are available for advance purchase to Dickinson students and employees. The 2024 pricing is \$43.95 per ticket (*49% discount*) that is valid through January 1, 2025. Also available this year is a pre-paid parking voucher for \$25 (*save \$5 off the \$30 regular parking price.*) The park opens for the regular summer operating season on May 28, and continues through September 8, but the park is open all year round in general.

Ticket orders can be placed with Campus Life, located at the lower level of the HUB, or with Human Resource Services located at 55 N. West Street. Checks should be made payable to Dickinson College. Purchasers will be notified of availability via e-mail for pick-up at Human Resource Services when the ticket orders arrive. For more information, call extension 8084 or email hrservices@dickinson.edu⁶.

About Hersheypark⁷



Sustainability Expo 2024

⁶<mailto:hrservices@dickinson.edu>

⁷<https://www.hersheypark.com/info/about-us.php>



On **Tuesday, March 26, from 12 to 3 p.m. on Britton Plaza** (rain location: ATS), Dickinson will bring together students, faculty, staff and the Carlisle community for our Sustainability Expo 2024: From Individual Action to Collective Change⁸, an interactive celebration of our campus and community partnerships in the progress and future of sustainability.

We want YOU to join us and share how your work connects to people, prosperity, and the planet! We are looking to host a campus celebration in the form of games, interactive tabling, sustainable shopping, sharing information, prizes, interactive education, and camaraderie in combination with the UN Sustainable Development Goals⁹ and the Green Devil Certification.¹⁰

We would love for you to join us for this momentous collaborative effort in exploring how individual action becomes collective change. ***Please reserve your space in the special event by March 8***, using the online form¹¹.

Please contact CSE at sustainability@dickinson.edu¹² for more information, inquiries, or ideas about the event.

⁸<https://www.dickinson.edu/expo2024>

⁹<https://sdgs.un.org/goals>

¹⁰https://dickinson.co1.qualtrics.com/jfe/form/SV_aVNOJG7fRBGhggd?Q_JFE=qdg

¹¹<https://www.dickinson.edu/expo2024>

¹²<mailto:sustainability@dickinson.edu>

Dickinson's 10th Annual Day of Giving



We are so excited to celebrate Dickinson's 10th annual Day of Giving on **Tuesday, April 2!** Last year, more than 3,600 Dickinsonians united to give more than \$1.7 million in a single day! Let's top that effort this year and show our Dickinson pride. Please mark your calendar for April 2, and feel free to stop by **Britton Plaza from 9 a.m. to 3 p.m.** for fun Day of Giving festivities including free shaved ice from a Kona Ice Truck and free coffee from the Peddler, sponsored by the Mermaid Society. Visit the Day of Giving website¹³ to learn more!

2024 Benefits & Wellness Fair

¹³<https://dayofgiving.dickinson.edu/pages/home-2020-4>



Tuesday, April 23 | 10 a.m. - 2 p.m. | HUB Social Hall

Mark your calendars now! 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!



Employee Spotlight



4 - Marisa Davis, Hershey Entertainment and Resorts; Autumn Patti, Central Pennsylvania's Community College; and Stephanie Freedman, Dickinson College Dining Services

Dickinson's Catering Coordinator Shines as Judge in SkillsUSA Commercial Baking District Competition!

By Samantha Kaylor, Outreach Manager, Dining Services

We're thrilled to share some exciting news from Dickinson's Dining Services and Catering. One of our very own Catering Coordinators recently took on the prestigious role for the second year

in a row of being a judge out of a 3-judge jury for the SkillsUSA Commercial Baking District Competition. This year it was hosted by Carlisle High School. Our ***Catering Coordinator, Stephanie Freedman*** was accompanied by Chef Autumn Patti, Director of Culinary and Baking and Pastry Arts at HACCC, Central Pennsylvania's Community College; and Marisa Davis, F&B Training Manager at Hershey Entertainment and Resorts.

Stephanie and the other judges oversaw eight talented high school contestants from the surrounding counties such as York, Cumberland, Dauphin, and Lebanon each showcasing their commercial baking for a chance to qualify for the state conferences. Stephanie brought a wealth of experience to the judging panel, with a passion and an eye for talent in evaluating the contestants' skills, safety, and execution of four different types of baked goods.

The SkillsUSA District Competition proved to be a platform where these high school baking students demonstrated their dedication and love for the art. From intricate cake decorating, time management and ensuring quality products, self-competing and technical skillset in competing with their fellow competitors.

The winner of this district goes on to qualify for the state competition. This is a significant achievement, and we can't wait to see these talented individuals continue to shine on a broader stage! The journey doesn't end there as the state conference winners will have the incredible opportunity to move on to the national level at the SkillsUSA Championships for Baking and Pastry. A chance for them to showcase their skills on a national platform and compete against the best of the best within their age group and field scholarships to a college of their choice for culinary.

Dickinson's Dining Services and Catering extends heartfelt congratulations to all the contestants who participated in the SkillsUSA District V Competition. The passion for baking excellence is truly inspiring, and we are proud to have been a part of this incredible journey.

Stay tuned for more updates on Dickinson's Catering and our commitment to nurturing culinary talent within our community.



Fauschnaut Day

This Pennsylvania Dutch tradition, was celebrated on Tuesday, February 13. Also known as Fat or Shrove Tuesday, the tradition is to eat the best foods before the Lenten fast, which started on Ash Wednesday.

Special thanks to **Facilities Management** employees who cleared the snowy driveways and sidewalks so that **Dining Services** could provide the pillowy-soft, fried to perfection treats for students.



5 - Joel Summers



6 - Adriana Caldron

If you would like to **recognize an employee** for their personal or professional accomplishments **in an upcoming issue of Vitality**, please complete the honoree submission form by clicking [here](#)¹⁴ or scan the QR code.



COVID-19 Test Kit Resources



¹⁴<https://forms.office.com/r/1BMj9krjds>

As a reminder, free COVID-19 tests are available to faculty and staff using your Meritain Health member card containing your Optum Rx prescription benefit¹⁵. Pick up a test kit at your pharmacy or order online* for pick-up/delivery. Click here¹⁶ for more information about **Optum Rx**.

Please be aware that if you order test kits through an online pharmacy, you may have up-front charges, and can submit a claim to **Optum Rx¹⁷ to request reimbursement. Also, most insurances no longer cover the cost of COVID-19 tests. Optum Rx has informed pharmacists in our area that up to four (4) tests are approved per month through June 2024. You may have to ask the pharmacy technician to run the expense through your insurance.*

COVIDtests.gov Program¹⁸: Households can once again order to receive four free COVID-19 rapid tests. Test kits will be delivered directly to your home via the US Postal Service. Click here¹⁹ for more information and to place your order while supplies are available.

Expired Test Kits: Before you discard your "expired" test kits, click here²⁰ to see if the expiration date has been extended.

For more information, please see the COVID-19 Employee Information²¹ webpage.

¹⁵https://www.dickinson.edu/download/downloads/id/14683/meritain_health_and_optum_rx_covid-19_coverage_effective_through_june_30_2024.pdf

¹⁶<http://www.optumrx.com/>

¹⁷<https://covidtest.optumrx.com/covid-test-reimbursement>

¹⁸<https://www.covid.gov/tests>

¹⁹<https://www.covid.gov/tests>

²⁰<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>

²¹https://www.dickinson.edu/homepage/1579/covid-19_employee_information



Summary of Annual Reports

The **Summary Annual Reports** for the following are available:

- Consolidated Health and Welfare Plan²²

The above report reflects the financial conditions and transactions for July 1, 2022, to June 30, 2023. You may view PDF versions of the report by clicking on the link above.

Protecting Our Community | Live Session Schedule and Online Modules

²²https://www.dickinson.edu/download/downloads/id/15325/2023_summary_annual_report_handw_plans.pdf

Thursday, May 16 | 9 - 10:30 a.m. | Stern Center, Room 102

Tuesday, August 27 | 2:45-4:15 a.m. | Stern Center, Room 102 *in conjunction with New Faculty Orientation*

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 here²³ to **register for the *interactive, in-person session*** in Totara. Select "sign-up" for the session.

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 online courses to complete the certification.
4. Recertification path: minimum of two online courses; New Certification path: maximum of three online courses

For questions, please email devwell@dickinson.edu²⁴ or contact Carol Shaffer at ext. 1152.

²³<https://totara.dickinson.edu/course/view.php?id=31>

²⁴<mailto:devwell@dickinson.edu>



Get the Most Out of Your Benefits



Alera Group | Relph Benefit Advisors

Eat to Thrive

Spring has sprung! As nature reawakens, consider taking a 'fresh' look at your exercise routine and your overall nutrition. Science shows that what you eat can have a profound effect not only on your physical health but also on your mental wellbeing. The right foods can help put a spring in your step by helping to lower stress and give you an energy boost.

The articles we're following provide some insights and guidance on how and what to eat to feel your best.

"How Food Can Improve Your Mood, According to Nutritional Psychiatrists"

"3 Key Macronutrients to Eat Every Day (and How They Differ From Micronutrients)"

"The 10 Best Foods to Help Fight Stress"

Holistic Wellbeing

Move: "Tips for building movement into your life—and how to stick with it"

Plan: "How To Track Your Expenses (And Save Money)"

Unplug: "What Is a Power-Down Hour and How Does It Help With Sleep?"

Just for Fun

Achieve: "90-year-old who got degree after 'many' all-nighters has 'a lot of good living left to do'"

Care: "Indian Teen Invents Gadget to Transform Dementia Care Out of Concern for His Grandmother"

Celebrate: "Doctor celebrates retirements on roller skates"

Monthly Observances

World Sleep Day (3/15): "Nutrition and Sleep, How nutrition plays a vital role in promoting healthy sleep patterns"

International Day of Happiness (3/20): "Secrets to a Happy Life: Lessons From the World's Longest Scientific Study of Happiness"

International Women's Day (3/8): "How to celebrate International Women's Day"

National Employee Appreciation Day (3/1): "Employee Recognition Ideas For 2024"

March Wellbeing



Scan the QR code or visit bit.ly/mar-wellbeing2024 to access this month's wellbeing resources.



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)²⁵. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

LIVE WEBINAR



Register for TIAA's live webinars

Learn how you can take action for a more secure future. Reserve your spot now or visit [TIAA.org/webinars](https://www.tiaa.org/webinars) at any time to register. These webinars are part of your retirement plan benefits.

Mar. 6 Noon to 1 p.m. (ET) 11 a.m. to Noon (CT) 10 a.m. to 11 a.m. (MT) 9 a.m. to 10 a.m. (PT) The starting line: Beginning to save for retirement There's no time like the present to save for the future. Retirement may not seem especially pressing right now, but the truth is, now is when you can do the most good for your future.	Mar. 14 1 p.m. to 2 p.m. (ET) Noon to 1 p.m. (CT) 11 a.m. to Noon (MT) 10 a.m. to 11 a.m. (PT) Attention to detail: Financial finishing touches for women What does your financial future hold? Financial success can often complicate your life, and we'd like to help. You'll learn some ways to stay in control of the portfolio you've accumulated.	Mar. 20 Noon to 1 p.m. (ET) 11 a.m. to Noon (CT) 10 a.m. to 11 a.m. (MT) 9 a.m. to 10 a.m. (PT) Paycheck for life: Set your sights on retirement security Do you have a plan to avoid outliving your retirement savings? In this webinar, you'll learn how to leverage a portion of your savings to create a retirement paycheck that's guaranteed as long as you live.	Mar. 26 3 p.m. to 4 p.m. (ET) 2 p.m. to 3 p.m. (CT) 1 p.m. to 2 p.m. (MT) Noon to 1 p.m. (PT) Live with confidence in retirement: Five steps to creating your retirement income plan If you're thinking about making the transition to retirement, this webinar is essential for understanding how to create an income plan that helps you maximize your savings.
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REGISTER NOW

²⁵<https://www.tiaa.org/webinars>

TIAA Retirement Consultations

Wednesday, April 3 | 9 a.m. - 5 p.m. | HUB Side Room 202

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 appointment with TIAA financial consultant, *Nigel Stearns*.

To schedule a personal meeting please sign up online²⁶ or call 800-732-8353 (remember to ask for the Dickinson College schedule), weekdays, 8 a.m. to 8 p.m. (ET). ***All appointments must be scheduled through TIAA.***

Fidelity Investments Special Session:

Get a Handle on Your Current Student Loan Debt

Wednesday, April 17 | noon - 1 p.m. | Stern Great Room

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

Student debt can feel overwhelming, especially if you have multiple loans with multiple providers—each with a different repayment amount, maturity date, and interest rate. Now there's help to keep it all straight.

Learn about the ways to manage student loan debt, including how it fits in with retirement and other financial goals.

- Understand a wide range of student loan repayment options
- Use Fidelity's student debt resources and tools to evaluate your current loan situation and determine next steps for tackling your student debt

This session is open to faculty, students, and staff. Enroll and sign-up in Totara²⁷ today!



Fidelity Consultations and Live Webinars

Wednesday, April 17 | 9:45 a.m. - 3:45 p.m. | HUB Side Room 202

Fidelity's investment representatives offer individual counseling for financial planning and retirement. *If you have questions or concerns regarding your Fidelity account, schedule an*

²⁷<https://totara.dickinson.edu/course/view.php?id=458>

appointment with Matthew Young, Workplace Financial Consultant / Personal and Workplace Investing:

- **Step 1** go to www.Fidelity.com/schedule²⁸
- **Step 2** select Schedule a time to meet
- **Step 3** at the top of the screen where it says Enter your employer name type Dickinson and *WAIT for Dickinson to appear as a choice and then click on Dickinson (if you type Dickinson and hit Enter it may not work)*
- **Step 4** next under Select Appointment Type select either Virtual/phone/In Person once you have made your choice the dates will appear with available time slots.
- **Step 5** click on the plus button on the day you want to schedule and you will see the available times
- **Step 6** If you want to see future available date click on the Next Available button in the upper Right hand side of the screen to advance the dates



Webinars

Fidelity understands that today's diverse workforce has a wide range of needs and that financial wellness is unique to every individual. They developed a series of educational programs to help get the most out of your benefits and meet your goals.

Browse their extensive educational webinar offerings by clicking here²⁹. From small classes and coaching sessions to large multi-session webinars they have something that can help you take your knowledge to the next level!

Fidelity's Quarter 1 webinars can be found by clicking here³⁰.

²⁸<https://digital.fidelity.com/prgw/digital/wos/>

²⁹<https://fidelityevents.com/allevnts/special>

³⁰<https://totara.dickinson.edu/course/view.php?id=458>

Medicare 101 & Emeriti

Thursday, April 11 | noon - 1 p.m. | HUB Side Rooms 204 & 205

Retirement and healthcare are two topics that we all face as we grow older. Many of us find healthcare coverage and decisions as one of our biggest challenges, and are confused or concerned about making the right decisions. So many choices to make - and not necessarily having the tools or answers needed to make the right decision -- cause this to be quite stressful.

We will also have a representative available to explain the Emeriti Reimbursement Benefit - an innovative, tax-free way to pay for qualified out-of-pocket medical expenses. This plan is administered by a third-party administrator. It is known as the VEBA or Emeriti Retiree Health Plan.

If you are approaching retirement or if you need to help a friend, family member or loved one navigate these challenging decisions, please sign-up to attend this informative session presented by Aetna. This program is open to the entire Dickinson community.

Enroll and sign-up in Totara.³¹

³¹<https://totara.dickinson.edu/course/view.php?id=60>



Roadmap to Medicare

Tuesday, May 14 | noon - 1 p.m. | Webinar

We are excited to have HTA's Medicare Insurance Specialist present: Roadmap to Medicare an Educational Webinar

CLICK HERE³² to register for the Medicare Webinar.

Designed for those: *Nearing age 65 * Nearing Retirement * Working Past age 65 and ALL Retirees

Learn How to Get and Stay Medicare Insurance Ready

Join us for an informative presentation & get your questions answered.

³²<https://register.gotowebinar.com/rt/6281204702613152096>

Learn Important Timeframes:

- What you should be doing as a retiree or soon to be retiree
- Open Enrollment and Guaranteed Issue Periods, plus late penalties
- What happens when you and your spouse do not turn 65 at the same time
- When to enroll or defer Medicare Part B if not retiring at age 65
- Changing carriers—how & when

Make sure your coverage is complete:

- What does Medicare cover and not cover
- Is secondary insurance necessary and what are the options
- How do a Medicare Supplement and Original Medicare coordinate

Guidance regarding your personal situation and much more! Bring your questions. This is a great opportunity to gather helpful information.

All are welcome--Please invite a friend!

NOTE: COMPUTER AUDIO SPEAKERS ARE REQUIRED - NO PHONE DIAL-IN AVAILABLE

This is an educational presentation for consumers—no cost to attendees



Get Your Medicare Questions Answered

Visit Medicare Transition Services³³, a nongovernmental program, to learn more about this benefit as you plan your retirement and think about Medicare. Explore and review their guidebook³⁴.



Reliance Standard Assistance Program

Reliance Standard's Employee Assistance Program is available to all active, eligible full-time employees.

A new member support landing page was recently designed as an all-in-one place for accessing care, learning about your benefits, and logging into your member portal.

Visit <https://rsli.mylifeexpert.com> for:

- Access to support via phone and online forms
- Resources like the Insights newsletter and webinars
- Instant login to your personalized member portal

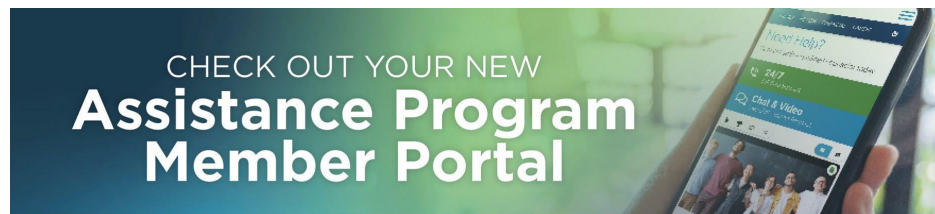
Enhanced Member Portal

³³<https://www.medicaretransitionservices.com/>

³⁴https://www.dickinson.edu/download/downloads/id/12871/medicare_transition_services_guidebook.pdf

They've given their member portal a complete makeover to improve the user experience, everything is reorganized and easier to find. Access benefits at <https://rsli.mylifeexpert.com> using your email and company code: **RSLI859**

- Explore live chat, phone support, and online requests.
- Use the financial wellness center, self-assessments, and courses.
- Access 1,000+ articles, podcasts, and well-being resources.
- Discover exclusive marketplace discounts.



Live Chat & Online Requests, Mental Health Support & Self-Care

Your Employee Assistance Program is here to support the whole person, with services to strengthen mental health, build financial wellness, resolve work-life challenges, and help unleash your full potential. And our goal is to make accessing care as easy as possible with our new and improved member portal.



Check Out Your New Member Portal

1. Visit your member landing page:
<https://rsli.acieap.com>
2. Log in or create an account using your email address and company code: **RSLI859**

Experience Enhanced Support & Resources

- **Connect** via live chat, phone, or online request forms
- **Request** mental health counseling or work-life benefits
- **Explore** the online financial wellness center
- **Enhance** your well-being with self-care assessments & soft skills courses
- **Access** 1,000+ articles, podcasts, well-being resources and more
- **Find** exclusive marketplace discounts



Add or Update the EAP Member Portal Web App on Your Mobile Device

Whether you're using an iPhone or Android device, here's how to update and add the new Member Portal web app icon.

How to Remove the Old Icon

(For members who already have the old icon)

1. Tap and hold the old Member Portal web app icon.
2. On iPhone, tap "Delete App" when it appears. On Android, drag the icon to "Remove" and confirm the deletion if prompted.

How to Add the New Member Portal Icon

(For members who are updating or adding for the first time)

1. Open your mobile device's web browser (Safari for iPhone or Chrome for Android).
2. Enter <https://rsli.acieap.com> in the address bar.
3. Once the web app loads, tap the share icon (on iPhone, it's a square with an arrow pointing up; on Android, it's usually three dots).
4. Look for an option that says, "Add to Home Screen" or "Add to Home Page" and tap it.
5. Customize the name of the icon to "Member Portal" if needed.
6. Confirm your selection by tapping "Add."

Now, you'll have the updated Member Portal web app icon on your mobile device's home screen, providing easy access to all the latest features and information. Enjoy the improved user experience!



Community | For the Greater Good



Community Blood Drives

Central Pennsylvania Blood Bank

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

- **Cumberland County Blood Drives³⁵**

³⁵https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

- Landisburg Fire Company Blood Drive³⁶

For more questions or more information about blood donation to the Central Pennsylvania Blood Bank, please visit 717giveblood.org³⁷ or call 1-800-771-0059.



Nonprofit Volunteer Fair

Thursday, March 21 | 3 - 5 p.m. | Masonic Lodge Carlisle (1236 Holly Pike, Carlisle)

Join Leadership Cumberland at their Nonprofit Volunteer Fair where you will have the opportunity to network with over 30 nonprofit organizations and the current Leadership Cumberland Class of 2024!

- Learn about ways to volunteer in the community or get involved on a board
- Discover how you can advocate for our nonprofit partners
- Network with LC alumni, our current class, and members of the community
- Chance to win gift baskets for participation

³⁶https://www.dickinson.edu/download/downloads/id/13364/central_pennsylvania_blood_bank_landisburg_fire_company.pdf

³⁷<http://717giveblood.org/>

Refreshments will be provided. Sponsored by Playa Bowls Carlisle!

For more information, contact: Nicole Deary³⁸



Save the Date: Northside Ride Carlisle



Northside Ride Carlisle: 3.4 mile Community Bike Ride

April 20, 2024 (Rain Date: April 27) | 9:00 am – 1:00 pm

For More Information, please click here³⁹.

³⁸<mailto:director@leadershipcumberland.org>

³⁹<https://www.dickinson.edu/NorthsideRide>

Facebook Event to RSVP⁴⁰

Bicyclists of all ages are invited to join a community ride around Carlisle's Northside neighborhood. "The Northside Ride" will take place on Saturday, April 20, with registration, free minor bike repairs and free breakfast opening at 9:00 a.m. and an all-ages, all abilities 3.4 mile bike ride departing at 10:15 a.m. Participants will meet at New Life Community Church, 64 E. North Street., Carlisle. The ride and its associated events are free and open to the public. No pre-registration is required.

The Northside Ride seeks to connect residents to each other and community organizations while encouraging bicycle safety and bicycle use as an effective form of transportation within and beyond Carlisle. The event will provide free helmets, bike lights and bike locks to neighborhood riders who participate. All participants are required to sign a waiver, and participants under age 14 must be accompanied and supervised by an adult on the ride.

Cyclists are encouraged to gather at New Life Community/Lifecycle for free breakfast, minor bike tune-ups/repairs and safety checks courtesy of The Handlebar, LifeCycle Carlisle, and Harrisburg Bicycle Club. The easy ride starts at 10:15 am and travels to waypoints including Dickinson College, YWCA Carlisle & Cumberland County, Carlisle Tool Library, Heberlig Palmer Park, Project SHARE Farm Stand, and ending at Memorial Park/Hope Station, 149 W. Penn St., Carlisle. Each of these partners will also offer a bike-related activity or demonstration.

The event is sponsored by Dickinson's Center for Sustainability Education with community partnerships at the core. Financial assistance is needed to support this event. For donations or fundraising please email Lindsey Lyons⁴¹ or call 717-245-1117.

Interested in tabling, partnering or getting involved? You can reach out to biking@dickinson.edu⁴² for more information.

⁴⁰<https://www.facebook.com/events/390646370120501/>

⁴¹<mailto:lyonsli@dickinson.edu>

⁴²<mailto:biking@dickinson.edu>



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 27, 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



Bikeliste • Borough of Carlisle • Carlisle BikeLab • 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

Down on the Farm



From the Farm to your Kitchen: Dickinson College Farm CSA



Dickinson Vegetable Shares – *Sign Up now*

Dickinson College Farm CSA (Campus Supported Agriculture) sign ups are now open. Fully customized vegetable shares 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 click here⁴³, scan the QR codes, or contact Jann Ernst⁴⁴.

⁴³<https://blogs.dickinson.edu/farm/csa/>

⁴⁴<mailto:farm@dickinson.edu>



Farm Works store is located at 169 W. High Street - *just around the corner from Denny Hall.*

Hours: *11 a.m. – 2 p.m.*

Visit the Farm Works website⁴⁵ to see featured soups and salads!

Farm Works menu items are vegan, gluten-free, and fresh from the farm!

⁴⁵<https://www.dickinson.edu/farmworks>

Nutrition Corner



Mediterranean Nachos



<https://youtu.be/pTtwEFYzy48>

This fun vegetarian appetizer is perfect for your next game-night gathering!

It's easy and can be ready to serve in 15 minutes!

Servings: 4

Ingredients

- 6 whole-wheat pitas
- 3 tbsp olive oil
- ½ (8 oz) tub Traditional Hummus
- 2 tbsp lemon juice
- 1 cup shredded romaine lettuce
- ¼ cup pitted Kalamata or black olives, chopped
- 1 cup chopped tomatoes
- ½ cup chopped cucumbers
- ⅓ cup crumbled feta
- ¼ cup store-bought tzatziki

Directions

1. Preheat oven to 425°F. Cut each pita into 6 triangles and spread triangles onto a parchment-lined baking sheet. Drizzle the oil over pitas and season with salt. Toss to coat. Bake 10 min., until crunchy, flipping halfway through.
2. Meanwhile, in a small bowl, combine the hummus and lemon juice. Drizzle hummus over crispy pitas. Scatter the lettuce, olives, tomatoes, cucumbers, and feta over pitas. Drizzle with the tzatziki and serve.

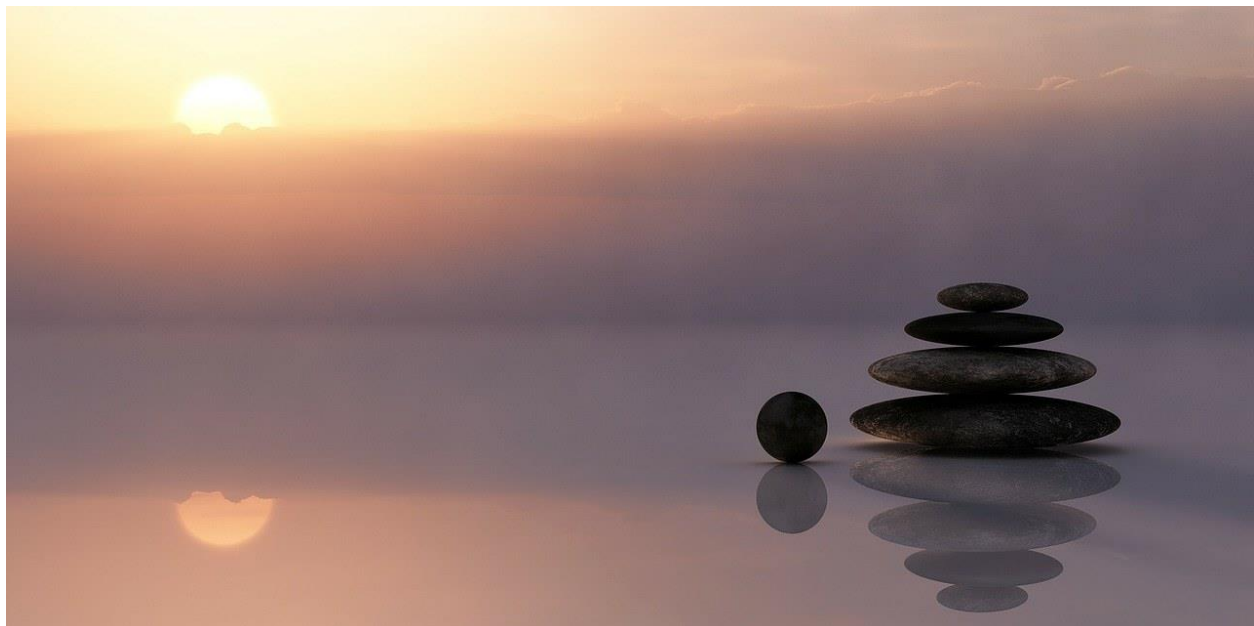
Tip: For extra protein, top with chopped chicken or roasted chickpeas.

Nutrition Facts:

Calories: 465 | Total Fat: 22.0 g | Saturated Fat: 5.0 g | Cholesterol: 13 mg | Sodium: 771 mg | Total Carbohydrate: 53 g | Dietary Fiber: 7 g | Sugars: 6 g | Protein: 14 g

*Recipe Source: Giant Savory*⁴⁶

Wellness@Dickinson



⁴⁶<https://recipecenter.giantfoodstores.com/recipes/236570/mediterranean-nachos>

UPMC Health Beat: How to Properly Clean Your Reusable Water Bottle

This should be a no-brainer! Keep it clean to keep you healthy!

Most of us have our favorite, go-to water bottle. Do you clean it daily? Do you even rinse it daily? If you are not cleaning your favorite bottle or thermos properly, it can host bacteria, mold, and fungi and put you at risk for food-borne illness. Read UPMC's Health Beat⁴⁷ article to learn more.



Health Risk Assessments

⁴⁷https://share.upmc.com/2024/01/how-to-clean-reusable-water-bottle/?et_cid=1142695&et rid=2880067&utm_medium=email&utm_source=salesforce&utm_campaign=healthbeat-biweekly&utm_content=healthbeat&em_id=HealthBeat-BiweeklyNewsletter-020124_NEWS



Completing an online Health Risk Assessment

Health Risk Assessments (HRA) are a great way to learn more about your own *health risks* and ways to reduce or eliminate any modifiable health risks identified. Some health risks are innate (you are born with them) but some are those that have developed as a result of *lifestyle habits* or *the environment surrounding you* - these are often modifiable. (Reminder: If you have not already completed your free biometric screening - [CLICK HERE TO REGISTER NOW!](#)⁴⁸)

Complete an HRA survey online to learn more and take steps to change or correct health risks that are modifiable. Get started with one of the free online options shown below based on your status on campus.

Health Advocate | Full-time Employees:⁴⁹

Create your log-in with Health Advocate by identifying that you are a Dickinson College employee, then proceed to click on:

Health > Browse Health > Read Health Articles > Assessments > General Risk Health Assessment

⁴⁸<https://totara.dickinson.edu/mod/facetoface/view.php?id=2696>

⁴⁹<https://www.healthadvocate.com>

Healthy Life HRA | Anyone:⁵⁰

If you are not a full-time employee - this is the HRA suggested for you! It is available to ANYONE and it's free. The results come ONLY to you and provide a snapshot of your personal health risks. Before beginning, collect your personal **biometric screening**⁵¹ information, including your most recent blood pressure, height, weight and glucose/cholesterol/triglyceride levels.

Wellness@Dickinson incentives are provided to employees completing a Health Risk Assessment. Once you complete the HRA, simply send an email to devwell@dickinson.edu⁵² to let us know it's completed! (Note: Please don't send us your HRA results - only inform of completion.) We will provide your LOVE\$Carlisle Bucks incentive reward once we receive your email notification.

Mindful Mondays

Mondays | 5:30 - 5:50 p.m. | HUB Dance Studio

Hosted by the Wellness Center's Staff Psychologist, Megan Nesbitt

This brief, twenty-minute session will focus on helping attendees learn techniques to be present with themselves, slow thoughts, and set aside stressors. Meets weekly on Mondays. Beginners and drop-ins welcome. All Dickinson students, staff and faculty are welcome and encouraged to attend.

No meetings: Monday, March 11 and 18.

RSVP via EngageD⁵³.

⁵⁰<https://healthylifehra.org/>

⁵¹<https://totara.dickinson.edu/mod/facetoface/view.php?id=2696>

⁵²<mailto:devwell@dickinson.edu>

⁵³<https://dickinson.campuslabs.com/engage/event/9249051>

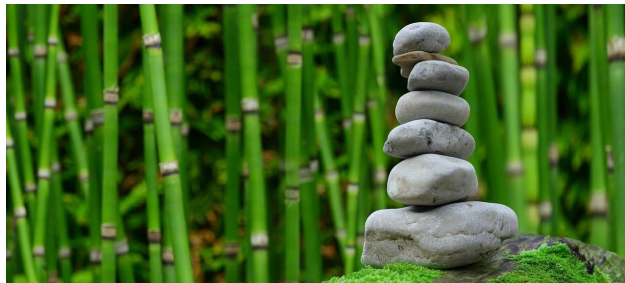


Thoughtful Thursday - Morning Meditation

Thursday, March 7 | 7:30-8 a.m. | Memorial Hall, Old West

Thoughtful Thursdays meditation sessions offer the opportunity to start the day off with a bit of reflection and inner peace. Leave feeling refreshed, balanced, and ready to meet any challenges coming your way. Join us in Memorial Hall to center your mind and body, bringing focus to your day!

Enroll and sign-up in Totara.⁵⁴



⁵⁴<https://totara.dickinson.edu/course/view.php?id=307>



Health Advocate Webinar: Avoiding Tax Filing Fraud

Thursday, March 14 | 2 - 3 p.m. | Online Presentation

Register for this session by **clicking here**⁵⁵.

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 not only looking to steal tax refunds, but to also sell that personally identifiable information (PII) on the dark web.

In this special webinar, guest presenter Chris Shelton, a Fraud Resolution Specialist, will discuss the warning signs of tax-related fraud and share tips on safely filing your taxes.

Presenter: *Chris Shelton, Senior Fraud Resolution Specialist, CLC*

Upcoming Webinars:

April 18, 2024: Caring for Caregivers

10:00 am (ET)⁵⁶ 4:00 pm (ET)⁵⁷

⁵⁵<https://register.gotowebinar.com/register/4402043672178049621?source=memwebpg>

⁵⁶<https://attendee.gotowebinar.com/register/4562022614900383580?source=memwebpg>

⁵⁷<https://attendee.gotowebinar.com/register/5064800694980076373?source=memwebpg>

May 16, 2024: Mental Health and Me

10:00 am (ET)⁵⁸ 4:00 pm (ET)⁵⁹

For a listing of on demand webinars, click here⁶⁰.



⁵⁸<https://attendee.gotowebinar.com/register/9203179942998749013?source=memwebpg>

⁵⁹<https://attendee.gotowebinar.com/register/8080499406202269270?source=memwebpg>

⁶⁰<https://www.healthadvocate.com/site/memberwebinars>

Healthy Eating Made Simple



While healthy eating is often considered complicated or challenging, it is actually very simple!
Here are some nutrition basics to help you get started on your path toward better eating habits.

Grains

- These foods are **carbohydrates**, the main source of energy for your body.
- Aim for a **quarter of your plate** at each meal to be a grain.
- Make **half your grains** whole grains
- Limit **refined grain products** such as white bread, baked goods or other sweets.

Fruits and Vegetables

- These are **high in fiber**, full of vitamins and a source of carbohydrates.
- Make **half your plate** fruits and/or vegetables at each meal.
- Aim for **5 to 7 servings** per day.
- Try to eat **fruits and vegetables** of varying color for greater nutritional benefit.

Proteins

- These are **essential** to the building, maintenance and repair of body tissues including skin, organs and muscles.
- Aim for **one quarter of your plate** at each meal to be a protein.
- Focus on **lean proteins** such as eggs, chicken, turkey, fish, beans, soy and nuts.
- Limit **certain proteins** like fatty cuts of beef, pork and highfat dairy products.

Healthy Fats

- **Certain types of fats** are essential components of a healthy diet.
- Eat foods **high in healthy** monounsaturated, polyunsaturated and omega-3 fatty acids like nuts, fish and oils such as olive and canola oil.
- Limit foods that are **high in saturated fats and trans fats** such as those found in animal products, butter or hard margarine and baked goods

Be smart about beverages!

- **Drink more water.** Water provides hydration with no calories, fat or sugar.
- **Limit milk/dairy** to 1 to 2 servings per day; choose options that are low in fat.
- **Avoid unnecessary sugary beverages** like those made from powdered mixes, fruit punch, lemonade, iced tea, and soda.



Health Advocate can get you to the right support and resources to improve your health and well-being.
We're here 24/7. Get the support you need, right when you need it, so you can be healthy and do the things you love.
We can help you in any language.



Call • Email • Message • Live Chat

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third-party provider. ©2024 Health Advocate HA-NA-2401113-15137



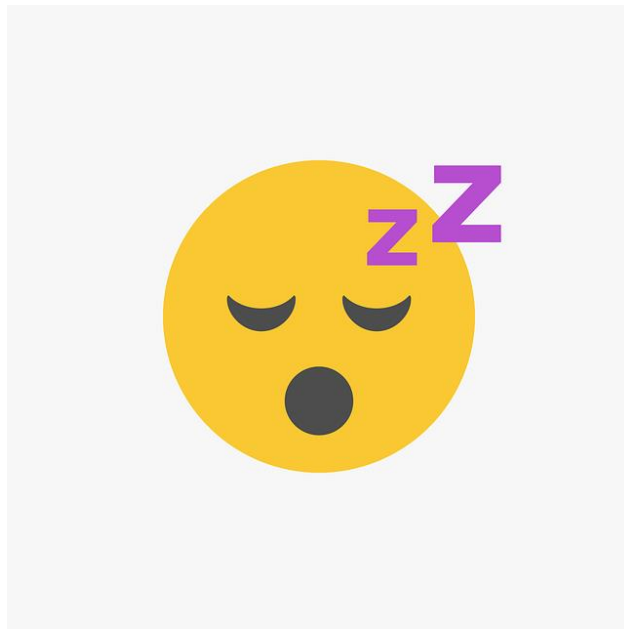
Health Advocate is a service offered for full-time employees. Health Advocate is an independent organization which will provide services to you, your children, your spouse, your parents and your spouse's parents. Complete information about the service is available at Health Advocate's website⁶¹.

⁶¹<http://www.healthadvocate.com/>

Sleep and What You Eat

World Sleep Day is Friday, March 15. Did you know that your nutrition can impact the quality of your sleep? Learn more by reading the *Sleep Foundation's* ***Nutrition and Sleep*** article by **clicking here**⁶².

Did you miss the UPMC presentation: **Sleep | Brain Fog, Hearth Health, BMI, and More?** Click **here**⁶³ to access a recording of this February Wellness Information session, which is now available in Totara.



Melanoma: Symptoms & Warning Signs

Thursday, March 21 | noon - 1 p.m. | HUB Social Hall West

Presented by: *Kent Zettel, MD, UPMC Grandview Surgical Associates*

⁶²<https://www.sleepfoundation.org/nutrition>

⁶³<https://totara.dickinson.edu/course/view.php?id=64>

Melanoma is a deadly and aggressive form of skin cancer. In most cases, early detection can be treated with simple surgery to prevent spread. Join us to learn the symptoms and warning signs.

Kent Zettel, MD, specializes in general surgery and is board-certified in surgery by the American Board of Surgery. He practices at UPMC Grandview Surgical Associates, and is affiliated with UPMC Harrisburg, UPMC Carlisle, UPMC Community Osteopathic, UPMC West Shore, and UPMC Memorial. Dr. Zettel earned his medical degree at the University of Cincinnati College of Medicine. He completed his residency at UPMC and a fellowship at Children's Hospital Los Angeles.

Enroll and sign-up in Totara.⁶⁴



Biometric Screenings

Thursday, March 21 | 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. This is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome.

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

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 for this health screening⁶⁵. ***Employees completing the biometric screening on or before Friday, May 31, 2024 will receive a \$10 Farm Works gift card!***

** For the most accurate screening results, fasting is required for 10-12 hours prior to your appointment.*

Biometric screening appointments are for EMPLOYEES only: Check-in at the HUB Mary Dickinson Room for this free screening, with optional additional screenings available via payroll deduction.

Enroll and sign-up in Totara.⁶⁶



Ask the Dietitian Roundtable Discussion

Wednesday, March 27 | noon - 1 p.m. | HUB Mary Dickinson Room

⁶⁵<https://totara.dickinson.edu/course/view.php?id=51>

⁶⁶<https://totara.dickinson.edu/course/view.php?id=51>

Do you ever wonder what is best for you when it comes to your nutrition? Why not ask a professional?

Courtney Hager, Registered Dietitian, will be available for an informal roundtable discussion. Bring your lunch and your questions!

Enroll and sign-up in Totara.⁶⁷



Healthy – BUTT are you sure?

Friday, March 29 | noon - 1 p.m. | Teams virtual session

Does your gut ever "talk back" to you with odd behaviors? Do you have digestive dilemmas that turn you inside out or get you all in a twist?

Join this virtual live presentation by *UPMC's colon and rectal health expert*, **Dr. Dan Goldman** to learn more about the tricky things that can impact your digestive health along with signs and symptoms you should NEVER ignore.

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

Empower yourself from a preventive perspective and learn to tell fact from fiction.

For example, two important facts about colon cancer we should all know:

1. Your risk increases with age.
2. The age to start screening has been lowered to 45.

Early detection is so important, but unfortunately, the nature of colon and rectal health as a topic sometimes makes us uncomfortable.

Being able to participate virtually creates a level of comfort and anonymity not necessarily experienced in-person.

Take advantage of this informal presentation and Q&A session to learn more about this important health topic and have your sensitive questions answered.

Please join to discuss the importance of screenings, reducing risks, recognizing warning signs, and new treatments.

Enroll and sign-up in Totara.⁶⁸



Lunch and Paint at The Trout Gallery

Thursday, April 25 | noon - 1:15 p.m. | The Trout Gallery (Foyer), Weiss Center for the Arts

⁶⁸<https://totara.dickinson.edu/course/view.php?id=64>

Join Trout Gallery educators and student interns for a tour of the Senior Studio Art Exhibition, *BYOE: Bring Your Own Everything*, followed by a lunch and paint activity in the Mumper Stuart Education Center. Participants will follow in the footsteps of Studio Seniors by considering an "E" context word that relates to them. This might include Energy... Endings.. Enigma... etc. Using acrylic paints and other media guests will express their own "E" - or an "E" word with which they identify. A light lunch will be served.

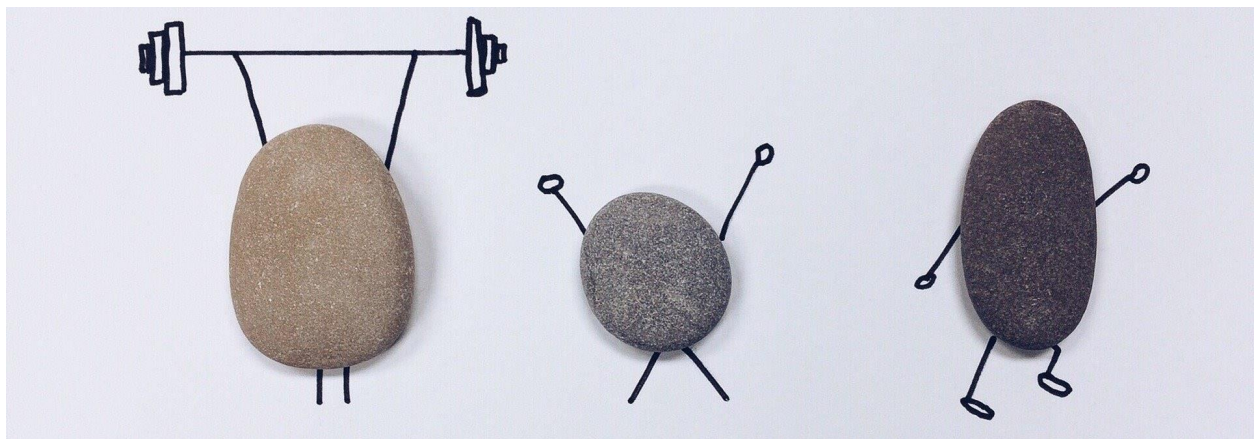
Please indicate any food allergies or dietary restrictions when registering.

Enroll and sign-up in Totara.⁶⁹



7 - Photo by Dan Loh

Wellness@Dickinson Fitness Programs



⁶⁹<https://totara.dickinson.edu/course/view.php?id=91>



Wellness programs offered for the spring semester began in February with fitness options collaboratively designed with the office of Campus Life to allow the maximum possible wellness opportunities for the campus community. Dew Power Yoga (March), Camp Cardio with Ethos Fitness, Sports Yoga, Vinyasa Flow Yoga, and Water Aerobics (March) return this spring, along with a variety of other group fitness classes offered through Campus Life that can be found online in EngageD by searching for group fitness.

Spring Semester Fitness Programs – Register NOW!

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

Vinyasa Flow⁷⁰ | Wednesdays | noon - 1 p.m. | HUB Dance Studio (*employee only*)

Lunch Crunch⁷¹ | Wednesdays | noon - 1 p.m. | Functional Fitness Center, Kline Center (*employee only*)

Sports Yoga⁷² | Wednesdays | 4:45 - 5:45 p.m. | Memorial Hall, Old West

Camp Cardio⁷³ | Thursdays | noon - 1 p.m. | HUB Dance Studio

Water Aerobics⁷⁴ | Mondays beginning March 18 | 5 - 6 p.m. | Kline Center Pool

DEW Power Yoga⁷⁵ | Tuesdays beginning March 19 | 7 - 7:45 a.m. | HUB Dance Studio

⁷⁰<https://totara.dickinson.edu/course/view.php?id=88>

⁷¹<https://totara.dickinson.edu/course/view.php?id=459>

⁷²<https://totara.dickinson.edu/course/view.php?id=47>

⁷³<https://totara.dickinson.edu/course/view.php?id=379>

⁷⁴<https://totara.dickinson.edu/course/view.php?id=21>

⁷⁵<https://totara.dickinson.edu/course/view.php?id=457>

DEW Power Yoga⁷⁶ | Fridays beginning March 22 | noon - 1 p.m. | HUB Dance Studio

Campus Life & Athletics Group Fitness Program Offerings:

RSVP in EngageD.

Pilates⁷⁷ | Mondays and Wednesdays | 3:30 and 4:30 p.m. | HUB Dance Studio

Cardio Fusion⁷⁸ | Tuesdays | noon - 1 | HUB Dance Studio

Zumba⁷⁹ | Tuesdays and Thursdays | 5 - 6 p.m. | Allison Hall Community Room

Spin Class⁸⁰ | Thursdays and Sundays | 5:30 - 6:30 p.m. | Kline Fitness Studio

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁸¹ or call ext. 8084.



Fitness programs will pause during Spring Break

(March 11-15)

⁷⁶<https://totara.dickinson.edu/course/view.php?id=457>

⁷⁷<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁷⁸<https://dickinson.campuslabs.com/engage/events?query=cardio fu>

⁷⁹<https://dickinson.campuslabs.com/engage/events?query=zumba>

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

⁸¹<mailto:devwell@dickinson.edu>

Vinyasa Flow Yoga

Wednesdays through May 1 | noon - 1 p.m. | HUB Dance Studio

Instructor: *Claire Seiler*

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

Enroll and sign-up in Totara.⁸²



Lunch Crunch

Wednesdays | noon - 1 p.m. | Functional Fitness Center, Kline Center (employee only)

Instructor: Padraic Wood

⁸²<https://totara.dickinson.edu/course/view.php?id=88>

Tone your body with a lunchtime core strength and conditioning workout! A strong core supports your overall body function. Join Coach Wood for Lunch Crunch in the Functional Fitness Center at the Kline, on select Wednesdays at noon.

Enroll and sign-up in Totara.⁸³



Sports Yoga

Wednesdays through April 10 | 4:45 - 5:45 p.m. | Memorial Hall Old West

Instructor: *Jim Mader, YMCA*

Sports Yoga combines active stretching, breathing techniques and a westernized approach to learning and using Yoga poses. Each class is designed to safely increase flexibility, improve mental focus/relaxation and increase strength. With a regular practice of Sports Yoga all activities, including athletics, become easier.

Enroll and sign-up in Totara.⁸⁴

⁸³<https://totara.dickinson.edu/course/view.php?id=459>

⁸⁴<https://totara.dickinson.edu/course/view.php?id=47>



Camp Cardio

Thursdays through April 11 | noon - 1 p.m. | HUB Dance Studio

Instructor: *Christina Salomone*

Join us for an energetic and fun, heart-pumping, calorie-burning cardio class.

This aerobic class will tone muscles and strengthen your heart with different aerobic formats such as: Hi/Lo, Strong, cardio-kickboxing, Zumba, and more.

Enroll and sign-up in Totara.⁸⁵



⁸⁵<https://totara.dickinson.edu/course/view.php?id=379>

Water Aerobics

Mondays beginning March 18 through May 6 | 5 - 6 p.m. | Kline Center Pool

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!

Enroll and sign-up in Totara.⁸⁶



Dew Power Yoga

Tuesdays beginning March 19 | 7 - 7:45 a.m. | HUB Dance Studio

Fridays beginning March 22 | noon - 1 p.m. | HUB Dance Studio

Instructor: *Jeanette Diamond*

DEW (*Diamond Essence Within*) Power Yoga offers the possibility to find your inner power and builds from within to expand your ability from the inside outward. Yoga is for everyone - and whether you are new to yoga or have been practicing for a while - the empowerment of this *Baptiste-style* class brings results! This is a judgement-free practice for anyone who would

⁸⁶<https://totara.dickinson.edu/course/view.php?id=21>

like to join and practice yoga. The sequence of poses will warm you up from the inside and bring amazing results overall. Finish each session feeling energized yet relaxed!

Enroll and sign-up in Totara.⁸⁷



Pilates

Mondays & Wednesdays | 3:30 and 4:30 p.m. | HUB Dance Studio

Instructor: *Jennifer Moore*

Pilates is a form of exercise that emphasizes the balanced development of the body through strength, flexibility, and awareness in order to support everyday movement. Through a series of core exercises, the body is both strengthened and stretched, ultimately providing a longer, leaner look. Improve coordination, release stress, and improve your posture with a practice that is both effective and fun. Suitable for all levels of fitness.

RSVP in EngageD.⁸⁸

⁸⁷<https://totara.dickinson.edu/course/view.php?id=457>

⁸⁸<https://dickinson.campuslabs.com/engage/events?query=pilates>



Cardio Fusion

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

Instructor: *Jennifer Moore*

Cardio Fusion is appropriate for all who wish to participate. The workout will include intervals of a warm up, cardiovascular and strength, core exercise, and a cool down. This class will be a full body workout that will leave you feeling accomplished and strong at the end. The goal is to build stamina and strength. Cardio Fusion can be used as a great break in your day as you take time for yourself with our wonderful instructor Jenni.

RSVP in EngageD.⁸⁹



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

Zumba

Tuesdays & Thursdays | 5 - 6 p.m. | Allison Hall Community Room

Instructor: *Jeanette Kole*

Zumba is a total body workout that boosts health through accessing both anaerobic and aerobic forms of exercise. By working on both systems, a good cardiovascular system is maintained, plus it's fun! Throughout the span of the workout the class will switch between low and high intensity dance moves that are designed to boost your heart rate. Jeannette Kole is a certified Zumba instructor who is very passionate about this form of exercise, and is excited to work with Dickinson students.

RSVP in EngageD.⁹⁰



Spin Class

Thursdays & Sundays | 5:30 - 6:30 p.m. | Kline Fitness Studio

⁹⁰<https://dickinson.campuslabs.com/engage/events?query=zumba>

Dickinson's spin class is 45 minutes to an hour of a full body workout. It challenges riders to push themselves and have fun while doing so. This full-body workout is combined with rhythm based choreography to aid riders in properly engaging their core, legs, and glutes. We encourage riders to dig deep and surprise themselves of their strength, both physically and mentally. This class welcomes people of all fitness levels!

RSVP in EngageD.⁹¹



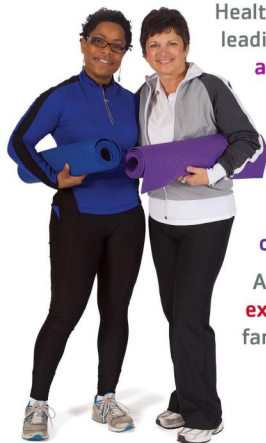
⁹¹<https://dickinson.campuslabs.com/engage/events?query=spin>



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.

Professional Development



CPR, First Aid & AED Training

Friday, March 15 | 8 a.m. - 1 p.m. | DPS Training Room, Kaufman Building

This hands-on skills training prepares participants to respond to breathing and cardiac emergencies in adults, children age 12 or younger, and infants. Being certified will provide you with valuable skills that will prepare you to handle a potentially life-threatening situation.

*Class sizes are limited and based on American Red Cross training standards. Participants must pass both a written and skills demonstration test to receive certification for this program. Unless noted otherwise, this is an **employee only training opportunity**.*

Enroll and sign-up in Totara.⁹²

⁹²<https://totara.dickinson.edu/course/view.php?id=93>



Become 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 2025.

Click here⁹³ to apply. All applications must be submitted no later than March 22!

Interested in learning more? Leadership Cumberland is hosting two LC Circle events in March. The events are free to attend. You'll meet Leadership Cumberland leaders and learn more about the program and their countywide impact. Register for the event that best fits your schedule:

⁹³<https://www.leadershipcumberland.org/programs-services/fellows-program/application.html>

- Friday, March 15, at 8:30 a.m.⁹⁴
- Friday, March 29, at 8:30 a.m.⁹⁵

The LC Circle Recruitment events will be held at the Carlisle Area Chamber of Commerce, 801 South Hanover Street, Carlisle.

For more information, visit Leadership Cumberland⁹⁶.



College Prep for Parents

Part I - High School Counseling and Admissions - *Tuesday, April 9*

Part II - Financial Aid and Tuition Benefits - *Tuesday, April 16*

Sessions will be held from noon - 1 p.m. in the McCauley Room, Old West

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.

⁹⁴<https://www.leadershipcumberland.org/events-news/calendar.html/event-form/registration-form/97413/tickets>

⁹⁵<https://www.leadershipcumberland.org/events-news/calendar.html/event-form/registration-form/97415/tickets>

⁹⁶<https://www.leadershipcumberland.org/welcome.html>

Enroll and sign-up in Totara⁹⁷ for one or both sessions.



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 Handbook⁹⁸ (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.

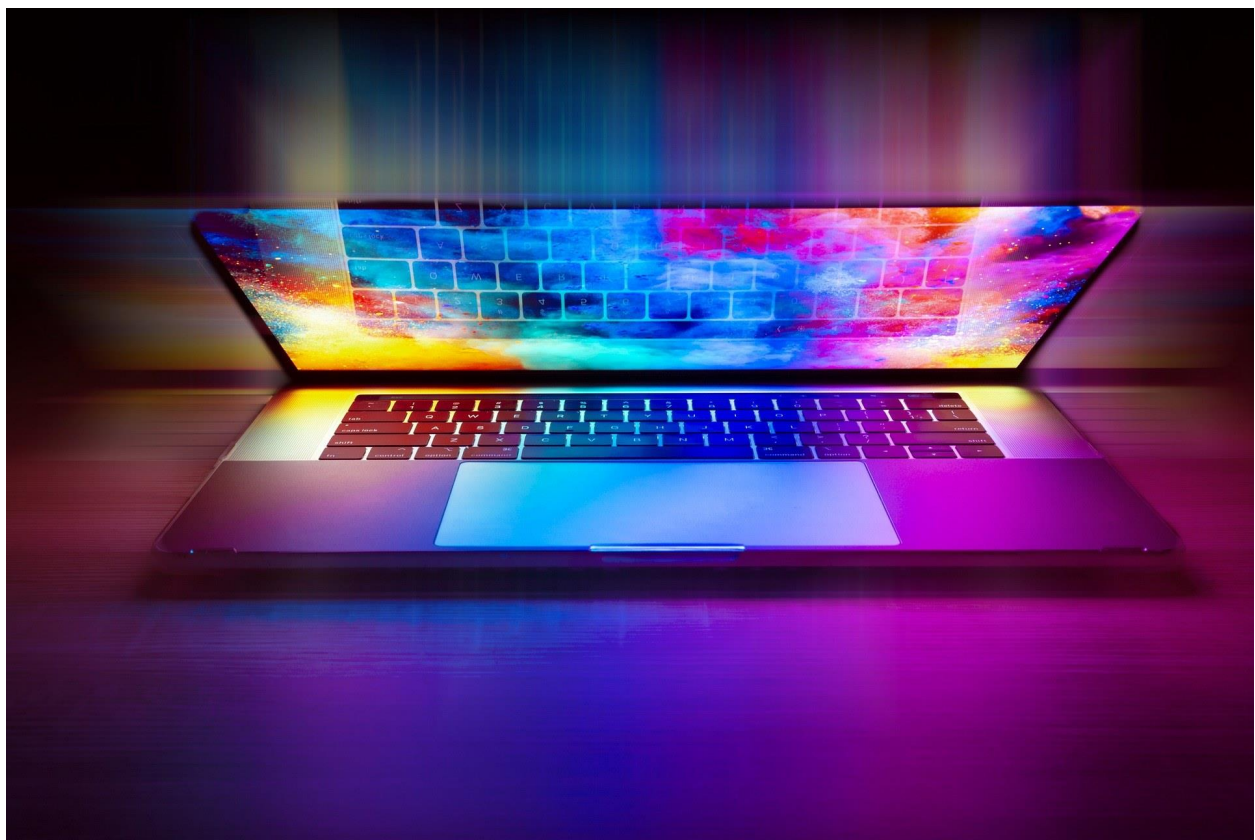
⁹⁷<https://totara.dickinson.edu/course/view.php?id=42>

⁹⁸https://www.dickinson.edu/download/downloads/id/6779/employee_handbook_october_2016.pdf

To submit a conference fund request, please complete the form by clicking here⁹⁹.



Information and Technology Services



⁹⁹https://www.dickinson.edu/download/downloads/id/10813/career_development_conference_fund_application.pdf

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 now¹⁰⁰!



¹⁰⁰<https://dickinson0.sharepoint.com/sites/TechNews>

Contact Us



Wellness Program | Monthly Incentive Prize Winners

Congratulations to Kim Morgan, *Individual Giving*, winner for the month of **February for fitness program participation during January!**

Have you been active in our Wellness@Dickinson programs? If so, you are eligible to be included in our monthly fitness prize drawing! 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-

Month¹⁰¹. (Remember to report your Marathon in a Month walking¹⁰² to us by the 15th of the 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.edu¹⁰³ 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

¹⁰¹[https://www.dickinson.edu/downloads/file/1239/marathon in a month walking map](https://www.dickinson.edu/downloads/file/1239/marathon%20in%20a%20month%20walking%20map)

¹⁰²[https://www.dickinson.edu/downloads/file/1238/marathon in a month tracking your walks](https://www.dickinson.edu/downloads/file/1238/marathon%20in%20a%20month%20tracking%20your%20walks)

¹⁰³<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 Gateway¹⁰⁴ 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 policy¹⁰⁵ 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 Guide¹⁰⁶

Dickinson/Biking¹⁰⁷

Dickinson/College Farm¹⁰⁸

Dickinson/Sustainability¹⁰⁹

TechNews¹¹⁰

Trout Gallery¹¹¹

Theatre & Dance¹¹²

Campus Announcements¹¹³

¹⁰⁴<https://gateway.dickinson.edu/>

¹⁰⁵http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

¹⁰⁶[http://www.dickinson.edu/info/20043/about/1562/dickinson "how to" guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_how_to_guide)

¹⁰⁷<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

¹⁰⁸<http://www.dickinson.edu/collegefarm>

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

¹¹⁰<https://dickinson0.sharepoint.com/sites/TechNews>

¹¹¹<http://www.troutgallery.org/>

¹¹²<https://www.dickinson.edu/theatreanddance>

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



HUMAN RESOURCE SERVICES

8 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

*717-245-1503 | devwell@dickinson.edu*¹¹⁵

*Human Resource Services Website*¹¹⁶

¹¹⁴<http://www.dickinson.edu/events>

¹¹⁵<mailto:devwell@dickinson.edu>

¹¹⁶https://www.dickinson.edu/homepage/122/human_resource_services