

Vitality

Dickinson

Human Resource Services

September 2015 | Volume X | Issue 2

Charter Day: Philanthropy Past & Present

Wednesday, September 9 | The John Dickinson Campus, Academic Quad | 4:30–7:45 p.m.

The annual Charter Day picnic gathers our faculty, staff and students to commemorate the signing of the college's charter in 1783 and celebrate our rich history of philanthropy at Dickinson. Join the Office of Engagement & The Dickinson Fund for food and fun with comments from President Nancy A. Roseman, Al Masland '79, chair of the Alumni Council Alumni & Student Engagement committee, and Emily Gamber '17, president of the Devils' Advocates Student Philanthropy Council.

2015 United Way Campaign

Dickinson is once again a Pacesetter for the United Way of Carlisle & Cumberland Valley's annual campaign this year. That means that we're holding our campaign early to help set the pace for the larger community's fall campaign. Our goal for this year's campaign is \$35,000 and 15 percent participation by Dickinson employees. Because all of the fundraising costs are underwritten by Allen Distribution, Keen Transport, Hooke Hooke & Eckman, M&T Bank and proceeds from Dickinson's U-Turn, **100 percent of your contribution goes directly to community programs.**

To support the campaign and help make a difference in Carlisle and throughout Cumberland County, please fill out the form and make your donation by September 15. If you would like to contribute directly to any of the United Way funded agencies, you can designate your contribution accordingly as part of your United Way gift.

PRIZES AND RAFFLES

Everyone who makes a gift to the campaign is eligible to win prizes that include a Kindle Fire and an Adirondack chair. You also can support the campaign by participating in the **gift raffle** with prizes ranging from a beach getaway to a one-hour massage (tickets are \$1 each; 6 for \$5; or 20 for \$10, and the drawing will be at 2 p.m. on September. 3.) Thank you for considering making a gift to this year's campaign!

Save-the-Date: Downtown Carlisle First Friday Event

Friday, October 2 | 5-8 p.m.

Join the Carlisle Community at this Dickinson-sponsored evening of fun, food and fabulous activities on High, Hanover and Pomfret Streets. Many activities to be included for all ages—movies, food, music, arts/crafts and more! Enjoy the evening with family, friends and the entire college community.

Benefits Assessment Results and Next Steps: Campus Sessions

MONDAY, SEPTEMBER 21: noon–1:15 p.m. and 5–6:15 p.m.

WEDNESDAY, SEPTEMBER 30: 9:30–10:45 a.m.

All sessions will be in the ATS Auditorium.

Please join us for one of the following information sessions to review the results of the benefits assessment and discuss next steps. *Registration for these session options is preferred, but not required, and available in CLIQ!*

TIAA-CREF/Fidelity eDelivery

Important Fee Disclosure Information regarding Dickinson College Retirement Plan

NOTICE TO ALL EMPLOYEES ELIGIBLE OR PARTICIPATING IN THE DICKINSON COLLEGE RETIREMENT PLAN

In compliance with the Department of Labor regulations, during the month of August 2015 you will receive important information regarding the expenses and fees related to your retirement investments. This information is provided to ensure you have all the information you need to take full advantage of retirement plan options for both TIAA-CREF Financial Services and Fidelity Investments. If you regularly have access to PC you will receive this information via e-mail or you will receive a hard copy by mail if you do not work in an office.

PLEASE NOTE: *NO ACTION* is required. This information is being provided in compliance with the Department of Labor requirement to provide consumers with more information about fees and expenses related to their retirement investments. For questions, more information or if you do not receive this information, please contact Human Resource Services at ext. 1503 or via e-mail to hrservices@dickinson.edu.

Retirement Planning Sessions

TIAA-CREF INDIVIDUAL COUNSELING SESSIONS

A TIAA-CREF representative will be on-campus during the fall semester on:

- **Wednesday, September 2 | HUB side room 202**
- **Thursday, October 8 | HUB side room 202**
- **Tuesday, November 10 | HUB side room 202**
- **Wednesday, December 16 | HUB side room 202**

To schedule a personal meeting with TIAA-CREF, please visit 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 fall semester on:

- **Tuesday, September 8 | Mary Dickinson Room, HUB**
- **Wednesday, October 7 | HUB side room 203**
- **Tuesday, November 10 | Mary Dickinson Room, HUB**

To schedule a personal meeting with Fidelity, please visit 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.

New Hires

Additional for July

John Fulton, *Facilities Management*

August

Aaron Brooks, *Art and Art History*

Elizabeth Briscoe, *Dining Services*

Caitlyn Colon, *Wellness Center*

Angella Dagenhart, *User Services*

Desiree Diaz-Ortiz, *Office of the President*

Rebecca Feldman, *Center for Service,*

Spirituality & Social Justice

Debra Hargrove, *Human Resource Services*

Tracy Heyman, *Art and Art History*

Shahin Izadi, *Film Studies*

Cynthia Jumper, *Dining Services*

Casey Maines, *President's House*

Howard McBride, *Facilities Management*

Harold Metz, *Mathematics and*

Computer Science

Michael Miller, *Theatre and Dance*

Elizabeth Moir, *Athletics*

Sherry Ritchey, *International Business &*

Management

Abdoulkary Saidou, *Physics & Astronomy*

Angela Setzer, *Psychology*

Zared Shawver, *Psychology*

Mark Shirk, *Political Science*

Elizabeth Shoenfelt, *Music*

Leslie Tritt, *Education*

Retirees

We wish a fond farewell to the following employees who retired from Dickinson:

Sandra Gutshall, *Admissions*,

retired in June with 15 years of service

Frank Laquitara, *Facilities Management*,

retired in August with 20 years of service

Community Programs

Farm Frolics

Saturday, September 5 | 2–4 p.m.

Parking & Shuttle: NO STUDENT PARKING. Free continuous shuttle from ATS starting at 1:30 p.m.

Join SLCE, MOB, and the Farm for folk, food, and fun at the second annual Farm Frolics! The event will feature locally-sourced foods, campus groups & activity demos, lawn games, and musical performances by The Speedbumps and Charm City Junction. This year promises to be more fun than last year! More info at: <https://www.facebook.com/events/1614741405449223/>

Dickinson Community Blood Drive

Facilitated by Central Pennsylvania Blood Bank

Friday, September 18 | 10 a.m. – 5 p.m. | HUB Social Hall

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 or more information about Central Pennsylvania Blood Bank, please visit <http://www.cpbb.org/> or call 1-800-771-0059.

The 11th Annual Run for Steph

Sunday, September 27 | 11a.m. | Kline Athletic Center

A 5K run/two-mile walk in memory of Stephanie Kreiner '03, who was killed by a drunk driver in October 2004. Come early for pre-run yoga and stretching led by Camille Moses-Allen '04 and music from WDCV. Light brunch will be served in the Kline Center following the race. Minimum donation \$20 and includes a T-shirt. All proceeds benefit the McAndrews Fund for Athletics. Please register online at <http://my.dickinson.edu>.

New Final Rule Eliminates Certificates of Creditable Coverage

New final regulations on Exchange and Insurance Market Standards for 2015 and Beyond published by the U.S. Department of Health and Human Services (HHS) on May 16, 2014 confirm the end of the requirement to issue certificates of creditable coverage. Certificates of creditable coverage are no longer required after December 31, 2014.

READ MORE AT: <http://www.healthcarereformdigest.com/new-final-rule-eliminates-certificates-creditable-coverage>

<https://www.cms.gov/CCIIO/Resources/Regulations-and-Guidance/Downloads/508-CMS-9949-F-OFR-Version-5-16-14.pdf>

Community Programs Continued

Simply Moving Walking Initiative

Free guided walks are scheduled on Monday evenings throughout the fall and are approximately 1 to 3 miles in length. Contact [Carlisle Parks and Recreation Department](#) to enroll in the Simply Moving Walking Initiative or call 717-243-3318 to learn more. Six walks this fall are listed below:

- **September 7:** Cumberland Valley Rail Trail–Oakville West
- **September 14:** Carlisle Regional Medical Center Trail
- **September 21:** South Middleton Township Park Trail
- **September 28:** Spring Meadows Park Trail
- **October 5:** Mount Holly Marsh Preserve–Marsh Loop/Creek Trail
- **October 12:** Pine Grove Furnace State Park–Pole Steeple Trail/
Railroad Bed Rd.

American Heart Association—2015 Heartwalk!

As part of our Fit-Friendly campus activities for 2015, we are forming a team to participate in the [2015 Capital Region Heart Walk](#) on Sunday, September 20 at Harrisburg City Island. An information meeting is scheduled for Friday, September 11 from noon–1 p.m. in HUB side rooms 201-202. Members of the college community interested in participating on the **Heart Walk** team are asked to register in CLIQ and attend the information session for more details. Participation in Heart Walk is open to all members of the campus community! Dickinsonians interested in joining the [Dickinson Team](#) are asked to send an email to devwell@dickinson.edu. To indicate interest in participation on September 20 or to attend the information session on September 11, please register in CLIQ via the [Gateway](#).

Money In Your Pocket—

Volunteer Income Tax Assistance Program Information Session

Presented by Jennifer Hilt, United Way

Friday, October 2 | noon-1 p.m. | Stern Center, room 102

Are you looking for an opportunity to provide some community service or volunteer hours? Are you interested in providing some assistance for income tax preparation to the Carlisle Community? Join the Dickinson VITAs and help local low-to-moderate-income families prepare their taxes for free through the IRS's Volunteer Income Tax Assistance (VITA) program. Last year in Carlisle, 836 families were helped, bringing \$1,137,348 in federal refunds back to the community. There is no experience needed and training is provided to help you become a certified volunteer tax preparer. Please plan to attend this info session to hear more about this community service opportunity.

The Carlisle Area Chamber of Commerce

provides keycards each year to members in the community. Keycards are available to all employees of Dickinson College. Stop by Human Resource Services or the HUB info desk or send an email to devwell@dickinson.edu to request your keycard today! The keycards offer a variety of discounts for area businesses, such as restaurants, automotive services, healthcare, banks and beauty services. For an example:

Rillo's Restaurant

60 Pine Street
Carlisle, PA 17013
717-243-6141
www.rillos.net

10% off your meal Tuesday, Wednesday, Thursday & Sunday.
Excludes Tuesday Pastamania, alcohol & gratuity.

For a full listing of keycard discounts visit the Carlisle Area Chamber of Commerce [website](#). New offers are added all the time!

Professional Development & Wellness Events

Management Development Program

Human Resource Services is currently accepting applications for the 2015-2016 Management Development Program. This program is an in-depth, year-long certification program designed for individuals that have a minimum of two years of supervisory experience at Dickinson. The Management Development program provides an extensive look into management development resources addressing expectations, values, styles, and skills. Individuals will have the opportunity to put the theory into practice through practical, hands-on experiences both in the classroom and beyond. As part of the program, selected participants are encouraged to identify real campus challenges they would like to address during the certification program. To be considered or to receive more information, please contact Dennette Moul, by emailing mould@dickinson.edu or by calling 245-1026.

Keys to a Successful College Search

Presented by Dickinson's Admissions Team

**Thursday, September 10 | HUB side rooms 205-206
4:30-5:30 p.m.**

Dickinson's Admissions team is offering an insightful workshop for employees and their high school age students as they begin to explore college options. Representatives from Dickinson's Admission will provide guidance on preparing for college, identifying schools of interest, learning more about specific colleges, narrowing your list, applying and, ultimately, choosing a college that is right. All employees are encourage to bring their high school aged children/relatives to begin the journey of finding the right college!

Preparing for a Role in Supervision – 4 session series

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

**THURSDAYS:
September 16, October 14, November 18, December 16
Stern Center, room 102 | 9-11:00 a.m.**

This interactive 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 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
- Intrinsic Drivers
- Supervisory Techniques
- Coaching for Performance

Look for session descriptions, dates and locations in CLIQ.

College Preparation for Parents

**PART I: September 17: High School
Counseling and Admissions**

**PART II: September 24: Financial Aid and
Tuition Benefits**

HUB side rooms 204-205 | Noon-1:30 p.m.

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. Register through CLIQ.

Understanding Dickinson's Budgeting

*Presented by Steve Hietsch, AVP Auxiliary
Services & Budget Management*

**Tuesday, September 29
HUB side rooms 201-202 | 9-10:30 a.m.**

As you are well aware, colleges and universities must become proactive given the changing landscape of higher education. Plan to take part in this interactive session to gain greater perspective on the college's overall budgeting process. You will learn how creating a balanced budget is dependent on several factors including enrollment, financial aid, annual endowment returns, salaries, healthcare costs, and donor relations. During this session, you will be involved in a scenario working in teams to balance the budget given a series of constraints.

Professional Development & Wellness Events

Documenting Performance

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

Thursday, October 1
Stern Center, room 102
9–11 a.m.

Providing documentation that clearly identifies performance expectations, encourages accountability and outlines a path to success can be challenging. This workshop will explore best practices in developing performance goals, holding meaningful performance conversations, including the annual appraisal, and developing a performance improvement plan that gives employees the tools they need to be successful. Documentation is a vital component of the employment cycle; get tips to help create documentation that supports the employee, reduces confusion and keeps everyone on the right path.

Roundtable Conversations – Collaboration at Work

Tuesday, October 13
HUB side room 201 | 8–9:15 a.m.

In addition to classroom-based and online training, supervisors can learn as much, if not more, from their peers from other departments and divisions. This learning format invites all supervisors to breakfast discussions on important topics and issues based on the needs and interests of those serving in management roles. This design also provides opportunities for supervisors to build valuable relationships with colleagues across campus.

Conflict Skills for the Workplace

Presented by Shalom Staub, Assistant Provost and Dean of the First-Year Programs
3-SESSION SERIES

Tuesday, October 13, October 20 and October 27

Stern Center, room 102 | Noon–1:15 p.m.

Conflict is a part of everyday life and can strain or damage relationships. There are certainly times when the wisest way to handle a conflict is to walk away until the parties calm down. In most cases, however, a conflict that is simply avoided will not solve itself. In addition, people tend to approach conflict with a win-lose mindset. These sessions will help participants develop an awareness of how to identify conflict and understand the various methods to handling these difficult situations in order to produce an effective outcome for all who are involved.

Are You Fully Charged? The 3 Keys to Energizing Your Work and Life

Facilitated by Steve Riccio

Friday, October 16 | HUB side rooms 201-202 | Noon–1 p.m.

From the bestselling author of *WellBeing*, Tom Roth, reveals the three keys that matter most for our daily well-being, as well as our engagement in our work. Drawing on the latest and most practical research from business, psychology, and economics, this book focuses on changes we can make to create better days for ourselves and others. *Are You Fully Charged?* will challenge you to stop pursuing happiness and start creating meaning instead, lead you to rethink your daily interactions with the people who matter most, and show you how to put your own health first in order to be your best every day.

** Books will be ordered for those registered prior to Monday, September 14, 2015.*

Inclusion on Our Campus

Queer-Identified FAS & Student Welcome Back Dinner

Presented by the Office of LGBTQ Services

Monday, September 21 | Social Hall West | 6–8 p.m.

The Office of LGBTQ Services welcomes all students, faculty, staff, and administrators who self-identify as LGBTQ+ to attend our Welcome Back Dinner! This is an awesome opportunity for individuals to meet and connect with other "out" students, faculty, staff, and administrators on campus! Join us for dinner and meet someone new!

Interested faculty, staff, and administrators can RSVP by emailing LGBTQ@dickinson.edu.

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, OR CALL EXT. 1503.



Inclusion on Our Campus, Cont'd.

Matthew Salesses Novel Reading (*The Hundred Year Flood*) and Book Signing

Presented by the Popel Shaw Center for Race & Ethnicity

Thursday, September 24 | Stern Great Room | 6-7:30 p.m.

One of America's most promising young novelists and essayists, Matthew Salesses, will read excerpts from his debut novel *The Hundred Year Flood*. Born in Korea and raised in the United States, Salesses has written extensively about navigating Asian identity in American culture. After the reading Salesses will answer questions and sign copies of his novel for the audience. Faculty, staff and students who want a complimentary copy of the novel can email their request to psc@dickinson.edu and pick-up their book during the signing. We will order 20 copies so please act fast!

Ally Workshop

Presented by the Office of LGBTQ Services

Tuesday, October 6 | Althouse 106 | Noon-1 p.m.

The Ally Workshop is designed to encourage members of the community to begin to consider ways they can start the journey towards becoming allies to the LGBTQ community. During this interactive presentation, you will gain a better understanding of what it means to be an ally, strategies for being a better ally, and tools to reflect upon and confront your own privilege. This workshop is open to all members of the Dickinson College community.

Pizza will be provided! For more information, please contact LGBTQ@dickinson.edu.

Affinity Groups: Where and Why We Need to Meet

Presented by the Popel Shaw Center for Race & Ethnicity

Tuesday, October 6 | Noon-1:30 p.m. | Stern 102

Latino Culture Training: Faculty & Staff Luncheon

Developing an awareness Hispanic/Latino history and culture in the U.S. is essential knowledge for the 21st century. Joyce Avila, President of Creating and Facilitating Equality (CAFÉ), will deliver an informative, engaging, and insightful presentation outlining pertinent cultural nuances of Hispanic/Latino culture relevant to those aspiring to greater cultural competence and fluency. The PSC is offering both a faculty & staff luncheon and a student dinner focused on increasing awareness, capacity, and understanding.

Please pre-register by September 25. Email name, title, department, and dietary preferences to psc@dickinson.edu (**25 person limit**)

Out on Britton - National Coming Out Day Celebration

Presented by the Office of LGBTQ Services

Thursday, October 8, 2015

Britton Plaza | 11:30 a.m.-1:30 p.m.

Come celebrate National Coming Out Week with the Office of LGBTQ Services as well as several campus and community organizations. Britton Plaza will be lined with tables representing organizations supporting the lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and ally community (LGBTQQIA). Members of the Dickinson College community are invited to show their support by simply attending the event or by sharing their own coming out story or voice of allyship.

For more information, please contact LGBTQ@dickinson.edu.

Professional Development & Wellness Events

Weight Watchers Fall Semester Meetings

Meeting Leader: *Billie Rae Lerew*

FALL SEMESTER 12-WEEK SESSION

WEDNESDAYS: September 2–November 18

HUB side rooms 201-202 | Noon–1 p.m.

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 regular meetings during the 12-week fall program provide the inspiration and tools needed to succeed in your journey to health and wellness. Fee: \$156
Note: Health America members are eligible for fee reimbursement per the benefit plan design with an 80% attendance rate.

Inside Money: Managing Income & Debt

Presented by *Heidi Duckworth of TIAA-CREF*

Thursday, September 3

HUB Social Hall West | Noon–1 p.m.

It's your budget—take control. Everyone talks about a budget, but how many of us actually make one? Most people have some debt, but how many understand its effects on their lives and their futures? Let us show you the real impact of budgeting and debt – and how to help make your money work. TIAA-CREF's workshop leader will explain the big picture of budgeting:

- Learn the importance of cash flow – and how to use it
- Change how you look at saving and spending
- Identify good and bad debt, and ways to help manage it

SitFit—a New Wellness Program Offering!

Instructor: *Jennifer Moore*

MONDAYS: September 7–October 12

Memorial Hall, Old West | 12:15–1 p.m.

SitFit is an integrative approach to fitness that uses a chair for cardio, strength, and flexibility training. The chair provides great support while sitting and stability for standing, making this class appropriate for all fitness levels, especially those who have limited mobility, certain health concerns, or are just easing into fitness.

Mindful Eating – 4 Session Series

Presented by *Jessica Jones, RD Ph.D.*

TUESDAYS: September 8-29

Stern Center, room 102 | Noon–1 p.m.

Do you overeat to the point of being overly full? Find yourself too busy to eat? Eat in “auto pilot” and are unaware of what and how much you have eaten? Diet unsuccessfully? If you answered yes to any of these questions, then learning the skills of mindful eating is just for you! Mindful Eating describes a nonjudgmental awareness of physical and emotional sensations while eating or in a food-related environment. Being mindful of what you eat brings about awareness of why and what you eat, and how much you eat. This skill can help you recognize and respond to feelings of fullness or to recognize but not to respond to inappropriate cues, such as eating out of boredom or anxiety. Studies have shown that eating mindfully is associated with living a healthier, longer life that also ensures that you get the nutrition that your body needs. Come learn mindful eating skills with Jessica Jones, the college's registered dietitian.

Free Biometric Screening

Administered by *Wellness Works*

Carlisle Regional Medical Center

Thursday, September 17

Mary Dickinson Room & 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. Note: This free screening is open to all employees of the college, spouse/ domestic partners and dependents (**ages 18-26 years**).

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, OR CALL EXT. 1503.



Wellness Info Session: Lyme Disease

Presented by Susan Dworsak, Wellness Works | Carlisle Regional Medical Center

Thursday, September 17 | Stern Center, room 102 | Noon–1 p.m.

Lyme Disease impacts lives in so many ways. A simple tick bite unnoticed may cause a variety of health issues if an infection takes hold. Plan to attend this information session to learn more about ways to prevent and protect against tick bites, symptoms of infection, and what to do if you have been bitten.

Free Blood Pressure Screenings

Susan Dworsak, Wellness Works | Carlisle Regional Medical Center

Monday, September 21 | Mary Dickinson Room, HUB | Noon–1 p.m.

NO REGISTRATION REQUIRED—Walk-ins welcome and expected!

Oral Care: The Missing Piece of Total Health

Presented by Katie Mace, Health Promotion Analyst, United Concordia Dental

Thursday, September 24 | Information Commons Classroom 2, Library Lower Level | Noon–1 p.m.

Did you know that there is a link between dental health and overall wellness? This interactive discussion will focus on new research supporting the connection between common medical conditions such as diabetes and periodontal (gum) disease. Since nearly 75% of people will have gum disease in their lifetime, we will cover gum-disease prevention, treatment, and warning signs. Better oral care can both make you feel better and lead to reduced medical expenses! Note: If you are a participant in the college's dental insurance benefit please bring along your insurance card and also your smart phone!

Understanding Social Security & Medicare

Presented by the Social Security Administration

Monday, September 28 | HUB Social Hall West | Noon–1 p.m.

Are you approaching the golden age of retirement - or are you just curious to learn more about social security and medicare benefits for the future? If so, please plan to attend this special presentation offered by the Social Security Administration to hear more about the following areas related to retirement and medicare:

- How to get insured for retirement
- Full retirement ages
- 2015 limits of earnings and quarters of coverage
- Disability & Medicare Benefits
- Social Security Online Services & new services offered online

Additionally, participants will learn about the benefits for widows, spouses, and children.

Announcements and Reminders

Marathon in a Month: Winner for July 2015

Congratulations to **NEIL SANDERS**, Bookstore, for being the July Marathon in a Month winner! 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 \$25 Visa gift card drawing for Physical Wellness Program participation. For more details or to request a form to record your marathon miles, please send an email to devwell@dickinson.edu or call ext. 8084.

Special Gym Membership for Dickinsonians

Yoga at Simply Well

28 S. Pitt St. Carlisle

717-968-0167

www.yogaatsimplywell.com

Yoga at Simply Well offers a discounted **membership** at \$69 per month. In addition to unlimited classes, you get 10% discount on workshops, one guest pass per month, free yoga posture clinics, a t-shirt and discounts at Simply Well. Our beautiful facility is located on the second floor of the historic Simply Well Building—only a 5 minute walk from campus.

Our studio offers:

- Over 35 weekly classes
- Knowledgeable friendly highly trained instructors
- Fully equipped professional studio space
- Easy to use online and smartphone registration system
- Free parking

We love beginners! You may choose from a wide variety of **classes** including gentle, moderate, vigorous, yin, restorative, prenatal, kids yoga, meditation, Pilates and barre. Hot yoga returns in November. For more information, or to sign up, please call 717-968-0167 or send an email to info@yogaatsimplywell.com. Want to know what our students think? Click [here](#) to read our reviews.



Dickinson

Professional Development and Wellness
HUMAN RESOURCE SERVICES

PO BOX 1773 | CARLISLE, PA 17013-2896
717-254-8084 | devwell@dickinson.edu