



APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Take Back the Night Events | Wednesday, April 8 | 7-9 p.m.

Join students, a keynote speaker, guest performers, and supporters of all kinds as we rally together to Take Back the Night -- calling for an end to sexual violence and supporting survivors.

RSVP & more information are in EngageD.



Denim Day | Wednesday, April 29

Join us for **Denim Day**, when millions of people around the world wear jeans with a purpose—to support survivors.

TEAL ribbons available in our office and at all sexual assault awareness month events.



WORKDAY WEDNESDAYS

Assistance is available at Workday Wednesday sessions scheduled between April 1 and June 10 in the HUB lower-level conference room.

Drop by any open session to get your questions answered or to receive assistance with Workday. More details can be found in **EngageD** - use keyword **Workday**.

ANNUAL BENEFITS & WELLNESS FAIR

Tuesday, April 21 | 10:30 a.m. - 1:30 p.m. | HUB Social Hall

The annual Benefits & Wellness Fair provides an opportunity for employees of the college to meet with 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 and enter to win a **\$50 Amazon gift card**! Many more prizes and giveaways are also part of this annual event!



THE 68TH ANNUAL CELEBRATION OF THE SENIORS OF OLD BELLAIRE

On Monday, April 13, President John Jones and Beth Jones will honor those inducted into the The Seniors of Old Bellaire. This year, eleven employees who have completed 25 years of full-time service to the College were inducted into the Seniors of Old Bellaire. Congratulations and thank you for your dedication! Below are this year's honorees:

- **Abraham Quintanar**, Spanish
- **Bernadette Pham**, HR Services
- **David Webster**, Athletics
- **Dawn Green**, Dining Services
- **Deb Bolen**, Academic Affairs and Registrar
- **Jeanne Killinger**, Dining Services
- **Karen Weinstein**, Anthropology
- **Kirsten Guss**, Biology
- **Nicky Tynan**, Economics
- **Regina Sweeney**, History
- **Tam Heberlig**, Advancement Operations

NATIONAL STUDENT EMPLOYMENT WEEK

2026 National Student Employment Week | April 13 through 17

To acknowledge the commitment in balancing work and school, National Student Employment Week (NSEW) will take place from April 13, through April 17.

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



STUDENT EMPLOYEE AND SUPERVISOR OF THE YEAR CELEBRATION CEREMONY

**Tuesday, April 14 | Noon | Academic Quad
(Rain location: HUB Social Hall West)**

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 winners will be announced in this joint Student Employee of the Year and Supervisor of the Year award ceremony.

Check out the list of this year's nominees!

BLOOD DRIVE

Friday, April 24 | 10:30 a.m. to 4 p.m. | Allison Hall Community Room

Alpha Phi Omega is sponsoring the American Red Cross Blood Drive. Please consider donating blood to support your local community by participating in this blood drive!

For questions or more information about blood donation to the American Red Cross, please visit redcrossblood.org (enter: Dickinson to schedule an appointment) or call 1-800-RED Cross (1-800-733-2767). Walk-ins welcome!

FIDELITY INVESTMENTS - BENEFICIARY CAPTURE EMAIL TRIGGER CAMPAIGN

As part of Fidelity Investments' ongoing commitment to protecting participants' retirement savings, they are launching a new email campaign to highlight an important step that is often overlooked: adding a beneficiary to your defined contribution (DC) plan.

A two-touch email trigger campaign is launching the week of **April 20** to all employees missing a beneficiary on their plan, bringing attention to missing information. **Click here** for more information.

Financial Wellness



TIAA CONSULTATIONS

Tuesday, April 7 | 9 a.m. - 3 p.m. | HUB Conference Room, Lower Level

Tuesday, May 12 | 9 a.m. - 5 p.m. | HUB Sideroom 202

Managing your finances doesn't have to be overwhelming. TIAA's experienced financial consultants are ready to help you prepare for your future. Receive personalized guidance and education about your retirement plan assets at no extra cost. *Schedule an appointment with TIAA financial consultant, Nigel Stearns, by [clicking here](#) or calling 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.*



BUDGETING AND SAVING FOR THE FUTURE WITH MEMBERS 1ST FCU

Monday, April 13 | 2-3 p.m. | HUB Sideroom 202

Learn how to take control of your budget and financial goals in a session led by Members 1st Federal Credit Union. Get practical tips to reduce financial stress and improve your daily money habits. Register in [EngagedD](#).

FIDELITY INVESTMENTS CONSULTATIONS

Tuesday, April 21 | 9 - 10 a.m. & 2-5 p.m. HUB Sideroom 202

Fidelity's investment representatives offer individual counseling for financial planning and retirement. If you have questions or concerns regarding your Fidelity account, schedule an IN-PERSON appointment with Amy Martin, Workplace Financial Consultant. [Register here](#).

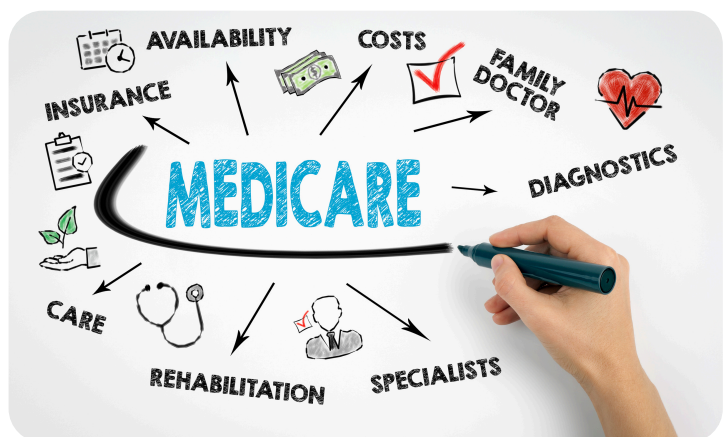


HTA ROADMAP TO MEDICARE WEBINAR

A Medicare Readiness Overview for Adults Nearing 65, Nearing Retirement, Working Past 65, and ALL Retirees.

Join us on **Tuesday, April 28, from noon to 1 p.m.**, for an informative session on how to get—and stay—Medicare Insurance ready. Learn important time frames, tips to ensure your coverage is complete, guidance regarding your personal situation, and more! [Register here](#).

Bring your questions—everyone is welcome! Feel free to share the registration link!



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

DICKINSON CLUB EVENTS

The Dickinson Club provides an opportunity for current and retired employees of Dickinson College to come together and **socialize at the Hartman House most Fridays** during the academic year **from 5 to 7 p.m.** over drinks and light fare. You can find membership information, event details, and how to have your department/group featured [here](#).

Mark your calendars for these great gatherings:

- **Friday, April 10: Mark Aldrich's famous Paella Dinner**
- **Friday, May 1 - The Departments of Tome, and quite possibly live music**
- **Friday, May 8 - Woodfired Pizza by the Dickinson Farm, plus live music by Agent 99**
- **Thursday, May 14 - Annual Champagne Toast End-of-the-Year Celebration**
Free to all employees & club members! Scheduled immediately after the last faculty meeting, around noon.



No Happy Hour gatherings on:

- *April 17 (Trout Gallery Opening)*
- *April 24 (Dickinson's "Pints with Profs" event)*

Professional Development & Wellness



COLLEGE PREP FOR PARENTS

RSVP in EnageD. Sessions will be held in the McCauley Room - Old West, from **noon to 1 p.m.** on **Tuesday, April 14** and **Thursday, April 23**.

This program will guide families through beginning the college search during high school, understanding application timelines, applying for early tuition grants, exploring available Financial Aid options, and reviewing Dickinson's three tuition programs.

Parents of high-school juniors and seniors who plan to attend college are encouraged to participate.



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**.

BEYOND THE SELF-CARE SCROLL: Alera Group's April Wellbeing Newsletter

HEALTH ADVOCATE WEBINAR

**Thriving Through Change: Thursday, April 16
10 a.m. & 4 p.m.**

Change in the workplace can be challenging, often bringing stress and uncertainty. This webinar explores the stages of change, common emotional reactions, and practical strategies to build resilience, stay balanced, and adapt more confidently—both at work and in everyday life.

BLOOD PRESSURE SCREENING

**Thursday, May 14 | Noon -1 p.m. | HUB
Sideroom 202**

This free Blood Pressure Screening is designed to help you stay informed and proactive about your well-being. High blood pressure is sometimes referred to as the silent killer, leading to serious health concerns if left unchecked. Stop by to know your numbers and learn more! ***No appointment needed!***

SPRING INTO FITNESS CHALLENGE OFFERINGS



Tai Chi Session | Wednesday, April 15 | Noon - 12:45 p.m. | HUB Dance Studio

Learn the basics of Tai Chi and Qi Gong, traditional Chinese health-promotion practices. Often viewed as 'meditation in motion,' Tai Chi instruction is grounded in science-based, evidence-supported exercises that address balance, mobility, strength, and energy along with mental focus and well-being. This class invites ALL levels of strength, confidence, and mobility. Every exercise is adaptable to individual participants' current ability. **RSVP in Engaged.**

Take a Break & Celebrate | Friday, April 24 | 11:30 a.m -1:00 p.m. on Morgan Field

RSVP in Engaged to join us for a
Mini Outdoor Break + Yard Games!

Step away from your desk and join us for a little fresh air, friendly competition, and plenty of laughs. We'll have corn hole, giant Jenga, and more! No skill required--just bring your best "ready to have fun" attitude to celebrate the end of the Spring Into Fitness Challenge. Come for a few minutes or stay the whole time. Let's recharge, relax, and enjoy some mid-day fun together! *Rain Date: May 8*



Reminder: Challenge participants must submit their reporting form(s) **no later than Friday, May 8.** Links can be found on the **Spring Into Fitness Challenge webpage.**



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

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

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

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.