



Welcome Back Edition

We hope your summer was both relaxing and rejuvenating! As we transition into a new academic year, we're thrilled to share Vitality's fresh new look.

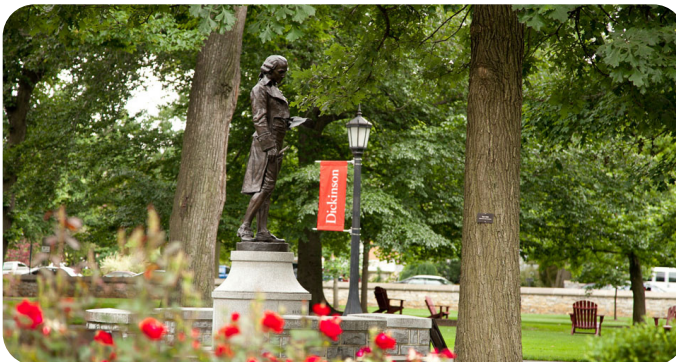
This update isn't just about appearances—it's about making announcements more engaging and reflective of the amazing work happening across our campus.



REGISTER HERE

Friday, August 29 | 10-11:30 a.m.
Stern Great Room

Sponsored by the Division of
Diversity, Equity, and Inclusion.



CHARTER DAY

Tuesday, September 9 | 5-7:30 p.m.
Academic Quad

Join faculty, staff, and students to
commemorate the signing of the
college's charter in 1783. Celebrate
with food, music, and yard games.

Save the Date: Employee Tailgate

The third annual Employee Tailgate will be held on **Saturday, November 1**, from 1:30-3:30 p.m. at Belvedere/Biddle Field.

Mark your calendars now to join your colleagues for some pre-game fun and stay to cheer on the Red Devil football team against the Carnegie Mellon Tartans!

EMPLOYEE ANNOUNCEMENTS



MERITAIN HEALTH

An Aetna Company

2025 PERFORMANCE APPRAISALS

Appraisals should be completed by Friday, August 29. Fully completed and signed forms by both the employee and the supervisor should be returned via the form entry link above. The form link is also available on the "Employee" channel of the Gateway.

If you misplaced your form or have questions, please reach out to **Dennette Moul** or **Carol Shaffer**.

NEW MEMBER ID CARD INFO

Updated member ID cards were issued to all medical and prescription plan participants. Please begin using this new card and securely discard or shred your old card to protect your personal information.

If you have any questions, please contact Member Services using the phone number listed on your new card.



Workday Change Agent Network (CAN)

Workday is coming in December 2025. It will be a time of transition for all of us. Change can be complicated and learning how to use a new system brings many questions. A group of employee volunteers have signed up to help us share and communicate information about all of these changes!

Workday Change Agents will assist our Change Management Team by:

- Acting as liaisons to understand concerns and gather information on change impact(s)
- Assisting with outreach and transparent communications to build understanding of change impacts
- Sharing information related to the benefits and/or challenges of change(s) happening
- Supporting and reinforcing new processes through outreach to increase adoption and effectiveness of changes

Watch for updates and outreach from any of the Change Agent volunteers.

MEET THE "CAN" TEAM

COMMUNITY ENGAGEMENT



United Way of Carlisle
& Cumberland County

The College is a Pacesetter for **United Way of Carlisle & Cumberland County**. Our campus campaign will begin in mid-August and wraps up in September - to help set the pace for the larger community's fall campaign. More information will be communicated soon. As always, 100% of any donations benefit members of the Carlisle community!



Kick-off Dickinson's campaign by participating in a **Red Robin** fundraiser on Monday, September 8. 20% of food sales at the Carlisle location will go to United Way.



2025 HEART WALK REGISTRATION

Tuesday, September 30 | Kline Center Patio

Faculty, staff, and students are invited to join members of Team Dickinson at the annual **American Heart Association** Heart Walk. Participating in this event is free. Walkers are welcome to **FUN**raise.

Registration begins at 5:30 p.m.

Walk start is at 6 p.m.



DAY OF CARING REGISTRATION

Friday, October 10

United Way Day of Caring is an opportunity to donate a morning to help local non-profit organizations complete needed work projects in the Carlisle area. Interested volunteers must **register by September 18**.

Kick-Off: 8 a.m. Allison Hall

Projects: 8:30 a.m. - noon

CENTRAL PA BLOOD DRIVE

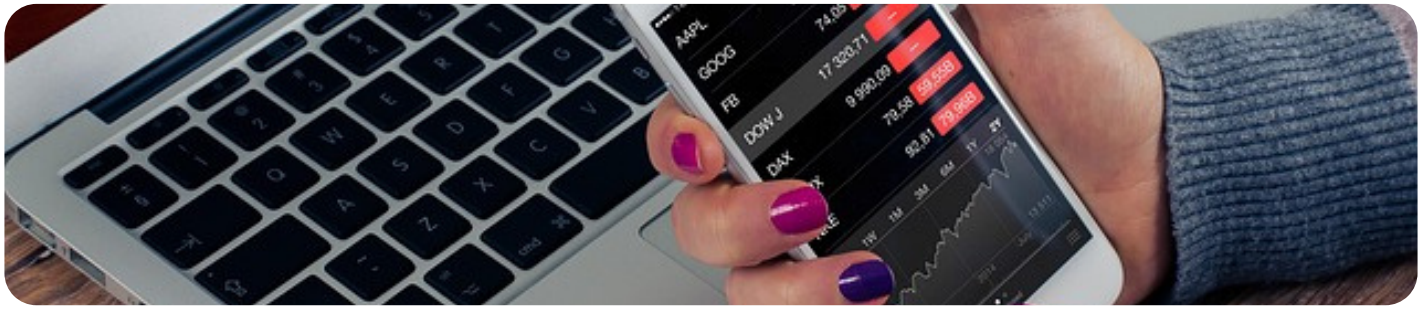
Friday, September 12 | 10 a.m. - 6 p.m. | Allison Hall Community Room

The Central PA Blood Bank (CPBB) will be on campus! Give a pint, get a pint of Bruster's ice cream (certificate) and free CPBB swag while supplies last!

For questions or more information about blood donation to the Central Pennsylvania Blood Bank, please visit <http://www.cpbb.org/> or call 1-800-771-0059. Sponsored by ROTC.



Aleeya Butler '25, shares her love of bugs with students of Mooreland Elementary School. A representation of Women in STEM and Dickinson's commitment to the greater Carlisle area community.



Financial Wellness

TIAA CONSULTATIONS

Thursday, September 4,
and **Tuesday, October 7,**
from 9 a.m. - 5 p.m. in HUB
SR 204.

To schedule a personal
meeting with financial
consultant, Nigel Stearns,
please [sign up online](#) or call
800-732-8353 (remember
to ask for the Dickinson
College schedule). All
appointments must be
scheduled through TIAA.

ON-DEMAND WEBINARS

Click on the links below to
access financial education
on-demand.

Fidelity Webcast HUB

Spotlight: [Fidelity](#)
[Viewpoints: Market Sense](#)
(every Tuesday at 2 p.m.)

TIAA Webinar Schedule

Spotlight: [Live long and
prosper: Your guide to
understanding longevity](#)
(8/28/2025)

FIDELITY CONSULTATIONS

Monday, September 15,
from 9:45 a.m. to 3 p.m. in
HUB SR 204.

To schedule a personal
meeting with financial
consultant, Matthew Young
[click here](#). *Directions: select
schedule time to meet and
enter employer name*
Dickinson, select the
appointment type, and select
the plus button on the day
you want to schedule.

Special Virtual Presentation

MAXIMIZE SOCIAL SECURITY IN YOUR RETIREMENT STRATEGY



[REGISTER HERE](#)

Monday, September 29 | noon - 1 p.m.

Join Matthew Young, Fidelity Investment's
Workplace Financial Consultant, for a virtual
presentation. During this session you'll:

- Learn how Social Security fits your retirement paycheck
- Identify Social Security claiming strategies
- Learn how to create your retirement income plan



Wellness@Dickinson



REGISTRATION INFORMATION

Thanks to a new partnership with the **Carlisle Family YMCA**, all full- and part-time faculty and staff will soon have access to **YMCA360**—a virtual platform offering a variety of wellness classes to support your health journey. Access to the application will be available starting September 1, 2025.



FLU VACCINATIONS

The College will host flu clinics on:

Wed., Sept. 24: 9 - 11:30 a.m.

Thurs., Oct. 16: 11 a.m. - 1:30 p.m.

Thurs., Nov. 13: 4 - 6 p.m.

Flu Vaccination Registration will open in Totara soon. Watch for an announcement in Dickinson Today!

Suicide Prevention | A Health Advocate Webinar

WHAT TO KNOW AND HOW TO HELP

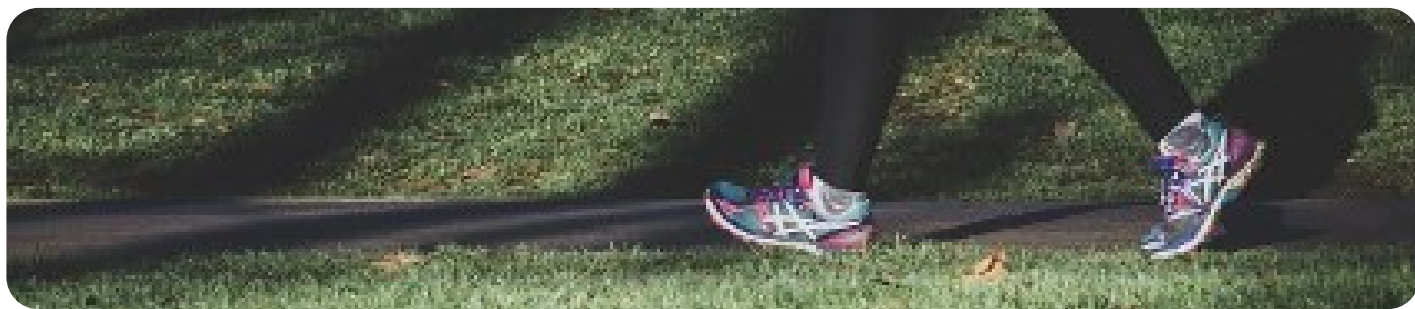
REGISTER HERE

Thursday, September 18 | 10 a.m. & 4 p.m.

Suicide affects people from all walks of life, and awareness can save lives. Recognizing the warning signs and understanding how to support someone at risk can make a critical difference. When we feel prepared to talk about suicide openly and respond with care, we become a powerful source of help and hope.

Join Health Advocate for this free webinar to identify key risk factors and warning signs, and walk through the essential questions to ask, steps to take, and supportive resources to share.





Wellness@Dickinson Fitness Programs

FREE FITNESS PROGRAMS - REGISTER NOW IN **Engaged**

Programs offered for 2025-2026 begin the first couple of weeks in September, with fitness options available by the department of Athletics to allow the maximum possible wellness opportunities for the campus community. Classes can be found in **Engaged** via the Gateway by searching for key words (cardio, Pilates, Zumba), by selecting the *Group Fitness* category, or click on the images below. Be sure to RSVP for each session you plan to attend.

MONDAYS BEGINNING SEPTEMBER 8



**Gentle Yoga with
Nancy Button**

Noon - 1 p.m. | HUB Dance Studio

This is a class for ALL AGES and ALL BODIES. Gentle accommodations will make the experience of yoga accessible for various levels of practice with emphasis on learning the techniques and principles of yoga to apply to your own practice. We will use breath work to release tension and incorporate safe movements to increase ease in your body, mind, and energy. Feel free to bring your own mat, towel or blanket to make sure your experience is comfortable for you - yoga mats, blocks, and straps will be available for all.



**Pilates with
Jennifer Moore**

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

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

TUESDAYS BEGINNING SEPTEMBER 9



with Jennifer Moore

Noon - 1 p.m. | HUB Dance Studio

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



**Zumba with
Jeannette Kole**

5 - 6 p.m. | HUB Dance Studio

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

FREE FITNESS PROGRAMS – REGISTER NOW IN **ENGAGED**

WEDNESDAYS BEGINNING SEPTEMBER 10



**Full Body Circuits
with Coach Wood**

Noon - 1 p.m. | Functional Fitness Center

Tone your body with a lunchtime core strength and conditioning workout! A strong core supports your overall body function. Join Coach Padraic Wood for Fully Body Circuits (formerly Lunch Crunch) in the Functional Fitness Center at the Kline. This class is limited to the first 12 registered participants for the BEST experience!



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**Sports Yoga with Jim
Mader**

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

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

THURSDAYS BEGINNING SEPTEMBER 11



**Camp Cardio with
Tina Salomone**

Noon - 1 p.m. | HUB Dance Studio

Join us for an energetic and fun, heart-pumping, calorie-burning cardio class. This aerobic class will tone muscles and strengthen your heart with different aerobic formats such as: Hi/Lo, Strong, cardio-kickboxing, Zumba, and more.

FRIDAYS BEGINNING SEPTEMBER 12



**DEW Power Yoga
with Jeanette
Diamond**

Noon - 1 p.m. | HUB Dance Studio

DEW (Diamond Essence Within) Power Yoga offers the possibility to find your inner power and builds from within to expand your ability from the inside outward. Yoga is for everyone - and whether you are new to yoga or have been practicing for a while - the empowerment of this Baptiste-style class brings results! This is a judgement-free practice for anyone who would like to join and practice yoga. The sequence of poses will warm you up from the inside and bring amazing results overall. Finish each session feeling energized yet relaxed!



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HUMAN RESOURCE SERVICES

PO Box 1773
Carlisle, PA 17013-2896

Phone: 717-245-1503

Email: devwell@dickinson.edu

CAMPUS RESOURCE QUICK LINKS

[How To Guide](#)
[Dickinson/Biking](#)
[Dickinson/College Farm](#)

[Dickinson/Sustainability](#)
[TechNews](#)
[Trout Gallery](#)

[Theatre & Dance](#)
[Campus Announcements](#)
[Campus Events Calendar](#)

WELLNESS INCENTIVE TAXABILITY NOTIFICATION

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

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

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

PROFESSIONAL DEVELOPMENT & WELLNESS PROGRAM REGISTRATIONS AND ATTENDANCE

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