

Vitality

Dickinson

Human Resource Services

October 2015 | Volume X | Issue 3

New Administrator & Support Staff Lunches

Over the course of the current year, President Roseman will be hosting monthly lunches for all administrators and support staff members at the President's House. This will be an opportunity for the president and employees to socialize with colleagues from across the campus. In order to include a diverse cross-section of the campus at each lunch, employees will be invited during their birthday month. Lunches will take place each month on a selected day from 11:30 a.m.–12:30 p.m. Administrators and support staff members with birthdays during the month will receive their invitations early in the month of their birthday. Please respond to invitations by calling or sending an email to the President's Office at ext. 1322 or presofc@dickinson.edu.

Gather

By MaryAlice Bitts-Jackson

Students and faculty are bringing together business, the arts and sustainable agriculture to launch a new gourmet dining experience on campus that taps into the growing trend of pop-up restaurants. Held October 31 and November 21, GATHER is the brainchild of College Farm Director Jenn Halpin, who is working with folks across a wide range of disciplines to create a multisensory experience that's as much about community as it is about delectable, farm-to-table food. For the full details about this wonderful new venture, and more information about attending the event, see the article online at www.dickinson.edu/news/article/1744/liberal_arts_delicious_results.

Faculty Administrative Reports Now Available Via Gateway

For your convenience and review, the Faculty Administrative Reports are now available for viewing via the Faculty Meetings channel on the [Gateway](#). Information in these reports is a way to keep employees knowledgeable and well informed about happenings within the different divisions of the college, promoting transparency. Reports will be posted here to provide access for employees of the college, while keeping the information confidential from public access.

FIRST FRIDAY IN DOWNTOWN CARLISLE—FRIDAY, OCTOBER 2!

Help support our favorite neighborhood spots and partake in a fun evening of art, music, dance and other live performances. We hope that you will stop by and shop the many local businesses or learn more about the community partners who have opened their doors to support the event and host Dickinson student performances. The evening will conclude with a free showing of *The Princess Bride* at the Carlisle Theatre at 8 p.m. All Carlisle and Dickinson community members are invited to attend this wonderful event. We look forward to seeing you there

New Hires

Daniel Berndt, *Environmental Health Safety*

Shelby Bischoff, *Music*

Gregory Deivert, *Public Safety*

Colleen DeMoss, *Dining Services*

Stephanie Douleris-Glaser, *Dining Services*

Alisha Fahnestock, *Children's Center*

Amy Hall, *Office of Admissions*

Terence Harclerode, *Facilities Management*

Lisa Mayberry, *Dining Services*

Jesse McDonald, *Office of Admissions*

Neil Mills,

Office of Marketing & Communication

Erin Myers, *French and Italian*

Sonja Paulson,

Center for Global Study & Engagement

Benjamin Shute, *Music*

Katie Stumpf, *Environmental Studies*

Robert Vogelsong, *Facilities Management*

Nicholas Wagaman, *Dining Services*

Marcus Welker,

Center for Sustainability Education

Retirees

Kevin Rosenberger, *Dining Services*,

21 years of service

Retirement Planning Sessions

TIAA-CREF INDIVIDUAL COUNSELING SESSIONS

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

- **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:

- **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.

Community Programs

United Way Campaign Update

The Dickinson campus community has raised \$31,277 for the 2015 United Way of Carlisle and Cumberland County Campaign, with donations from 102 faculty, staff and retirees. This puts the college within reach of its goal of raising \$35,000 with participation from 120 employees. All fundraising costs for the campaign are underwritten by local organizations and proceeds from Dickinson's U-Turn. Accordingly, 100 percent of every contribution funds the United Way's 43 local partner agencies, including Project SHARE, the Salvation Army and the YWCA. Employees wishing to participate in the campaign can make their gift by sending the completed campaign form (sent through campus mail in August) to Miriam McMeichen in Financial Operations. Thank you so much to campus community for your donations to United Way!

Community Programs

Money In Your Pocket

Volunteer Income Tax Assistance Program Information Session

Presented by Jennifer Hilt, United Way

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

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.

United Way—Day of Caring

Friday, October 16 | Allison Hall | 8 a.m.–1 p.m.

After several years supporting the local community through active participation of staff and students, Dickinson College continues to collaborate with the United Way of Carlisle and Cumberland County and their partnering agencies. Providing a helping hand within our community is an essential element to the college's mission. Participants will rendezvous, pick-up t-shirts, enjoy coffee and Entenmann's Donuts, and get final instructions on project assignments at Allison Hall. By 8:30 a.m. everyone will be off to work on the projects!

REMINDER: All employees must first receive approval from their supervisors before registering for the event. Administrative and support staff members are allowed to take up to four (4) hours of paid time to perform community service work per year. *To indicate your interest in this community volunteer opportunity, please register for this program in CLIQ as soon as possible prior to Thursday, October 15.*

Green Dot—What is it?

Presented by Becky Hammell & Jeanette Diamond

Monday, October 26 | HUB Social Hall East | 11 a.m.–noon.

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. This overview session is offered 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 or Kelly Wilt, Director of Prevention, Education and Advocacy, at wiltk@dickinson.edu.

Biking at Dickinson

The Handlebar is in full swing for Fall 2015! Come by the Handlebar and give your bicycle some tender love and care. Located in the basement of Davidson-Wilson (DaWi) adjacent to Dickinson Walk.

THE HANDLEBAR HOURS: Every Monday and Thursday 4–6 p.m. until Friday, December 11. Closed Monday October 19 and Thursday November 26.

The Handlebar, launched in 2011 by students, faculty and staff in collaboration with the Center for Sustainability Education and the Idea Fund, strengthens Dickinson's living laboratory for sustainability education by providing a context for meaningful service, community building, resource sharing and experiential learning. In The Handlebar, students, faculty and staff work as leaders and volunteers assisting fellow members of the Dickinson Community to learn the skills of bike repair and maintenance, building their own bike mechanic and leadership skills, participating in a program that reclaims and reuses materials to provide a valuable environment-friendly benefit to the community, and promoting life skills for more active, healthier and sustainable living. For more information about The Handlebar and the Bike Share program at Dickinson, or other biking programs and initiative information, please send an email to biking@dickinson.edu.

Community Programs

Bike to the Farm Potluck

JOIN IN THE TRADITION

The Center for Sustainability Education is hosting a 7-mile (each way) group **bike ride to the Dickinson College Organic Farm at 11 a.m. on Saturday, October 3.** 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. All are welcome. **We will depart from the DPS parking lot.**

Each participant brings a dish to share, and the food is transported to the farm by van. Once at the farm participants share a meal, play games, tour the farm, play music, and/or enjoy time outdoors, before the group heads back. Safety vans and bike transportation will be available for those that can only travel one way. The Center for Sustainability Education is always looking for co-sponsors, ride leaders, and new participants in this Dickinson tradition. Email biking@dickinson.edu for more information. **PRE-REGISTER NOW!** Visit www.dickinson.edu/biketofarm to register.

LOCALTUNITY—We Buy: You Eat

SHOP AT FARMERS ON THE SQUARE

Eat Healthier with Fellow Dickinsonians and Build Community

The Community Opportunity has been reborn for the fall semester as of Wednesday, September 16. Mixed groups of three to seven Dickinson employees and students are invited to Shop Farmers on the Square (FOTS) together for fresh foods grown by local farmers and receive one \$5 token per person to use at the market. Add to the fun and receive an additional \$5 token per person by cooking and sharing a meal together. *Help us build community, buy local, and be well.*

Visit the HUB information desk on Wednesdays between noon–5 p.m. to sign-up. Limited to two sign ups per Dickinsonian/calendar year. Participation is limited and certificates are offered on a first come first serve basis, while supplies last. Some special terms and conditions apply, so check out the website for more information on the process.

LOCALTUNITY is currently sponsored by the Center for Sustainability Education, Wellness Center, Office of Human Resources, Student Development and Farmers on the Square.

Nutrition News

Halloween Treats & Food Allergies

Presented by Jessica Jones, PhD, RD LDN

Tuesday, October 27

Allison Community Room | noon–1 p.m.

Halloween can be an exciting time for many, but it can also be very scary for those suffering from food allergies. Do you struggle with selecting the annual Halloween treats each year, or wonder about healthy options? Children (and adults) develop allergies to many different kinds of foods—many of which can be found in candy or other traditional holiday indulgences. Chocolate and peanut butter are perfect examples of foods that most people love but can cause adverse reactions in those allergic to them. Join us to hear about how to keep your kids (and yourself!) safe during this fun time of year.

GRILLED EGGPLANT SALAD

Makes: 4 Servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 Italian eggplant, cut into 1-inch thick slices
- 1 large red onion, cut into rounds
- Canola oil
- 1 avocado, halved, pitted and flesh chopped
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon Mustard
- 1 tablespoon coarsely chopped oregano leaves
- Honey
- Olive oil
- Salt and freshly ground black pepper
- 1 lemon, zested
- Parsley sprigs, for garnish

Directions

Brush the eggplant and red onions with canola oil and arrange on the grill. Cook the eggplant until soft and grill the onions until they have a slight char. Remove from the grill to a cutting board and let cool slightly. Once cool, roughly chop and add them to a serving bowl along with the avocado.

In a small bowl, whisk together the red wine vinegar, the Dijon, and oregano. Add honey and olive oil, to taste, and blend until emulsified. Season with salt and pepper, to taste.

Add the dressing to the eggplant mixture and toss. Garnish with lemon zest and parsley sprigs and serve.

Nutrition Per Serving

Calories 313, Total Fat 26.5g, Saturated Fat 3.5g, Protein 3g, Total Carbohydrates 19g, Sugar 9g, Fiber 8g, Cholesterol 0mg, Sodium 158mg

Recipe Source: Wellness Works of Carlisle Regional Medical Center

Inclusion on Our Campus

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

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.

OCTOBER 6: LATINO CULTURE TRAINING: FACULTY & STAFF LUNCHEON

noon–1:30 p.m. | Stern 102

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 | 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.

Spirit Day—Dickinson Goes Purple

Presented by the Office of LGBTQ Services

Friday, October 16 | Throughout Campus | All Day

Every year, millions go purple on Spirit Day in a stand against bullying and to show their support for lesbian, gay, bisexual and transgender (LGBT) youth. Observed annually since 2010, individuals, schools, organizations, corporations, and public figures wear purple, which symbolizes 'spirit' on the rainbow flag. This year, we want all of Dickinson to go purple!

Spirit Day is organized every year by GLAAD (Gay & Lesbian Alliance Against Defamation) for communities, corporations, celebrities, landmarks, faith groups, sports leagues, and schools to send a message of solidarity and acceptance to LGBT youth. For more information, please contact LGBTQ@dickinson.edu.

Transgender 101/Gender Non-Conforming Workshop

Presented by the Office of LGBTQ Services

Thursday, November 19 | Social Hall West | Noon– 1 p.m.

In this workshop, 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. This workshop is open to all members of the Dickinson College community. Pizza will be provided! For more information, please contact LGBTQ@dickinson.edu.

Transgender Day of Remembrance

Presented by the Office of LGBTQ Services

Friday, November 20 | Britton Plaza | 5:00 p.m.

Please join the Office of LGBTQ Services in observance of National Transgender Day of Remembrance. Throughout the world, people gather this day every year to pay respect to those needlessly killed by hate crimes against trans and gender non-conforming individuals. Surrounded by candles, we will read the names of transgender and gender non-conforming individuals who lost their lives over the past year. For more information, please contact LGBTQ@dickinson.edu.

Professional Development & Wellness Events

Physical Wellness Program Gift Card Winner For August

Congratulations to Sarah St. Angelo, Chemistry for being the \$25 Visa Gift Card winner for the month of August 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 email to devwell@dickinson.edu or call ext. 8084.

Seasonal Flu Vaccines

Co-sponsored by Human Resources and the Wellness Center

The Wellness Center will be providing flu vaccines to employees during a 3-day Flu Vaccine Clinic. All participants will be required to wait 15 minutes following their injection. Flu vaccines are free to employees of the college. **Please Note:** You must print and present the completed [Flu Vaccine Clinic Participation Form](#) to the nurse in order to receive a flu vaccine.

Receiving a seasonal flu vaccination is an effective way to reduce your chances of getting the flu—particularly if you are in a high-risk category. Seasonal flu vaccinations through the Wellness Center will be available to Dickinson employees and their spouse/dependents aged 18 years and over. Individuals interested in receiving a vaccination will have to show their Dickinson College ID at the time of the appointment. Participants must be 18 years of age or older. Restrictions include:

- Pregnancy / Nursing Mothers
- Allergic to eggs or egg derived products
- Allergic to Thimerosal (sometimes found in prescription eye drops)
- Guillian-Barre Syndrome
- A compromised immune system due to illness or if you are currently ill

If you are on medicinal therapy (other than blood pressure or diabetic medications), have any of the above restrictions, or have any questions regarding the restrictions, please talk to your primary care physician and obtain clearance for receiving the vaccine before registering.

FLU VACCINE CLINIC DATE OPTIONS:

- **Monday, October 5 | 9–11 a.m.**
- **Wednesday, October 14 | 4–6 p.m.**
- **Friday, November 6 | 11 a.m.–1 p.m.**

Please register in CLIQ to reserve your appointment date and time!

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.



Arthritis – What Is It And Why Do We Get This?

Presented by Wellness Works, Carlisle Regional Medical Center

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

Arthritis affects both young and old and comes in different forms that cause joint pain and discomfort. Millions of adults as well as thousands of children experience this disease at some time in their lives. Curious about the cause or the process, and what you can do to improve your own health? Attend this session to learn more about this often misunderstood disease and treatment options.

Free Blood Pressure Screenings

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

FALL SESSION DATES:

Mondays, October 19, November 16 & December 14

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

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

Dancing at Dickinson

Instructor: Frank Hancock

Tuesdays, October 20–November 24 | Allison Community Room

Beginners Lessons | 6–7 p.m.

Advanced/Intermediate Lessons | 7–8 p.m.

Do you have the urge to Cha-Cha, but have challenges with having two left feet? Has the Tango tangled up your toes? If you have the desire to learn to dance as a couple, but you don't know which way to turn – then consider signing up for these free dance lessons! No prior dancing experience is necessary as this expert instructor makes learning easy and fun. This program offers beginning and advanced level ballroom dancing lessons for six weeks. Instruction includes the foxtrot, tango, cha-cha, and swing dancing. Employees/Spouses/Domestic Partners & Dickinson Students are FREE!

Understanding Retirement Healthcare

Presented by Met Life

Monday, October 26 | HUB Social Hall West | noon–1 p.m.

Healthcare is on everyone's mind. Most of us will live longer than our parents. But as we age and approach retirement, a common question is "what if I get sick?" That's why we're pleased to offer MetLife's Understanding Retirement Healthcare. This complimentary 60 minute workshop is designed to help you begin the healthcare planning process where you will learn about:

- What healthcare decisions need to be made before, at, and beyond age 65
- Medicare and what it does and does not cover
- The necessary steps to take in the healthcare planning process

Free Biometric Screening

Administered by Carlisle Regional Medical Center

Thursday, October 29

**Facilities Management break room
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. Other optional screenings with an associated fee are also available. See CLIQ via the Gateway for full details!

Professional Development & Wellness Events

Sleep Disorders

Presented by Carlisle Regional Medical Center

Thursday, November 12

Stern Center, room 102 | noon–1 p.m.

Sleep eludes you and you just don't know why. A good night's sleep is crucial to cognitive function and overall quality of life. There are a variety of reasons why we don't sleep well ranging from stress to sleep apnea. Do you feel wide awake when it is time for bed? Are you restless and stressed out when you wish you were sleeping? Are you falling asleep at your desk or in meetings? Sometimes factors exist in your life that decrease your ability to sleep or the quality of your sleep. Attend this session to learn more about sleep disorders and options for fixing this vexing issue. Please plan to attend this session to learn more.

Walking Meditation:

Individual Walking Program

HUB Social Hall

WEDNESDAYS, FALL SEMESTER:

October 7, November 4, December 2

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. 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.

QPR: Suicide Prevention for Everyone

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. To attend this training on one of the dates below, please RSVP to caps@dickinson.edu.

- **Tuesday, October 6 | noon–1 p.m. | Althouse 206**
- **Tuesday, November 10 | noon–1 p.m. | Althouse 206**

Perinatal Mental Health: Strategies for Recovery

Presented by Rebekah Feeser, PhD., Franco Psychological Associates

Thursday, October 8

Stern Center, room 102 | noon–1 p.m.

It is estimated that 1 in 7 mothers will fight a maternal mental illness. Sadly these conditions often go unrecognized and untreated which negatively impacts not only the woman but her entire family. This presentation will define post-partum depression and other types of perinatal mood disorders. It will also identify strategies for addressing these conditions that offer hope to women about ways to recover from these very treatable symptoms. *Franco Psychological Associates is the EAP provider for Dickinson College.*

The Spiritual Dimensions of Health

Presented by Dan Cozort, Associate Professor of Religion

Tuesday, November 10

Stern Center, room 102 | noon–1 p.m.

The holistic paradigm is that body, mind and spirit form an interdependent whole. It is the guiding principle of traditional systems of medicine such as those of indigenous peoples, of great civilizations such as India and China, and even of the West until the 20th century. It is now being tested in an approach called “integrative medicine,” which is secular and scientific but open to the possibility that “alternative” or “complementary” medicine may have something valuable to offer to those who suffer. Holistic healing is concerned less about the relief of symptoms than about the restoration of wholeness through addressing the root causes of illness, which may not be physical. It is not only healing from disease but from existential suffering; it seeks to give meaning to life and death. In traditional cultures, “religion” and “holistic healing” are virtually synonymous and the primary role of religious specialists is healing. In a broader sense, however, holistic healing can also be understood as any healing that involves the spirit of the patient and which may also be affected by the spirit of the healer and of others who are close to the patient. In this larger sense, all healing is holistic healing and has a spiritual dimension, although this is often discounted and even suppressed in conventional bio-medicine.

WANT DETAILED INFORMATION FOR THESE PROGRAMS?

GO TO EMPLOYEE GATEWAY>CLIQ APPLICATION>EVENTS REGISTRATION SYSTEM AT
HTTP://GATEWAY.DICKINSON.EDU, E-MAIL DEVWELL@DICKINSON.EDU, OR CALL EXT. 1503.

National Cyber Security Awareness Month

Library and Information Services (LIS) invites you to participate in National Cyber Security Awareness Month (NCSAM 2015) this October. By participating, all members of the Dickinson community can stay up-to-date with the knowledge and resources needed to protect our computers, our information and ourselves from the many technology-related threats we face each day.

Each week of the month, the NCSAM 2015 program will focus on a different cyber security theme:

- **October 1–10:** What Is Cyber Security Awareness?
- **October 11–17:** The Importance of Good Passwords
- **October 18–24:** Beware of Phishing
- **October 25–31:** Protecting Your Mobile Devices

A new article will appear each week in Dickinson Today focusing on the weekly themes and providing useful cyber security tips, and LIS has launched an [information security webpage](#) that consolidates security resources at one location. Employee participants can earn Holistic Health Incentive Program (HHIP) Financial Wellness points by attending events from the NCSAM 2015 Security Chat series, which include the following:

- Protecting Your Identity
- Cyber Safety Basics and Employee Q-and-A
- Data Security Law and Dickinson College

Dates, locations and registration for these events are available in CLIQ. In addition to the Security Chat series, the Department of Math & Computer Science is providing two talks relating to cyber security:

- **October 27 | noon | Tome 115**
Math/CS Chat with Jeff Caton, **"The Three C's of Cyberspace: A Holistic View of Cybersecurity Issues."** Caton is a former U.S. Army War College Fellow and Department of Defense consultant.
- **October 28 | 4:30 p.m. | Biblio Café**
FaculTea with John MacCormick, associate professor of computer science, **"Why Are Password Rules So Annoying?"**

As you prepare to participate in NCSAM 2015, here are a few tips we can all leverage to practice cyber security during NCSAM 2015 and throughout the year:

- Set strong passwords, and don't share them with anyone.
- Keep your operating system, browser and critical software optimized by installing updates.
- Maintain an open dialogue with your family, friends and community about Internet safety.
- Limit the amount of personal information you post online, and use privacy settings to avoid sharing information widely.
- Be cautious about what you receive or read online—if it sounds too good to be true, it probably is.

Preventing Identity Theft

Presented by Chip McBreen, AVP of Loss Prevention and Security Services, Members 1st

Wednesday, October 7 | Althouse 106 | noon–1 p.m.

We want to help you safeguard your financial information. Unfortunately in today's world there are unscrupulous individuals who are always busy developing new scams for the unsuspecting public. One of the best ways to protect yourself against fraud is to educate yourself about identity theft, scams and the many ways in which you can become more diligent while online or elsewhere. Please plan to attend this financial wellness session to learn about protecting your identity.

This session is part of the National Cyber Security Awareness Month Security Chat series and all students, faculty, and staff are welcome to attend. Bring your own lunch to enjoy during the event.

Professional Development & Wellness Events

Cyber Safety Basics and Employee Q-and-A

Presented by Library and Information Services

Wednesday, October 14

Stern Center, room 102 | noon–1 p.m.

Each day we face many technology-related threats. Plan to take part in this interactive session to learn more about cyber safety basics and how you can better protect your computer, your information and yourself while online! LIS staff members will discuss several cyber safety topics and provide practical suggestions for protecting your personal information and computers from cyber-attacks. Employees will have an opportunity to engage with LIS staff members in a question and answer session. *This session is part of the National Cyber Security Awareness Month Security Chat series and all students, faculty, and staff are welcome to attend. Bring your own lunch to enjoy during the event. Beverages and dessert will be provided!*

Information Security: Data Security Law and Dickinson College

Presented by Devin Chwastyk of McNees, Wallace, and Nurick LLC.

Monday, October 19

Rector Science Complex, Stafford Auditorium

11:30 a.m.–1 p.m.

Information security breaches at major companies have been in the news; at this seminar you will learn: (1) what constitutes "personally identifiable information" and why it is valuable to hackers; (2) what is the legal landscape with regard to liability for data breaches; (3) what are YOUR responsibilities for data security at the College; and, (4) how the College can protect faculty, staff, students, and alumni from privacy violations. Faculty members and administrators with access to sensitive data are strongly encouraged to attend. This session is part of the National Cyber Security Awareness Month Security Chat series and all students, faculty, and staff are welcome to attend. Bring your own lunch to enjoy during the event.

Investing 101

Presented by Met Life

Monday, November 9

HUB Social Hall West | noon–1 p.m.

Presented by Met Life. This workshop provides a basic overview of investing that explains the difference between saving and investing, including asset class and investment styles, bonds, stocks and types of mutual funds.

CPR, First Aid & AED Certification

*Presented by Brent Killinger,
Department of Public Safety*

SESSION DATE OPTIONS:

Monday, October 19 or Monday, March 14

DPS Conference Room | 8 a.m.–noon or 1–5 p.m.

The CPR/First Aid/AED certification course provides training to prepare participants to respond to breathing and cardiac emergencies in adults, children age 12 or younger, and infants. Being certified will provide you with valuable skills that will prepare you for a potentially life-threatening situation. The training for skills is followed by a skills demonstration test and a written exam. **Recertification requires a current/valid card for the participant.*

Basic Self Defense

*Presented by Brent Killinger,
Department of Public Safety*

Monday, October 26

DPS Conference Room, Kaufman Building

9 a.m.–noon

Participants in this self-defense class will gain recognition of aggressive behavior along with responses that may help in making safe decisions when faced with a potentially dangerous situation. There will be hands-on self-defense techniques presented that the participants will learn and be able to practice. Attendees should wear non-restrictive clothing to fully participate in this session.

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.



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 in CLIQ.

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.

Professional Development & Wellness Events

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.

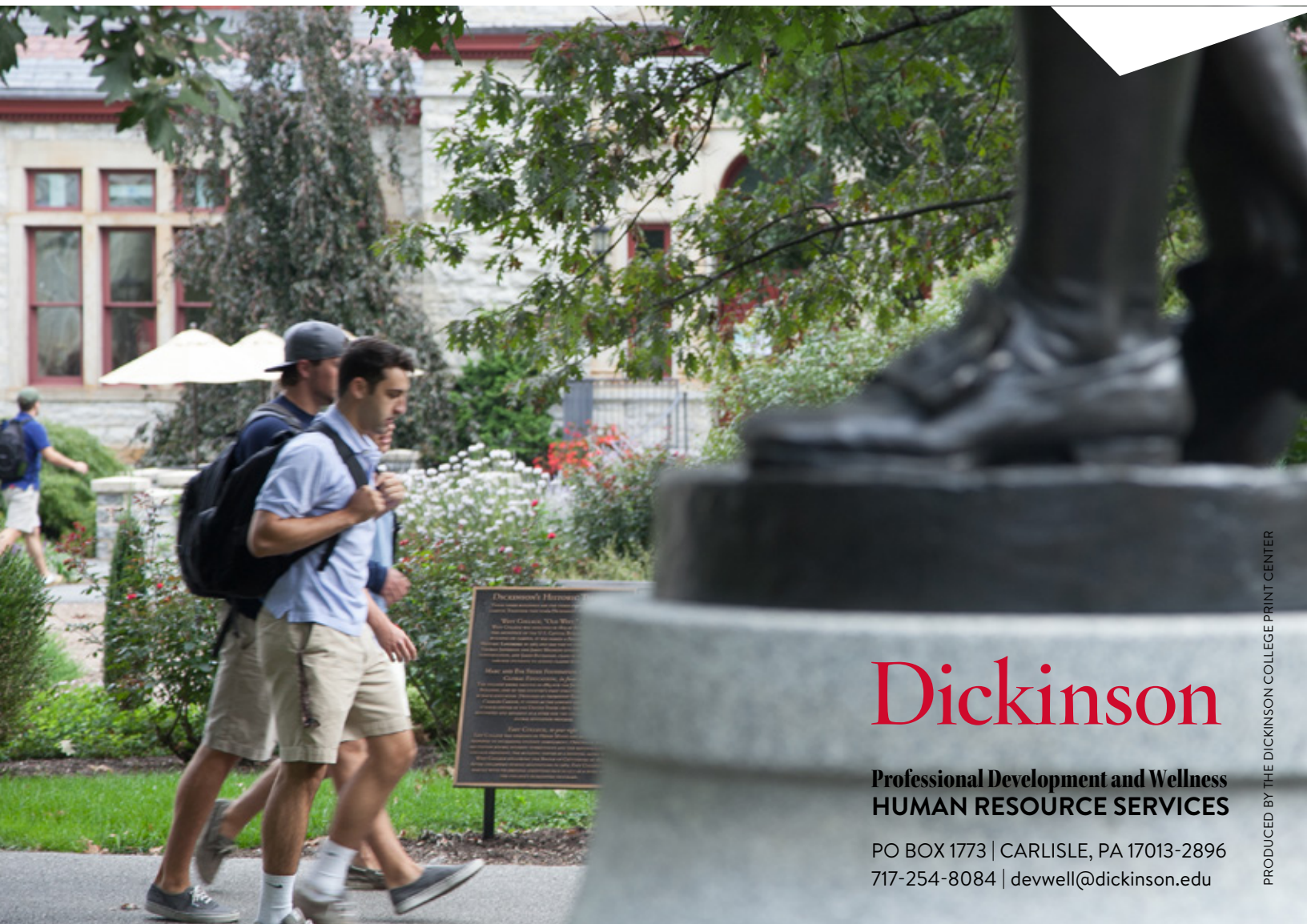
**Books will be ordered for those registered prior to Monday, September 14.*

Update on Employment Compliance: What You Need to Know to be Compliant

Presented by Dennette Moul, Organizational Development & Training Specialist

Wednesday, October 28 | Stern Center, room 102 | 9 - 10:30 a.m.

This session identifies recent employment regulatory compliance changes and highlights specific areas of focus for the college. A brief review of recent HR policy revisions will also be discussed. Gain the basic tools needed for decisions that are lawful and in the best interest of employees and Dickinson College.



Dickinson

**Professional Development and Wellness
HUMAN RESOURCE SERVICES**

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