

# Vitality

# Dickinson

Human Resource Services

November 2014 | Volume IX | Issue 4

## What to Know About Ebola

The first reported case of Ebola in the U.S. raises questions, but is not a cause for alarm, according to the CDC. The best approach is to keep up to date with reliable information and talk to your doctor about any concerns.

For more information, visit [http://www.healthadvocate.com/downloads/flyers/Ebola\\_Awareness\\_Flyer.pdf](http://www.healthadvocate.com/downloads/flyers/Ebola_Awareness_Flyer.pdf) or contact Health Advocate at [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

As a reminder, **Health Advocate** has healthy solutions for your entire family. Your Personal Health Advocate can help with things like...

- Scheduling an appointment with a hard-to-reach specialist
- Finding a second opinion
- Clarifying coverage denials and resolving medical claims
- Getting answers for question about lab test results
- Plus learn how to reduce breast cancer risks.

For assistance call Health Advocate at 866-695-8622.

## Flu Vaccine Reminder...

The Wellness Center and Human Resource Services partnered again this year to offer flu vaccinations to students as well as Dickinson employees and their spouse/dependents aged 18 years and over at no cost to you. The last available on-campus flu clinic will be Wednesday, November 12 in HUB Social Hall from 11 a.m.-1 p.m. To register for a flu vaccine appointment, go to the **Gateway** and register via CLIQ. Dickinson employees are reminded that flu vaccines are also available at many local pharmacies and through physician's offices for those who are unable to participate in the on-campus flu clinic. If going to the pharmacy, Health America members should ask if their pharmacist is certified to administer vaccines and if the pharmacy participates with HealthAmerica. Members of HealthAmerica may log in to My Online Services to find a listing of participating pharmacies at <https://member.cvty.com/memberPortalWeb/appmanager/memberPortal/member>.

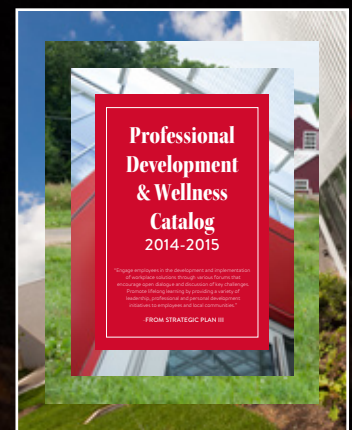
A list of certified pharmacies may be found at <http://www.merck.com/product/mav/>.

## 2015 WINTERFEST

SAVE THE DATE!

The annual Winterfest celebration is scheduled for Saturday, January 10, 2015 from 5:30-10:30 p.m. in the Holland Union Building, Social Hall and Dining Hall. Invitations will be sent very soon. Tickets will be available later during the month of November and continue to be available through Wednesday, December 17. More event details will be shared in the December issue of *Vitality*!

**THE 2014-2015 PROFESSIONAL DEVELOPMENT & WELLNESS CATALOG** is now available online with a limited number of printed copies available upon request. Details of the 2014-2015 Holistic Health Incentive Program are still being finalized and will be shared later this fall. Watch for a future announcement!



DOWNLOAD PDF

# Girls on the Run: Frozen 5k

CITY ISLAND, HARRISBURG PA

SATURDAY, DECEMBER 6

PRE-RACE ACTIVITIES: 8 A.M. | RUN BEGINS: 9:30 A.M.

**Girls on the Run** is a life-changing, non-profit program for girls in grades three through eight, with a mission to inspire joyfulness, health and confidence in girls through a fun, experience-based curriculum. The curriculum includes creative integration of running and training for a 5K (3.1 miles); lessons to inspire girls to become independent thinkers; enhancement of problem-solving skills and the ability to make healthy decisions through a 12-week program. Active collaboration with girls, their parents, schools, volunteers, staff, and the community enable these accomplishments.

**How does Girls on the Run do this?** Small teams of 8-15 girls meet twice a week to learn life skills through dynamic, conversation-based lessons and running games. The first third of the twelve week program helps girls get a better understanding of who they are and what's important to them. Then the program looks at the role of teams and healthy relationships. And, finally, the girls explore how they can positively connect with and shape the world.

Please join us and experience the power and the celebration of a Girls on the Run 5K on Saturday, December 6 at City Island, Harrisburg. See the enthusiasm as the girls gather, full of anticipation, ready to challenge themselves. Let the glow of accomplishment every girl feels as she crosses the finish line warm your heart! To join the Frozen 5K on December 6, please register online by December 1: <http://capareagirlsontherun.org/>

**TO REGISTER AS A MEMBER OF THE DICKINSON COLLEGE TEAM,** please click the Girls on the Run 5K link below and select "I would like to register on an existing team." Select Dickinson College from the drop-down box for team membership selection: <https://www.raceplanner.com/register/Index/capital-area-girls-on-the-run-frozen-5k?sid=78e48ea05a58488cb398c21c10b48bb1>



## The 13<sup>th</sup> Annual CenturyLink Turkey Trot

**COMMUNITY EVENT:  
THURSDAY, NOVEMBER 27  
THE RACE BEGINS AT 9 A.M.**

Are you looking for a great way to enjoy family, friends and fitness this Thanksgiving? Then look no further than the premiere Thanksgiving Day race in South Central Pennsylvania. In the past, as many as 2,996 participants have run, walked and enjoyed this celebratory event. A 5K run/walk route are offered, for this year's event. To register or for more information, please visit the Carlisle Family YMCA Web site at:

<http://www.carlislefamilymca.org/calendar/event/centurylink-turkey-trot>

## Commuter Services of Pennsylvania: RideMatch

The RideMatch program offered through Commuter Services of Pennsylvania is now available to all employees of Dickinson College. The program allows employees to register to be matched with others living and working in similar locations to facilitate carpooling, walking or biking together to help reduce pollution, minimize the use of natural resources, encourage safe practices and save on commuting costs. The partnership agreement supports Dickinson's commitment to educating for a sustainable world, reducing our ecological footprint, cutting our net emissions greenhouse gases to zero, and advancing sustainability goals globally, nationally and in the communities in which we reside, work and study. For more information or to register with RideMatch, please visit <http://pacommuterservices.org/> and explore the many sustainable and healthy options for your commute to Dickinson each day through carpooling, biking, walking and mass transit!

# Retirement Investment Update

As we shared with you in the spring, changes in the laws have led Dickinson College to make some adjustments to the investment options available to employees through our retirement plan. The revised options will become effective December 1, 2014. An all-campus retirement investment committee was established more than a year ago to review our retirement investments and ensure that we were complying with increasingly complex government regulations. After extensive study with the help of an investment consultant, the committee recommended a streamlined investment lineup for the plan, eliminating many of the duplicative, high-fee investment products in favor of a diversified mix of best-in-class funds intended to meet the needs of the wide variety of participants in the retirement plan. Representatives from TIAA-CREF and Fidelity will be available to explain the changes during open sessions to be held:

- ➔ **Monday, November 3** | Stern Center Great Room  
9–10 a.m. AND Noon – 1 p.m.
- ➔ **Tuesday, November 4** | Althouse 106  
9–10 a.m. AND 4:30–5:30 p.m.
- ➔ **Thursday, November 6** | Stern Center Great Room  
9–10 a.m. AND 1:30–2:30 p.m.
- ➔ **Friday, November 7** | Stern Center Great Room  
2–3 p.m. AND 4:30–5:30 p.m.

To schedule a 1:1 counseling session with either TIAA-CREF or Fidelity, please see the dates and contact information below:

## COUNSELING SESSIONS *Available 8 a.m. - 5 p.m.*

|                             | TIAA-CREF | FIDELITY |
|-----------------------------|-----------|----------|
| <b>Monday, November 3</b>   | HUB 201   | HUB 206  |
| <b>Tuesday, November 4</b>  | HUB 204   | HUB 206  |
| <b>Thursday, November 6</b> | HUB 201   | HUB 203  |
| <b>Friday, November 7</b>   | HUB 204   | HUB 206  |
| <b>Tuesday, December 2</b>  | HUB 201   | HUB 202  |
| <b>Friday, December 5</b>   | N/A       | HUB 205  |
| <b>Monday, December 15</b>  | HUB 203   | HUB 205  |
| <b>Tuesday, December 16</b> | HUB 203   | HUB 205  |

**FIDELITY:** Call 800-642-7131 or register online at [www.fidelity.com/reserve](http://www.fidelity.com/reserve).

**TIAA-CREF:** Call 800 732-8353 Monday through Friday, 8 a.m. – 8 p.m. (ET), or register online at [www.tiaa-cref.org/schedulenow](http://www.tiaa-cref.org/schedulenow).

# Compliance Announcements

## Employee Compensation Statement

The annual employee compensation statements for 2014 will be available via the Gateway in early November. Employees without access will receive a paper copy, mailed to their home address. The statement summarizes both the salary and benefits you receive as an employee of Dickinson College. This summary serves as an information tool to assist you in making important decisions for you and your family. Please read the information carefully. If you have any concerns about the statement or questions related to a specific benefit, please contact us at [hrservices@dickinson.edu](mailto:hrservices@dickinson.edu).

## Emeriti 2013 Summary Annual Report

The 2013 Summary Annual Report for the Emeriti Retiree Health Plan has been completed. This report reflects the financial condition and the transactions of the plan for January 1, 2013 through December 31, 2013. You may print and or view a PDF version of this report at [http://www.dickinson.edu/info/20083/human\\_resource\\_services/497/summary\\_plan\\_descriptions](http://www.dickinson.edu/info/20083/human_resource_services/497/summary_plan_descriptions) or you may request a copy by contacting HR Services. Printed copies will also be posted on the Facilities Management and Dining Services bulletin boards.

## Tax Deferred Annuity & Defined Contribution Retirement Plans 2013 Summary Annual Reports

The 2013 Summary Annual Report for the Dickinson College Tax Deferred Annuity and Defined Contribution plans has been completed. These reports reflect the financial condition and the transactions of the plan for January 1, 2013 through December 31, 2013. You may print and or view a PDF version of this report at [http://www.dickinson.edu/info/20083/human\\_resource\\_services/497/summary\\_plan\\_descriptions](http://www.dickinson.edu/info/20083/human_resource_services/497/summary_plan_descriptions) or you may request a copy by contacting HR Services. Printed copies will also be posted on the Facilities Management and Dining Services bulletin boards.



THE FALL SEASON IS IN FULL SWING AND SO ARE THE LOVELY DISPLAYS OF SQUASH AND PUMPKINS IN GROCERY STORES AND FARMERS MARKETS. THESE VEGETABLES NOT ONLY MAKE BEAUTIFUL DECORATIONS, BUT THEY ARE ALSO ARE LOW IN CALORIES AND PACKED WITH FIBER AND VITAMIN A, WHICH MAKE THEM A GREAT FOCUS OF A HEALTHFUL MEAL AS WELL!

## New Hires

### ADDITIONAL NEW HIRES FOR AUGUST & SEPTEMBER

Ibuki Aiba, *East Asia Studies*

Zacharie Baque, *American Studies*

Douglas Buchanan, *Music*

Mary Chobanian, *Office of Admissions*

Kimberly Dozier, *Political Science*

Emily Dundas, *Mathematics & Computer Science*

Monique Haskell, *Dining Services*

Noriaki Hoshino, *History*

Ruth Hunter, *Music*

Amelie Josselin-Leray, *French & Italian*

Charles Kahn, *Mathematics & Computer Science*

Audrey Kukhtenkov, *German*

Cheryl Lusk, *Organic Farm*

Leonora Masini, *French & Italian*

Quang Minh Nguyen, *Mathematics & Computer Science*

Farhan Siddiqui, *Mathematics & Computer Science*

Kelly Thompson, *Office of Admissions*

Robert Wall, *Kline Center*

Yan Wang, *East Asia Studies*

Brian Wayne, *Religious Life & Community Service*

Alla Zaytseva, *Russian*

### OCTOBER

Kristi Brant, *Major Gifts*

Hannah Darhower, *Facilities Management*

Kristen Hancock, *Facilities Management*

Rebecca Moyer, *Advancement Communications*

Antonio Soler, *Spanish & Portuguese*

## Nutrition Corner: Fall Bounty

JESSICA JONES, PHD, RD

Don't be intimidated; cooking with squash or pumpkins may be easier than you think. To begin, simply slice the squash lengthwise, remove the seeds, and place it on a foil-lined cookie sheet (cut side up). Brush olive oil or butter over the flesh and season with salt and pepper. Place in a 400-425 degree oven for 45-60 minutes. Once roasted, the flesh will be tender and able to be scooped out of its shell. It can be sprinkled with cinnamon or pureed with additional vegetables for a smooth, creamy soup. The possibilities are endless!

### Roasted Butternut Squash Soup

4 pounds whole butternut squash (about 2 medium)

2 tablespoons butter

1 medium tart apple

1/2 medium yellow onion

8 fresh sage leaves

2 1/2 cups vegetable or chicken broth

2 1/2 cups water

1 1/2 teaspoons salt

1/4 teaspoon black pepper

1/3 cup heavy cream

1/2 cup toasted pumpkin seeds, for garnish (optional)

1. Heat the oven to 425°F and arrange a rack in the middle; roast squash as mentioned above. Cut the apple and onion into medium dice. Melt one tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened. Remove the pan from the heat and set aside.
2. When the squash is ready, use a large spoon to scoop the flesh into the saucepan with the sautéed apples and onions.
3. Add the broth, water, and measured salt and pepper and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash. Remove the pan from the heat and stir in the cream.
4. Using a blender, purée the soup in batches until smooth or use an immersion blender.

# Professional Development & Wellness Events



## WANT DETAILED INFORMATION FOR THESE PROGRAMS?

GO TO EMPLOYEE GATEWAY>CLIQ APPLICATION>EVENTS REGISTRATION SYSTEM AT [HTTP://GATEWAY.DICKINSON.EDU](http://gateway.dickinson.edu), E-MAIL [DEVWELL@DICKINSON.EDU](mailto:devwell@dickinson.edu), OR CALL EXT. 1503.

### Ergonomics

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

**DATE CHANGE: Wednesday, November 5**  
**Stern Center, room 102 | Noon – 1 p.m.**

Ergonomics is the study of equipment designed with humans in mind. Good home and office ergonomics is important because, as a society, we are spending more and more time working and "playing" at the computer – something our bodies are not necessarily designed to do. This session will assist in identifying some of the challenges in office workplaces today and the role ergonomics plays in addressing these challenges.

### Social Media Workshops

Presented by Lauren Davidson and Sarah Sheriff

**Wednesdays, November 5 & 19**  
**Stern Center, room 102 | 10 a.m. to 11:30 a.m.**

Whether you've never tweeted a status or liked a post, or you're tagging, sharing and re-gramming on a regular basis, the Social Media Workshop Series has a session for you. Led by the social-media team in the Office of Marketing & Communications, Lauren Davidson and Sarah Sheriff, this four-part program offers increasing levels of information about understanding, promoting and utilizing social media. The sessions will touch on personal social-media accounts as well as Dickinson-specific accounts and each session will be discussion-based and interactive. So come armed with your smartphone, iPad, laptop or tablet to gain the full experience of social media. Please register and attend these last two sessions of this four session series:

**Session 3: The Best and Worst of Social Media (November 5)**

**Session 4: Discussion Forum for Dickinson's Social Media Managers (November 19)**

### Book Review: Eat Move Sleep

Presented by Jeanette Diamond & Dennette Moul

**Thursday, November 6**  
**HUB Side Room 205-206 | Noon – 1 p.m.**

From the bestselling author of *WellBeing*, Tom Roth, *Eat Move Sleep* will provide you with practical, research based steps to help you make positive changes in your life. The book has an easy to read conversational style makes the advice simple yet effective allowing you make good decisions automatic -- in all three of these interconnected areas. After reading the book and following the simple steps you will make better choices in each of these three areas allowing you to eat healthier, move more and sleep better than you have in years.

### Preparing for a Role in Supervision

Module 2 of 4 Modules – Intrinsic Drivers

**Thursday, November 13, 2014**

**HUB Social Hall East | 9:00 a.m. to 11:00 a.m.**

This interactive program series is 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, comprised of four (4) modules, uses a hands-on, instructional workshop focus on relevant topics in the supervising of employees.

Topics that will be offered within the series will include:

- *Employment Regulatory Basics*
- *Intrinsic Drivers*
- *Supervisory Techniques*
- *Coaching for Performance*

Look for session details, descriptions, dates and locations in CLIQ.

### Navigating Dickinson

**WELCOME PROGRAM FOR NEWLY HIRED EMPLOYEES OF THE COLLEGE**

**Friday, November 14**

**Stern Center Great Room | 8:45 a.m. to 1:00 p.m.**

Navigating Dickinson introduces newly hired staff to the college community. This session takes place periodically throughout the year, with a focus on the broader college community, providing participants with the opportunity to gain a cross-divisional perspective of how the departments and divisions function as 1College. A walking tour and lunch are included as part of this program.

### Dickinson Community Blood Drive

Facilitated by American Red Cross Biomedical Services

**Monday, November 17**

**HUB Social Hall | 10 a.m. – 5 p.m.**

The American Red Cross Biomedical Services is the largest single supplier of blood and blood products in the United States, collecting and processing more than 40 percent of the blood supply and distributing it to some 3,000 hospitals and transfusion centers nationwide. Please consider donating blood to support your local community by participating in this blood drive! For more information or questions about blood donation to the American Red Cross, please visit <http://www.redcrossblood.org/> or call 800-RED Cross (800-733-2767).

# Professional Development & Wellness Events

## Transgender 101/Gender

### Non-Conforming

Presented by LGBTQ Services

Thursday, November 20

HUB side rooms 205-206

Noon-2 p.m.

In this training, learn about the wide variety of gender identities that fit within the umbrella term "transgender." Participants will consider the difference between sex and gender, examine gender diversity, and discuss practical steps they can do to make transgender people feel safer. Training is appropriate for students, staff, and faculty; some general knowledge about the LGBTQ community is preferred. A recommended, but not necessary, prerequisite to the Transgender 101 training is the Pride @ Dickinson Safe Zone training. Feel free to bring your own lunch. Beverages will be provided.

## One Too Many: When Social Drinking Becomes a Problem

Presented by EAP Counselor, Karen Jaskot, Franco Psychological Associates, P.C.

Friday, November 7

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

Alcohol is often a part of how people socialize and relieve stress in our culture, and it also the cause of stress and pain for many work settings, families, legal systems, organizations, colleges, and individuals. How can one tell when social use is becoming a problem? How should family, friends, employers, and co-workers respond when someone is slipping into problem drinking? EAP Counselor Karen Jaskot from Franco Psychological Associates will provide answers to these questions just as the Holidays are fast approaching.

(HHIP: Emotional Wellness)

## Walking Meditation INDIVIDUAL WALKING PROGRAM

HUB Social Hall

Wednesdays: November 5, December 3

People, formal cultures and traditions have used the labyrinth as a symbol of their search for meaning and guidance. Some of the earliest forms of labyrinths are found in Greece, dating back to 2500-2000 B.C.E. The labyrinth used for this program is called the Cretan labyrinth or classical seven circuit labyrinth. People of all faiths, people longing to reconnect to faith, people looking to find meaning or to center themselves come to walk the labyrinth. In many ways, the labyrinth is a call to action, a transformational spiritual tool for people. It can aid healing, help in releasing grief, help guide one through troubled times, aid in decision making, illuminate our purpose in life, and act as a tool of celebration and thanks. It is many things for many people. It is a spiritual practice, not a magical tool. We hope you will come and walk the labyrinth as a tool for your own spiritual practice and experience.

## Nutrition Roundtable: Diabetes

Presented by Jessica Jones, PhD, RD

Tuesday, November 11 | McCauley room, Old West Lower Level | Noon – 1 p.m.

Diabetes is a disease that impacts the regulation of glucose and insulin levels within the body, with some devastating health effects if not properly managed. Come to this roundtable to discuss and learn about the nutrition needs related to managing diabetes, and also healthy eating in general.

## Living Well with Diabetes

Presented by Holy Spirit Health System

Thursday, November 13 | HUB Social Hall West | Noon – 1 p.m.

The American Association of Diabetes Educators teach 7 Self-Care Behaviors to live well with diabetes. These behaviors include the following:

- Eating Healthier
- Being physically Active
- Monitoring Blood Glucose
- Taking Medication as prescribed
- Solving problems in unusual situations
- Reducing the risk of complications
- Coping with stress and emotional issues

Learn about these behaviors and start living well today!

(HHIP: Physical Wellness/Preventive Health Information)

## Caring for an Aging Parent

Presented by MetLife

Friday, November 14 | HUB side rooms 201-202 | Noon – 1 p.m.

This is a valuable workshop for those caring for a spouse, relative or friend. It provides relevant information on anticipating a loved one's daily living activity needs, preparing for the responsibilities of being a caregiver — including the financial, mental and physical impact caregivers may face — and explores helpful planning options, tips and resources.

(HHIP: Financial Wellness and/or Emotional Wellness)

## WANT DETAILED INFORMATION FOR THESE PROGRAMS?

GO TO EMPLOYEE GATEWAY>CLIQ APPLICATION>EVENTS REGISTRATION SYSTEM AT [HTTP://GATEWAY.DICKINSON.EDU](http://gateway.dickinson.edu), E-MAIL [DEVWELL@DICKINSON.EDU](mailto:DEVWELL@DICKINSON.EDU), OR CALL EXT. 1503.



### Free Blood Pressure Screenings

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

**Spring Session Dates: Monday, November 17**

**Mary Dickinson Room, HUB | Noon – 1 p.m.**

**No registration required ~ Walk-ins welcome and expected!**

*(HHIP: Physical Wellness/Preventive Health Screens)*

**CHOOSE HEALTH. GET SCREENED.**

### Nutrition Information: Biometric Screening Results

*Presented by Jessica Jones, PhD, RD*

**Tuesday, November 18**

**Facilities Management Break Room | Noon – 1 p.m.**

Do you have nutrition questions related to your biometric screening results? Dickinson's dietitian will review nutrition recommendations related to lowering cholesterol, lowering blood pressure, diabetes prevention, and nutrition management of diabetes and establishing healthy lifestyle habits to reach or maintain a healthy body weight.

### QPR: Suicide Prevention for Everyone

*Presented by the Wellness Center*

**Tuesday, November 18**

**Althouse 207 | Noon – 1 p.m.**

QPR is a nationally recognized program to help everyone recognize the signs of suicide and how to question, persuade, and refer someone to get help. This event is open to employees and students. Participants will receive a booklet that summarizes the information provided in the lecture as a reference guide. Please contact [caps@dickinson.edu](mailto:caps@dickinson.edu) to register or for additional date options in spring 2015.

### Therapeutic Wellness Massages

*Provided by Camille Baughman & Associates*

**Thursday, December 11 | Memorial Hall, Old West | 9 a.m. - 4:30 p.m.**

As the end of the semester draws near, reward yourself by taking a few moments out of your day to participate in a relaxing table or chair massage. Besides relieving stress, massages also help to relax muscles, improve circulation, and offer better flexibility. Sessions are 25 minutes in length. A \$10 co-pay is due following registration. Participation is limited to one session per employee. Privacy screens will be in place. Pre-registration and an appointment are required.

### Free Biometric Screening

*Administered by Holy Spirit Hospital*

**Thursday, November 20 | 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)*

## WellSense: Medical Consumerism Workshop

*Presented by Susan McGreevy, HealthAmerica*

**Tuesday, December 2 | Stern Center, room 102 | Noon – 1 p.m.**

Learning how to be a wise medical consumer is an important component of maintaining health. Participants will review healthy habits to maintain optimal wellness, identify preventive screenings needed to detect health problems at an early stage, and how to take a proactive approach to their health to become your own health advocate! WellSense delves into the following topics:

- Building Your Healthcare Team
- Prevention - Your Best Defense
- The Right Prescription
- Protect Your Health

**A COMPLIMENTARY SELF-CARE GUIDE BOOKLET WILL BE GIVEN TO ALL WHO ATTEND THIS SESSION!**

# Holiday Safety Tips

## DANGERS OF DEEP FRYING TURKEYS

In recent years deep frying turkeys has become increasingly popular. Cooking with deep-fat turkey fryers can be very dangerous as they have a high risk of tipping over, overheating, or spilling hot oil. That could lead to fires, burns or other injuries.

### Five dangers associated with deep frying a turkey

1. Units can easily tip over, spilling hot cooking oil over a large area.
2. An overfilled cooking pot or partially frozen turkey will cause cooking oil to spill when the turkey is inserted.
3. A small amount of cooking oil coming into contact with the burner can cause a large fire.
4. Without thermostat controls, deep fryers have the potential to overheat with oil to the point of combustion.
5. The sides of the cooking pot, lid and pot handles can get dangerously hot, creating severe burn hazards.

### Precautions to Take:

- Fryers should always be used outdoors, on a solid level surface a safe distance from buildings and flammable materials.
- Never use a fryer on a wooden deck, under a patio cover, in a garage or enclosed space.
- Do not overfill the fryer.
- Never leave the fryer unattended because, without thermostat controls, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer when in use or after use as the oil can remain hot for hours.
- Use well-insulated potholders or oven mitts and wear long sleeves and safety goggles to protect from splatter.
- Make sure the turkey is completely thawed before it is placed in a fryer.
- Keep all-purpose fire extinguishers nearby.
- If a turkey fryer fire occurs, call 911 immediately.

Source: Pennsylvania Department of Labor and Industry, PA Bureau of Workers' Compensation/Health & Safety Division

## 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.

## PHYSICAL WELLNESS PROGRAM GIFT CARD WINNERS FOR SEPTEMBER & OCTOBER

Congratulations to **Rick Armolt** and **Carol Wetzel**, respectively, for being the September and October \$25 Visa Gift Card winners! We expanded the eligibility for the monthly gift card drawings to include 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 gift card drawing will be held after the close of business on the fifteenth of each month for the previous month – as of the month of September 2014. As a reminder, 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 September 15 for the month of August) to be eligible for the monthly gift card drawing for Physical Wellness Program participation. All other physical exercise programs that have registration via CLIQ will automatically be included in the monthly 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.

# Dickinson

Professional Development and Wellness  
HUMAN RESOURCE SERVICES

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