



WOMEN'S HISTORY & GENDER MONTH



Source:

[Women'sHistory.org](https://www.womenhistory.org)

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."

Welcome to Gender Month: *Gender and Movement!*

Gender Month 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 Movement***, and our events and campaigns will encourage our Dickinson community to engage in the ways gender is connected to many different kinds of movement – activist and resistance movements, physical motion and movement, travel and migration movements, and much more! Students, faculty, and staff are all welcome at Gender Month events.



Events are happening throughout this month, with prizes for those who attend multiple events! Look for campus posters, Dickinson Today, and the WGRC newsletter for event listings and details. Join our mailing list by emailing wgrc@dickinson.edu with "subscribe" in your message.



Everything Our Mothers Didn't Tell Us - A Feminist Menopause Workshop | Tuesday, March 10 | Noon - 2:30 p.m. | Stern Great Room

This will be a relaxed and joyful (yes!) workshop about perimenopause, menopause, and post-menopause! Our Speaker, Terri Kapsalis, has three decades of empowering, patient-centered women's health expertise at the Chicago Women's Health Center. We will learn the actual science of bodily changes, historical and cultural context, and practical strategies for finding affirming care providers and a new outlook on your next stage of life. Both lunch and affirming community will be served! All ages and genders welcome! **RSVP to** schweigk@dickinson.edu. Brought to you by the Women's & Gender Resource Center and Human Resource Services.

DISTINGUISHED STAFF AWARD

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 nomination through this form**, and all nominations will be reviewed by members of the **Staff Forum**. **Nominations are open through Friday, March 6.**

WORKDAY TIPS AND SEMI-ANNUAL RELEASE

Make Workday part of your daily routine!

Whether you're entering your hours or approving time off, treat Workday like your everyday dashboard. Checking it regularly helps you stay on top of tasks and avoid last-minute surprises.

Workday Updates Effective March 14

Information can be found in the newly created **Workday Release webpage**. You'll find a redesigned **Global Navigation** that replaces the slide-out menu with a pinned sidebar that stays visible as you move through Workday.

SCHEDULE OF EVENTS

There's an app for that!

There are many ways to find events on campus: Dickinson Today (**announcements**), **Events calendar**, and **EngageD**. Looking for a mobile-friendly option? Download **Corq! It's free** and available for students, **AND employees**. The **Corq** app allows you to view event details and easily RSVP. More information can be **found here**.



HERSHEYPARK TICKET SALE

Full Payment Due: Friday, March 13

Price: \$42.95 per ticket | Parking: \$27.50

Place orders with Campus Life (lower level of the HUB) or with Human Resource Services. Checks should be made payable to Dickinson College. For more information, email hrrservices@dickinson.edu or call extension 1503.

SUBSTANCE MISUSE AND THE DRUG FREE WORKPLACE

Presented by Missy Stine, Ph.D., Executive Director, Dickinson College Wellness Center

Tuesday, March 17 | 2 - 3 p.m. | HUB Lower Level Conference Room

RSVP in **EngageD** for this employee workshop, designed to provide brief education on substance misuse and related problems. This program will also provide information on available resources.



Reserve your space for the Sustainability Expo event by March 17, using the **online form.**

National Student Employment Week: April 13 through 17

Student Employee and Supervisor of the Year Celebration Ceremony:
Tuesday, April 14, at noon on the Academic Quad (*Rain location: HUB Social Hall West*)

Annual Benefits and Wellness Fair:

Tuesday, April 21, from 10:30 a.m. to 1:30 p.m. in the HUB Social Hall

Stop by to learn more about benefits and wellness options for employees.

Benefits & Financial Wellness



We recognize that conflict, violence, and other distressing events—whether occurring in our local communities, across the nation, or globally—can be deeply unsettling. It's completely normal to feel affected, even if you haven't experienced something directly.

If you're having a difficult time, these strategies may offer support:

Coping Tips

- Acknowledge your emotions. It's okay to feel overwhelmed, sad, frustrated, or unsure. Permitting yourself to feel can reduce stress.
- Limit news and social media exposure.
- Stay connected with others. Talking with someone you trust provides comfort and grounding.
- Focus on routines you can control. Maintaining healthy habits can help restore stability.
- Practice grounding techniques like deep breathing, mindfulness, or short walks.
- Spending time on hobbies, volunteering, or creative outlets can provide relief and balance.
- Seek professional support if needed. Reaching out for help is a sign of strength, not weakness.

Our **Employee Assistance Program (EAP)** is available to provide confidential support, counseling, and additional resources whenever you need them, and is available to full- and part-time employees. More information regarding our EAP providers can be **found [here](#)**.

BEYOND THE PLATE - ALERA GROUP | MARCH NEWSLETTER

ESTATE PLANNING

Monday, March 23 | noon - 1 p.m. | Zoom Meeting

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 professional? If you are not sure where to begin this process, sign up for this session with local Wealth Advisors from the **Members 1st Investment Services & Wealth Management** team to learn the basics of Estate Planning. **RSVP in Engaged** to obtain the Zoom link.



FINANCIAL WEBINARS, IN-PERSON SESSIONS, AND ON-DEMAND RESOURCES

- **Fidelity Webcast HUB** | **Fidelity Viewpoints: Market Sense** every Tuesday at 2 p.m.
- **TIAA Webinar Schedule** | **Your Guide to Living Well in Retirement** Wednesday, March 11 at 11 a.m.; **Understanding Required Minimum Distributions (RMDs)** Thursday, March 26 at noon
- **Budgeting and Saving for the Future with Members 1st FCU** | Monday, April 13 | 2-3 p.m.
- **Roadmap to Medicare with HTA** | Tuesday, April 28 | noon - 1 p.m. | Virtual



ENJOY FRESH PRODUCE DELIVERIES!

Join Our Campus Supported Agriculture (CSA) Program!

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 CSA! Our harvest season runs from May 18 until November 24, with over 80 distinct varieties of vegetables, fruits, and herbs.

OPTIONS:

- **Spring Share**—starting the week of May 18 to the week of June 8, four weeks of a curated produce box, available in large or small sizes, with weekly or bi-weekly pickup options.
- **Main Season Share**—starting the week of June 15 to November 24, a customized produce box, available in large or small sizes, with weekly or bi-weekly pickup options.
- Select your pickup location at the College Farm or Kaufman Hall on Dickinson's campus.
- Plus, you can add our humanely raised on pasture without antibiotics or hormones beef products to weekly CSA orders.

Sign up for our CSA here: Dickinson College Farm

Learn more about the CSA on our blog: [Campus Supported Agriculture \(CSA\) – Dickinson College Organic Farm](#)

Questions? Email farm@dickinson.edu

WELLNESS RETREAT AT THE DICKINSON COLLEGE FARM

Saturday, April 4 | 10 a.m. - 3 p.m.

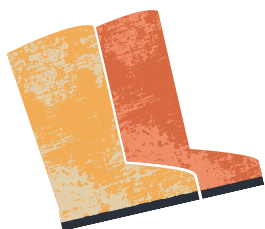
Healthy Soil & Healthy Community: Outdoor Wellness Retreat

Dickinson students, faculty, and staff are invited to join us for a half-day outdoor wellness retreat! Together, we'll explore how diversity, both beneath our feet and within our communities, nourishes our health and resilience. This unique event features hands-on soil science activities, an interactive cooking demonstration, and guided movement. Through these activities, we'll explore the question: what feeds a community?



Lunch will be provided.

RSVP in EngageD.



Professional Development & Wellness



LEADERSHIP CUMBERLAND

Become a *Leadership Cumberland Fellow*. **Click here to apply. All applications must be submitted no later than April 17!**

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 2027. For more information, visit [Leadership Cumberland](#).

COLLEGE PREP FOR PARENTS

RSVP in EngageD. Sessions will be held in the McCauley Room - Old West, from noon to 1 p.m. on Thursdays, April 16 and 23.

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 their child is a junior or senior in high school and planning to attend college.***

SPRING INTO FITNESS CHALLENGE

We are ready to shake off the winter chill and spring into action—the **2026 Spring Into Fitness Challenge** (SIFC) kicks off **Sunday, March 15**, and keeps the fun blooming through **Saturday, April 25!**

Over the next few weeks, we will be pouring in activities on the **SIFC webpage**. Watch for updates via the [Wellness Challenges TEAMS channel](#), and Dickinson Today. ***Kick-off the challenge and join us for a St. Patrick's Day scavenger hunt! Details coming soon!***

HEALTH ADVOCATE WEBINAR



Our Aging Parents: Thursday, March 19 | 10 a.m. & 4 p.m.

Gain advice for practical approaches to providing support, and strategies for balancing your own well-being while caring for a loved one.



BREAKFAST WITH THE DIETITIAN

Wednesday, March 25 | 7:30-8:30 a.m. | HUB Lower-Level Conference Room | Please RSVP in EngageD

Breakfast with the Dietitian is a welcoming, interactive session where employees are encouraged to bring their nutrition questions—big or small—and talk directly with our campus registered dietitian. Whether you're curious about meal planning, healthy snacks, label reading, managing dietary restrictions, or simply want to feel better day-to-day, this workshop will offer practical, approachable guidance.

A 360-DEGREE DIGITAL EXPERIENCE FOR DICKINSON EMPLOYEES* ON MOBILE, TV, & WEB

*Available for full- and part-time faculty
and staff*



Here's what you will find in YMCA360



For Families & Kids

Engaging videos in youth sports, Fun Fit, martial arts, visual arts, STEM, and culinary arts (with recipes!); Nutrition education and healthy habits



Live Classes

Real-time sessions led by YMCA instructors from across the country



Active Older Adults

Tailored workouts: cardio, circuit, strength, bootcamp, and stretching



Fitness for ALL Levels

Cardio, strength, dance, cycle, HIIT, core, mobility, and weightlifting; Specialized support for Parkinson's and Cancer recovery (WellnessRx)



Mind & Body Wellness

Classes in Yoga, Pilates, Tai Chi, and Meditation; Mind Matters: Resiliency, gratitude, energy management, and habit development

**More
Information**



Athletics & Wellness@Dickinson Fitness Programs

FREE - REGISTER NOW IN ENGAGED

Gentle Yoga | Mondays | noon - 1 p.m. | HUB Dance Studio

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

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

Zumba | Tuesdays and Fridays | 5 - 6 p.m. | HUB Dance Studio

Full Body Circuits | Wednesdays | noon - 1 p.m. | Kline Center, Functional Fitness Center

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

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

Water Aerobics | Mondays beginning March 16 | 5 - 6 p.m. | Kline Center Pool

DEW Power Yoga | Fridays beginning March 20 | noon - 1 p.m. | HUB Dance Studio



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.