

# Vitality

A Human Resource Services Publication

DICKINSON COLLEGE

AUGUST 2014/Volume IX, Issue 1



## REMINDER SUMMER PICNIC

Friday, August 8 | 4:30 p.m.–Dusk  
North Middleton Park Picnic Pavilions

1701 Waggoners Gap Rd.  
Carlisle, PA 17013

Food, Fun & Games for All!



United Way of Carlisle  
& Cumberland County

## Dickinson's 2014 United Way Pacesetter's Campaign

*Dickinson College has been invited to participate as a Pacesetter in the 2014 United Way campaign. Pacesetters are leading organizations in the community that commit to holding their campaign early, setting the pace for the larger community's fall campaign. The college's early campaign kick-off will begin on Monday, August 18 and continue through Friday, September 5, with some exciting pre-campaign activities planned for the college's Summer Picnic on Friday, August 8.*



## Holistic Health Incentive Challenge (HHIP)

The HHIP Challenge for 2013-2014 closed on June 30, 2014 with **330 staff (34.6%)** completing the first step of the two-step challenge—the Biometric Screening. Additionally, **278 (29.1%)** staff have also completed the online health risk assessment (HRA) survey, which is the second part of the challenge. **275 (28.8%)** staff earned a \$100 Visa gift card reward! Many employees continued to participate beyond

the first two steps of the Challenge, earning an additional \$50 (3) or \$100 (34) Visa gift card. Congratulations to all employees who participated in the 2013-2014 Challenge. *We thank you for being good stewards of your own health and wellness.* Details of the 2014-2015 HHIP Challenge will be announced during the month of September and throughout the fall! For those who would like to get an early start for the new challenge, registration is now open for biometric screenings via CLIQ through the [Gateway](#).

## Fit-Friendly Workplace—American Heart Association Gold-Level Designation!



American  
Heart  
Association®

life is why™

The American Heart Association (AHA) has recognized Dickinson as a gold-level Fit-Friendly Worksite, a national honor that acknowledges the college's commitment to encouraging and supporting physical activity, healthy eating and a wellness culture on campus. The AHA highlights employers who show progressive leadership and concern for their employees on its annual Fit-Friendly Worksites honor roll and offers resources to further assist honorees in promoting employee health and wellness. Dickinson was recognized along with Fortune 500 companies such as Boeing and Johnson & Johnson, nationally recognized health-care providers such as Massachusetts General Hospital and major research universities such as the University of Pennsylvania. For the full-story, please visit: [www.dickinson.edu/news/article/1169/fit\\_friendly](http://www.dickinson.edu/news/article/1169/fit_friendly)

## New Medical Insurance Cards from HealthAmerica

HealthAmerica issued new medical insurance cards in July that have the new office visit copays effective July 1, 2014. Additional cards can be requested by contacting HealthAmerica at 1-800-252-5742 or logging into My Online Services at [www.healthamerica.cvty.com](http://www.healthamerica.cvty.com).



## Pennsylvania's Legalization of Same-Sex Marriage and Dickinson's Same-Sex Domestic Partner Benefits

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As you know, on May 20, 2014, U.S. District Court Judge John Jones '77, P'11 struck down Pennsylvania's 1996 Defense of Marriage Act (DOMA) as unconstitutional, thereby legalizing same-sex marriage, requiring the Commonwealth to recognize same-sex marriages from other states, and ushering in statewide marriage equality for same-sex couples. Pennsylvania is now among 20 states in the United States that recognize same-sex marriages, and within a day of Judge Jones' opinion, counties across the Commonwealth began issuing marriage licenses to same-sex couples.

For over a decade, Dickinson College has offered same-sex domestic partner (SSDP) benefits to its gay and lesbian

employees living in committed relationships because they were denied the right to marry under the now defunct Pennsylvania DOMA. In light of Judge Jones' historic ruling, however, same-sex partners can marry and share benefits on equal footing with any other married employees. Consequently, Dickinson will be phasing out SSDP benefits as of July 1, 2015.

After that date, benefits will be extended solely to married partners of Dickinson employees. We are letting the community know now to provide time for same-sex partners to decide if they wish to marry and make appropriate arrangements before the SSDP benefits are discontinued. Please contact Human Resource Services if you have any questions.





## New Hires for June and July

**Bill Adams**, *Facilities Management*  
**Sagar Agrawal**, *Residence Life & Housing*  
**Shamma Alam**, *International Studies*  
**Anthony Barnum**, *Sociology*  
**Tammy Becker**, *Office of the President*  
**Heather Bedi**, *Environmental Studies*  
**Patrick Belk**, *Library Services*  
**Samantha Bise**, *Library Services*  
**Edvan Brito**, *Spanish and Portuguese*  
**Kimyetta Bryant**, *Facilities Management*  
**Caitlin Cluck**, *Religious Life & Community Service*  
**Rebekah Collins**, *English*  
**Erin Crawley-Woods**, *Theatre and Dance*  
**Jeffrey-Joseph Engelhardt**, *Philosophy*  
**Scott Farrington**, *Classical Studies*  
**Heather Flaherty**, *Trout Gallery*  
**Holley Friedlander**, *Mathematics and Computer Science*  
**Jason Gavenonis**, *Chemistry*  
**Stephanie Gulden**, *Center for Global Study & Engagement*  
**Noriaki Hoshino**, *History*  
**Stephanie Hostetler**, *Facilities Management*  
**Kathryn Kalafut**, *Psychology*  
**Gregory Kaliss**, *American Studies*  
**Isaac Lopp**, *User Services*  
**Dennette Moul**, *Human Resource Services*  
**Robert Musgrave**, *International Studies and Political Science*  
**Edward Muston**, *German*  
**Cassio de Oliveira**, *Russian*  
**Kathryn Oliviero**, *Women's and Gender Studies*  
**Folasade Osibodu**, *Facilities Management*  
**David Reed**, *Physics and Astronomy*  
**Michelle Rhone**, *Facilities Management*  
**Antonio Rivas Bonillo**, *Spanish and Portuguese*  
**James Ryan**, *Theatre and Dance*  
**Christopher Sachvie**, *Athletics*  
**Donald Sailer**, *Library Services*  
**Brandon Smith**, *Residence Life & Housing*  
**Jessee Vasold**, *Student Leadership & Campus Engagement*  
**Jennifer Whitcomb**, *Dining Services*

## Retirement Planning Sessions



### TIAA-CREF Individual Counseling Sessions

A TIAA-CREF representative will be on-campus during the month of September on:

➤ **Wednesday, September 17** | HUB side room 201

To schedule a personal meeting with TIAA-CREF, please visit [www.tiaa-cref.org/moc](http://www.tiaa-cref.org/moc) or call 1-800-842-2010. Appointments may be scheduled with TIAA-CREF between 9 a.m.–5 p.m. on the dates listed above.



### Fidelity Individual Counseling Sessions

A Fidelity representative will be available during the months of August and September on:

➤ **Wednesday, August 6** | HUB side room 206  
➤ **Monday, September 22** | HUB side room 204

To schedule a personal meeting with Fidelity, please visit [www.fidelity.com/atwork/reservations](http://www.fidelity.com/atwork/reservations) or call 1-800-642-7131 with your preferred time. Appointments may be scheduled on the date listed above between 9 a.m. –5 p.m.

# Special Discounts and Promotions for Dickinsonians!

## Harrisburg Senators Baseball Games – Dickinson Days 2014!



**Sunday, August 10**  
**Game time: 2 p.m.**

Enjoy a summer afternoon with friends and family at City Island/Metro Bank Park in Harrisburg! Discounted **box-seat tickets** are available to Dickinson employees and their families by visiting the Harrisburg Senators Web site links below, or by sending in your ticket order via e-mail ([jkauffman@senatorsbaseball.com](mailto:jkauffman@senatorsbaseball.com)), fax (717-231-4445) or mail to the following address along with the [special discount ticket order form](#):

**Dickinson College**  
Jess Kauffman, Senior Account Executive  
Harrisburg Senators Baseball  
P.O. Box 15757  
Harrisburg, PA 17105

### Online Ticket Purchase Instructions:

<https://www.ticketreturn.com/prod2/Buy.asp?EventID=98810>

Promotional Code for Online Ticket Purchases: DC2014

- Click on the box that says “Special Offer Code”
- Enter the Promo code (**DC2014**) in **ALL CAPS** (the text field is case sensitive) and click submit.
- Click the blue plus sign next to **Box** for the seat choice options through the Dickinson College ticket drop-down box: **Dickinson College \$7 Box Seat or Web Box \$11**
- Choose the quantity of seats you want, *then Click Continue*
- Select your seat locations in the **special Dickinson College area in section 203**, or select other seats if desired, then follow the on-screen instructions to complete your ticket purchase order.



## Dickinson Community Blood Drive

Facilitated by Central Pennsylvania Blood Bank

**Monday, September 1**

**HUB Social Hall | 10 a.m.–5 p.m.**

Central Pennsylvania Blood Bank is a community-based, not-for-profit, blood program committed to providing for and being responsive to the blood-supply needs for the local community. Please consider donating blood to support and share life within your community blood bank. For more questions of more information about Central Pennsylvania Blood Bank, please visit [www.cpbpb.org](http://www.cpbpb.org) or call 1-800-771-0059.

### Free Movie Viewing: Escape Fire

**Wednesday, September 1**

**The Bosler Library**

**158 West High Street, Carlisle**

**6:30–8:30 p.m.**



*Escape Fire* focuses on the future of healthcare and wellness, winning numerous awards at various film festivals as a documentary

relating to social consciousness, human rights and social issues. It is thought-provoking, eye-opening and inspires critical thinking on the status of our healthcare and lifestyles today. (*HHIP: Intellectual Wellness*)



# Professional Development & Wellness Events

For detailed information about any of these programs, go to the Events Registration System in the CLIQ application via the employee Gateway (<http://gateway.dickinson.edu>), e-mail us at [devwell@dickinson.edu](mailto:devwell@dickinson.edu), or call ext. 1503.

## Preventing Workplace Harassment

*Presented by Dana Scaduto & Steve Riccio*

**Tuesday, August 19**

**NON-SUPERVISORS**

**Althouse 106 | 11 a.m.–Noon**

**FACULTY & SUPERVISORS**

**Althouse 106 | 2:30–4 p.m.**

Dickinson College is committed to providing a supportive working environment for all employees. As part of this effort, we have revised our training approach to further increase the awareness of workplace harassment at the college. Our training requirements have been modified to reflect our obligation to provide a hostile-free work environment for all Dickinson employees and students. As of February 2012, all employees of the college must complete the Preventing Workplace Harassment training program each year. *(HHIP: Intellectual Wellness)*

## Inside Dickinson: Center for Sustainability and The College Farm

*Presented by Lindsey Lyons and Jennifer Halpin*

**Friday, September 5**

**HUB | Noon–1 p.m.**

**\*Saturday, September 6—optional Bike Ride to the Farm**

Come "Inside Dickinson" and learn about the sustainability programs that matter most to the Dickinson Community. On Friday, September 5 bring your lunch and join the Center for Sustainability Education and the College Farm in the HUB as we share ways in which Dickinson employees can both benefit from and participate in our programs to make their lives on and off campus more sustainable. Then get "Outside" on Saturday, September 6 by joining us for the "Bike to Farm Frolics Ride", a 1 p.m. bike ride (7 miles) to the College Farm for a day of comradery, music and fun at Farm Frolics. Learn how to make sustainability as important to you personally as it is to Dickinson. *(HHIP: Intellectual Wellness)*

**NOTE:** To register for the optional Saturday, September 6 "Bike to Farm Frolics Ride," please send an e-mail to: [sustainability@dickinson.edu](mailto:sustainability@dickinson.edu)

## NEW! Preparing for a Role in Supervision | Employment Regulatory Basics

*Presented by Dennette Moul, Organizational Development & Training Specialist*

**Thursday, September 11**

**Stern Center, room 102 | 9–11 a.m.**

This is the first workshop in the interactive series designed for employees looking to prepare for a future in management. The series will cover fundamental skills that all individuals need to know before making that leap into management. The program will be comprised of four (4) modules, each a hands-on, instructional workshop focused on relevant topics in the supervising of employees. Topics that will be offered within the program will include:

- **Employment Regulatory Basics—**  
*Thursday, September 11*
- **Intrinsic Drivers—**  
*Thursday, November 13*
- **Supervisory Techniques—**  
*Thursday, January 8*
- **Coaching for Performance—**  
*Thursday, March 12*

## Emergency Preparedness Tabletop Exercise

*Presented by B.J. Shoemaker, Director of Environmental Health and Safety*

**Thursday, September 18**

**Stern Center, room 102**

**Noon–1:15 p.m.**

This tabletop discussion is designed for all members of our campus community and explores probable on-campus emergencies and possible responses from all areas on campus. Presented scenarios provide the framework for an interactive discussion designed to strengthen the college's timely and appropriate response to any emergency situation.

## Free Blood Pressure Screenings

*Bonnie Berk, MS, RN, HNB-BC, ERYT*

**SPRING SESSION DATES:**

**Mondays, August 18**

**Mary Dickinson Room, HUB**

**Noon–1 p.m.**

No registration required—Walk-ins welcome and expected! *(HHIP: Physical Wellness/Preventive Health Screens)*

## Weight Watchers—FREE Open House Session Wednesday, August 20

*Meeting Leader: Amy Tuckey*

**FALL SEMESTER 13-WEEK SESSION:**

**Wednesdays, August 27**

**through November 19**

**HUB side rooms 205-206 | Noon–1 p.m.**

Please attend the free, open-house session on Wednesday, August 20 to find out about the very successful Weight Watchers program! Weight Watchers program incorporates the best and the latest in nutritional science and research. It has been rigorously tested and reflects more than a decade of innovation that will now be presented to members as the best weight loss program possible to help motivate people to eat more healthfully and help them succeed at losing weight. The program provides the inspiration and tools needed to succeed in your journey to health and wellness. Registration is available through the CLIQ in the [Gateway](#) for the open house and the fall session!

**13-WEEK PROGRAM FEE:** \$156.00.

Payment accepted by credit card or cash/check at first meeting or via payroll deduction upon request. If you are interested in joining but are unable to attend the open house or the first meeting, please let us know via e-mail to [devwell@dickinson.edu](mailto:devwell@dickinson.edu). *(HHIP: Nutrition/Weight Management)*



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## Walking Meditation Labyrinth

Open hours for the campus community

**Wednesday, September 3**

**HUB Social Hall | 10 a.m. – 8 p.m.**

**Walk at your leisure...**

The benefits of walking meditation and meditation generally include stress reduction, the development of awareness as well as mindfulness with the normal action of walking. This may lead to feeling of greater fulfillment and a better understanding of life. This free wellness activity is offered the first Wednesday of each month in the HUB Social Hall.

*(HHIP: Emotional Wellness)*



## Heart Health Information Session

Presented by Dr. Lenke Erki,  
Holy Spirit Health System

**Thursday, September 4**

**HUB Social Hall West | Noon–1 p.m.**

Heart disease is the leading cause of death among Americans. A healthy diet and lifestyle are the keys to reducing your risk factors for cardiovascular disease. Learn ways to reduce your risk for heart disease and CAD. Coronary artery disease (CAD) is the most common type of heart disease. CAD happens when the arteries that supply blood to heart muscle become hardened and narrowed. This is due to the buildup of cholesterol and other material, called plaque, on their inner walls. Want to learn more? Plan to attend this noon time informational session.

*(HHIP: Physical Wellness)*

## Balancing Life, Balancing Work

Presented by Melanie Jones MS, LPC,  
NCC, Franco Psychological Associates, P.C.

**Thursday, September 11**

**Stern Center, room 102 | Noon–1 p.m.**

What does a “Balanced Life” look like? How does meaningful work fit into that balance? How can we keep family well-balanced as well? This session will explore whole-life wellness, stress and eustress, and the role of health, relationships, spirituality, and personal boundaries in maintaining balance. We will learn to recognize the signs of chronic stress syndrome, burn out, and other “imbalance” maladies, and places to go for help in restoring balance. Take stock of your wellness strengths and needs. Practice a “rebalancing” moment and learn how to incorporate these into your day. *(HHIP: Emotional Wellness)*

## Free Biometric Screening

Administered by Holy Spirit Hospital

**Thursday, September 18**

**HUB side rooms 201–203 | 7:30–9:30 a.m.**

The Biometric Screening provides a snapshot of your health looking at your total cholesterol, glucose, blood pressure, height, weight, waist circumference and body mass index (BMI). It 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 register for this free health screening. *(HHIP: Physical Wellness)*

## FREE Exercise Programs!

### Zumba

Certified Instructors from the Office of  
Intramural & Recreation

**HUB Dance Studio**

**FALL SEMESTER SESSION OPTIONS\*:**

**SUNDAYS FROM 1–2 P.M.:**

**September 7 – October 12 and  
October 26 – December 7**

**MONDAYS FROM 5:15–6:15 P.M.:**

**August 25 – October 14 and  
October 27 – December 15**

**WEDNESDAYS\* FROM 5–6 P.M.:**

**September 3 – October 15 and  
October 22 – December 10**

**THURSDAYS\* FROM 5–6 P.M.:**

**September 4–December 11**

\*No sessions on November 26 or November 27 due to Thanksgiving Holiday Closure.

Ditch the workout, join the party. Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting and effective fitness system. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning.



### Sports Yoga

Instructor:  
Jim Mader

**TUESDAYS:**

**August 26–  
October 14;  
October 21–  
December 9**

**CPYB #4**

**4:30–5:30 p.m.**

Sports Yoga combines active stretching, breathing techniques and a westernized approach to learning and using Yoga poses.

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## Pilates

Instructor: Jennifer Moore

**MONDAYS AND WEDNESDAYS\***

**August 25 / 27–October 13 / 15  
and October 20/ 22–December 8 / 10  
CPYB #4 | 4:30–5:30 p.m.**

*\*No class on Wednesday, November 26 due to Thanksgiving Holiday Closure.*

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.

## Vinyasa Flow Yoga

Instructor: Elise Ferer

**WEDNESDAYS\*: August 27–October 15;  
October 22–December 10**

**HUB Dance Studio | Noon to 1 p.m.**

Vinyasa Flow yoga fuses breath and movement to cultivate grace, flexibility and balance of body and mind.

From breath work and meditation, the practice moves through smart, inventive sequences designed to focus the mind and energize the body. This class will challenge you where you are, with modifications and options for all levels. The only prerequisites for this mindfulness practice are an open mind and a sense of humor. *\*No class on Wednesday, November 27 due to Thanksgiving Holiday Closure.*

## QiYoga

Instructor: Bonnie Berk

**THURSDAYS\*: September 4–October 23;  
October 30–December 18**

**CPYB #4 | 4:30–5:30 p.m.**

QiYoga offers the benefits of both Indian and Chinese practices of Yoga and Qi Gong. By moving slowly and mindfully, we are able to improve the energy flow in our bodies, create new neurological pathways and bring balance into the body, mind and spirit. This class is for

all levels of fitness as well as people with chronic medical conditions including back problems, joint issues, cancer, heart disease, asthma and arthritis. Come and learn for yourself the healing nature of this relaxing and rejuvenating practice.

*\*No classes on Thursday, November 27 due to Thanksgiving Holiday Closure*

## Dynamic Fusion

Instructor: Jennifer Moore

**FRIDAYS\*:**

**August 29–October 17;**

**October 24–December 12**

**HUB Dance Studio | 12:15–1 p.m.**

Gain length, strength, and flexibility through a series of blended traditional strength-training and cardio moves, combined with the exercises of moving arts such as Pilates and Tai Chi. This class will have a standing portion focusing on strength training and balance as well as mat work for core and flexibility.

*\*No class on Friday, November 28 due to Thanksgiving Holiday Closure*

## Gym Membership Reimbursement

As of July 1, 2012, all full-time and part-time employees are eligible to receive a 50% reimbursement of their monthly gym membership fees based on the gym selection of their choice with a maximum monthly reimbursement of \$30 per month. To qualify for reimbursement, employees must obtain proof of their monthly membership fee and their quarterly attendance from the gym membership office showing an attendance rate equal to 30 or more sessions per quarter. *\*Documentation must be forwarded to [Jeanette Diamond](mailto:Jeanette.Diamond) in Human Resource Services. For more details send an e-mail to [devwell@dickinson.edu](mailto:devwell@dickinson.edu) or call ext. 8084.*

**NOTE:** Personal training sessions are not included in the gym membership discount program.

*\*Quarters are based on the time periods of January–March, April–June, July–September and October–December.*

## Carlisle Gym Memberships & Special Fitness Programs

### Boot Camp Monthly Pass Program—Year-round availability! Transformation Boot Camp

Instructor: Kirk Ream

**469 E. North St., Suite 3**



Transformation Boot Camp is a fun-filled, fast-paced class that will not only help you feel and look better but will improve the way you move. Using a variety of exercise equipment including stability balls, medicine balls, resistance tubing and bands, participants will be engaged in activities that are designed to improve the strength, balance, coordination and performance of individuals at any exercise level. Come and enjoy the fitness difference of Transformation Boot Camp! Registration directly with [Transformation Training & Fitness](#).

### Dickinson Monthly Pass Fees:

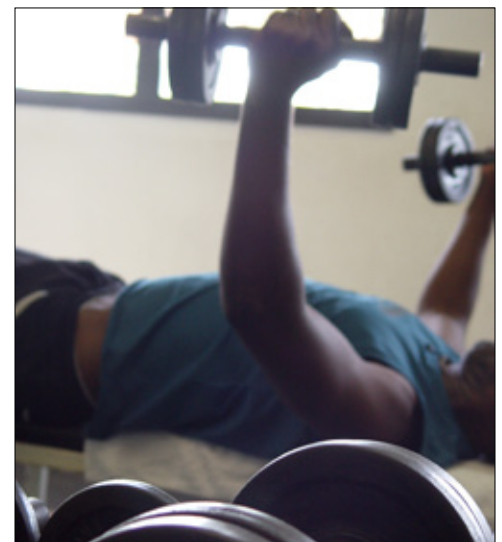
\$30 for 4 x's per month

\$45 for 8 x's per month

\$57 for 12 x's per month

\$75 for 16 x's per month

\$99 for unlimited access each month



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## Carlisle Family YMCA

311 South West St. | 717-243-2525



Dickinson employees are welcome at the YMCA which offers exciting onsite programming that includes a variety of fitness classes, workshops and nutritional coaching. Economic, low pricing is offered for both individuals and families. For more information please visit [www.CarlisleFamilyYMCA.org](http://www.CarlisleFamilyYMCA.org) or call 717-243-2525.

**NOTE:** Remember to identify yourself to the YMCA staff as a Dickinson College employee for inclusion and consideration for Dickinson's gym membership fee reimbursement program.



## Ethos Fitness

1785 West Trindle Rd., Building 600

717-249-5142

[Info@EthosFitnessStudio.com](mailto:Info@EthosFitnessStudio.com) e-mail

[www.ethosfitnessstudio.com](http://www.ethosfitnessstudio.com)

Ethos is a new fitness studio located in the Carlisle Community offering cardio-fitness classes, Pilates, Yoga and Zumba. Monthly membership packages range from \$32-\$118. Please call, send an e-mail, or visit the studio or the Web site to learn more.

## Gold's Gym Membership



Dickinson employees enjoy the following benefits at Gold's Carlisle and Chambersburg locations:

- 50% off enrollment fee—only \$49 down
- \$24.99 per month membership fee
- No contract, all rates are monthly
- 50% monthly fee reimbursement per Dickinson's policy\*
- Group Exercise classes for Cycling, Pilates, Yoga, Zumba and more
- Add daycare or unlimited tanning for only \$10 per month extra

\*\$30 maximum monthly reimbursement amount



## Planet Fitness

1186 Walnut Bottom Rd.

Carlisle, PA 17015

717-701-8581

**CLUB HOURS:** Open and

staffed 24 hours/7 day a week!

**MEMBERSHIP RATES SPECIAL OFFER THROUGH FEBRUARY 21:** \$10 per month + start-up/registration fee of \$39.

Please visit the club or [Web site](#) for more information or to join and begin your journey to fitness for 2014!

## Announcements and Reminders

### Professional Development & Wellness Program Registrations and Attendance

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

## 2014-2015

### Physical Wellness Programs

Monthly Drawing for \$25

Visa Gift Card

For the past several years, the monthly drawing for a \$25 Visa Gift Card was exclusive to employees who participated in the Marathon-in-a-Month. Beginning September 2014, we are expanding the eligibility to include all active/registered employee participants in all physical exercise programs, including Marathon-in-a-Month, offered through the Wellness program. The random gift card drawing will be held after the close of business on the fifteenth of each month for the previous month—with the first, expanded drawing taking place on September 16 for participants during the month of August 2014.

### Marathon in a Month: Winners for May & June 2014



The Marathon-in-a-Month is a month-long, cumulative

walking activity, beginning on the first of each month and running through the last day, to reach a total of 26.2 miles or more for each calendar month. Participants simply walk several days per week on selected or individual walking routes to reach the mileage goal. Mileage must be submitted to Human Resource Services by the fifteenth of each month following completion of the marathon miles (i.e. submit by August 15 for the month of July) to be eligible for the monthly \$25 Visa gift card drawings. For more details or to request a form to record your marathon miles, please send an e-mail to [devwell@dickinson.edu](mailto:devwell@dickinson.edu) or call ext. 8084. Congratulations to Mary Ann Leidigh (May) and Laura Wills (June) for being the May and June Marathon in a Month winners!