

Vitality

Dickinson

Human Resource Services

March 2016

Volume X | Issue 7

Skywarn®

Everyone talks about the weather, but how would you like to identify and report severe weather just like the professionals?



In the average year, 10,000 severe thunderstorms, 5,000 floods and more than 1,000 tornadoes occur across the United States. These events constantly threaten lives and property. Knowing the warning signs and helping identify where and when these occur helps save lives.

Around the nation, over 290,000 volunteer weather spotters are on the lookout for floods, tornadoes and all types of weather. Known as SKYWARN® spotters,

these volunteers help keep their local communities safe by providing timely and accurate reports of severe weather to the National Weather Service. SKYWARN spotters are not “Storm Chasers”, rather they are storm observers that function in a similar capacity, but stay in their own communities and help the Weather Service better understand what’s happening in your area.

On April 11, Dickinson College will be hosting a free training session by the National Weather Service to become registered as an official SKYWARN® weather spotter. This training is open to all Dickinson students, faculty, and staff as well as Cumberland County community members.

For more information, head to www.nws.noaa.gov/skywarn, or to sign up for this unique opportunity, navigate to the Dickinson Gateway and register in Cliq.

SPRING INTO FITNESS CHALLENGE 2016 REGISTRATION REMINDER!

6-week Campus Challenge | March 20–April 30

Registration closes on Monday, March 7—REGISTER NOW ONLINE

Are you ready to break out into the warm sunshine of spring and enjoy better weather? If so, register now with colleagues to begin your post-spring break escape to the great outdoors with the [2016 Spring Into Fitness Challenge](#). Details for this challenge with other peer colleges—including Elizabethtown, Franklin & Marshall, Gettysburg, and York College—may be found on the [Challenge webpage](#). Join this campus community event by registering today to be included in all of the fun programs, activities and celebrations!

NEW FOR 2016: Form your own mini-team of three to six participants either from within your department/division or from any others on campus. When registering, please remember to enter your mini-team

name to be included in this new part of the Challenge. There will be opportunities built into this year’s program for some healthy competition between mini-teams!

[Online registration](#) for the Challenge continues through Monday, March 7. Visit the link below now to be included in the 2016 Challenge:

<https://webform.ycp.edu/view.php?id=374>

Do you need motivation to jumpstart your fitness for the Challenge? Watch Dr. Mike Evan’s Video—[23 and ½ Hours](#)—to learn about the best preventive treatment for many health conditions!

NEW HIRES

Connie Bell-Durf, *Facilities Management*

Elizabeth Butler, *Dining Services*

Kevin Crist, *Financial Operations*

Scott Hocker, *Dining Services*

Austin Kerr, *Dining Services*

Scott McJilton, *Dining Services*

Wendy Morrison, *Dining Services*

Ruth Palmer, *Dining Services*

Jay Pechart, *Facilities Management*

James Rieg, *Kline Center*

John Smith, *Dining Services*

Pennina Yasharpour, *Wellness Center*

AFFORDABLE CARE ACT

You and/or your family members will be receiving some new tax forms this year in connection with your 2015 taxes. Some of these forms may be relevant for you to complete your tax filing to prove you and your family had health coverage and avoid having to pay the individual mandate penalty that is part of healthcare reform, or the Affordable Care Act (ACA). The deadline for the college to file these forms is March 31, 2016. We will be sending a letter along with these forms to provide you with additional information and resources available to assist with understanding the health care information form requirements for individuals.

RETIREMENT 1:1 COUNSELING SESSIONS

TIAA-CREF Individual Counseling Sessions

A TIAA-CREF representative will be on-campus during the months of March through May on:

TUESDAY, MARCH 15 HUB side room 205

MONDAY, APRIL 18 HUB side room 203

WEDNESDAY, MAY 11 HUB side room 205

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.

HEALTHAMERICA INDIVIDUAL CONSULTATIONS

Health America Representative: Jean Enders

**Tuesday, March 15 | HUB Mary Dickinson Room
1:1 appointments | 8 a.m.–5 p.m.**

Do you have medical or prescription drug questions regarding your HealthAmerica insurance plan? How does this insurance plan work? What is deductible and coinsurance? Our HealthAmerica representative will be available on campus to help answer your claims questions or inquiries regarding your medical, prescription, & mental health services. To schedule a personal appointment with HealthAmerica, please sign up through [CLIQ](#) for the time period you need. Please bring any documents pertaining to your questions such as explanation of benefits, bills etc.

WORLD ORAL HEALTH DAY IS MARCH 20

World Oral Health Day is a great time to think about the critical link between oral health and overall health. Everyone wants a bright smile, fresh breath and pain-free teeth and gums. These are great benefits of good oral health, but they're only part of the picture. Good oral health is essential to your overall well-being.

THE MOUTH-BODY CONNECTION

Bacteria can enter the body through the mouth and travel throughout your body. Poor oral health can interfere with breathing, eating, swallowing, sleeping and speaking. Research also links oral infections to serious medical conditions such as: diabetes, heart disease, lupus, oral cancer, rheumatoid arthritis, and stroke.

REDUCING HEALTH RISKS WITH ORAL CARE

1. **Regular brushing and flossing**—remember to brush 2-3 times a day and floss to remove food debris and plaque.
2. **Visit your dentist regularly**—professional cleanings and exams are not only important for healthy teeth but may allow your dentist to find early signs of a health problem you didn't even know you had.
3. **Healthy diet**—Sweets and sugary drink are linked to tooth decay. Focus on healthy, whole foods and drink lots of water.

For more information about the mouth-body connection, please visit [United Concordia's Dental Health Center](#).

For benefits and oral health information, register on My Dental Benefits by visiting www.unitedconcordia.com.

To help identify your oral health risk and show how your lifestyle factors and medical conditions impact the health of the mouth try United Concordia's [My Dental Assessment](#).

Community Programs and Opportunities

Bicycling at Dickinson

The Handlebar bicycle co-operative

Location: Bikerroom, David-Wilson Residence Hall

Open hours: 4–6 p.m. Monday and Thursdays

<http://blogs.dickinson.edu/dickinsonbikes/thehandlebar>

HANDLEBAR: BICYCLE MECHANICS WORKSHOP

Saturday, March 26

Time and details to be announced

Chris Donato, owner of The Spoke and Pedal Cyclery bicycle shop, will teach beginner to intermediate bicycle mechanic skills in a hands-on learning style.

BIKE TO FARM BICYCLE RIDE & POTLUCK!

Saturday, April 2

www.dickinson.edu/info/20052/sustainability/2317/biking/2

EXPLORING OUR PLACE: HISTORIC GRAVEYARDS OF CARLISLE TOUR BY BICYCLE

Sunday, April 10

Meet at the Handlebar | Time and details to be announced

This tour will be led by long-time Carlisle resident and GIS master, Jim Ciarrocca, as part of CSE's Exploring Our Place series.

The Most Amazing Race

Saturday, April 9 | Registration 8 a.m. | Race: 9 a.m.

All proceeds from [The Most Amazing Race](#) go to support the community programs and services provided by the The Salvation Army of Carlisle. For more information please visit www.SalvationArmyCarlisle.org.

Simply Moving Walking Initiative

FREE GUIDED WALKS are scheduled on Wednesday evenings from 5:30–6:30 p.m. throughout the spring 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.

- **April 13, Biddle Mission Park**
311 E. North Street, Carlisle
- **April 20, West Pennsboro Township Park**
30 Park Rd., Plainfield
- **April 27, Forbes Path**
203 Meadow Blvd., Carlisle
- **May 4, Thornwald Park**
350 Walnut Bottom Rd., Carlisle
- **May 11, LeTort Spring Run Nature Trail**
260 E. Pomfret St., Carlisle
- **May 18, Boundary Trail/Locust Point Trail**
500 Kings Gap Rd., Carlisle

CARLISLE PARKS AND RECREATION OFFERS A NETWORK OF BIKING AND WALKING

TRAILS! Did you know that the department recently completed a 13.8 mile network of trails for walking, running and biking? This is big news! The route, which includes on-road and off-road trails, connects all Borough parks, schools and downtown Carlisle. Start at one of the eighteen parks to link up to the network. Follow the [Trail and Bike Route](#) markings for an awesome weekend outing with family and friends!

SAVE THE DATE: ANNUAL BENEFITS & WELLNESS FAIR
TUESDAY, APRIL 19 | HUB SOCIAL HALL | 10:30 A.M.–2:30 P.M.

Mark your calendars now for this annual event and watch for more details about this and Wellness Week events in the April issue of Vitality!

Community Programs and Opportunities

FIRST AID AND CPR—KNOW THE BASICS

An accident or emergency can happen at any time. Giving first aid is what you can do to help someone before medical help arrives. Taking action right away can help save a life.

Take these steps so you'll be prepared for an emergency:

- Know when to call 911
- Learn how to help someone who is choking
- Take a class to learn first aid and CPR (Cardio Pulmonary Resuscitation)
- Keep a first aid kit at home and in your car

TAKE ACTION! Plan ahead and be prepared for injuries and/or emergencies

KNOW WHEN TO CALL 911

Call 911 when you need help right away. Call 911 if someone is seriously hurt, stops breathing, or if there is a fire. Don't call 911 for problems like a flat tire.

TEACH YOUR CHILDREN HOW TO USE 911

Everyone needs to know about calling 911 in an emergency. Kids also need to know the specifics about what an emergency consists of. Ask them questions such as, "What would you do if we had a fire in the house?" Role playing is also a good way to teach your children about different emergency situations and how to handle them with confidence.

LEARN WHAT TO DO WHEN SOMEONE IS CHOKING

When someone is choking on food or a small object, it's important to act right away. Check to be sure they are able to speak/talk, cough forcefully. If so, stay with them until they can remove the food/object and if they cannot, be ready to perform the Heimlich (HIME-lik) maneuver if indicated.

Take a first aid class to learn when to use the Heimlich maneuver and how to correctly perform it on others as well as on yourself if you should be alone when you are choking.

TAKE A FIRST AID AND CPR CLASS

Taking a class can teach you how to give first aid and CPR (Cardio Pulmonary Resuscitation) correctly. This training will help you respond quickly and safely in emergencies.

- Learning first aid will help you know what to do for problems like burns, cuts, head injuries and broken bones.
- Knowing CPR can help when someone's heart or breathing has stopped.

KEEP A FIRST AID KIT AT HOME AND IN YOUR CAR

A first aid kit has the things you need to treat someone who is hurt. It includes supplies like bandages, tape and scissors. Keep one kit in your home and one in your car so you are always prepared. Make sure each first aid kit has directions on how to treat basic injuries and when to get more help. After you use your kit, remember to replace the supplies.

Always Be Prepared!

Sources:

- Wellness Works | Carlisle Regional Medical Center
- http://healthfinder.gov/healthtopics/population/pre-teens-and-teens/safety/learn-first-aid#take-action_3

CPR & FIRST AID CERTIFICATION & TRAINING

Instructor: Brent Killinger, DPS Officer

Monday, March 14 | 8 a.m.–noon or 1–5 p.m.
DPS Conference Room, Kaufman Building
REGISTER NOW in CLIQ via the [Gateway](#)

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.

2016 HERSHEY PARK DISCOUNT TICKET SALES

Discounted HERSHEY PARK tickets are available for advance purchase to Dickinson students and employees through Campus Life and Human Resource Services at the special rates listed below. Tickets must be requested and paid for by March 11, 2016. They are valid during the summer 2016 HERSHEY PARK regular operating season, beginning on Friday, April 29 and continuing through Sunday, September 25. Checks should be made payable to Dickinson College. For details, call ext. 8084 or send an email to hrrservices@dickinson.edu.

SPECIAL TICKET PRICES:

Tickets valid from during entire 2016 regular operating season from April 29 through September 25.

- \$37.65 + \$.85 amusement tax per admission ticket = **\$38.50**—ages 9-54 years
- \$28.65 + \$.85 amusement tax per admission ticket = **\$29.50**—ages 3-8 or ages 55-69 years
- \$22.10 + \$.85 amusement tax per admission ticket = **\$22.95**—ages 70+ years

RACE AGAINST RACISM

**Saturday, April 30 | YWCA Carlisle, 301 G Street
Registration 8 a.m. | Race begins at 9 a.m.**

Plans are underway for the 5th Annual Race Against Racism at YWCA Carlisle. This 5k walk/run begins and ends at the YWCA property at 301 G Street. Show your support for the YWCA's mission of eliminating racism by participating in this year's event. Online registration is now open soon for this event! Register by Friday, April 15 to receive a Race-Against-Racism t-shirt. For details and more information, please visit the YWCA website at www.ywacarlisle.org! #StandAgainstRacism

Bosler Memorial Library

Free Community Programs

BE WELL @ BOSLER: SPRING CLEANING FOR YOUR BODY

Wednesday, March 2 | 7 p.m.

Join Camille Baughman & Associates staff for an educational program addressing ways to cleanse and detox the body and boost the immune system just in time for the change of seasons. Presented by Barbara Baughman, Licensed Massage Therapist and Certified Clinical Nutritionist and Diana Robinson, Holistic Occupational Therapist and Certified Lymphatic Therapist.

YOUR HEALTH @ BOSLER: WHY DOES BLOOD PRESSURE MATTER?

Tuesday, March 15 | 7 p.m.

Why should you care about your blood pressure reading? Join Kareen Yeager, Health Educator from Holy Spirit—A Geisinger Affiliate, as she talks about why this simple measurement means so much. Learn what hypertension (high blood pressure) is, what health risks are associated with uncontrolled high blood pressure, and how you can control it. Kareen will also talk about low blood pressure and its impact on your health.

ENGAGE FOR HEALTH

Wednesday, March 23 | 10:30 a.m.

Take an active role in your healthcare! Join us for a special presentation that will help you improve your health. You'll learn why it's important to ask questions during your doctor's visit, and how to prepare for the visit. You'll also learn how to use online tools to better assist you in determining the best course for your health. This program is part of a cohort with PA Forward and the National Libraries of Medicine.

*Walk-in and enjoy any of the free programs listed above!
For more information about the Bosler Library community programs, please contact Nicholas Macri, Bosler Library, via email at nmacri@ccpa.net.*

College Farm

Even though the weather outside is dreary, staff at the College Farm are busy finalizing plans for the upcoming summer season. Student farmers are waking up the soil in our greenhouses and preparing beds that will soon be seeded with tender greens. Trays filled with seeds for onions, leeks, herbs, kale, chard, lettuce are starting to fill up the work benches in our greenhouse. These seeds that will grow into seedlings that will be among the first to be planted in our production fields in the coming months.

Many of us long for the taste of fresh-picked greens this time of year and feel a twinge of sadness when purchasing limp heads of lettuce or kale from the grocery store. What some might not realize is that there are fresh-picked options available even in the dead of winter!

FARMERS ON THE SQUARE (FOTS) is Carlisle's producer only farmers' market that maintains an abbreviated market schedule during the winter and spring months. In fact, FOTS showcases farmers and their products every other Wednesday from 3–6 p.m. at Project SHARE, conveniently located between the Dickinson Children's Center and the Central Pa Youth Ballet (CPYB). This time of year, local farmers are growing fresh greens in addition to stored crops like potatoes, local dairy, fresh-baked breads, meats and much more!

COLLEGE FARM HUB STAND is run by the College Farm each and every Friday in the lower HUB from 11 a.m.–2 p.m. On sale each week are fresh eggs, potatoes, sweet potatoes, cabbage, canned goods, even beef jerky! Once our greens are ready we will have them, too! The HUB stand accepts declining balance to boot!

Looking ahead to the upcoming growing season, the College Farm is now accepting applications for the **2016 CAMPUS SUPPORTED AGRICULTURE (CSA)**. The CSA program is designed to meet the needs of the Dickinson College community through a variety of options. For more information, please go to: <http://blogs.dickinson.edu/farm/csa/how-it-works>

If you are looking for ways to enjoy local food in a festive environment be sure to mark your calendars for some great events this spring:

- **THE LOCAL FOOD DINNER**, now in its 13th year, is a celebration of food, farms and community. Each year students design a menu that features local ingredients, many from the Dickinson College Farm! The dinners are fun and delicious. This year, Dr. Dave Mortensen will our keynote speaker. For more information on purchasing tickets for the Local Food Dinner, please go to: <http://blogs.dickinson.edu/farm/2016/02/19/tickets-available-for-13th-annual-local-food-dinner>

- **PIZZA ON THE PLAZA (POP)**, a Friday evening family-friendly food festivity that features wood-fired pizzas made fresh from the College Farm. POP runs from 4–7:30 p.m. in the Rector Atrium and includes live music, the Peddler and creative programming. Come to POP on March 25, April 22 and May 6.

- If you like the Local Food Dinner and the idea of fine dining for food enthusiasts, consider making a reservation at **GATHER**, the College Farm's monthly restaurant on campus. Dinner guests can expect to be treated to a four-course gourmet meal prepared by student farmers under the direction of an area chef. **The next GATHER dinner will be held on April 30.** For more information and to make a reservation, please go to: <https://dcfarmgather.wordpress.com>

- **2016 VEGGIES SHARES AVAILABLE WITH THE DICKINSON COLLEGE FARM!**

For 13 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 12, 15, 24 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>

New Dietitian: Pennina Yasharpour



Pennina Yasharpour, RD, LDN is a licensed, registered dietitian. She received her Bachelor's Degree in Nutrition and Dietetics from California State University, Northridge and is working towards completing her Master's Degree. She became a Registered Dietitian Nutritionist in 2015 by completing her clinical rotation at Ronald Reagan UCLA Medical Center, food service rotation at Cedars-Sinai Medical Center, and her outpatient rotation at Kaiser Permanente Los Angeles Medical Center. In addition to working at Dickinson College, she is currently providing Medical Nutrition Therapy to residents at a skilled nursing facility in Central Pennsylvania. Pennina is passionate about providing individualized, culturally competent care to all her patients. She has worked in a diverse college environment in the past and is excited to join the team at Dickinson College.

Professional Development & Wellness Events

Maximizing the Campus Visit

Presented by the Office of Admissions

Thursday, March 10 | HUB Social Hall West | 4:30–5:30 p.m.

This session is open to all employees and their high school aged children and relatives. Are you embarking on a college campus tour? Do you know what to ask and what you should be looking for on a campus to give you the information needed to make an informed college selection?

Preparing for a Role in Supervision—Module 2: Intrinsic Drivers

Presented by Dennette Moul, Organizational Development & Training Specialist

TUESDAYS: March 22, April 12, May 17 | Stern Center, room 102 | 9–11 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 (*February*)
- Intrinsic Drivers (*March*)
- Supervisory Techniques (*April*)
- Coaching for Performance (*May*)

Look for session descriptions, dates and locations in CLIQ.

Update on Employment Compliance

Presented by Dennette Moul, Organizational Development & Training Specialist

Thursday, April 7 | Stern Center, room 102 | 1:30–3 p.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.

Professional Development & Wellness Events

Inclusion on Our Campus

Faith Club Book Series

WEDNESDAYS | noon–1 p.m. | Landis House

Each month we will read a different book around the topics of faith. Join us for one or all.

MARCH 9 **Traveling Mercies** by Ann Lamott

Red Devil's AdVOcates

(Voices of Community) Training

The former “safe zone” program, the Red Devil's AdVOcates (Voices of Community) program focuses on allowing FAS and students to engage more deeply and personally in issues related to LGBTQ Services. During the training, we hope that participants will gain a better awareness of their own personal biases and barriers to being an effective ally to the LGBTQ community. Participants will become equipped with tools to be able to respond both actively and proactively. Unlike our former training, this program expects participants to commit to ongoing and continuous education and learning. The prerequisite for the program is that you must sign up for and complete the LGBTQ 101 Online Training Module through Moodle. Please email LGBTQ@dickinson.edu for more information.

Training date for Faculty and Staff:

- **THURSDAY, MARCH 17**
9–11 a.m. | Allison Community Room

Registration is open in CLIQ via the Gateway for this program.

Physical Wellness Program Gift Card Winner for February

Congratulations to **KAREN WEINSTEIN**, *Anthropology* for being the \$25 Visa Gift Card winner for the month of February 2016 for participation during the month of January! 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 or call ext. 8084.

NEW! Carlisle UMedGym Wellness Information Series

TOME 115, Rector Science Complex
7–8 p.m. Thursdays

SESSIONS & DATES:

- **February 25:** Sleep More, Stress Less
- **March 31:** Eat for Health
- **April 28:** Who Has Time to Cook?
- **May 26:** Why Exercise is Medicine
- **June 30:** Financial Fitness 101
- **July 28:** Understanding Self Efficacy and Overcoming Barriers

These programs are open to the entire Dickinson Community. Registration is open and available in CLIQ!

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.



Dancing at Dickinson

Instructor: Frank Hancock

TUESDAYS: March 1 through April 5

Allison Community Room

Beginners Lessons | 6–7 p.m.

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

Accelerated Lessons | 8–9 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 and Dickinson Students are **FREE!**

Green Dot—What is it?

Presented by Becky Hammell & Jeanette Diamond

Tuesday, March 8

Stern Center, room 102 | 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.

Water Aerobics

Instructor: Miriam McMechen

MONDAYS: March 21 through May 9

Kline Center Pool | 5-6 p.m.

Water aerobic exercise burns calories, tone muscles and refreshes with a dip in the pool! Enjoy a great low-impact, aerobic workout to music in a stress-free environment. Great for all levels of fitness!

Organic vs. Non-Organic Foods

Presented by Erica Italiano, RD, Holy Spirit Health System

Tuesday, March 22

Stern Center, room 102 | noon–1 p.m.

Healthy eating is a critical part of wellbeing and enjoying life to the fullest. Attend this session to learn more about benefits and differences between organic foods and non-organic foods.

Biometric Screening

Administered by Wellness Works;

Carlisle Regional Medical Center

Thursday, March 24

Check-in Mary Dickinson Room, HUB | 7:30–9:30 a.m.

The Biometric Screening provides a snapshot of your health looking at your total cholesterol, glucose, blood pressure, height, weight, waist circumference and body mass index (BMI). It is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome. The number of people with metabolic syndrome increases with age, affecting more than 40 percent of people in their 60s and 70s. Several factors increase your risk for developing the syndrome—high blood pressure, high cholesterol, diabetes or high blood sugar, a lack of physical activity, smoking, and family history. Monitoring your blood pressure, blood glucose, cholesterol levels and BMI gives you the ability to stay on top of your overall health. Knowing your numbers provides the information to you for conversations with your personal physician. Do you know your numbers? If not, please register for this free health screening. (*HHIP: Physical Wellness*)

Skin Cancer Awareness

Presented by Dr. Julian Ngo, Carlisle Dermatology

Thursday, March 24 | Stern Center, room 102 | noon–1 p.m.

The warmer weather of spring and summer are fast approaching, and with that more hours of sunshine and fresh air. Skin Cancer is the most prevalent cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined according to the American Cancer Society. The number of skin cancer cases has been increasing in recent years. Attend this session to learn about the benefits of sunshine along with the risk with overexposure to UV rays. *Don't forget the sunscreen!*

Professional Development & Wellness Events

Tax Strategies

Presented by Met Life

Monday, March 28

HUB Social Hall West | noon–1 p.m.

This workshop covers basic tax planning information to help individuals plan in a tax-efficient manner. Material content includes information on record keeping, tax law changes, state and local taxes, tax credits and tax-deferred programs.

The Importance of Sleep

Presented by Associate Prof. Teresa Barber & Adam Knapp, Carlisle UMedGym

Thursday, March 31

Stern Center, room 102 | noon–1 p.m.

By the time we reach 60 we have spent 20 years of that time asleep. Why do we sleep? Can we go without sleep? What forces us to spend one third of our lives unconscious? What benefits do we get from sleeping? If sleep is an active process rather than a passive one - a behavior - it must be one of the most powerful behaviors we display. This talk will be directed towards understanding what happens during sleep, why it's so important to get enough sleep, and various healthy ways to increase sleep—both getting to sleep and staying asleep.

New Gym Membership Opportunity:

Power Train Carlisle

Stonehedge Square

950 Walnut Bottom Road, Carlisle

Power Train Carlisle offers bootcamp classes with a 12:1 participant/coach ratio, along with other specialized programs for your ultimate fitness. Bootcamp is offered for \$29 per month with a variety of session options! Contact Lew Reese at 717-462-4733 for program details, or send an email to carlisle@powertrainsi.com. Visit www.powertrainsports.com for additional information about this new gym membership option.

REGISTER NOW!

2015-2016 Holistic Health Incentive Program & Moodle HHIP Self-Registration Course

Spring is just around the corner and will be here this month! Many New Year resolutions include the desire to live a healthier lifestyle—so why delay any longer? One way to help reach your goal is by participating in our **Holistic Health Incentive Program (HHIP) Healthy Rewards**. The HHIP is a simple pathway to wellbeing that includes the following steps:

- Register for the HHIP in Moodle
 - Click on access link: <https://lms.dickinson.edu/course/view.php?id=31611>
 - When prompted, enter your **network username** and **password**
 - Enter the HHIP registration key: **HHIP1516**
- **Complete the Biometric Screening** (FREE!) to learn your own biometrics
- **Complete the Health Risk Assessment** survey tool (FREE!) to learn your own health risks
- **Complete other wellbeing programs** as you desire, listed online in **CLIQ** and the Professional Development & Wellness Catalog of events.

Remember to track your participation progress and points in the HHIP Moodle site, to qualify for the **incentive rewards!** All biometric screening and health risk assessment participation should be completed by April 30. Other programs may be completed through the June 30 to qualify for additional incentives offered. Please send an email to devwell@dickinson.edu for more information about Wellness program opportunities.

Dickinson

**Professional Development and Wellness
HUMAN RESOURCE SERVICES**

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