



Vitality - March 2025

Dickinson 

HUMAN RESOURCE SERVICES

1 - Volume XIX | Issue 7

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

Women's History Month



Women's History Month started as Women's History Week

What started as a community celebration, turned into national recognition: In 1978 the Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a “Women’s History Week” celebration. The movement spread across the country as other local communities started their own Women’s History Week celebrations the following year.

President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8, 1980 as National Women’s History Week. In 1987 congress designated March as "Women's History Month," and since 1995, each president has proclaimed the month of March as "Women's History Month."

Source: Women'sHistory.org¹

Welcome to Gender Week: Gender and Money!



2 - Katie Schweighofer, Ph.D.

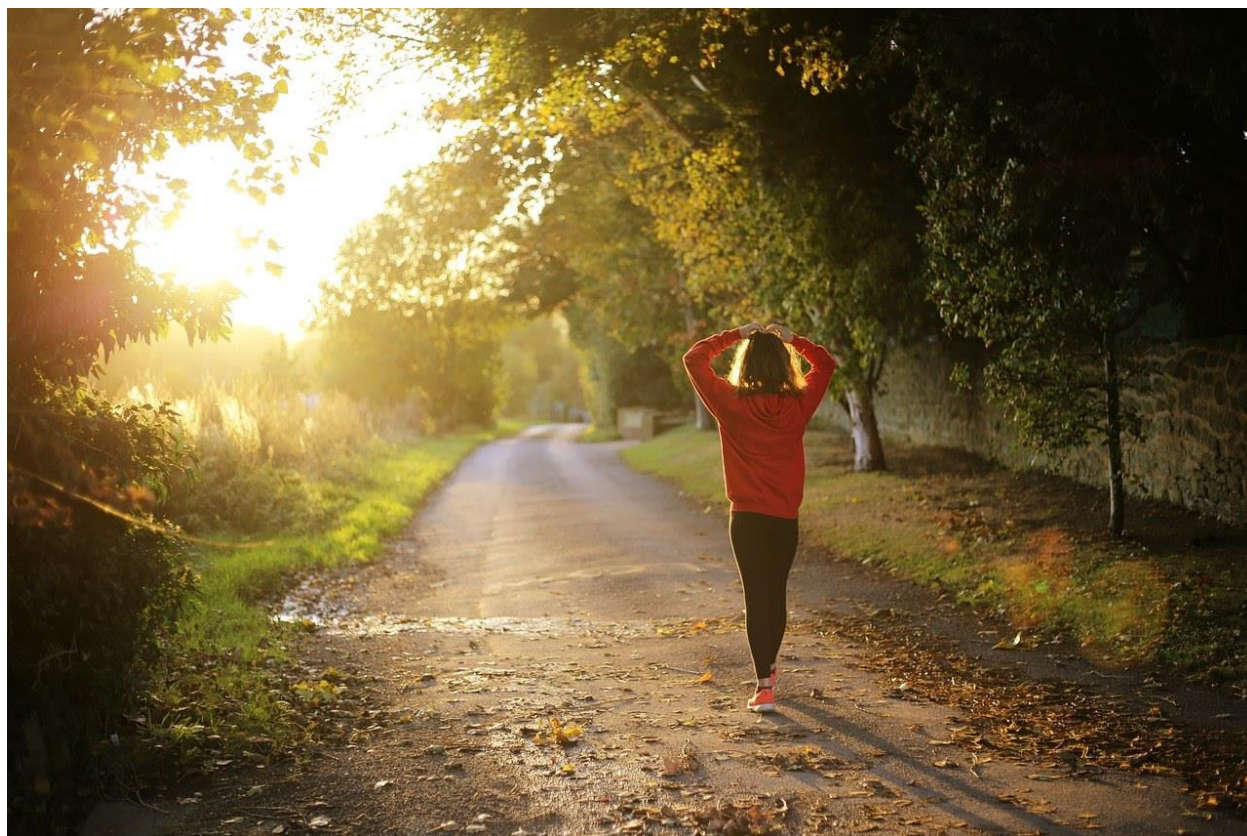
Director, Women's and Gender Resource Center

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 Money**, and our events and campaigns will encourage our Dickinson community to engage in the ways economic justice, pay equity, and ensuring financial literacy are critical issues.

¹<https://www.womenshistory.org/womens-history/womens-history-month>

New this year, we've deconstructed our week-of-events model, and will have instead five events scattered throughout the month of March, with prizes for those who attend multiple events! Stay tuned to campus posters, *Dickinson Today*, and the WGRC newsletter for more details. Join our mailing list! Email wgrc@dickinson.edu with "subscribe" in your message.

2025 Spring Into Fitness Challenge





The annual Spring Into Fitness Challenge begins on Sunday, March 16 and continues through Saturday, April 26!

Online registration continues. Please **click here**² or scan the QR code now to register for **Spring Into Fitness** and be included in the 2025 Challenge. The details of the Spring Into Fitness Challenge (SIFC) activities will be coming soon on the SIFC webpages³ and in Totara. Registered participants will receive an email after March 7, with more details!

²<https://forms.office.com/r/XnDyhheS9F>

³https://www.dickinson.edu/info/20314/professional_development_and_wellness/2927/spring_into_fitness_challenge

2025 SIFC



Employee Announcements



Discounted Hersheypark Ticket Sale

Tickets must be paid for by Friday, March 14

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.edu⁴ or call extension 1503.

A promotional banner for the Sustainability Expo 2025. The banner is divided into two main sections. The left section features a photograph of several young women in green t-shirts standing behind a table outdoors, with one woman holding a small plant. The right section is a green box with white and yellow text. Below the photograph, the text reads: "PLANTING OUR FUTURE APRIL 2 11:30 AM - 2:00 PM BRITTON PLAZA GAMES | GIVEAWAYS | FOOD | COMMUNITY". At the bottom of the banner, there is a logo consisting of a circle of colorful dots, followed by the text "SUSTAINABILITY EXPO 2025" in large, bold, blue letters. To the right of the logo, the website "DICKINSON.EDU/EXPO2025" is displayed in white text on a green background.

**PLANTING
OUR FUTURE
APRIL 2
11:30 AM - 2:00 PM
BRITTON PLAZA
GAMES | GIVEAWAYS | FOOD | COMMUNITY**

 **SUSTAINABILITY EXPO 2025**

DICKINSON.EDU/EXPO2025

⁴<mailto:hrservices@dickinson.edu>

On **Wednesday, April 2, from 11:30 to 2 p.m. on Britton Plaza** (rain location: Social Hall), Dickinson will bring together students, faculty, staff and the Carlisle community for our **Sustainability Expo 2025: Planting Our Future**, an interactive celebration of our campus and community partnerships in the progress and future of sustainability.

The Center for Sustainability Education (CSE) is inviting YOU to join them by hosting a table, educational activity, and/or games that connects sustainability to your work, club, office/center, or campus community project. ***Please reserve your space in the special event by March 7***, using the online form⁵.

Please contact CSE at sustainability@dickinson.edu⁶ for more information, inquiries, or ideas about the event.

New "Composting" Guidelines

⁵https://docs.google.com/forms/d/e/1FAIpQLSfNR9iAiwYT0_JuoyZKAoPNb1unMN4ASuJ4L_xJCsyxhAI9nQ/viewform

⁶<mailto:sustainability@dickinson.edu>

Is It Green Bin Approved?

WHICH ITEMS CAN AND CANNOT GO INTO THE BIOGAS DIGESTER AT THE DICKINSON FARM?

YES



NO



Free xChange

The Free xChange (clothing swap) has a **new location** in the HUB **next to Gearbox in the Underground** across from Campus Life.

The Free xChange is ***now accepting household items*** and is ***home of the new Food XChange*** to help address food insecurities. The Food XChange is collecting non-perishable food donations to support students and employees in need.

Acceptable items: Clean household items that fit on the shelves, working items, unopened non-perishable foods

Not acceptable items: Large items (TVs/appliances), broken items, trash, old bedding/towels

2025 Employee Benefits and Wellness Fair



Tuesday, April 22 | 10:30 a.m. - 1:30 p.m. | Allison Hall Community Room

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!

Dickinson Club

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/DickinsonClub⁷ to see what's happening when and to learn more!

Compliance | Policies



⁷<https://www.dickinson.edu/DickinsonClub>

Substance Misuse and the Drug Free Workplace



Tuesday, April 29 | noon - 1 p.m. | HUB Side Room 205

*Presented by Missy Stine, Ph.D., Associate Director of Counseling and Psychiatric Services,
Dickinson College Wellness Center*

We live in a complicated world -- and these complications stress us out, leading some to turn to self-medicating or other options to cope with life's challenges or issues. ***Did you ever wonder why some become addicted to substances, or how to recognize substance use or potential substance abuse?***

This employee workshop is designed to provide brief education on substance misuse and related problems. You will learn about the warning signs of a substance use disorder, how to support persons struggling with substance misuse, and the connection between substance misuse and Dickinson's Drug Free Workplace policy. This program will also provide information on available resources.

Enroll and sign-up in Totara.⁸ Online resources are also available in Totara.

⁸<https://totara.dickinson.edu/course/view.php?id=300>

Employee Spotlight



2025 National Student Employment Week

To acknowledge the commitment in balancing work and school, National Student Employment Week (NSEW) will take place from April 7, through April 11.

Dickinson College will honor an estimated 1,200 student workers and their supervisors during NSEW.

Nominations that were received for the Dickinson Student Employee of the Year and Supervisor of the Year awards will be recognized. All nominees and the award winner will be announced in a joint Student Employee of the Year and Supervisor of the Year Celebration ceremony which

Get the Most Out of Your Benefits



Make the most of your preventive health screenings



Preventive health screenings are key to maintaining your health and catching potential issues early.



Here are 10 tips to maximize their benefits:

1. Schedule **regular check-ups** with your primary care provider.
2. Share your **family health history** to determine which screenings are necessary.
3. Work with your provider to create a **personalized screening schedule**.
4. Research **age-appropriate screenings** for your gender and health.
5. **Don't skip less common screenings** like bone density checks.
6. Keep a record and stay updated on your **vaccinations**.
7. Schedule regular **dental cleanings** and **eye exams**.
8. **Prepare for appointments** by writing down concerns and questions.
9. Include **mental health screenings** in your care routine.
10. Follow your doctor's recommendations for any tests or treatments.

Preventive care works best in combination with a healthy lifestyle. Regular exercise, a healthy diet, good sleep, and stress management are key to overall health.



Scan me to download our mobile app and log on today!
First-time users will need a registration code.

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. ©2025 Health Advocate HA-M-2411037-3.3FLY



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 website⁹.



⁹<http://www.healthadvocate.com/>

TIAA Retirement Consultations

Thursday, March 20 | 9 a.m. - 5 p.m. | HUB Side Room 204

Questions about retirement? Your financial consultant has answers.

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 online¹⁰ 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 ttaa.org/webinars2025¹¹.

March Webinars:

Wednesday, March 12, at noon: *Charting your Course: A financial guide for women*

¹⁰<https://shared.tiaa.org/public/publictools/events/meetingatworkplace>

¹¹<https://webinars.tiaa.org/wcc/experience/elitetiaaifssubmaster/3133860/4753882/tiaa-webinars-2025>

Jump start your financial journey. TIAA will help you discover how to make your money work for you.

Thursday, March 27, at 3 p.m.: *Tax planning opportunities*

Identify key tax considerations and learn which factors impact your situation. Plan for what you know, prepare for change



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 here¹².

On Demand Option - Fidelity Viewpoints: Market Sense¹³

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

¹²<https://communications.fidelity.com/tem/WI/webcast/hub/>

¹³https://fidelityevents.com/Market-Sense?utm_campaign=WIREplay

Community | For the Greater Good



FREE TAX PREPARATION!

Families (2 or more people) who made \$67,000 or less and individuals who made \$45,000 or less in 2024 may be eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program! Review the following information BEFORE arriving at a site.



You MUST bring the following documents to have your taxes prepared:

- Valid photo ID (driver's license, military ID, etc.) for taxpayer and spouse.
- Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- Your current Identity Protection PIN number issued by the IRS (if you have one).
- Printed copies of all year-end tax forms you have received in the mail. (We cannot use electronic files from phones.)
- If you received health insurance from the marketplace, bring your form 1095-A.

Also bring the following information if it is available:

- Previous year's federal and state tax returns. (We can only access prior year returns for clients who used MIYP last year.)
- If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- If you expect to claim a credit for child or dependent care, bring the child care provider's address and Employer Identification Number (EIN) or their Social Security number.

TAX PREPARATION WILL BEGIN ON FEBRUARY 3, 2025 AT THE FOLLOWING SITES

To schedule an appointment, dial 211 on your phone or call 855.567.5341.

CUMBERLAND COUNTY

Bosler Memorial Library

158 W. High St., Carlisle
Appointment only. Call 211 to schedule.
Fridays: noon - 4 p.m.

Employment Skills Center

29 S. Hanover St., Carlisle
No appointment needed.
Tuesdays, Thursdays: 5:30-7 p.m.

First Christian Church of Lemoyne

442 Hummel Ave., Lemoyne
Appointment only. Call 211 to schedule.
Thursdays: 6-8 p.m.
Saturdays: 9 a.m. - noon
(Second & fourth Saturdays each month.)

First United Church of Christ

30 N. Pitt St., Carlisle
Appointment only. Call 211 to schedule.
Mondays: 3:30-7 p.m.
Saturdays: 10 a.m. - 2 p.m. (2/22 only.)

Messiah University

Frey Hall, Rm.150
One University Ave., Mechanicsburg
717.796.1800, ext. 7300
No appointment needed.
Mondays: 5:30-7:30 p.m.
(Open 2/24 thru 4/14. Closed 3/10.)

New Hope Ministries, Inc.

5228 Trindle Rd., Mechanicsburg
No appointment needed.
Mondays, Wednesdays: 5:30-8:30 p.m.

Penn State Dickinson Law

150 S. College St., Rm. 104, Carlisle
No appointment needed.
Thursdays: 4-8 p.m. (Closed 3/13.)

Shippensburg University

68 W. King St., Shippensburg
No appointment needed.
Wednesdays: 5-9 p.m. (Closed 3/12.)

Tri County Community Action

123 N. Enola Dr., 2nd Floor, Enola
Appointment only. Call 211 to schedule.
Tuesdays: 9 a.m. - 1 p.m.

DAUPHIN COUNTY

Belco Community Credit Union

449 Eisenhower Blvd., Harrisburg
Appointment only. Call 211 to schedule.
Wednesdays: 5:30-8 p.m.

Market Square Presbyterian Church

20 S. Second St., Harrisburg
No appointment needed.
Tuesdays, Thursdays: 9:30 a.m. - 12:30 p.m.

Middletown Public Library

20 North Catherine St., Middletown
Appointment only. Call 211 to schedule.
Mondays, Thursdays: 5-8 p.m.

Tri County Community Action

20 Clearfield St., Elizabethtown
Appointment only. Call 211 to schedule.
Tuesdays: 9 a.m. - noon

Tri County Community Action

1514 Derry St., Harrisburg
Tuesdays: 6-8:30 p.m. (No appointment needed.)
Thursdays: 6-8:30 p.m. (Appointment only. Call 211 to schedule.)

Widener Law Commonwealth & Central PA Law Clinic

3737 Vartan Way, Harrisburg
Appointment only. Call 211 to schedule.
Saturdays: 9 a.m. - noon

PERRY COUNTY

Perry County Literacy Council

133 South 5th St., Newport
Appointment only. Call 717.567.7323 to schedule.
Mondays: 5-8 p.m. with other evenings and some Saturdays.

Tri County Community Action

8407 Spring Rd., New Bloomfield
Appointment only. Call 211 to schedule.
Fridays: 10 a.m. - 4 p.m.

*For more information, contact
United Way of the Capital Region
at 717.724.4077, or e-mail
miyp@unwcr.org.*

*Do not call sites directly
unless a number is listed.*

***All walk-in sites may reach capacity early on high volume days.**

LET TRAINED VOLUNTEERS PREPARE YOUR TAXES FOR FREE!

Families (2 or more people) who made \$67,000 or less and individuals who made \$45,000 or less in 2024 may be eligible to receive FREE tax preparation through Money in Your Pocket (MIYP)! MIYP is part of the IRS Volunteer Income Tax Assistance (VITA) program.



- The amount of money you get back depends on many factors and may not be the same as last year.
- To get a refund, you must file a tax return even if you don't owe anything.
- If you did not claim the Earned Income Tax Credit (EITC) in the past but were eligible, you can file an amendment at any time during the year for up to three previous tax years. You may be eligible for money you did not know about!
- Refunds for e-filed returns that will be direct deposited are usually received in 10 days or less.

TOUCH-FREE TAXES FREE Remote Tax Preparation

Touch-Free Taxes is a free tax preparation program which can be done from the comfort of your home by connecting you to a trained volunteer to complete your taxes.

You can start using the Touch-Free Taxes service starting February 3, 2025 by visiting:

www.getyourrefund.org/uwcrpa

For more information, e-mail miyp@uwcr.org or call 717.724.4077.

Touch-Free Taxes is brought to you by the Money in Your Pocket program.

FEDERAL EARNED INCOME TAX CREDIT ELIGIBILITY

If you fit these guidelines, you may be eligible for the Federal Earned Income Tax Credit (EITC).

Children	Single Income	Married (filing jointly)
No children	\$18,591	\$25,511
1 child	\$49,084	\$56,004
2 children	\$55,768	\$62,688
3 or more children	\$59,899	\$66,819

All reasonable accommodations will be provided at no cost to individuals with special needs. For more information about special accommodations, or the availability of interpreters, call the MIYP info line at 717.724.4077, or e-mail miyp@uwcr.org.

MONEY IN YOUR POCKET PARTNERS:

- Belco Community Credit Union
- Bosler Memorial Library
- Central Pennsylvania Food Bank
- Citizens Bank
- Code For America/Get Your Refund
- Dickinson College
- Employment Skills Center
- First Christian Church of Lemoyne
- First United Church of Christ
- Market Square Presbyterian Church
- Messiah University
- Middletown Public Library
- Midwest Food Bank
- Mifflin-Juniata Human Services
- New Hope Ministries, Inc.
- Penn State Dickinson School of Law
- Penn National Insurance
- Perry County Literacy Council
- PNC
- Shippensburg University
- Tri County Community Action
- Truist Bank
- United Way of Carlisle and Cumberland County
- United Way of the Capital Region
- U.S. Department of Treasury, Internal Revenue Service
- Widener University Commonwealth Law School

FUNDED BY:



U.S. Department of
Treasury, Internal
Revenue Service

LEAD AGENCY:



United Way of
the Capital Region

The Money in Your Pocket program is a community collaboration to promote the Earned Income Tax Credit, free tax assistance and financial literacy within the Capital Region. Money in Your Pocket does not tolerate discrimination by its volunteers against anyone because of age, color, disability, race, reprisal, national origin, English proficiency, religion, sex, sexual orientation or status as a parent.

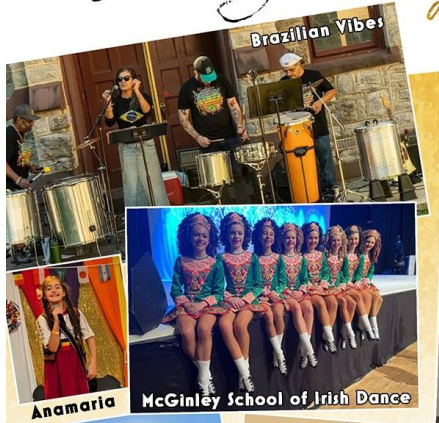
For more information, call 717.724.4077 or visit www.uwcr.org/miyp or www.irs.gov.



ALL ARE WELCOME - FREE TO THE PUBLIC

29th Annual AMANI FESTIVAL

Saturday, March 29th 10 AM - 5 PM
at the Carlisle Expo Center
100 K Street | Carlisle, PA

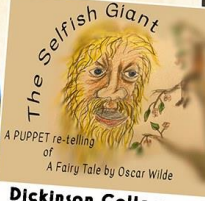


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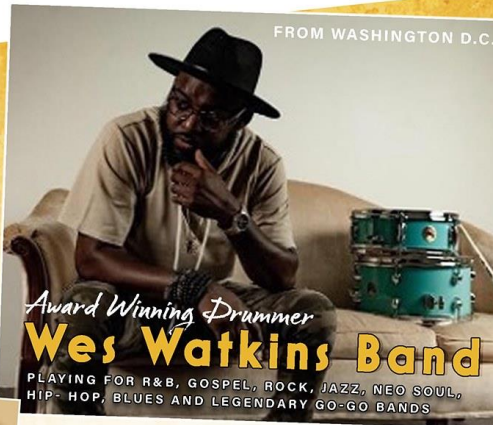
McGinley School of Irish Dance



Ecuadorian
Dance Group



Dickinson College
Department of
Theatre and Dance



Award Winning Drummer
Wes Watkins Band

PLAYING FOR R&B, GOSPEL, ROCK, JAZZ, NEO SOUL,
HIP-HOP, BLUES AND LEGENDARY GO-GO BANDS



Rasika School of Dance



To participate or for more information, please contact:
Preston Stackfield at 717.488.4446 or amanifestivalpa@gmail.com

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UPMC Dickinson



THRIVENT
FINANCIAL



MEMBERS 1st
FEDERAL CREDIT UNION

Popel Shaw Center
for Race & Ethnicity
Dickinson College

Save the Date: Northside Ride Carlisle



Northside Ride Carlisle: 3.4 mile Community Bike Ride

Saturday, April 12, 2024 (Rain Date: April 27) | 9:00 am – 1:00 pm

For More Information, please click here¹⁴.

Facebook Event to RSVP¹⁵

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 12, 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 St., Carlisle. The ride and its associated events are free and open to the public. No pre-registration is required. The ride will end at Hope Station Carlisle about 12:15 pm where we will celebrate with Leo's Ice Cream in a community celebration.

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. Thank you to **Harrisburg Bicycle Club** for making this possible. All participants are required to sign a waiver, and participants under age 14 must be accompanied and supervised by an adult on the ride.

¹⁴<https://www.dickinson.edu/NorthsideRide>

¹⁵<https://www.facebook.com/events/390646370120501/>

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.

Interested in tabling, partnering or getting involved? You can reach out to biking@dickinson.edu¹⁶ for more information.

¹⁶<mailto:biking@dickinson.edu>



SATURDAY, APRIL 12, 2025
3.4-MILE GUIDED COMMUNITY BIKE RIDE

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

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

Learn safe biking
 skills through fun
 activities at each site

FREE bike helmet,
 light, and lock for
 all participants



- **AGES 18+** need to sign waiver
- **AGES 14-17** need waiver signed by parent/guardian BUT can ride alone
- **AGES UNDER 14** need waiver signed by parent/guardian AND an adult to ride with them

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

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



Bikelisle • Borough of Carlisle • Can'd Aid • Carlisle BikeLab • Carlisle Tool Library
 Carlisle West Side Neighbors • Harrisburg Bicycle Club • Hope Station • LifeCycle Carlisle
 New Life Community Church • Project SHARE • YWCA Carlisle & Cumberland County

Dickinson

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 Drives¹⁷
- Franklin County Blood Drives¹⁸
- **Juniata County Blood Drives¹⁹**
- **Perry County Blood Drive²⁰**

For more questions or more information about blood donation to the Central Pennsylvania Blood Bank, please visit 717giveblood.org²¹ 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

¹⁷https://www.dickinson.edu/download/downloads/id/12731/central_pennsylvania_blood_bank_cumberland_county_blood_drives.pdf

¹⁸https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

¹⁹https://www.dickinson.edu/download/downloads/id/16094/central_pennsylvania_blood_bank_juniata_county.pdf

²⁰https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

²¹<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

For more information, please visit healingstrong.org²² or contact Mark Mateya, Carlisle group leader at carlislehealingstrong@gmail.com²³.

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

Down on the Farm



²²<https://healingstrong.org/>

²³<mailto:carlislehealingstrong@gmail.com>

Join Our CSA



The College Farm is an eighty-acre, USDA-certified organic farm and a living laboratory where students can gain distinctive, hands-on learning experiences. Student employees, graduate apprentices and volunteers are involved in all aspects of food production and research. The farm serves as a venue for the Dickinson community and its neighbors to experience a holistic approach to land stewardship rooted in management practices that work to sustain the natural environment.

Enjoy our fresh produce by joining our Campus Supported Agriculture (CSA)! Our harvest season runs from May through December and we grow over 80 distinct varieties of vegetables, fruits, and herbs. With our CSA, you can:

- select your share size (small or large);
- select your share frequency (weekly or bi-weekly);

- select your share season (24-weeks or 30-weeks);
- select your pickup location (on the College Farm, at Kaufman Hall on Dickinson's campus, or at Project SHARE in Carlisle);
- customize your share each week;
- AND, you can add on our certified 100% grass-fed, humanely raised beef products!

Sign up for our CSA here: Dickinson College Farm²⁴. *Keep an eye out for **early-bird discounts** if you sign up by March 31st!*

Learn more about the CSA on our blog: Campus Supported Agriculture (CSA) – Dickinson College Organic Farm²⁵

Questions? Email farm@dickinson.edu²⁶



Farm Works at 169 W. High Street

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

Now open on Saturdays! Farm Works will not be open during Spring Break

Visit their website²⁷ to see featured soups and salads.

²⁴<https://dickinsoncollegefarm.csaware.com/store/>

²⁵<https://blogs.dickinson.edu/farm/csa/>

²⁶<mailto:farm@dickinson.edu>

You can also shop Farm Works online²⁸ or visit them at Farmers on the Square each Wednesday from 3-6 p.m.

Wellness@Dickinson



Thoughtful Thursdays

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

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.²⁹

²⁷<https://www.dickinson.edu/farmworks>

²⁸<https://dcorganicfarm.square.site/>

²⁹<https://totara.dickinson.edu/course/view.php?id=307>



A Healthier You: How Mental Health Affects Physical Health

A Health Advocate Webinar

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

More and more, we're learning how closely mental health is linked to our physical health, including fitness, nutrition, and overall well-being. For example, emotional eating, feeling down after a health diagnosis, and exercising to boost your mood all show how our minds and bodies are connected.

During this webinar with guest presenter Zoë Kobrin, Health Advocate Trainer, we'll explore how we can take care of both our mental and physical health. By understanding the connection between them, we can start to improve our well-being from the inside out.

Sign up for the session that best fits your schedule:

10:00 a.m.³⁰ | 4:00 p.m.³¹

Upcoming Webinars:

Thursday, April 17: Grow Where You Are Planted - Making the Best of Situations

³⁰<https://register.gotowebinar.com/register/8735799547450751062>

³¹<https://register.gotowebinar.com/register/3030782256107156318>

10:00 a.m.³² | 4:00 p.m.³³

Thursday, May 8: Mental Health and Me

10:00 a.m.³⁴ | 4:00 p.m.³⁵

For a listing of on demand webinars, click here³⁶.



Biometric Screening

³²<https://register.gotowebinar.com/register/7259021291722082138>

³³<https://register.gotowebinar.com/register/9207563703838824278>

³⁴<https://register.gotowebinar.com/register/3264451567546803291>

³⁵<https://register.gotowebinar.com/register/6981264863336614230>

³⁶<https://www.healthadvocate.com/site/memberwebinars>



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 now³⁷ 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.

³⁷<https://totara.dickinson.edu/course/view.php?id=51>

Participants receive a coupon to enjoy breakfast in the Dining Hall on the day of their screening. You'll also receive a \$10 coupon for the College's Farm Works store.

Health Risk Assessments



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!](#)³⁸) If you met with your personnel physician, you can let us know here³⁹.

Healthy Life HRA⁴⁰

³⁸<https://totara.dickinson.edu/course/view.php?id=51>

³⁹<https://totara.dickinson.edu/mod/quiz/view.php?id=2972>

⁴⁰<https://totara.dickinson.edu/course/view.php?id=429>

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** 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 Healthy Life HRA, answer the feedback survey just below the HRA in Totara. (Note: Please don't send us your HRA results.) We will provide your incentive reward once we confirm the feedback survey completion.

Preparing for Life's Transitions



Thursday, March 27 | Noon - 1 p.m. | HUB Social Hall West

Presented by MaryAnn Sutton, Ph.D., UPMC

Life is full of transitions, each bringing its own set of challenges and opportunities. Whether you're grieving a loss, preparing for retirement, navigating the responsibilities of being a sandwich generation caregiver, adjusting to an empty nest, celebrating your child's independence, or welcoming the birth of a new baby, each phase requires thoughtful preparation and emotional resilience. Understanding and embracing these changes can help you navigate them with greater ease and confidence.

Enroll and sign-up⁴¹ for this wellness information session in Totara.

BIO: MaryAnn Sutton, PhD, received her bachelor's degree in psychology from Clarion University of Pennsylvania and completed her Master of Education in counseling and human services and doctorate degree in Counseling Psychology from Lehigh University. Dr. Sutton's experience includes individual and family mental health treatment with children, adults and older adults for anxiety, depression, trauma and behavioral disorders. Additionally, Dr. Sutton has worked in drug and alcohol treatment, risk assessment, crisis intervention, behavioral assessment, and group therapy.

Blood Pressure Screening



Tuesday, April 11 | 12:30 - 1:30 p.m. | HUB Side Room 205

Walk-ins welcome! No appointment necessary!

No screenings for the month of March.

Estate Planning

⁴¹<https://totara.dickinson.edu/course/view.php?id=64>

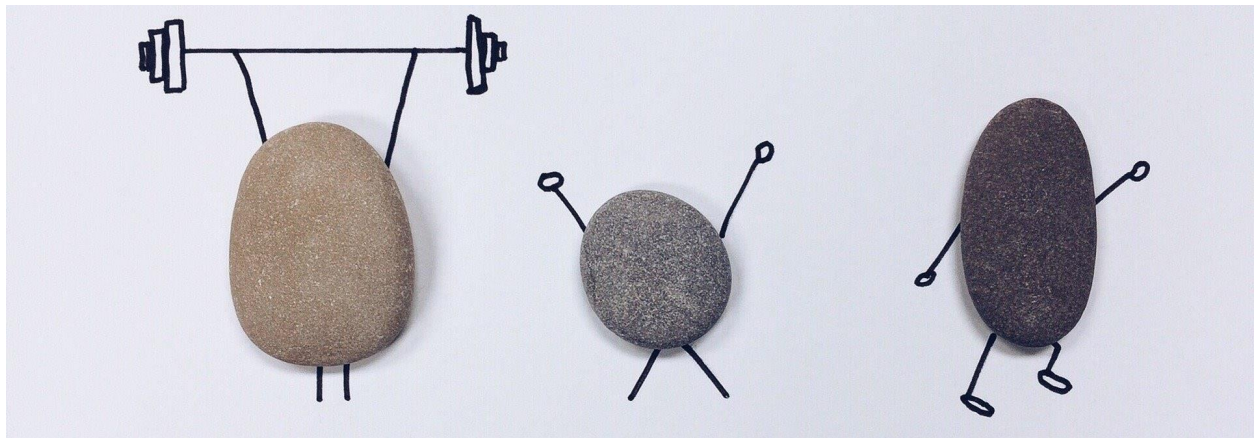
Wednesday, April 30 | noon - 1 p.m. | HUB Social Hall East

How do you plan for your estate? Do you know what is important or when you decide on the details? Have you met with a financial expert? If you are not sure where to begin this process, sign up for this session with **Members 1st Wealth Advisors** to learn the basics of **Estate Planning**.

Enroll and sign-up in Totara.⁴²



Wellness@Dickinson Fitness Programs



Free Spring Fitness Programs

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



3 - Camp Cardio⁴³



4 - Cardio Fusion⁴⁴

⁴³<https://totara.dickinson.edu/course/view.php?id=379>

⁴⁴<https://dickinson.campuslabs.com/engage/events?query=cardio fu>



5 - DEW Power Yoga⁴⁵



6 - Lunch Crunch⁴⁶

⁴⁵<https://totara.dickinson.edu/course/view.php?id=457>

⁴⁶<https://totara.dickinson.edu/mod/facetoface/view.php?f=1501>



7 - Pilates⁴⁷



8 - Sports Yoga⁴⁸



⁴⁷<https://dickinson.campuslabs.com/engage/events?query=pilates>

⁴⁸<https://totara.dickinson.edu/course/view.php?id=47>

9 - Vinyasa Flow Yoga⁴⁹



10 - Water Aerobics⁵⁰



11 - Zumba⁵¹

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

Vinyasa Flow⁵² | Wednesdays | noon - 1 p.m. | HUB Dance Studio (*employee only*)

Lunch Crunch⁵³ | Wednesdays | noon - 1 p.m. | Kline Center, Functional Fitness Center (*employee only*)

Sports Yoga⁵⁴ | Wednesdays | 4:45 - 5:45 p.m. | Memorial Hall, Old West

DEW Power Yoga⁵⁵ | Fridays | noon - 1 p.m. | HUB Dance Studio

⁴⁹<https://totara.dickinson.edu/course/view.php?id=88>

⁵⁰<https://totara.dickinson.edu/course/view.php?id=21>

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

⁵²<https://totara.dickinson.edu/course/view.php?id=88>

⁵³<https://totara.dickinson.edu/course/view.php?id=459>

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

Camp Cardio⁵⁶ | Thursdays beginning March 6 | noon - 1 p.m. | HUB Dance Studio

Water Aerobics⁵⁷ | Mondays beginning March 17 | 5 - 6 p.m. | Kline Center Pool

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

Pilates⁵⁸ | Mondays and Wednesdays | 3:30 and 4:30 p.m. | HUB Dance Studio

Cardio Fusion⁵⁹ | Tuesdays | noon - 1 | HUB Dance Studio

Zumba⁶⁰ | Tuesdays and Thursdays | 5 - 6 p.m. | Allison Hall Community Room

For questions or assistance with registrations, please send an email to devwell@dickinson.edu⁶¹ or call ext. 1503.

⁵⁵<https://totara.dickinson.edu/course/view.php?id=457>

⁵⁶<https://totara.dickinson.edu/course/view.php?id=379>

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

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

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

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

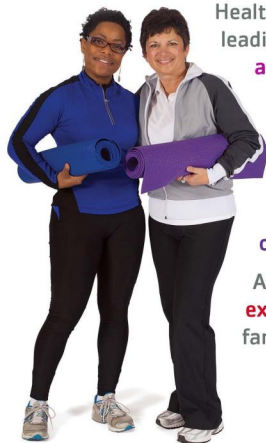
⁶¹<mailto:devwell@dickinson.edu>



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, 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 calendar⁶².

CPR, First Aid & AED Training

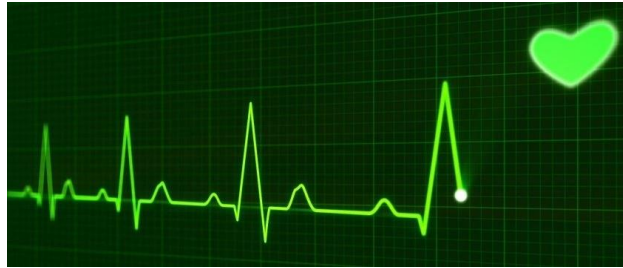
Friday, March 14 | 8 a.m. - 1 p.m. | DPS Training Room, Kaufman Hall

This hands-on skills training prepares participants to respond to breathing and cardiac emergencies in adults, children age 12 or younger, and infants. Being certified will provide you with valuable skills that will prepare you to handle a potentially life-threatening situation. The blended learning approach allows participants to complete a large portion of the course and training online prior to participating in the classroom skills and testing portion. Sign-up to

⁶²<https://www.troutgallerydickinson.com/trout-events-calendar>

participate in this training and begin your online portion soon! A separate email will be sent to you from the American Red Cross (ARC) once your access to the online portal has been established by your ARC instructor.

Enroll and sign-up in Totara.⁶³



College Prep for Parents

Tuesday, March 18 and 25 | noon - 1 p.m. | McCauley Room, Old West

Part I - High School Counseling and Admissions (March 18)

Part II - Financial Aid and Tuition Benefits (March 25)

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

Enroll and sign-up⁶⁴ for one or both sessions in Totara.

⁶³<https://totara.dickinson.edu/course/view.php?id=93>

⁶⁴<https://totara.dickinson.edu/course/view.php?id=42>



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 2026.

Click here⁶⁵ to apply. All applications must be submitted no later than April 25!

For more information, visit Leadership Cumberland⁶⁶.

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 Handbook⁶⁷:

*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.

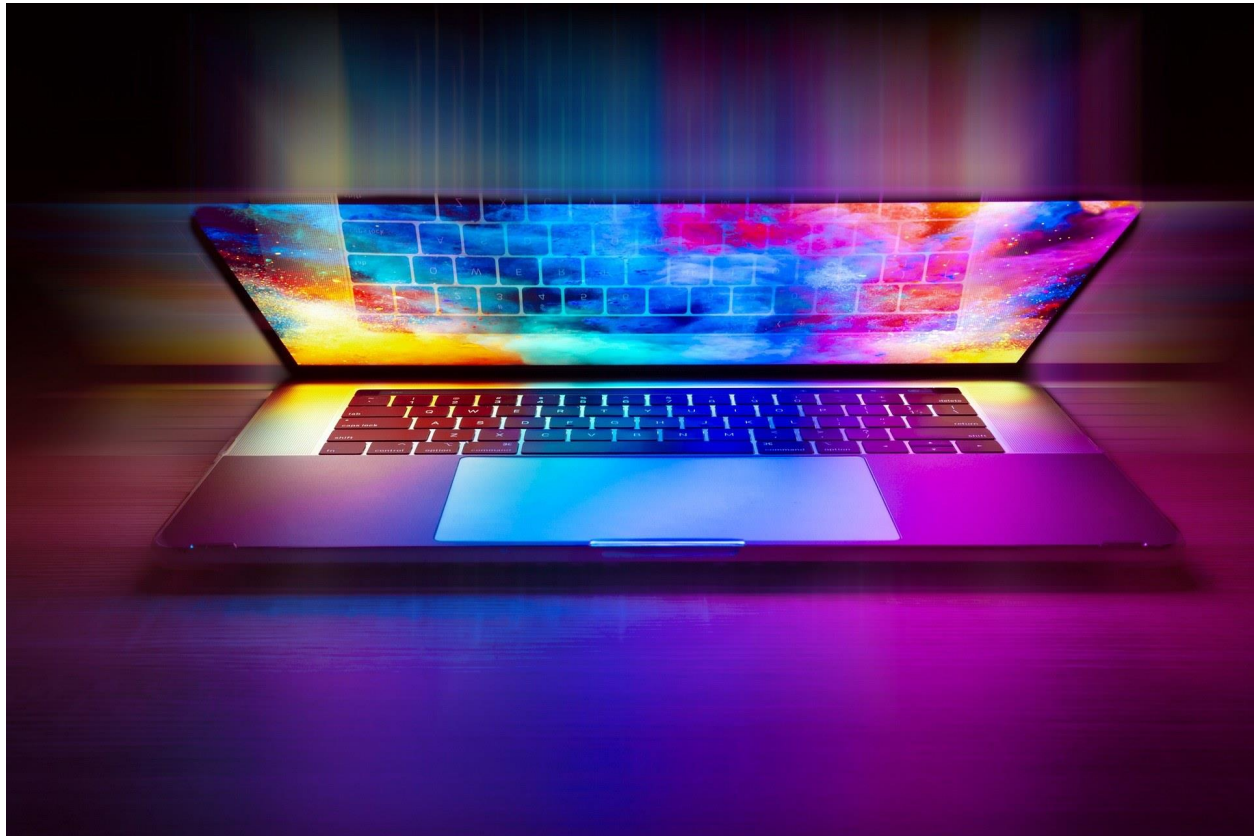
To submit a conference fund request, please complete the form by clicking here⁶⁸.

⁶⁵<https://www.leadershipcumberland.org/programs-services/fellows-program/application.html>

⁶⁶<https://www.leadershipcumberland.org/programs-services/fellows-program/>

⁶⁷https://www.dickinson.edu/homepage/1364/career_development_conference_fund

Information and Technology Services



Tech Transformation

Visit the Tech Transformation site⁶⁹ 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

⁶⁸https://www.dickinson.edu/download/downloads/id/10813/career_development_conference_fund_application.pdf

⁶⁹https://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 News⁷⁰ to keep abreast of the Workday launch. Inquiries and questions may be sent to workday@dickinson.edu⁷¹.

Workday Project Update



The **Planning phase** for our Workday implementation has been officially completed. This included building a **Foundational Tenant**—a Workday environment with Dickinson data that will be used by the project team in the next phase: **Architect & Configure**.

During the **Architect & Configure** phase, Workstream and Operational team members will participate in **Foundation Alignment Sessions (FAS)** to design and set up Workday to support finance, human resources, payroll, business processes, data management, and reporting. Team members will also begin working with Workday to design integrations with third-party systems and continue data conversion.

Additionally, a **testing strategy** is being developed to guide the team through building test scenarios and performing unit testing. A **change management strategy** is also in progress to

⁷⁰<https://www.dickinson.edu/xfp/form/469>

⁷¹<mailto:workday@dickinson.edu>

support the campus through this transition with clear communication, engagement, and training.

Stay tuned for more updates as we move forward!

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 now⁷²!



⁷²<https://dickinson0.sharepoint.com/sites/TechNews>

Contact Us



Wellness Program | Monthly Incentive Prize Winners

Congratulations to *Dan Guerrisi*, Office of Financial Aid, winner for the month of **February 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-Month⁷³. (Remember to report your Marathon in a Month walking⁷⁴ to us by the 15th of the

⁷³https://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.edu⁷⁵ 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

⁷⁴https://www.dickinson.edu/downloads/file/1238/marathon_in_a_month_tracking_your_walks

⁷⁵<mailto:devwell@dickinson.edu>

the Gateway⁷⁶ 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 policy⁷⁷ 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 Guide⁷⁸

Dickinson/Biking⁷⁹

Dickinson/College Farm⁸⁰

Dickinson/Sustainability⁸¹

TechNews⁸²

Trout Gallery⁸³

Theatre & Dance⁸⁴

Campus Announcements⁸⁵

Campus Events Calendar⁸⁶

⁷⁶<https://gateway.dickinson.edu/>

⁷⁷http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁷⁸[http://www.dickinson.edu/info/20043/about/1562/dickinson \"how to\" guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_\)

⁷⁹<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁸⁰<http://www.dickinson.edu/collegefarm>

⁸¹<http://www.dickinson.edu/sustainability>

⁸²<https://dickinson0.sharepoint.com/sites/TechNews>

⁸³<http://www.troutgallery.org/>

⁸⁴<https://www.dickinson.edu/theatreanddance>

⁸⁵<https://www.dickinson.edu/announcements>

⁸⁶<http://www.dickinson.edu/events>



HUMAN RESOURCE SERVICES

12 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁸⁷

Human Resource Services Website⁸⁸

⁸⁷<mailto:devwell@dickinson.edu>

⁸⁸https://www.dickinson.edu/homepage/122/human_resource_services