

# Vitality

# Dickinson

Human Resource Services

April 2015 | Volume IX | Issue 8

## SHARE your Lunch to Benefit Project SHARE!

Wednesday, April 1 | HUB Union Station | 11 a.m.–1 p.m.

Did you know that **1 in 6 of our neighbors is hungry?** Would you like to help support hunger relief in the local community? Project SHARE invites everyone to join its Annual **SHARE Your Lunch Fundraiser** that is being held on Wednesday, April 1. The one-day fundraiser unites co-workers and colleagues in a shared cause to increase hunger awareness by promoting the collective power of hundreds of small donations. Project SHARE is able to turn your \$1 donation into \$10 through a combination of contributions, gleaning, business food donations and the ability to buy in bulk at discount prices.

To participate, simply **donate the equivalent of one day's lunch money! Faculty and Staff may donate at the Union Station from 11 a.m. through 1 p.m. Students have the additional option to donate meal points. Students wishing to donate meal points should contact the Office of Religious Life and Community Service at ext. 1577.**

For more details, please call Project SHARE at 717-249-7773, or visit [www.projectshare.net](http://www.projectshare.net).

## 2015 Benefits & Wellness Fair

Tuesday, April 14 | HUB Social Hall | 10:30 a.m.–2:30 p.m.

The annual Benefits & Wellness Fair event provides an opportunity for employees of the college to meet with over 30 new and returning benefits vendors and wellness program providers as well as some local community participants. Free health screenings are offered in addition to a wealth of information about our benefits, health and wellness programs. Please plan to stop by to learn more about your benefits and wellness options available to the college community. Many prizes and giveaways are also part of this annual event!

## Leadership Recognition Nominations

Each spring, the Leadership Recognition Ceremony recognizes students, organizations, staff and faculty members for a variety of achievements. Nominations are currently being accepted. To view a list of awards and nominate someone please visit:

[www.dickinson.edu/info/20380/student\\_leadership/2822/programs/3](http://www.dickinson.edu/info/20380/student_leadership/2822/programs/3)

**NOMINATIONS ARE DUE BY 5 P.M. ON FRIDAY, APRIL 17.**

## National Walking Day: Wednesday, April 1!

There are countless physical activities out there, but walking has the lowest dropout rate of them all! The American Heart Association is hosting **NATIONAL WALKING DAY** on April 1, 2015. On this day and all days, everyone is encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. Take a break from your regular routine and get out to enjoy the fresh air and sunshine, take a walk with family, friends and colleagues—or stretch your legs over your lunch break by taking a walk!

Source: [American Heart Association](http://www.heart.org)

# Bike to Farm Potluck with Guest Nigel Savage

Saturday, April 18

Meet at Kaufman Parking Lot: 10:30 a.m. | Departure 11 a.m.

**Reservations are required for this event**

Every semester the Center for Sustainability Education hosts a 7-mile (each way) bike ride to the Dickinson College Organic Farm in Boiling Springs, Pennsylvania. The event is designed to build community, improve rider skills and safety, and introduce students to the Dickinson Farm. Pre-registration is requested for this free, fun, adventure. Ride groups based on ability are organized with experienced ride leaders for each group. Past events have had 30 to over 100 Dickinson student, faculty, staff, alumni and family participants.

Join us for this fun and leisurely 14-mile round-trip bike ride from Kaufman Hall to the College Farm. To accommodate various riding skills, there will be multiple groups based on riding speed and ability. Don't forget your helmet! Bring a potluck dish and your own dinnerware, utensils, and cup. A van will transport your dishes and bags for you. For those who are interested, Nigel Savage, President of Hazon, will present a field lecture: Judaism, Faith and Sustainability.

*A limited number of Red Bikes will be available for riders who can demonstrate basic riding competency. Include Red Bike requests in your reservation online.*

## REGISTER NOW

E-mail for more information: [sustainability@dickinson.edu](mailto:sustainability@dickinson.edu) or visit [www.dickinson.edu/info/20052/sustainability/2317/biking/2](http://www.dickinson.edu/info/20052/sustainability/2317/biking/2)

## Did you know...

PA Commuter Services and Capital Area Transit (CAT) offer some free services for local mass transit as well as carpooling, biking, safe-walking and emergency rides home for registered participants. **Dickinsonians** can take advantage of the free, local Carlisle Circulator buses within the community by simply showing their Dickinson ID to ride for **FREE** to many local destinations along the route. The circulator bus route runs approximately every 40 minutes. For more information call 1-866-579-RIDE (7433) or visit the PA Commuter Services and CAT websites!

Sources: [www.PaCommuterServices.org](http://www.PaCommuterServices.org) and [www.cattransit.com](http://www.cattransit.com)

## NEW HIRES & RETIREMENTS

### March New Hires

Eric Alnor, *Wellness Center*

Amanda Chilton, *Print Center*

Jessica Jones, *Advancement Services*

Brandon Seibert, *Office of CASE*

Matthew Merlie, *Office of CASE*

### Retirement

We wish **Sue Holloway**, *dining services*, a fond farewell. Sue retired from the college in March after more than 22 years of service.

## April is Financial Literacy Month—What is your Financial IQ?

What better time than now to improve your financial know-how? Test your financial knowledge and learn more to help build your financial future...take a few minutes to try an online Quiz by visiting the following TIAA-CREF quiz weblink:

[https://s.qualtrics.com/SE/?SID=SV\\_e9T4kUZZfLIgI8V&Preview=Survey&BrandID=tiaacref](https://s.qualtrics.com/SE/?SID=SV_e9T4kUZZfLIgI8V&Preview=Survey&BrandID=tiaacref)

**Do you wonder what your financial personality is?** If so try this additional TIAA-CREF quiz:

[http://tiaacref.qualtrics.com/jfe/form/SV\\_4IPjolmtIHKKOUY](http://tiaacref.qualtrics.com/jfe/form/SV_4IPjolmtIHKKOUY)

For other financial education articles and tools created by TIAA CREF to help you along your journey towards financial well-being, please visit: [www.tiaa-cref.org/nflm](http://www.tiaa-cref.org/nflm)

# RetireWise: Financial Wellness Workshop Series

Presented by MetLife

**MONDAYS: April 6, 13, 20 & 27**

**HUB side rooms 201-203 | Noon–1 p.m.**

Preparing for retirement has become increasingly complex. If you need help answering the BIG questions about Retirement, you may want to consider attending the “Retirewise” workshop series. Retirewise is a retirement education program that consists of 4 workshops with a specially trained retirement representative from MetLife. This program is available for ALL employees but is primarily intended for employees approaching retirement or those interested in receiving retirement education and guidance.

**April 6** - Building the Foundation

**April 13** - Creating and Managing Wealth

**April 20** - Establishing Your Retirement Income Stream

**April 27** - Making the Most of What You Have

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## Retirement Planning Sessions

### TIAA-CREF Individual Counseling Sessions

A TIAA-CREF representative will be on-campus during the months of April and May on:

➤ **Thursday, April 9** HUB side room 202

➤ **Wednesday, May 13** HUB side room 202

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 April and May on:

➤ **Tuesday, April 21** HUB side room 203

➤ **Thursday, May 7** HUB side room 203

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.

## Benefits Updates & Reminders

### MEDICARE PRESCRIPTION DRUG PLAN CREDITABLE COVERAGE DISCLOSURE NOTICE

In accordance with the Center for Medicare and Medicaid Services (CMS), all employees who are participating in the Dickinson College group health insurance and prescription drug plan managed by HealthAmerica/HealthAssurance, CoventryHealth Care Plans are required to receive a disclosure notice regarding our plan’s creditable prescription drug coverage. **PLEASE NOTE:** If you or your covered dependents are not currently eligible for Medicare you may disregard this notice. Contact Human Resource Services if you have any questions.

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### CRX INTERNATIONAL

Are you taking a mail order brand name prescription and would like to have it covered at no cost to you? If so and you are a member on Dickinson College’s medical insurance with HealthAmerica, you are eligible to use the CRX International program for certain brand name mail order prescriptions from Tier-1 countries. Member prescription co-pays are waived who utilize this voluntary and safe program and while helping to minimize the overall prescription cost to the Dickinson College group health plan. For more information go to [www.DickinsonCRX.com](http://www.DickinsonCRX.com) to access the prescription formulary, enrollment forms and FAQ or contact a CRX International Customer Service Representative toll free at 1-866-488-7874.

# Benefits Updates & Reminders

## VALUE BASED INSURANCE DESIGN (VBID) PROGRAM

The Value Based Insurance Design (VBID) Program provides extra savings for specific medical services and prescription drugs and is available to all employees and family members who are enrolled in the Dickinson College medical & prescription drug insurance plan through HealthAmerica with asthma, chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), diabetes, and heart failure.

The program is provided at no cost to eligible members and is designed to improve or maintain ones health by encouraging interaction with their treating physician and making it easier to maintain compliance by taking prescribed medication. HealthAmerica administers the VBID program on the college's behalf and participation in this program is voluntary and confidential.

### What can I expect if I participate in this program?

HealthAmerica's Disease Management team will provide you with access to a Registered Nurse Manager who can provide you with printed information on your condition and

answer health-related questions you may have. They will reach out to you within 10 days of your enrollment into the program to introduce themselves and review the program structure with you.

The program requires that you meet with your participating physician at least on an annual basis to ensure you are receiving the appropriate care treatment plan and medication advice to support your health. For more information on [how to enroll in the VBID program](#), or for [the enrollment form](#), please visit the Human Resource Services Web site under Employee Wellness/Preventative Health or the Benefits/Insurance Benefits/Medical Insurance link. Send completed VBID enrollment form to:

**E-mail:** [DickinsonVBID@cvty.com](mailto:DickinsonVBID@cvty.com)

**Fax:** 866-804-4862

**Mail:** HealthAmerica

Attn: Jean Enders

3721 Port Drive

Harrisburg PA, 17111

If you have further questions about the VBID program, please contact HealthAmerica member services at 1-800-252-5742.

## SMILE FOR HEALTH-WELLNESS WITH UNITED CONCORDIA DENTAL

**Smile for Health-Wellness** is an enhanced benefit for United Concordia Dental members with certain medical conditions such as:

- Cerebrovascular Disease (stroke)
- Diabetes
- Heart Disease
- Lupus
- Oral Cancer
- Organ Transplant
- Rheumatoid Arthritis

If you have a chronic illness and periodontitis (gum disease), getting the proper treatment and maintenance for healthy teeth and gums will have a positive effect on your overall health; it also helps you save money on your medical costs. Sign up for Smile for Health-Wellness anytime as part of your dental plan and take advantage of enhanced benefits available at 100% coverage needed to control gum disease and targeted education to help you manage your chronic illness better.

ENHANCED BENEFITS WITH SMILE FOR HEALTH-WELLNESS	
SERVICE	COVERAGE
Periodontal Maintenance—one additional to your plan's standard limit per year	100%
Scaling & Root Planing	
Periodontal Surgery—four procedures*	

## MAXIMIZE YOUR BENEFITS! MEMBER NEWSLETTER

Tips to make you a smart United Concordia customer:

**1. Don't just find a dentist, find your dentist!** Develop a relationship with a dentist you can trust. Ask around to get a good referral. You can go to [UnitedConcordia.com](http://UnitedConcordia.com) for a list of participating dentists. Receiving care from a network dentist means less out-of-pocket costs for you.

**2. Schedule cleanings and exams every 6 months.** Regular dental care will keep you healthier overall and decrease your risk for diseases, such as gum disease and oral cancer.

**3. Understand your dental coverage.** Don't just read it, know it! Be sure to review all paperwork that you receive regarding your dental coverage.

**4. Manage your benefits.** No matter where you are, you can manage your benefits online or on your smart phone with My Dental Benefits. Visit [UnitedConcordia.com](http://UnitedConcordia.com) and sign in to MyDental Benefits or download our member app. We make it easier to manage your dental benefits.

**6. Ask questions.** Get to know your dentist! If you have questions about your treatments, don't be afraid to ask. Some treatments may have alternative options that result in lower out-of-pocket expenses.

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more dental health tips.

## 2015 Veggies Shares Available with the Dickinson College Farm!

For 12 years the College Farm has provided fresh and seasonal certified organic vegetables, fruits and herbs to the Dickinson community.

Faculty, staff, students, retirees and alumni are invited to join the College Farm Campus Supported Agriculture (CSA) program for the upcoming season.

Choose between 15 weeks or 30 weeks of freshly harvested produce with pick up options on campus or at the College Farm.

To sign up or learn more about our CSA program and the many perks associated with becoming a CSA member, please go to <http://blogs.dickinson.edu/farm/csa/how-it-works/>



## Nutrition Corner

April is here and that means that the spring season is officially underway! April is the home to days that celebrate mushrooms and garlic, both of which are flavorful, nutrient-rich foods. Mushrooms are very unique for several reasons, as they are the only plant source of vitamin D and also contain several other micronutrients such as riboflavin and selenium. They can also be used to extend ground beef or other meats to boost vegetable intake and save money when cooking meals for friends or family! Additionally, garlic has been eaten for thousands of years and has been shown to have a variety of health benefits. Both mushrooms and garlic are savory foods and work very well together in many dishes. For example, the recipe below incorporates potatoes, kale, mushrooms, garlic and herbs along with eggs, which serve as an excellent protein source in this dish. The foods in this entrée work nicely together in regards to both flavor and nutrition, with upwards of 14-15 grams of protein per serving!

### Mushroom and Kale Hash with Poached Eggs

**Yield:** 4 servings (1 serving = 2 eggs + 2 cups of vegetables)

#### Ingredients:

- 2 large potatoes, cut into ½-inch dice
- ½ large onion, chopped
- 2 cloves garlic
- 1 pound small crimini mushrooms (or “baby bellas,”)
- 1 large bunch kale, washed and chopped
- Olive oil for cooking
- Pinch each of dried basil, oregano and crushed chili peppers
- 4-5 sprigs fresh parsley, leaves chopped
- 8 large eggs, poached or scrambled
- Salt and pepper to taste

#### Directions:

Bring a medium pot of water with about a teaspoon of salt to a boil. Add the potatoes and cook until just before completely done, about 10 minutes. Drain water. Heat about two tablespoons olive oil in a large frying pan. Add onions and garlic and cook over medium heat until soft. Add cooked potatoes, turn up heat and cook until potatoes are crisped and brown. Add mushrooms, kale, herbs/spices, and more oil if needed. Stir-fry until cooked through, about another 10 minutes. Taste and season with salt and pepper. Serve in individual bowls, each topped with two eggs. Sprinkle with pepper and chopped fresh parsley.

Recipe adapted from: [www.mushroominfo.com](http://www.mushroominfo.com)

# Flu/Cold or Allergies?

Cough. Sneeze. Wheeze. You know the symptoms, but do you really know the cause? The similarities between symptoms of the flu/cold and nasal allergies (also called allergic rhinitis, indoor or outdoor allergies, seasonal allergies or hay fever) can cause confusion. Worse, it can cause you to make the wrong diagnosis and treat with the wrong medications. And, if allergies are left untreated, it can cause more serious conditions like sinusitis or ear infections.

Learn about the difference below, and talk to your doctor about a complete medical exam to find out for sure:

	ALLERGIES	FLU/COLD
Symptoms	Allergies usually cause runny nose (clear discharge), stuffed nose, violent sneezing, wheezing, coughing, watery and itchy eyes.	Flu/cold usually includes runny nose (yellow discharge), aches and pains, sore and scratchy throat along with sneezing and coughing.
Fever	There is no fever with allergies.	If you have a fever it is almost certainly a flu/cold rather than allergies.
When	Anytime of the year: spring, summer, fall or winter.	Usually appear in winter, but are also possible in the fall, spring or summer.
Warning	Symptoms begin almost immediately after exposure to allergens.	Usually takes a few days for flu/cold symptoms to appear.
Duration	Symptoms last a long time, as long you are exposed to the allergen. If the allergen is present all year long, symptoms can be chronic.	Flu/cold symptoms should clear up within a few days to a week. Rarely lasts more than 10 days.

## FLU/COLD

A flu/cold is commonly caused by a virus. You can get a flu/cold from another person that has that virus, even though you may be in good health. This happens when you breathe in germs or come in direct contact with the infected person. To prevent yourself from getting a flu/cold, get a flu shot every year, frequently wash your hands, use a disinfectant and be careful when sneezing and coughing around others. Let a flu/cold run its course. Get rest, drink lots of fluids and eat healthy foods. Over-the-counter medications, like a decongestant or nasal sprays, can help relieve your symptoms, but they do not cure your cold—only time can do that.

## ALLERGIES

Nasal allergies occur during exposure to an allergen, and your nasal cavity becomes irritated and inflamed. Unlike the flu/cold, allergies are not contagious. If you have a high temperature or an achy body, it is most likely a flu/cold rather than allergies. Common indoor and outdoor allergens include tree, grass and weed pollen, dust mites, animal dander, mold and cockroaches. There is no cure for allergies, but there are prescription and over-the-counter medications that treat allergy symptoms. For some people, allergy shots (immunotherapy), can help to reduce your sensitivity to allergens over time. Talk to your doctor about the best treatment plan for you.

Source: This information should not substitute for seeking responsible, professional medical care. First created 1995; fully updated 1998; most recently updated 2005. © Asthma and Allergy Foundation of America (AAFA) [Editorial Board](#)

# 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.

## Transformation Training & Fitness/Carlisle MOG 6 week Spring Clean-Up Challenge

Do you feel challenged or intimidated at the thought of going to a traditional gym? Are you unsure of how to approach getting into shape or starting an exercise program safely? This 6 week program began on Monday, March 23 at Transformation Training and Fitness, located at 290 E. Pomfret Street in Carlisle. It is designed to help participants prepare for the demands and activity of spring and the upcoming warmer weather. The program includes physical, nutritional, and educational components to jump start each participant's progressive success.

Classes are available for a variety of fitness levels and time schedules. Space is limited! Special pricing of \$200.00 (retail value of \$450). For details or to register for this program, please contact Kirk Ream at [TTFcarlisle@gmail.com](mailto:TTFcarlisle@gmail.com) or 717-254-6751. More info: [www.ttflife.com/clean-up](http://www.ttflife.com/clean-up)

## College Preparation for Parents

**PART I: May 7 – High School Counseling and Admissions**

**PART II: May 14 – Financial Aid and Tuition Benefits**

**Noon–1:30 p.m. | HUB, side room 205-206**

Human Resource Services, Admissions and Financial Aid, in conjunction with local area high schools offer workshops for employees and their families to learn more about the college selection and financial aid process. The program will provide guidelines for starting the college search while attending high school, when to apply for college admission and early tuition grants, what is available through Financial Aid, and a summary of Dickinson's three tuition programs. We encourage all parents to attend if your child is a junior or senior in high school and planning to attend college.

## Protecting Our Community

*Presented by Dana Scaduto, General Counsel & Human Resource Services*

**Althouse, room 106**

Dickinson College is committed to providing a supportive working environment for all employees. As part of this effort, we offer educational programs to assist all employees with recognizing and addressing potential harassing and discriminating workplace behavior. Our program involves a combination of in-person and web-based modules to provide a comprehensive approach to ensuring that all employees receive the information necessary to recognize, address and support a harassment and discrimination free workplace.

New employees are required to complete two web-based modules—Workplace Harassment Prevention and the Campus Save Act—and attend Protecting Our Community within the first year of employment.

Support Staff, Administrators and Faculty are required to complete the two web-based modules—Workplace Harassment Prevention and the Campus Save Act—once every two years and attend the facilitator-led Protecting Our Community once every 6 years. This revised program addresses workplace harassment and discrimination, how and where to report issues, and the protection of minors.

Please plan to select one of the upcoming sessions listed below:

**NON-SUPERVISORY SESSION**

**Thursday, May 14 | 9:30 a.m.–10:30 a.m.**

**FACULTY, ADMINISTRATIVE AND SUPERVISORY SESSION**

**Thursday, May 14 | 2:30–4 p.m.**

# Professional Development & Wellness Events

## Walking Meditation: Individual Walking Program

Sponsored by Office of Community Service and Religious Life

### WEDNESDAYS, SPRING SEMESTER

**April 1 and May 6 | HUB Social Hall**

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. For questions or more information about the labyrinth or walking meditation, please contact Donna Hughes in the Office of Community Service and Religious Life at ext. 1577.

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## Carlisle MOG: What is a MOG?

Presented by Brian Cardin PT, Cardin & Miller Physical Therapy and Kirk Ream, Transformation Training & Fitness

**Thursday, April 2 | HUB Social Hall East | Noon-1 p.m.**

What is a MOG? How will this program benefit those who attend it? A MOG is a Medically Oriented Gym whose expert staff members guide participants along the path toward better health! Your health is your most precious resource, and it is irreplaceable. The fitness industry generally focuses on weight loss and physical change when it comes to health. National statistics say that this has not worked. We believe that successful health can only be achieved through sustainable behavioral change. Our goal is to redefine True Fitness through behavioral change in a community environment with lasting results! Looking to restore, improve, or just enhance your health? Come hear more about the Carlisle Medically Oriented Gym & Transformation Training and Fitness on April 2!

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## QPR: Suicide Prevention for Everyone

Presented by Alecia Sundsmo, Executive Director of the Wellness Center

**Wednesday, April 8 | Althouse 110 | 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. Participants will receive a booklet that summarizes the information provided in the lecture as a reference guide. To ensure that everyone receives a booklet, please RSVP to [caps@dickinson.edu](mailto:caps@dickinson.edu). This program is open to employees and students.

## "Is my kid normal?" Disorders of Childhood: What to Look For and When to Seek Help

Presented by Jessie Harpel-Fickes, Franco Psychological Associates

**Monday, April 13**

**HUB side rooms 205-206**

**Noon-1 p.m.**

According to the National Institute of Mental Health, half of lifetime mental illnesses start to develop by the age of 14. In this presentation, Jessie Harpel-Fickes, MS, NCC, LPC will provide a brief overview of expected child development and focus on how parents can differentiate between typical changes and those associated with more serious problems. Jessie will address common questions about the diagnosis, prevention, and treatment of mental health problems originating in childhood. *Jessie Harpel-Fickes, MS, LPC is a therapist at Franco Psychological Associates, Dickinson's Employee Assistance Program.*

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## Eldercare & Alzheimer's Disease

Presented by Holy Spirit Health System.

**Thursday, April 16**

**Stern Center, room 102**

**Noon-1 p.m.**

The current "sandwich" generation of adults is faced with the daily task of caring for their own growing children while balancing the demands of also caring for their aging parents. Attend this session to learn tips on eldercare and related information on dementia and Alzheimer's Disease.



## 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 Biometric Screening

*Administered by Holy Spirit Hospital\**

**Tuesday, April 14 and Thursday, April 30 | 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 online via CLIQ in the Gateway, by sending an e-mail to [devwell@dickinson.edu](mailto:devwell@dickinson.edu) or by calling ext. 1503 for assistance.

**Reminders:** Fasting for 10-12 hours prior to screening is required for the most accurate screening results. The biometric screening is one of the required steps for the Employee Wellness holistic health incentive program (HHIP) during 2014-2015.

#### **\*Additional Special Walk-in Biometric Screening Option for the month of April:**

Holy Spirit Carlisle Lab

1211 Forge Road, Suite 400, Carlisle

Monday through Friday

**Hours:** 7 a.m.-4:30 p.m.

Dickinson voucher required, available to those who have not already completed the Biometric Screening for 2014-2015 via Human Resource Services. Please stop in or send an e-mail to [devwell@dickinson.edu](mailto:devwell@dickinson.edu) to request your voucher.

**Remember to complete both the biometric screening and the health risk assessment to qualify for your HHIP incentive reward for 2014-2015!**

### Free Blood Pressure Screenings

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

**Mondays, April 20, May 18 and June 15**

**Mary Dickinson Room, HUB**

**Noon–1 p.m.**

No registration required

Walk-ins welcome and expected!

(HHIP: Physical Wellness/Preventive Health Screens)

### Vegan/Vegetarian Living

*Presented by Jessica Jones, PhD, RD*

**Tuesday, April 21**

**HUB Social Hall West**

**Noon–1 p.m.**

Vegan? Vegetarian? Certain plant-based diets can offer many health benefits, but sometimes they can be challenging! Join us on April 21 to hear all about the various types of plant-based diets and the challenges and benefits associated with each of them.

### Wellness Fun Run Walk

*Hosted by Human Resource Services and the Office of Intramurals & Recreation*

**Friday, April 17**

**Britton Plaza**

**11:30 a.m.–1:30 p.m.**

Please mark your calendars for the annual Wellness Fun Run Walk! The Walk/Run event begins at Britton Plaza. Watch for more details!

**Rain Date:** Friday, April 24



## Green Dot—What is it?

Tuesday, April 28 | HUB side rooms 202-203 | Noon–1 p.m.

Green Dot is a movement, a program, and an action. The aim of Green Dot is to prevent and reduce power-based personal violence at Dickinson by engaging students and staff as active bystanders who step in, speak up, and interrupt potential acts of violence. The Green Dot movement is about gaining a critical mass of students, staff and faculty who are willing to do their small part to actively and visibly reduce power-based personal violence at Dickinson. An overview session is planned for Tuesday, April 28 from noon–1 p.m. to equip faculty and staff with knowledge about Green Dot so that they can infuse bystander engagement throughout their roles in our campus community. For more information, contact [greendot@dickinson.edu](mailto:greendot@dickinson.edu) or Kelly Wilt, Violence Prevention Coordinator, at [wiltk@dickinson.edu](mailto:wiltk@dickinson.edu). Registration is available in CLIQ!

## Physical Wellness Program Gift Card Winner February & March

Congratulations to **DONNA PETERSON**, Registrar's Office, and **SEAN WITTE**, Financial Operations, for being the \$25 Visa Gift Card winners for the months of February and March 2015! Eligibility for the monthly gift card 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 gift card drawing will be held after the close of business on the fifteenth of each month for the previous month. All 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**

PO BOX 1773 | CARLISLE, PA 17013-2896  
717-254-8084 | [devwell@dickinson.edu](mailto:devwell@dickinson.edu)