



Vitality - February 2025

Dickinson

HUMAN RESOURCE SERVICES

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

National Wear Red Day



*Join us for a **WEAR RED - GO RED** table event in the Lobby of the HUB on **Friday, February 7,** from 11:30 a.m. to 1 p.m. **SHOW us your RED!***



Support *Go Red For Women* by participating in National Wear Red Day® on Friday, February 7, 2025.

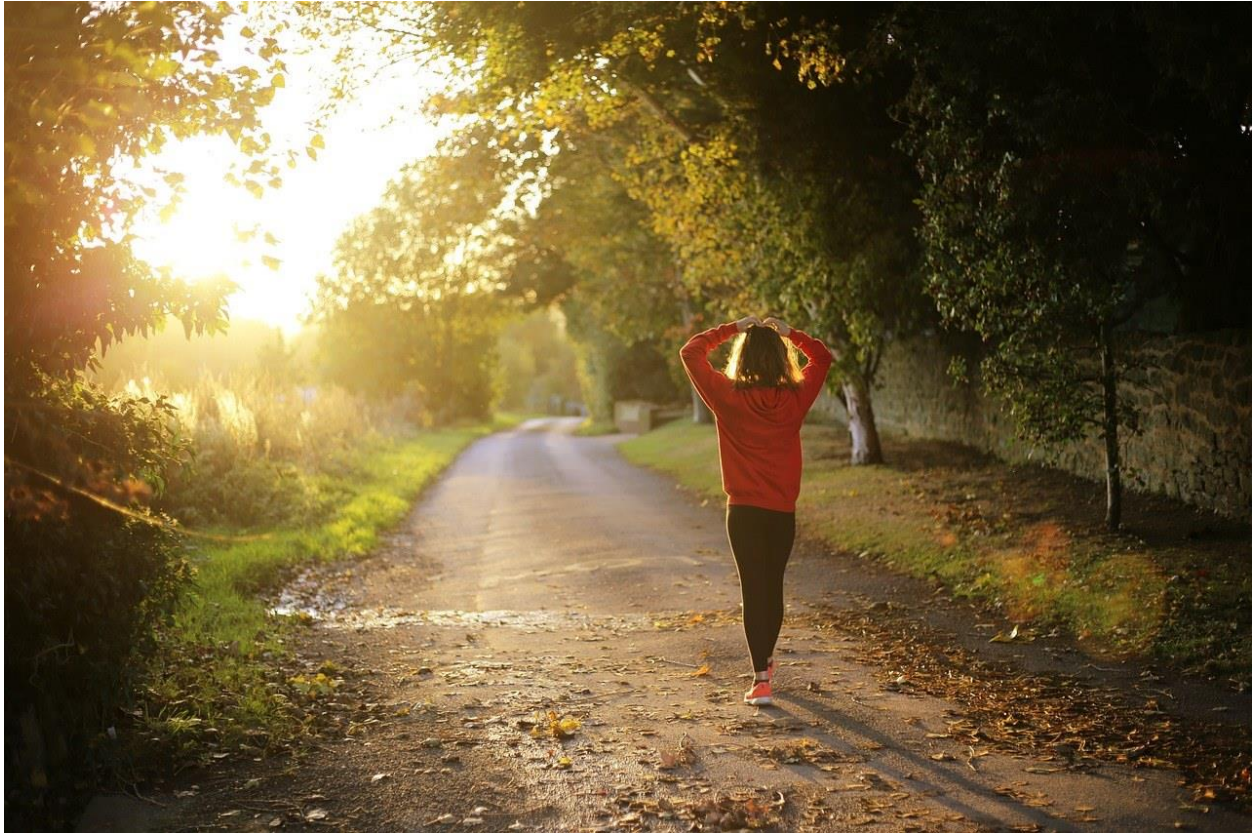
If you desire to donate¹ to this cause, doing so helps support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

Source: American Heart Association's Go Red For Women²

¹<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give?form=FUNNGVTQMWK>

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

2025 Spring Into Fitness Challenge





It's time to put away your snow boots and dust off your athletic shoes! Warmer weather is just around the corner!

*Recruit your teammates now to join in the fun that begins on **Sunday, March 16**, and runs through **Saturday, April 26**. The Challenge is open to the entire campus community!*

Online registration opens on Monday, February 3, and continues through Friday, March 7.

Please **click here**³ or scan the QR code now to register for **Spring Into Fitness** and be included in the 2025 Challenge.

³<https://forms.office.com/r/XnDyhheS9F>

2025 SIFC



Love Your Body Week





Love Your Body Week (LYBW) runs from **Monday, February 10, through Saturday, February 15**. We invite all Dickinsonians to join us! LYBW's annual celebration of our diverse bodily experiences is a great time to learn more about the cultural messages we receive about bodies, consider our own relationship with our bodies, and to care for our bodies in a variety of ways.

Our list of events this year includes an opportunity to get expert nutrition information, guidance on strength training, celebrations of bodily difference and neurodivergence, a beginner-friendly dance class, and an all-bodies-welcome swim session at the Kline, among many other events. All events are open to students, staff, and faculty.

For more information or to register, please visit **EngageD**⁴ and search for **LYBW** or contact the Women's and Gender Resource Center⁵.

LYBW Schedule

(see posters on campus for final events list)

Monday, February 10

♥ Opening Soirée

5 - 7 p.m. | Allison Community Room

Tuesday, February 11

♥ Love Your Atypical Brain & Body – celebration of diversity at Dickinson

11:30 a.m. - 1:30 p.m. | HUB Social Hall

Wednesday, February 12

♥ Nutritional Information Session

Noon - 1 p.m. | HUB Social Hall West

♥ Learn to Lift, co-hosted by Girls Who Lift and Athletics

12:30 - 1:30 p.m., Kline **(RSVP)**

♥ Keynote lecture: Dr. April Herndon, “Out of Time: Fatness, Disability, and Fat Crip Time”

7 p.m. | Stern Great Room

Thursday, February 13

♥ Open Dance Class – all abilities welcome, drop-in friendly

Noon - 1 p.m. | HUB Dance Studio

Friday, February 14

♥ “Food, Sex, and Rest: Unpacking Shame versus Pleasure” guest presentation by Your Empowered Sexuality

8 - 9:30 p.m. | Allison Community Room

Saturday, February 15

♥ All Bodies Are Cool! – Family Friendly Swim Session

2 - 4 p.m. | Kline pool

⁴<https://dickinson.campuslabs.com/engage/events?query=lybw>

⁵<mailto:wgrc@dickinson.edu>



Thursday, February 20, at 7 p.m. | Anita Tuvin Schlechter Auditorium (ATS)

The Rev. William J. Barber II will deliver Dickinson's Black History Month keynote address, *We Are Called to Be a Movement*. The event is free and open to the public. The keynote address will also be livestreamed and available via a link at clarkeforum.org⁶.

Click here⁷ to read the full article by Supasinee Siripun '27.

Please watch EngageD and announcements in Dickinson Today for more events happening this month.

⁶<http://www.clarkeforum.org/>

⁷<https://www.dickinson.edu/news/article/5999/we-are-called-to-be-a-movement-william-j-barber-to-deliver-keynote-address>

MLK & Social Justice Week

Did you miss the events on Martin Luther King, Jr. day and Social Justice week (January 20-24)? Check out our Dickinson community in action!

Ongoing Resources:

Waidner-Spahr Library - Together for Justice: MLK / Social Justice Week 2025⁸

Journey Toward Justice: MLK and Social Justice Week

- Teaching and Learning Resources⁹
- WDCV + Audio / Video Links¹⁰
- Journey Toward Justice resource blog¹¹



⁸<https://libguides.dickinson.edu/antiracist/MLK>

⁹<https://blogs.dickinson.edu/journey-toward-justice/resources/>

¹⁰<https://blogs.dickinson.edu/journey-toward-justice/wdcv-program/>

¹¹<https://blogs.dickinson.edu/journey-toward-justice>



Employee Announcements



1095C Forms for Tax Year 2024

Form 1095-C includes information about the health insurance coverage offered to employees. Individuals receive this form from Dickinson because they fall into one of three categories:

- they were employed in a full-time position at Dickinson in at least one month during calendar year 2024;

- employee and/or dependents were covered under Dickinson's COBRA insurance for at least one month during 2024;
- employee and/or dependents utilized the Retiree Healthcare Savings Plan medical expense reimbursement program during 2024 and were not of Medicare eligible age (65).

On Monday, December 23, 2024, President Biden signed into law the Paperwork Reduction Act in reference to the Affordable Care Act Form 1095-C. Instead of mailing Form 1095-C to all applicable benefit eligible employees, the Paperwork Reduction Act allows employers to provide notice that any individual who is otherwise required to receive the Form 1095-C can request a copy. **For all active benefit-eligible employees, Form 1095-C for 2024 is available electronically via Self-Service Banner.** The Paperwork Reduction Act is effective for calendar year 2024 forms that are required to be furnished to employees in 2025. ***Dickinson College will not be mailing Form 1095-C unless requested in writing via email to hrrservices@dickinson.edu¹².***

You should keep your 1095-C with other important tax documents. It does not need to be attached to tax returns or sent to the IRS. You may use the information from it to help complete your tax return, if necessary.

To view/print your 1095-C in SSB:

1. Log in to the Gateway
2. Select the SSB (Self-Service Banner) Tab
3. Select 'Employee Dashboard' from Main Menu
4. Select 'Taxes'
5. Select '1095-C Employer provided Health Insurance Offer and Coverage Statement'
6. Select the Tax year that you wish to access from the drop-down box (2024)
7. Click on 'Display'
8. Scroll down to the bottom and click on the 'Printable 1095-C' Box
9. Depending on your browser: For Firefox, Go to File, select Print; For Chrome, Right click on the 1095-C and select Print from the drop-down menu that appears
10. Select the Printer that you wish to use

¹²<mailto:hrrservices@dickinson.edu>

11. Click on 'Print'

Contact hrservices@dickinson.edu¹³ with any questions or concerns.

Discounted Hersheypark Ticket Sale

We are now taking orders for discounted Hersheypark tickets

Price: \$44.95 per ticket (49% discount)

Parking Voucher: \$26

Full Payment Due: Friday, March 14



Employees and students can place orders with Campus Life, located at the lower level of the HUB, or with Human Resource Services located at 55 N. West Street (Rand House). Checks should be made payable to Dickinson College. ***When the ticket orders arrive, purchasers will be notified of availability via e-mail for pick-up at Human Resource Services.*** For more information, email hrservices@dickinson.edu¹⁴ or call extension 1503.

¹³<mailto:hrservices@dickinson.edu?subject=1095-C Question>

¹⁴<mailto:hrservices@dickinson.edu>

Dickinson Club Events

Happy Hour Get-Togethers on Fridays

The Dickinson Club will host a happy hour from 5-7 p.m. on most Fridays this semester. The Club is eager to hear from departments who would like to host or be the honored guests for one of the Happy Hours. Go to www.dickinson.edu/DickinsonClub¹⁵ to see what's happening when and to learn more!



Saturday, February 15: Candlelight Dinner and Wine Tasting

The Dickinson Club is excited to bring back this ever-popular event. If you'll be attending this event for the first time, you're in for a real treat. The evening will start with an hour of socializing and wine tasting featuring six varieties of wines hand-selected by our sommelier, Steve Erfle, along with delicious *amuse-bouches*. Guests will then enter a room of elegant décor and *mise en place* to be seated at candlelit tables, where you will enjoy a catered gourmet 4-course meal.

Click on the link below for the menu and details about reservations and payments. Reserve your spot(s) using this Candlelight Dinner and Wine Tasting Event¹⁶ form. **All reservations must be made by Wednesday, February 5, and tickets are going fast!**

*[Candlelight Dinner and Wine Tasting menu and reservation details](#)*¹⁷

¹⁵<https://www.dickinson.edu/DickinsonClub>

¹⁶<https://forms.office.com/pages/responsepage.aspx?id=VbAyYrl2E0ybiLVirn22-7TMKNSY7XtBgJyBejiLBFURTJDOE45TIFTNk5HVDVEQ0c2MjNaU0JMNY4u&route=shorturl>

Central PA Community Blood Drive - Sponsored by Dickinson ROTC



Friday, February 28 | 11 a.m. - 6 p.m. | HUB Social Hall West

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 Central Pennsylvania Blood Bank, please visit 717giveblood.org¹⁸ or call 1-800-771-0059.

¹⁷[https://www.dickinson.edu/download/downloads/id/16226/candlelight dinner and wine tasting menu and reservation details.pdf](https://www.dickinson.edu/download/downloads/id/16226/candlelight_dinner_and_wine_tasting_menu_and_reservation_details.pdf)

¹⁸<http://717giveblood.org/>

Employee Spotlight



2025 National Student Employment Week

Dickinson will celebrate National Student Employment Week from April 7, through April 11. This week-long event was established to increase public awareness of student employees by recognizing students who work while attending college. During National Student Employment Week, we will recognize nominees and award winners for our Student Employee of the Year Award and our Supervisor of the Year Award.

Nominations are due by Friday, February 7!

Student Employee of the Year¹⁹ nomination materials are available. Nomination materials and instructions are available on the Student Employment web site. This is your chance to express your appreciation for your outstanding student employee. **Please Note:** A department should limit their nominations to one employee within the department. Multiple nominations from the same department will not be considered.

Distinguished Staff Award

The Staff Forum is excited to announce the creation of the Distinguished Staff Award²⁰, aimed at recognizing the outstanding achievements, dedication and contributions of our staff members. This award celebrates those who have demonstrated exceptional performance, leadership and commitment in support of the mission of the college. Ultimately, we look to shine a light on colleagues from across the campus who work tirelessly to make Dickinson College a special place.

Nominees for the Distinguished Service Award should excel in their roles by showing exceptional performance, leadership, collaboration, innovation or problem-solving skills. Nominees need to be current employees who started working at the college before January 2024. This includes full-time, part-time and casual staff.

Nominees must also make a positive impact on the college community and show dedication to one or more key areas like community engagement, sustainability, diversity and inclusion, college operations, student development, or advancing the goals of the strategic plan.

Nominations for the Distinguished Staff Award can be submitted by any member of the college community, including faculty, staff and students. You may submit a nomination²¹ through this form, and all nominations will be reviewed by members of the Staff Forum²². ***Nominations are open through Friday, February 28.***

¹⁹https://www.dickinson.edu/info/20083/human_resource_services/1539/recognition

²⁰https://www.dickinson.edu/info/20083/human_resource_services/4558/distinguished_staff_award?utm_source=campus-email&utm_medium=email&utm_campaign=2025-01-24_distinguished-staff-award&utm_content=2025-01-24_distinguished-staff-award

²¹https://forms.office.com/pages/responsepage.aspx?id=VbAyYrl2EOybiLVirn22-3nkMPjNfiVMj40_hlH0aehUMkZUNkNRN01MTEVNSUZOS0dSNTRDVIRMSy4u&route=shorturl

²²https://www.dickinson.edu/homepage/1722/staff_forum?utm_source=campus-email&utm_medium=email&utm_campaign=2025-01-24_distinguished-staff-award&utm_content=2025-01-24_distinguished-staff-award

Everyone is encouraged to participate in this important initiative by nominating deserving people who exemplify the spirit of excellence at our college. Your participation will help us celebrate the dedication and hard work of our outstanding staff members.



Employee Shout Out

Chastity and Makayla Seburn, *Facilities Management*, were recognized by Sheri Davis-Cordell, *Education*:

Chastity and Makayla (two of Dickinson's shining stars) exhibit a unique set of superpowers, such as, an uplifting positivity, cheerful personality, energetic enthusiasm for life, meticulous attention to detail, an extraordinary ability to give 200% of perfection, and they have an extraordinary way of showing kindness and compassion to each person they meet. Thank you for all that you do for us here at Dickinson!

Did you catch the Portilla family's story by Alex Sonfield '25? *Read it here*²³!

Workplace Safety



New Workers' Compensation Icon

A new workers' compensation icon was recently placed on the Gateway. All employees should use this icon to report a work-related accident or injury. Reports may be made by others on behalf of an injured employee.



Detailed information about workers' compensation, including a list of panel providers, is also available online here²⁴.

²³https://www.dickinson.edu/news/article/5939/three_generations_of_dedication

Walk Like a Penguin on Slippery Surfaces!



Winter weather can make walking surfaces hazardous. Here are some essential tips to help you stay safe:

1. **Use Handrails:** Always hold onto handrails when using stairs to maintain your balance and prevent falls.
2. **Walk, Don't Run:** Move carefully, especially on snow or ice. Try the *“penguin method”* of walking on ice: take short, shuffling steps and keep your center of gravity over your front leg to improve stability.
3. **Report Slippery Areas:** If you encounter any slippery surfaces, indoors or outdoors, report them to Facilities immediately so they can be treated.
4. **Stick to Treated Paths:** Whenever possible, use designated walking surfaces that have been treated for ice and snow to minimize the risk of slipping.
5. **Follow Delayed Opening Schedules:** Pay attention to any delayed opening schedules announced by the college. These delays are often put in place to ensure that walkways and roads are properly treated and safe for travel. Remember to check all Dickinson College social media, the college radio station, and local news sources for the latest information on delayed openings.

²⁴https://www.dickinson.edu/info/20083/human_resource_services/508/workers_compensation

Questions? Please contact Kevin Walters²⁵, Safety and Emergency Management Specialist.

Get the Most Out of Your Benefits



²⁵<mailto:walterke@dickinson.edu>

Protecting Your Gut

When it comes to being in tune with your health and wellbeing, trust your gut. Your digestive tract is a reliable source of insight into various health conditions, both physical and mental that can be stressful and, let's face it, a bit awkward.

If you find your gut is churning over deadlines or you're dealing with ongoing digestive stress, the articles we're following can help you gain control over your symptoms and be in synch with your gut-brain connection for overall health and happiness.

"Pay attention to your gut-brain connection – it may contribute to your anxiety and digestion problems"

"How To Improve Your Gut Health Naturally"

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

Holistic Wellbeing

Sleep: "I've Been A Great Sleeper My Entire Life — With The Help Of This Consistent Routine"

Boost: "11 Superfoods for Heart Health"

Plan: "How to Manage Longevity Risk in Retirement"

Just for Fun

Inspire: "After Searching for Random Hero Who Restarted His Heart in McDonald's He Finds a 'Lifelong Friend' "

Ponder: "A 'mysterious' mirrored monolith has appeared in Las Vegas, and officials don't know why"

Impress: "A New Zealander studies for a year to win the Spanish world Scrabble title. He doesn't speak Spanish"

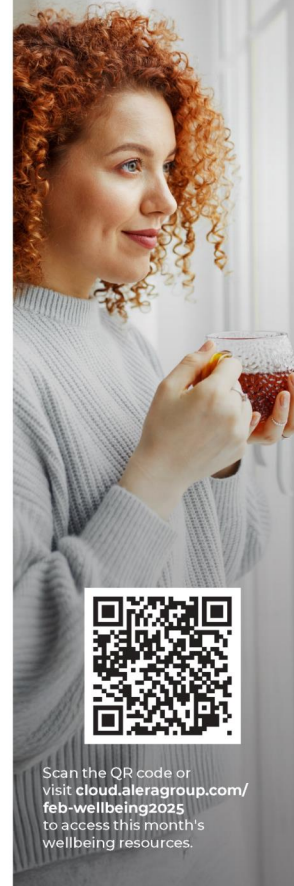
Monthly Observances

Heart Health Month: "ABCs of Keeping Heart Healthy"

World Cancer Day (2/4): "The Defender Cancer Risk Assessment"

Black History Month: "Celebrating Black History Month"

February Wellbeing



Scan the QR code or visit cloud.aleragroup.com/feb-wellbeing2025 to access this month's wellbeing resources.



Start the new year with healthier eating habits! Read this month's wellness newsletter²⁶ provided by Meritain Health.



TIAA Retirement Consultations

Thursday, February 6 | 9 a.m. - 5 p.m. | HUB Side Room 204

Questions about retirement? Your financial consultant has answers.

²⁶https://go.meritain.com/l/855773/2025-01-08/tymyl1/855773/1736356415peoclzOj/MH_Members_Flyer_Health_Topic_Fruits_and_Veggies_1023.pdf

Making decisions about your money can feel complicated. TIAA's experienced financial consultants are available 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 your 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 online²⁷ 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.***

Webinars

TIAA's collection of webinars cover financial topics from foundational to advanced. They offer practical solutions to help navigate your finances. Register at tiaa.org/webinars2025²⁸.

February Webinars:

Wednesday, February 12, at noon: *Retirement planning across generations and demographics: Navigating the big decisions*

Retirement planning involves important calculations, from how much to save to when to retire. Learn how a diverse set of Americans are navigating these choices and their implications.

Thursday, February 27, at 3 p.m.: *Family wealth education*

Family wealth includes more than just economic resources. The plan should also contemplate your family's values, experiences and passions.

²⁷<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

²⁸<https://webinars.tiaa.org/wcc/experience/elitetiaaifssubmaster/3133860/4753882/tiaa-webinars-2025>



Webcast HUB

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 educational webinar offerings by clicking here²⁹.

On Demand Option - Fidelity Viewpoints: Market Sense³⁰

Each week, Fidelity's investment leaders share insights and strategies regarding the latest market conditions.

²⁹<https://communications.fidelity.com/tem/WI/webcast/hub/>

³⁰https://fidelityevents.com/Market-Sense?utm_campaign=WIREplay

Community | For the Greater Good



SAVE THE DATE



29th Annual Amani Festival

Saturday, March 29

10 a.m. to 4 p.m.

at the Carlisle Expo Center

100 K Street, Carlisle, PA



FOOD • MERCHANDISE • ENTERTAINMENT

CHILDREN'S ALLEY

MUSIC • ARTS AND CRAFTS • DANCE • AWARDS

ALL ARE WELCOME – FREE TO THE PUBLIC

To participate or for more information, please contact Preston Stackfield at (717) 488-4446 or amanifestivalpa@gmail.com

[Community Blood Drives](#)



Central Pennsylvania Blood Bank

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

- Cumberland County Blood Drives³¹
- Franklin County Blood Drives³²
- **Mifflin County Blood Drives³³**
- **Perry County Blood Drive³⁴**

For more questions or more information about blood donation to the Central Pennsylvania Blood Bank, please visit 717giveblood.org³⁵ or call 1-800-771-0059.



HealingStrong is a holistic cancer support group, helping those who have gone through traditional treatment as well as those who have followed a more holistic approach. HealingStrong groups are volunteer-led and provide information, tools, and resources for those

³¹https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

³²https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

³³https://www.dickinson.edu/download/downloads/id/14369/central_pennsylvania_blood_bank_mifflin_county.pdf

³⁴https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

³⁵<http://717giveblood.org/>

facing cancer or other illnesses. A Carlisle area support group meets on the second Monday of each month:

- 6:30 p.m. | Bethel Assembly of God Church | 1412 Holly Pike, Carlisle
- Thursday, February 13 | 6:30 p.m. | Bosler Memorial Library, Carlisle - *This is a special informational meeting to discuss what HealingStrong is and how it can help you or your loved one.*

For more information, please visit healingstrong.org³⁶ or contact Mark Mateya, Carlisle group leader at carlislehealingstrong@gmail.com³⁷.

Please note: This is for information purposes only and does not suggest the College supports any specific resource.

³⁶<https://healingstrong.org/>

³⁷<mailto:carlislehealingstrong@gmail.com>

Down on the Farm



Farm Works at 169 W. High Street

Hours: 11 a.m. - 2 p.m.

Now open on Saturdays!

Visit their website³⁸ to see featured soups and salads.

You can also shop Farm Works online³⁹ or visit them at Farmers on the Square each Wednesday from 3-6 p.m.

Wellness@Dickinson



Thoughtful Thursdays

February 6 | 7:30-8 a.m. | Memorial Hall, Old West

³⁸<https://www.dickinson.edu/farmworks>

³⁹<https://dcorganicfarm.square.site/>

Thoughtful Thursday 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 to center your mind and body while bringing focus to your day!

Enroll and sign-up in Totara.⁴⁰



Blood Pressure Screening



Tuesday, February 11 | 12:30 - 1:30 p.m. | Facilities Management Conference Room, 5 N. Orange Street

Walk-ins welcome! No appointment necessary!

The next scheduled screening is Tuesday, April 8, in HUB Side Room 205.

⁴⁰<https://totara.dickinson.edu/course/view.php?id=307>

Quick & Nourishing: Fast Prep Foods for Busy Lives

Wednesday, February 12 | noon - 1 p.m. | HUB Social Hall West

A Nutrition Information Session Presented by Courtney Hager, RD LDN

In this talk, we will explore how to fuel your body with nutritious, fast-prep meals and snacks that fit into your busy life. If you're looking to save time and eat nourishing food, this session is for you.

Learn how to:

- Create quick meals and snacks without sacrificing nutrition.
- Maximize your time with simple meal prep strategies.
- Discover easy-to-make recipes and tips that work with even the busiest schedule.

Walk away feeling empowered with the tools you need to eat well and make the most of every busy day!

Enroll and sign-up now⁴¹ to attend this nutrition session.

⁴¹<https://totara.dickinson.edu/course/view.php?id=94>



Understanding Forgiveness

A Health Advocate Webinar

Thursday, February 20 | 10:00 a.m. or 4 p.m. | Webinar

Most of us know that internalizing anger, resentment, and grudges creates a negative impact on well-being. While many of us want to release negative feelings toward others, we struggle with how to do it. Forgiveness doesn't mean giving someone a pass. Forgiveness means releasing yourself.

During this webinar with guest presenter Angela Dobrzynski, LPC, we'll discuss how holding onto anger hurts us, how anger and resentment manifest in our minds and bodies, and how to take concrete steps toward lasting forgiveness. We'll offer skills and tools for a more peaceful mindset.

Sign up for the session that best fits your schedule:

10:00 a.m.⁴² | 4:00 p.m.⁴³

Upcoming Webinars:

Thursday, March 20: A Healthier You - How Mental Health Affects Physical Health

10:00 a.m.⁴⁴ | 4:00 p.m.⁴⁵

For a listing of on demand webinars, click here⁴⁶.



Budgeting and Saving for the Future

Tuesday, February 25 | noon-1 p.m. | HUB Social Hall West

Presented by Members 1st

⁴²<https://attendee.gotowebinar.com/register/4104052937936259674?source=memwebpg>

⁴³<https://attendee.gotowebinar.com/register/7523207545366179933?source=memwebpg>

⁴⁴<https://register.gotowebinar.com/register/8735799547450751062?source=memwebpg>

⁴⁵<https://register.gotowebinar.com/register/3030782256107156318?source=memwebpg>

⁴⁶<https://www.healthadvocate.com/site/memberwebinars>

Financial stresses and decisions we make as individuals impact our budgeting and daily financial situations. Attend this presentation to learn tips on how to make a change or reach that goal you've established by putting yourself in control of your finances.

Enroll and sign-up in Totara.⁴⁷



Understanding the Impact of Emotions on Mental Health

Thursday, February 27 | noon - 1 p.m. | HUB Social Hall East

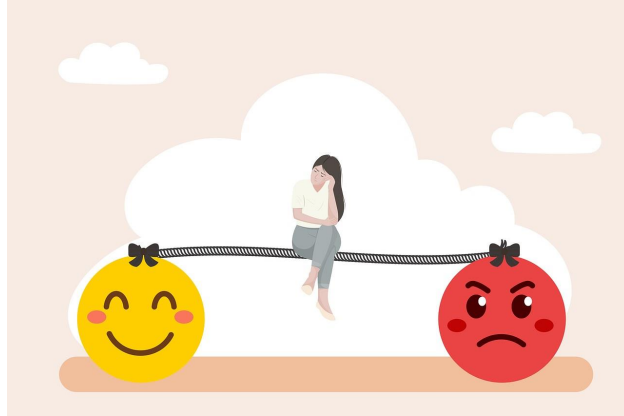
Discover how your emotions influence your mental well-being. Learn about the effects of both good days and stressful days on your mental health. Gain valuable tools to manage your reactions and responses, helping you balance life and maintain positive behavior on both good and bad days.

Enroll and sign-up in Totara⁴⁸ for this special presentation with UPMC.

Presenter: Elizabeth Trump, LPC, is a licensed professional counselor certified by the National Board for Certified Counselors. She practices at PinnacleHealth Psychological Associates and is affiliated with UPMC Memorial. She received her master's degree from the University of North Carolina Greensboro.

⁴⁷<https://totara.dickinson.edu/course/view.php?id=70>

⁴⁸<https://totara.dickinson.edu/course/view.php?id=58>



Biometric Screening



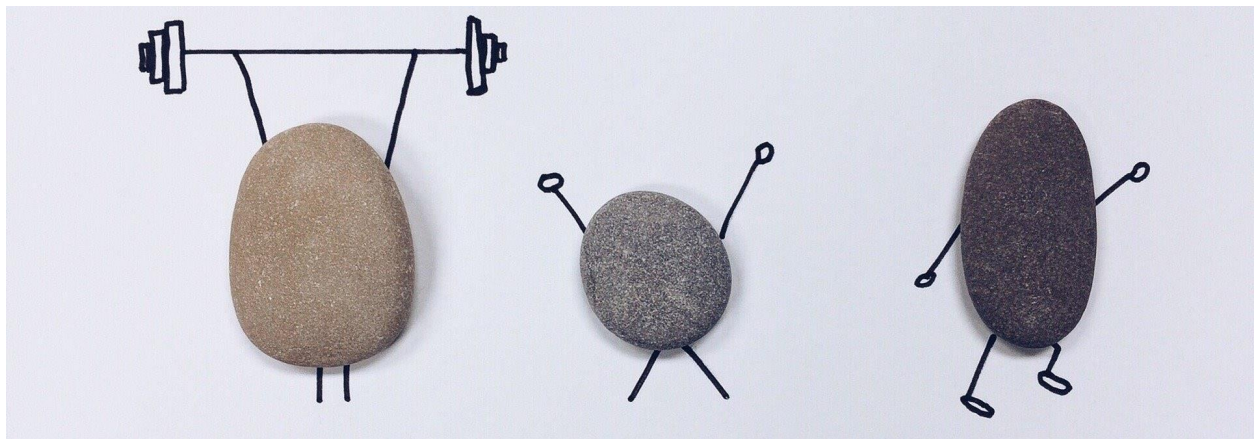
Thursday, March 27 | 7:30 - 9 a.m. | Check-In HUB Side Room 203

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. The number of people with metabolic syndrome increases with age, affecting more than 40 percent

of people in their 60s and 70s. Several factors increase your risk for developing the syndrome – high blood pressure, high cholesterol, diabetes or high blood sugar, a lack of physical activity, smoking, and family history. Monitoring your blood pressure, blood glucose, cholesterol levels and BMI gives you the ability to stay on top of your overall health. Knowing your numbers provides the information to you for conversations with your personal physician. Do you know your numbers? If not, please plan to complete this health screening. ***For 2024-2025, 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.*** Your Biometric screening must be completed on or before Friday, May 30, 2025 to meet the deadlines of the 2024-2025 Wellness Incentive Program Challenge!

Click to enroll and sign-up now⁴⁹ for your biometric screening appointment. The free biometric screening includes a lipid/glucose profile. *Fasting is required for 10-12 hours prior to your scheduled appointment time for the most accurate results.* Additional optional screenings are available for a small fee that can be paid via payroll deduction.

Wellness@Dickinson Fitness Programs



Free Spring Fitness Programs

⁴⁹<https://totara.dickinson.edu/course/view.php?id=51>



2 - Camp Cardio⁵⁰



3 - Cardio Fusion⁵¹

⁵⁰<https://totara.dickinson.edu/course/view.php?id=379>

⁵¹<https://dickinson.campuslabs.com/engage/events?query=cardio fu>



4 - DEW Power Yoga⁵²



5 - Lunch Crunch⁵³

⁵²<https://totara.dickinson.edu/course/view.php?id=457>

⁵³<https://totara.dickinson.edu/mod/facetoface/view.php?f=1501>



6 - Pilates⁵⁴



7 - Sports Yoga⁵⁵



⁵⁴<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁵⁵<https://totara.dickinson.edu/course/view.php?id=47>

8 - Vinyasa Flow Yoga⁵⁶



9 - Water Aerobics⁵⁷



10 - Zumba⁵⁸

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

Vinyasa Flow⁵⁹ | Wednesdays | noon - 1 p.m. | HUB Dance Studio (*employee only*)

Lunch Crunch⁶⁰ | Wednesdays beginning February 19 | noon - 1 p.m. | Kline Center, Functional Fitness Center (*employee only*)

Sports Yoga⁶¹ | Wednesdays beginning February 19 | 4:45 - 5:45 p.m. | Memorial Hall, Old West

DEW Power Yoga⁶² | Fridays beginning February 21 | noon - 1 p.m. | HUB Dance Studio

⁵⁶<https://totara.dickinson.edu/course/view.php?id=88>

⁵⁷<https://totara.dickinson.edu/course/view.php?id=21>

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

⁵⁹<https://totara.dickinson.edu/course/view.php?id=88>

⁶⁰<https://totara.dickinson.edu/course/view.php?id=459>

⁶¹<https://totara.dickinson.edu/course/view.php?id=47>

Camp Cardio⁶³ | Thursdays beginning March 6 | noon - 1 p.m. | HUB Dance Studio

Water Aerobics⁶⁴ | Mondays beginning March 17 | 5 - 6 p.m. | Kline Center Pool

RSVP in EngageD for Campus Life & Athletics Group Fitness Program Offerings:

Pilates⁶⁵ | Mondays and Wednesdays | 3:30 and 4:30 p.m. | HUB Dance Studio

Cardio Fusion⁶⁶ | Tuesdays | noon - 1 | HUB Dance Studio

Zumba⁶⁷ | Tuesdays and Thursdays | 5 - 6 p.m. | Allison Hall Community Room

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁶⁸ or call ext. 1503.

⁶²<https://totara.dickinson.edu/course/view.php?id=457>

⁶³<https://totara.dickinson.edu/course/view.php?id=379>

⁶⁴<https://totara.dickinson.edu/course/view.php?id=21>

⁶⁵<https://dickinson.campuslabs.com/engage/events?query=pilates>

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

⁶⁷<https://dickinson.campuslabs.com/engage/events?query=zumba>

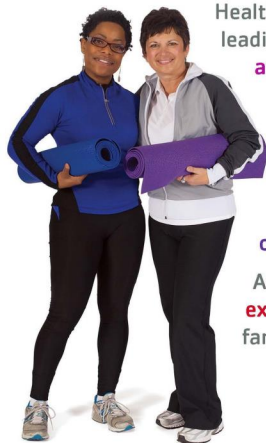
⁶⁸<mailto:devwell@dickinson.edu>



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



THE TROUT GALLERY

THE ART MUSEUM OF DICKINSON COLLEGE

Spring Lunch and Learns

Join Senior Art History Seminar students in the Trout Gallery for conversations with Studio Art Faculty members about their work on view in the exhibition *Near at Hand*:

- Thursday, February 13: Todd Arsenault
- Thursday, February 20: Andy Bale and his collaborator Jon Cox
- Thursday, February 27: Anthony Cervino
- Thursday, March 20: Rachel Eng

Conversations will begin ***promptly at noon*** and will be followed by a complimentary lunch for all guests who RSVP. For more information and to register for each event, please visit the Trout Gallery's events calendar⁶⁹.

College Prep for Parents

Part I - High School Counseling and Admissions

⁶⁹<https://www.troutgallerydickinson.com/trout-events-calendar>

Part II - Financial Aid and Tuition Benefits

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.

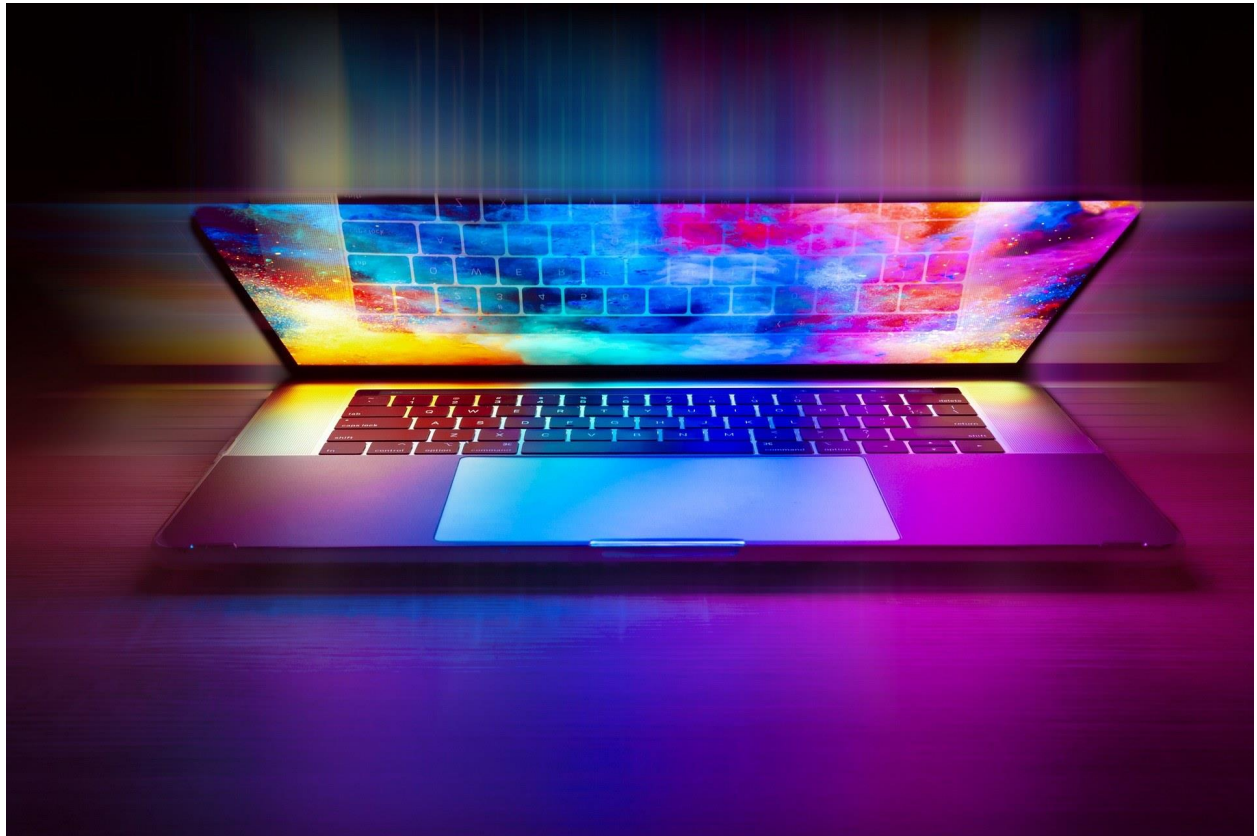
Sessions will be held in the McCauley Room - Old West, from noon to 1 p.m. on Tuesday, March 18, and 25.

Enroll and sign-up⁷⁰ for one or both sessions in Totara.



⁷⁰<https://totara.dickinson.edu/course/view.php?id=42>

Information and Technology Services



Tech Transformation

Visit the Tech Transformation site⁷¹ for the most recent updates and timelines for all three Tech Transformations that are happening simultaneously:

- **Learning Management System (LMS):** Dickinson will be moving from Moodle to D2L BrightSpace
- **Mobile Computing Initiative (MCI)** aims to modernize campus teaching and learning spaces, allowing students to use their own devices in classrooms and accessing college software

⁷¹https://www.dickinson.edu/homepage/1714/tech_transformation

- **Core Systems Modernization (CSM)**: the College will transition its human capital management (human resources), finance, and student administrative needs from Banner to Workday. Subscribe to Workday News⁷² to keep abreast of the Workday launch. Inquiries and questions may be sent to workday@dickinson.edu⁷³.
-

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 now⁷⁴!



⁷²<https://www.dickinson.edu/xfp/form/469>

⁷³<mailto:workday@dickinson.edu>

⁷⁴<https://dickinson0.sharepoint.com/sites/TechNews>

Contact Us



Wellness Program | Monthly Incentive Prize Winners

Congratulations to *Chuck Zwemer*, *Biology*, winner for the month of **December for fitness program participation!**

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-Month⁷⁵. (Remember to report your Marathon in a Month walking⁷⁶ to us by the 15th of the

⁷⁵https://www.dickinson.edu/downloads/file/1239/marathon_in_a_month_walking_map

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.edu⁷⁷ or call ext. 8084.

Wellness Incentive Taxability Notification

We thank you for being an active participant in the wellness programs at Dickinson College. We value all employees and offer a variety of programs throughout the year to encourage wellbeing while offering educational, fun opportunities to engage the mind and body while creating a positive inclusive social environment for the campus community. We hope you enjoy participating in these programs and events throughout the academic/fiscal year.

In recognition and appreciation of your participation in the wellness programs, we offer healthy reward incentives. As a reminder, in accordance with IRS regulations, awards and gifts to employees from the college are considered taxable income and the college is required to withhold taxes.

The value of your incentive(s) will be added to your income through payroll, which could result in a decrease in your net pay because of additional tax withholdings on the value or dollar amount. The tax withholding will coincide with the payroll period closest to the date that you receive your annual incentive reward. Please contact payroll with any questions related to this additional withholding.

Professional Development & Wellness Program Registrations and Attendance

The college offers many opportunities for professional development and wellness programs throughout the year, providing enrichment of staff and, when appropriate, their families as well. Registration for the majority of the programs offered is available through

⁷⁶https://www.dickinson.edu/downloads/file/1238/marathon_in_a_month_tracking_your_walks

⁷⁷<mailto:devwell@dickinson.edu>

the Gateway⁷⁸ 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 policy⁷⁹ 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 Guide⁸⁰

Dickinson/Biking⁸¹

Dickinson/College Farm⁸²

Dickinson/Sustainability⁸³

TechNews⁸⁴

Trout Gallery⁸⁵

Theatre & Dance⁸⁶

Campus Announcements⁸⁷

Campus Events Calendar⁸⁸

⁷⁸<https://gateway.dickinson.edu/>

⁷⁹http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁸⁰[http://www.dickinson.edu/info/20043/about/1562/dickinson \"how to\" guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_\)

⁸¹<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁸²<http://www.dickinson.edu/collegefarm>

⁸³<http://www.dickinson.edu/sustainability>

⁸⁴<https://dickinson0.sharepoint.com/sites/TechNews>

⁸⁵<http://www.troutgallery.org/>

⁸⁶<https://www.dickinson.edu/theatreanddance>

⁸⁷<https://www.dickinson.edu/announcements>

⁸⁸<http://www.dickinson.edu/events>



HUMAN RESOURCE SERVICES

11 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁸⁹

Human Resource Services Website⁹⁰

⁸⁹<mailto:devwell@dickinson.edu>

⁹⁰https://www.dickinson.edu/homepage/122/human_resource_services