



Vitality

Dickinson

HUMAN RESOURCE SERVICES

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National Wellness Month



August is National Wellness Month...a time to focus on **self-care**, stress management and developing healthy behaviors. Challenge yourself to create healthy habits all month long and enjoy the result of feeling better!

Be kind to yourself: Research indicates that **self-care** helps with stress management, while also positively influencing your mood. Whether you challenge yourself to try a new yoga pose, fitness activity or add *meatless Monday* to your meal planning --- these small changes impact your health in a multitude of positive ways.

Little steps add up! Try some of these simple ways to feel better through self-care:

- *Drink more water*
- *Add more fruits and vegetables to your meals*
- *Use a fitness device to monitor your sleep habits and make adjustments - turn off the TV sooner or stop viewing your phone before or while in bed*

- *Join a fitness class (virtual or in-person).*
- *Try meditation! This is a great way to reduce stress and increase your focus.*

These small changes can lead to a healthier lifestyle overall.

Sources:

<https://nationaldaycalendar.com/national-wellness-month-august¹/>

<https://www.everydayhealth.com/self-care/>

Mental Health Check

Recent announcements of celebrities or athletes making bold decisions to focus on their mental health raises awareness of how important mental health is for our ***overall wellness***.

Here are several resources available to employees for assistance:

Health Advocate

Health Advocate gives you access to Personal Health Advocates who will compassionately and confidentially get you the help and information you need, while guiding you to providers who specialize in depression, anxiety, neurological disorders, substance abuse and more.

How They Help:

- Clarify benefits and coverage; explain your share of the costs
- Find in-network doctors, psychologists, psychiatrists and other who specialize in the issues important to you
- Arrange appointments and transfer records
- Identify both inpatient and outpatient treatment, programs and other specialized facilities
- Address insurance issues, help obtain approvals for services
- Understand prescription coverage and answer questions about medications
- Coordinate second opinions and other aspects of your care

¹<https://nationaldaycalendar.com/national-wellness-month-august/>

- Locate clinical trials
- Find support groups and community resources

Are you at risk for depression? Click [here](#)² for a self-assessment.

Health Advocate is a service available for *all full-time employees, their spouses, dependents, parents and parents-in-law*. Complete information about the service is available at Health Advocate's website³.

Aetna⁴

If you receive Aetna health insurance benefits through Dickinson, they offer Mental Health Support and Services under Member Resources. Simply login to your Aetna member account and scroll down to Member Resources (located underneath your claims summary on the Welcome page). You can find support, healthy living tips, self-assessments, and more.

Aetna also partnered with **AbleTo**, which provides nationwide access to coaches and therapists by phone or video. To learn more about **AbleTo**, please scroll down to the *Get the Most Out of Your Benefits* section of this Sway.

²https://healthadvocate.com/mobile/downloads/communications-pdfs/eapmember/HA_1911022_ASSESSMENT.pdf

³<http://www.healthadvocate.com/>

⁴<https://www.aetna.com/individuals-families.html>

Employee Highlights





2 - John E. Jones III '77 P'11

Interim President

Welcoming Dickinson's Interim President

John E. Jones III '77 P'11 became interim president of Dickinson on July 1. He is slated to serve a two-year term. Jones previously served as chair of Dickinson's board of trustees and recently retired as chief judge of the U.S. Middle District Court of Pennsylvania, a position to which he was appointed by President George W. Bush and unanimously confirmed by the United States Senate in 2002.

Jones has presided over a number of high-profile cases, including the landmark case of *Kitzmiller v. Dover School District*, after which he held that it was unconstitutional to teach intelligent design within a public school science curriculum. He also resolved the matter of *Whitewood v. Wolf* by striking down as unconstitutional Pennsylvania's ban on same-sex marriage. Jones co-chaired Pennsylvania Governor-elect Tom Ridge's transition team and served as chair of the Pennsylvania Liquor Control Board.

Jones has received numerous accolades during his career. In 2006, *Time* Magazine named him as one of its *Time 100* most influential people in the world. He was the recipient of the first John Marshall Judicial Independence Award given by the Pennsylvania Bar Association. He also received the Geological Society of America's President's Medal and was inducted into the George Washington Spirit Society. An engaged alumnus and champion of the liberal arts, Jones was presented with an honorary doctorate in law and public policy from Dickinson College, where he also was recognized as one of the 25 most influential graduates in the college's history.

Born and raised in Schuylkill County, Pennsylvania, he is a graduate of Mercersburg Academy, Dickinson College and Penn State Dickinson Law. He and his wife Beth have two children, Meghan and John '11, and three grandchildren.



New Hires

May

Melanie Barber, *Institutional Effectiveness*

Adriana Calderon, *Dining Services*

June

Nikki Jackson, *Facilities Management*

Genesis Jardinico, *Forum on Education Abroad*

Audree Khalishah, *Organic Farm*

Robby Laughman, *User Services*

Tucker Love, *Public Safety*

Stephen Moul, *Financial Operations*

Lauren Strunk, *Wellness Center*

Kevin Walters, *Environmental Health Safety*

July

Sebastian Antezana Quiroga, *Spanish and Portuguese*

Tyler Bergsma, *Residence Life & Housing*

Eren Bilen, *Data Analytics*

Matthew Biwer, *Anthropology*

Naydia Bonner, *Office of Admissions*

Eleanor Conover, *Art and Art History*

Jason Cornman, *Facilities Management*

Aby Diop, *Athletics*

Jacquie Forbes, *Education*

Mike Holland, *Residence Life & Housing*

Amy Hudock, *Residence Life & Housing*

John Jones, *Office of the President*

Sydul Karim, *International Business & Management*

Paul Ko, *Economics*

Jed Kuhn, *American Studies*

Xiexin Liu, *Data Analytics*

Andrea Lopez, *Spanish and Portuguese*

Marika Plater, *History*

Alexandra Rush, *Psychology*

Ya Su, *Sociology*

Kendall Thompson, *Library Services*

Nancy Vreeland, *Facilities Management*



Retirements

We wish a fond farewell to the following as they transition to retirement:

June

James Ciarrocca, *Academic Technology*

Susie Cherchuck, *Financial Operations*

Dan Cozort, *Religion*

Tai Duong, *Dining Services*

Bonnie Lehman, *Office of Academic Affairs*

Ron Lehman, *Mail Center*

David Strand, *Political Science*

Helen Takacs, *International Business & Management*

July

Natalie Mello, *Forum on Education Abroad*

August

Sandy Baer, *Bookstore*

Glen Peterman, *Sponsored Research*

Margaret Stafford, *Financial Operations*

Employee Announcements



LGBTQ+ Staff Network



3 - Todd Nordgren⁵

Director of the Office of LGBTQ Services

The Office of LGBTQ Services is looking to establish an informal network of LGBTQ+ staff at Dickinson, which will provide a space for collaboration and camaraderie among those staff members who identify as LGBTQ+. We will gather throughout the academic year to offer each other support, to keep ourselves apprised of LGBTQ+ issues on and off campus, and to discuss topics of interest (such topics might include: mentoring LGBTQ+ students, getting involved in your community, expanding access and engagement on campus, and so on). We will eventually explore opportunities for professional development around issues specific to LGBTQ+ identifying people.

If you would like to be part of this informal working group, please contact Todd Nordgren, director of the Office of LGBTQ Services, at nordgret@dickinson.edu⁶. They hope to hold their first gathering in August in advance of the fall semester.



⁵<mailto:nordgret@dickinson.edu>

⁶<mailto:nordgret@dickinson.edu>

COVID-19 Vaccine

78% of staff and faculty have submitted evidence of their vaccination. If you have been vaccinated but haven't yet let us know, please take a moment today to upload your documentation here⁷. Employees can check on the status of their documentation in the Gateway by logging in and looking in the right column below the Application Launch Pad for the "COVID Vaccination Receipt." This is an employee-only view. If you have any questions or concerns, please contact hrservices@dickinson.edu⁸.

Fraudulent Unemployment Claims

Dickinson College, along with many other employers, has been targeted by false unemployment claims since the pandemic started. To be clear, Dickinson College has **not** had a data breach. We are all struggling with this new wave of crime. Criminals can obtain a stolen identity using a variety of techniques. There was a brief segment on ABC 27 News⁹ regarding an increase in claims and what to do if it happens to you.

How Can I protect Myself?

If you are a full-time employee, you have access to **ID Theft Restoration and Credit Monitoring**¹⁰ through our life insurance provider, **Reliance Standard**. If you suspect your personal information has been compromised, call **Reliance Standard** toll free at **1-855-246-7347**. They also have a service called **WalletArmor**[®], which protects the contents of your wallet and

⁷[https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-](https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-8_E_YKk71JhlaOLHGe6iFUM1k2UTY4VlhZWk1WWVFDNINZVDIKR0REWiQIQCN0PWcu)

[8_E_YKk71JhlaOLHGe6iFUM1k2UTY4VlhZWk1WWVFDNINZVDIKR0REWiQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-8_E_YKk71JhlaOLHGe6iFUM1k2UTY4VlhZWk1WWVFDNINZVDIKR0REWiQIQCN0PWcu)

⁸<mailto:hrservices@dickinson.edu>

⁹<https://www.abc27.com/investigators/increase-in-unemployment-fraud-in-pa-linked-to-identity-theft/>

¹⁰http://www.dickinson.edu/download/downloads/id/9639/reliance_standard_id_and_credit.pdf

important personal documents. You can enroll in this service at www.reliancestandard.com/walletarmor¹¹.

What Else Can I do?

Look out for suspicious activity:

- Receiving mail or email regarding unemployment insurance forms when you didn't request it
- Unauthorized bank or credit card transactions with unemployment benefits
- Fees involved in filing or qualifying for unemployment insurance
- Unsolicited inquiries related to unemployment benefits
- Fictitious websites and social media pages mimicking those of government agencies

Additional steps to prevent fraud:

- Be wary of telephone calls and text messages, letters, websites, or emails that ask for your personal information, such as birth dates or social security numbers.
- Do not open email attachments or click on embedded links from an unknown email address.
- Be aware of methods criminals are using to obtain personal information - social engineering; phishing attacks; and malicious code.

Immediately report unauthorized transactions to your financial institution(s) or credit card provider(s).

*Source: Corporate Cost Control Unemployment Fraud Guide*¹²

¹¹<https://www.reliancestandard.com/walletarmor/>

¹²https://www.corporatecostcontrol.com/wp-content/uploads/2021/05/21-0707_CCCFraudGuide.pdf



2021 United Way of Carlisle & Cumberland County

Pacesetter Campaign

Dickinson College is a *Pacesetter* for the United Way¹³ of Carlisle & Cumberland County's annual campaign¹⁴. Our campus campaign will begin mid-August and wrap up in mid-September—to help set the pace for the larger community's fall campaign. You will soon receive information to contribute via payroll deduction or directly to United Way of Carlisle & Cumberland Cumberland County.

¹³<http://carlisleunitedway.org/>

¹⁴<http://carlisleunitedway.org/campaign/>



Annual Benefits and Wellness Fair Prizes

Congratulations to the following employees whose names were drawn randomly as a result of their participation in the online Benefits and Wellness Fair held during the month of May:

- **Mariana Past**, *Spanish and Portuguese*: Basket of Lindt Chocolates, *courtesy of Alliance Financial/Jackie Powell*
- **Katie Schweighofer**, *Center for Sustainability Education*: 3-month membership to the Carlisle YMCA, *courtesy of the Carlisle YMCA*
- **Jacob Sider Jost**, *English*: *Unwinding Anxiety | New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind* by Judson Brewer MD, PhD *courtesy of Franco Psychological Associates*
- **David Kushner**, *Biology*: *Daring Greatly | How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* by Brené Brown *courtesy of Franco Psychological Associates*

*The annual Benefits and Wellness Fair¹⁵ is still available. **Go to Totara¹⁶ via the Gateway** to learn more about core benefit solutions or to find special discounts and promotional offerings with local vendors. **Search for key word: Benefits.***

¹⁵<https://totara.dickinson.edu/course/view.php?id=351>

¹⁶<https://totara.dickinson.edu/>

Get the Most Out of Your Benefits



Aetna 1:1 Consultations

- *Tuesday, August 31 | 10 a.m. - 2 p.m.*
- *Tuesday, September 21 | 9 a.m. - 1 p.m.*

Managing your money and making choices for your healthcare are challenges many of us face regularly. Take advantage of making an appointment to meet with our ***Aetna representative, Jean Enders***, to get your questions answered about claims, learning to read an EOB (Explanation of Benefits), or learn more about online resources available to help estimate costs or save money! Register in Totara¹⁷ to select your appointment for a 1:1 consultation. A phone number to contact our Aetna representative will be provided upon enrollment and sign-up for the session.

More appointment options are available via Totara¹⁸.

¹⁷<https://totara.dickinson.edu/course/view.php?id=60>

¹⁸<https://totara.dickinson.edu/course/view.php?id=60>



AbleTo

Aetna partnered with **AbleTo**, which offers low-cost mental health benefits for members who might be a good fit for one of their programs. If you received a call or flyer from **AbleTo**, they are offering to give you more information about their service and to see if you (or adult dependent(s)/spouse) would like to participate.

AbleTo is an eight-week program that lets you talk by phone or video with qualified providers twice a week, all from your home. You can get help with grief and loss, depression and anxiety, caregiver stress and more. *To get started, just call **AbleTo** at 1-844-330-3648 or visit **AbleTo.com/Aetna***¹⁹.

Goals you can reach

Studies show that AbleTo can help people feel better and get better. You can learn to:

- Get support managing health conditions and life changes
- Make the most of your recovery after a health event
- Manage stress and improve your mood
- Overcome problems that make it hard to change
- Engage more fully in things you love to do

¹⁹<https://member.ableto.com/aetna/>

- Set boundaries and manage your time
- Get back to work after a leave of absence
- Get better at talking with family and health care professionals

Source: Aetna²⁰

HealthAdvocateSM

Health Advocate is a service available for all 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. Click here²¹ for a quick overview. Health Advocate makes healthcare easier²²!

Complete information about the service is available at Health Advocate's website²³.



FREE Health Advocate webinars for employees!

As an increasing number of regions and industries begin transitioning back to the workplace, it is normal for both managers and employees to feel unsure of what this next step will look like. Recognizing potential challenges related to returning to work and preparing for the changes ahead can make it easier to manage uncertainty and expectations moving forward.

Health Advocate is hosting a **free webinars** to discuss effective methods to adapt to our changing environment and related stressors in the weeks and months ahead.

- **Thursday, August 5:** Back-To-School: Setting Our Families Up For Success²⁴

Registration Links: 10:15 am (ET)²⁵ | 4:15 pm (ET)²⁶

²⁰<https://secure.aetnabehavioralhealth.com/services/behavioral-health/ableto>

²¹https://www.dickinson.edu/download/downloads/id/12896/health_advocate_brochure_2021.pdf

²²https://www.dickinson.edu/download/downloads/id/12897/health_advocate_highlights_overview_2021.pdf

²³<http://www.healthadvocate.com/>

²⁴https://www.healthadvocate.com/emails/EAP/CoronavirusWebinar/BackToSchool_20210805.html

- **Thursday, August 12:** Back-To-School: Setting Our Families Up For Success

Registration Links: 10:15 am (ET)²⁷ | 4:15 pm (ET)²⁸



August TIAA Educational Webinars

Would you like to learn more about saving or retirement planning for the future? **TIAA offers free on-demand, online webinars on a variety of topics.** All employees are welcome to attend and can register at TIAA.org/webinars²⁹. *If you are not a TIAA account holder, you may register as a guest-user to view these webinars.*

- *Tuesday, August 17 at noon: **Money at Work 1: Foundations of Investing***
- *Tuesday, August 17 at 3 p.m.: **Life Income: Marketproof Your Retirement***
- *Wednesday, August 18 at noon: **Looking to Turn Your Retirement Savings into a Paycheck for Life?***
- *Wednesday, August 18 at 3 p.m.: **W2W Postcards from the Future: A woman's guide to saving and investing***
- *Thursday, August 19 at noon: **Social Security Strategies for Married Couples***
- *Thursday, August 19 at 3 p.m.: **Financial Housekeeping for Now and Later***

For more information about these webinars or to view previously offered webinars, go to: TIAA.org/webinars³⁰.



²⁵<http://cl.S7.exct.net/?qs=3d8f23ec093c9fff9034580053b8808e71cfac29466a2ff069efa7b84f46cba2cdda5a8c2df583239e21e20e309ea094>

²⁶<http://cl.S7.exct.net/?qs=3d8f23ec093c9fff963b7e426f8811eb2a860bc6a3d185cbc07c6f44afee4d087dff4f8215ef216526fbbf34c721696f>

²⁷<http://cl.S7.exct.net/?qs=3d8f23ec093c9ffa11f4f2636cd6075f70c3f8abc1464fd13804070bb8d7baabb79af0853d5e87edf11f3e0d082598c>

²⁸<http://cl.S7.exct.net/?qs=3d8f23ec093c9fff161486116c84dfbe3236064e48094d5038e827cb132bbe33793f6d2269114faa71dc344d83acddb8>

²⁹<http://www.tiaa.org/webinars>

³⁰<http://www.tiaa.org/webinars>

Fidelity Consultations

Fidelity's investment representatives offer individual counseling for financial planning and retirement. **If you have questions or concerns regarding your Fidelity account, please contact Daniel McCarthy, Retirement Planner / Personal and Workplace Investing, at daniel.mccarthy@fmr.com³¹ or call (603) 213-3523.**

Visit [Fidelity.com](https://www.fidelity.com)³² to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.



Roadmap to Medicare Educational Webinar

Tuesday, August 10, 2021 | noon to 1 p.m. EST

CLICK HERE TO REGISTER³³

Learn How to Get and Stay Medicare Insurance Ready

Join HTA Financial Services for a presentation & get your questions answered

Learn Important Timeframes:

- What you should be doing as a retiree or soon to be retiree
- Open Enrollment and Guaranteed Issue Periods, plus late penalties
- What happens when you and your spouse do not turn 65 at the same time
- When to enroll or defer Medicare Part B if not retiring at age 65
- Changing carriers—how & when

Make sure your coverage is complete:

³¹<mailto:daniel.mccarthy@fmr.com>

³²<https://www.fidelity.com/>

³³<https://link.edgepilot.com/s/7c58f353/3WHo7wsRFkWdZNyS-ZYM-g?u=https://attendee.gotowebinar.com/rt/8579951440140350221>

- What does Medicare cover and not cover
- Is secondary insurance necessary and what are the options
- How do a Medicare Supplement and Original Medicare coordinate

Guidance regarding your personal situation and much more...Bring your questions... this is a great opportunity to gather helpful information. All are welcome — Please bring a friend!

This is an educational presentation for consumers—no cost to attendees

Note: The Webinar will be in listen only mode and the participant will need to use their computer and computer audio to watch and listen. No call in number will be provided.

HTA Financial Services is dedicated to offering services and educational programs about Medicare and Long Term Care Planning with a mission to alleviate confusion around these two topics. Although anyone can attend these programs, the information is focused on those *nearing age 65, working past age 65, nearing retirement, or retired.*



RetireWise - Fall Semester 2021

Presented by MetLife

Thursdays - September 16, 23, 30 and October 7 | 6-7 p.m.

RetireWise is a 4-part workshop series that offers a helpful, go-to resource guide with optional 1:1 consultation. Register now³⁴ for this 4-part virtual series:

- Session 1: Building the Foundation
- Session 2: Creating & Managing Wealth
- Session 3: Establishing Your Retirement Income Stream
- Session 4: Making the Most of What You Have

Participants will have access to the **RetireWise** workbook and exercise book which will be available via download in Totara³⁵.

For more information, please email devwell@dickinson.edu³⁶.

³⁴<https://totara.dickinson.edu/course/view.php?id=368>

³⁵<https://totara.dickinson.edu/course/view.php?id=368>



MetLife Auto and Homeowner's insurance is transitioning to Farmers Group Select. More information about this rebranding will be available in mid-August.



Do you have questions about Medicare? *Get the answers and personal guidance you need for yourself, a family member, or a friend* — FREE with *Medicare Transition Services*.

³⁶<mailto:devwell@dickinson.edu>

Dickinson College is partnering with Medicare Transition Services³⁷ to help guide you through the various parts of Medicare. This **free** resource is available for you or your loved ones and includes:

- *Easy to understand videos and guides about Medicare*
- *Personal guidance from a licensed agent to help at every step of the way*
- *A detailed overview of your coverage options*
- *Help reviewing your plans and selections*

Whether you plan to keep working or not, we'll help you understand your Medicare options and next steps.

View the Medicare Transitions Services Guidebook³⁸ to learn more, or the Medicare Transitions website³⁹ for more details.

Call their toll-free Medicare help line today:

1-833-650-0414 (TTY: 711) | 9:00 a.m. to 6:00 p.m. EST | Monday – Friday.

Visit them online: www.MedicareTransitionServices.com⁴⁰

³⁷https://www.dickinson.edu/homepage/1496/medicare_transition_services

³⁸https://www.dickinson.edu/download/downloads/id/12871/medicare_transition_services_guidebook.pdf

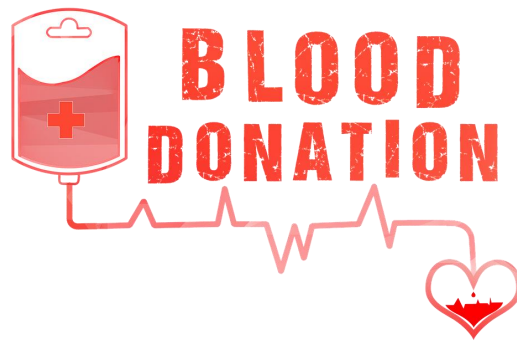
³⁹<https://www.medicaretransitionservices.com/>

⁴⁰<https://www.MedicareTransitionServices.com>

Community | For the Greater Good



Community Blood Drives



Central Pennsylvania Blood Bank

Click on the links below to see a listing of area blood drives during the month of August.

- **Cumberland County Blood Drives**
- **Dauphin County Blood Drives⁴¹**
- **Franklin County Blood Drives ⁴²**
- **Perry County Blood Drives⁴³**
- **Lewistown Church⁴⁴**

⁴¹https://www.dickinson.edu/download/downloads/id/12738/central_pennsylvania_blood_bank_dauphin_county_blood_drives.pdf

⁴²https://www.dickinson.edu/download/downloads/id/12735/central_pennsylvania_blood_bank_franklin_county_blood_drives.pdf

⁴³https://www.dickinson.edu/download/downloads/id/12734/central_pennsylvania_blood_bank_perry_county_blood_drives.pdf

⁴⁴https://www.dickinson.edu/download/downloads/id/12736/central_pennsylvania_blood_bank_lewistown_alliance_church.pdf

Join DVSCP at JoJo's Pizza & Pasta

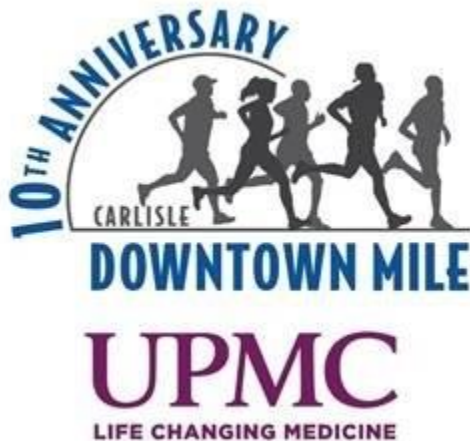


Tuesday, August 10 | starting at 4:00 p.m. | JoJo's Pizza

Domestic Violence Services of Cumberland and Perry Counties (DVSCP) is having an evening out (or in) with JoJo's Pizza locations in Mechanicsburg. If you dine at JoJo's Pizza & Pasta on Tuesday, August 10, at either location - *107 W. Main Street or 2210 Aspen Drive in Mechanicsburg* - **any time after 4 pm**, DVSCP will receive a portion of the proceeds!

They will have a table at the W. Main Street location and there will be a raffle for a chance to win a 'Wine and Dine' gift basket from DVSCP. Just for showing up, you'll be entered into a door prize raffle (no purchase necessary)!

If you are planning to dine-in, call ahead to reserve your seat at 717-766-8292 or 717-766-4126. Take-out counts, too!



Thursday, August 12

6-7 p.m.

Starting Point: Subway Car Wash

The Carlisle Downtown Mile is a fundraiser for Employment Skills Center that provides adult education and training. All of our programs and classes are offered without charge. Those programs range from basic literacy skills; to course work, tutoring, and testing for the high school equivalency diploma; to work force development including nurse aide training, fork lift training and success academy. Click [HERE⁴⁵](#) for more information and to register!

Real-time and Virtual race options available for 2021, so gather family, friends, coworkers, or neighbors, near and far — runners or walkers — for the Team Challenge or to participate individually. All skill levels can participate in the event and support Employment Skills Center, a local nonprofit that helps adults achieve personal growth and job betterment through education and training.

Members 1st Team Challenge Divisions:

- Corporate/Businesses – restaurants, retail stores, manufacturing, etc.
- Education – teachers, administrators, support personnel, students, etc.
- Healthcare – physician practices, hospitals, health insurers, rehab, long term care providers, etc.
- Non-Profit/Government – United Way agencies, churches, service organizations, local government employees, etc.
- Serve & Protect – police, military, emergency services, etc.

Team Awards

- Beer Growlers to top 3 teams and medals to team division winners

⁴⁵<https://runsignup.com/Race/PA/Carlisle/CarlisleDowntownMile>

- Best Team Costume Award – custom made race mugs from Carlisle Arts & Learning Center

Vitro Beer Garden – Café Bruges, Desperate Times Brewery, Grand Illusion, The Winery at the Long Shot Farm, Market Cross Pub & Brewery, North Hanover Grille

Carlisle Construction Materials Kid's Alley – Games and activities with Midway Bowling's wonderful pretzels

Post-Race Awards Ceremony with raffle prizes!

Special Note for Nonprofits: If your nonprofit serves individuals who would enjoy participating in the Carlisle Downtown Mile, we can assist with the registration fee as needed. Contact Art Kunst for additional info at akunst@employmentskillscenter.org⁴⁶ or call 717-243-6040 x 4430.

American Heart Association | HeartWalk 2021

Join us and walk with TEAM Dickinson!



Sunday, September 19, 2021

Live Registration & Check-in: 12:30 p.m.

Walk Begins: 2 p.m.

City Island | 25 Station Road, Harrisburg PA

⁴⁶<mailto:akunst@employmentskillscenter.org>

Join Team Dickinson at:

<http://www2.heart.org/goto/TeamDickinson2021>

Join members of Team Dickinson at the annual HeartWalk scheduled for Sunday, September 19 on City Island in Harrisburg. Stretch your legs and get some fresh air on this fall afternoon with your family, friends and colleagues. *Participating in this event is free.* Walkers who decide to do a little FUNdraising will receive a t-shirt for raising \$100 or more to support the American Heart Association. For more information, please visit the website listed above, and/or send an email to diamondj@dickinson.edu⁴⁷ - or call 717-254-8084.

Smoke and Tobacco-Free Campus Forum



September 22, 2021 | 11 a.m. – 1 p.m. | Webinar

Join the American Lung Association in Pennsylvania's Smoke and Tobacco-Free Campus Forum to learn how you can promote healthier, tobacco-free lifestyles on campus. This virtual event is designed for college and university administrators, faculty, staff, policy advocates, and students. Topics will include Implementation of Tobacco-Free Campus Policy, Success stories and Tobacco and Vape quit resources. Register for this webinar by clicking here⁴⁸.

⁴⁷<mailto:diamondj@dickinson.edu>

⁴⁸https://teams.microsoft.com/join/ksbAgTjUaU6Q88DyYlpOxw,MtnehIo4EEiGtG7E9D7efA,UmjYSPxYA0KcC U8DF7mrsQ,9BvpyspKTUCiFeXu2NgaRQ,711yhQc_Q0mv3FQWeqcc6Q,DEr7c7vbAk2OOSCMeaTzZw?mode=read&tenantId=81c0c692-d438-4e69-90f3-c0f2c88a4ec7



United Way of Carlisle & Cumberland County

2021 Day of Caring

Friday, October 15, 2021 | 8:30 a.m. to noon

Opening ceremony at Allison Hall - 8 a.m.

The morning will start at 8 a.m. with a kickoff at Dickinson College's Allison Hall located at 99 Mooreland Avenue, Carlisle. During this time, volunteers can meet with their groups and collect their LIVE UNITED Day of Caring T-shirt. Projects will run from 8:30 a.m.-noon.

Are you looking to volunteer? Sign up here⁴⁹ by or BEFORE Friday, September 17!

⁴⁹<https://totara.dickinson.edu/course/view.php?id=59>

The morning of Day of Caring, volunteers will head straight to their volunteer project sites.
Volunteer projects will run from 8:30 a.m.-12 p.m.

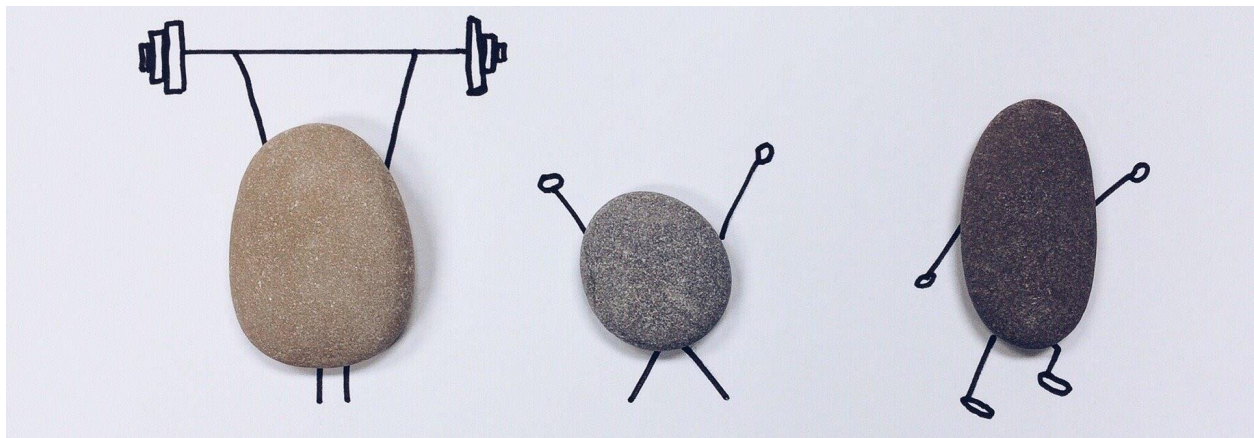
Day of Caring is an opportunity for people to donate a morning to help local non-profit organizations complete needed work projects and to learn more about the needs of human service organizations in the greater Carlisle area.

Register within Totara⁵⁰ to let us know of your intent to participate. Jason Maddux⁵¹ – community impact director, United Way of Carlisle and Cumberland County – will receive a list of volunteers and make the volunteer assignments. You can also sign up directly with United Way today for yourself, a group, or family at <https://uwcarlisle.org/day-of-caring/>⁵².

*Reminder of Community Service Benefit: All employees must first receive approval from their supervisors before registering for the event. All exempt and nonexempt employees will be allowed to volunteer for up to eight (8) hours of paid time from July 1 to June 30. **To indicate your interest in this community volunteer opportunity, please register for this program prior to Friday, September 17.***

For specific questions about the Day of Caring, please contact Jason Maddux: Call 717-243-4805 or email Jason@uwcarlisle.org⁵³.

Wellness



⁵⁰<https://totara.dickinson.edu/course/view.php?id=59>

⁵¹<mailto:Jason@uwcarlisle.org>

⁵²<https://carlisleunitedway.org/day-of-caring/>

⁵³<mailto:Jessica@uwcarlisle.org>



Spring Into Fitness Challenge 2021⁵⁴ ended on Saturday, May 1 with **80 participants** reporting **130,935 cumulative exercise minutes**, converted to **8729 virtual miles**. 15 mini-teams competed for the weekly mini-team challenges. The ***Golden Sneaker Trophy*** travels to ***Academic Affairs*** as the divisional challenge winner for 2021! Other prizes for challenge winners were delivered via interoffice mail or USPS mail to individuals. View a brief, fun PowerPoint summary⁵⁵ for the following outcomes!

Weekly Mini-Team Challenge Results:

- **Week 1 Nutrition & Most Creative Mini-Team Name: Watch Our Dust**
- **Week 2 Water & Fitness: The FunRaisers**
- **Week 3 Socialization & Fitness: September Sisters**
- **Week 4 Sleep & Fitness: Watch Our Dust**
- **Week 5 Fitness & Variety: Waffles, Friends & Work(Out)**
- **Week 6 Mini Team with Highest Average Cumulative Minutes: September Sisters**

FizikaFlex Mini-Team Winner: *Simply Smashing Six*

FizikaFlex FitBit Prize Winner: *Georgina Robinson, Library*

Special Recognition for Individuals

⁵⁴https://www.dickinson.edu/info/20314/professional_development_and_wellness/2927/spring_into_fitness_challenge

⁵⁵https://www.dickinson.edu/download/downloads/id/12846/2021_spring_into_fitness_challenge_outcomes.ppsx

- **Highest Cumulative Exercise Minutes:** *Julie Vastine, ALLARM* | 5435 cumulative minutes

Highest Cumulative Total Steps:

- ***Student:*** Sadie Fowler, class of 2022 | 1,455,760 steps
- ***Employee:*** Michelle Spencer, Human Resource Services | 863,705 steps
- ***10,000 Steps a Day Challenge Winner:*** Charisse Niles, Admissions | UPMC Wellness Basket
- ***Marathon-in-a-Month Winner:*** Rob Beckelheimer, Individual Giving | Appalachian Running Company Gift Card
- ***Most Spirited and Motivated Challenge Participant:*** Bonnie Lehman, Academic Affairs

Many thanks to all who participated in the 2021 Spring Into Fitness Challenge!

Special thanks to the following:

- Martha Harris '77, **Fizikaflex**
- Brian Cardin, **Appalachian Running Company**
- Susan Dworsak, **UPMC**



Crochet Your Way - Through December 2021

Instructor: Miriam McMechen

Alternating Mondays | noon-1 p.m. | TEAMS meeting online

The art of textile design and personal creations takes a variety of forms. One of the most loved handiwork arts allows for expression through yarn or other fibers to create items like cuddly afghans, warm scarves and ornate lace doilies. Hands-on crafting is an outlet for your creativity and also helps reduce your stress while producing some beautiful pieces. Learn how to get started in this medium by joining this noon-hour session presented by Miriam McMechen via TEAMS! Sign-up⁵⁶ to access the TEAMS meeting link!

Want to connect more outside of these virtual/live sessions? Join the DIG-IT group - Creative Fibers in TEAMS⁵⁷!



Green Pineapple Power Smoothie

⁵⁶<https://totara.dickinson.edu/course/view.php?id=380>

⁵⁷<https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

Prep time: 10 minutes

Cook time: 0 minutes

Total time: 10 minutes

Number of Servings: 4

Ingredients

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- 2 cups crushed ice

Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Puree until completely smooth.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Notes:

- For a thicker smoothie, use frozen fruit or vegetables instead of ice.
- Use any type of juice, even juice from canned pineapple.

Find more delicious recipes from FoodHero.org

Source: MedlinePlus⁵⁸

⁵⁸https://medlineplus.gov/recipes/green-pineapple-power-smoothie/?utm_source=newsletter&utm_campaign=jun30

Professional Development



Book Discussion groups are a great way to expand your mind, discover new topics of interest and explore the world through the art of conversation. If you are interested in joining an informal Book Discussion group, simply click the TEAMS link and join us! TEAMS Book Discussions⁵⁹ is a TEAMS group where books are determined by the membership, and discussions will be scheduled based on participants availability. Send an email to devwell@dickinson.edu⁶⁰ for more information or any questions!

⁵⁹<https://teams.microsoft.com/l/team/19%3a27de690cacf14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

⁶⁰<mailto:devwell@dickinson.edu>

Contact Us



Physical Wellness Program Incentive Prize Winners

Congratulations to **Kim Flinchbaugh** (*The Clarke Forum*), **Andrew Calnon** (*Alumni Relations*) and **Kim Morgan** (*Individual Giving*) for being the Physical Wellness incentive prize winners for the months of May, June, and July for their fitness participation in the months of April, May and June respectively. 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-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.edu⁶¹ 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

⁶¹<mailto:devwell@dickinson.edu>

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 Gateway⁶² 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 policy⁶³ 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 Guide⁶⁴

Dickinson Download⁶⁵

Dickinson/Biking⁶⁶

Dickinson/College Farm⁶⁷

⁶²<https://gateway.dickinson.edu/>

⁶³http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁶⁴http://www.dickinson.edu/info/20043/about/1562/dickinson_how_to_guide

⁶⁵http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download

⁶⁶<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

Dickinson/Sustainability⁶⁸

Trout Gallery⁶⁹

Theatre & Dance⁷⁰

Campus Announcements⁷¹

Campus Events Calendar⁷²



4 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁷³

Human Resource Services Website⁷⁴

⁶⁷<http://www.dickinson.edu/collegefarm>

⁶⁸<http://www.dickinson.edu/sustainability>

⁶⁹<http://www.troutgallery.org/>

⁷⁰<https://www.dickinson.edu/theatreanddance>

⁷¹<https://www.dickinson.edu/announcements>

⁷²<http://www.dickinson.edu/events>

⁷³<mailto:devwell@dickinson.edu>

⁷⁴https://www.dickinson.edu/homepage/122/human_resource_services