

Vitality

Dickinson

Human Resource Services

April 2016

Volume X | Issue 8

Waidner-Spahr Library Events and Exhibits

The new Waidner Spahr Events Research Guide will keep faculty, staff, students, and community members informed on the latest news and activities hosted by the library. The library's events, exhibits, and book displays throughout the year enhance the cultural and academic life of our community. The guide includes a list of upcoming public events such as our FaculTeas, exhibits, and book displays, as well as photos of past events and exhibits. If you missed an art exhibit or photography display, check out the guide for photos. Book displays, often connected to campus events and happenings, are also highlighted in this guide. The Featured Faculty Publication on the home tab highlights works completed by Dickinson faculty. To take a look at the guide and to see everything that is happening in the library, check out the News & Events section of the library's home page.

MyFreeTaxes.com at Dickinson College

Saturday, April 2 | Althouse 204 | 1-4 p.m.

Did you make less than \$62,000 in 2015 as an individual or as a family? If so, then My Free Taxes may be able to assist you with filing your 2015 tax returns. MyFreeTaxes.com is a free service offered that helps you file your federal and state income taxes online, safely and quickly! The information and documents needed for this tax preparation service are: social security number or tax identification number; W2 forms, 1099s, 1098s and other income forms; childcare provider name/address/and tax ID; bank routing and account numbers for checking and savings accounts. This valuable service is offered nationwide, and also to Dickinson employees and students in partnership with United Way of the Capital Region. To access this opportunity for assistance, please call 1-855-My-Tx-Help (or 1-855-698-9435) or visit www.myfreetaxes.com. Or stop by Althouse 204 between 1-4 p.m. on Saturday, April 2.

2016 Benefits & Wellness Fair

Tuesday, April 19 | HUB Social Hall | 10:30 a.m.-2:30 p.m.

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

April is Financial Literacy Month What is your Financial IQ?

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

https://s.qualtrics.com/SE/?SID=SV_e9T4kUZZfLlqL8V&Preview=Survey&BrandID=tiacref

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

http://tiacref.qualtrics.com/jfe/form/SV_4IPj0lmtlHXKOUY

For other financial education articles and tools created by TIAA to help you along your journey towards financial well-being, please visit: www.tiaa.org



TIAA-CREF IS NOW TIAA! A new simpler name and approach, and a reimagined website. For nearly 100 years, we've helped millions live financially secure lives. That's not going to change. TIAA is committed to serving you. And we're gearing up for another century.

TIAA INDIVIDUAL COUNSELING SESSIONS

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

MONDAY, APRIL 18 HUB side room 203
WEDNESDAY, MAY 11 HUB side room 203

To schedule a personal meeting with TIAA, please visit www.tiaa.org/public/support/contact-us/consultations-seminars or call 1-800-842-2010. Appointments may be scheduled with TIAA between 9 a.m.–5 p.m. on the dates listed above.



Review Snap

Evaluations should be completed during the months of January, February and March, with all reviews due no later than April 1, 2016. Employees who had an introductory performance appraisal within the past three months will not be asked to complete another appraisal until this time next year. Please feel free to contact Dennette Moul or Denise Eichelberger in Human Resource Services with any questions or concerns.



SPRING INTO FITNESS WITH... National Walking Day: Wednesday, April 6!

Hosted by Karen Faryniak, Office of the President
Memorial Hall Stone Steps, Old West | Meet at 8 a.m

There are countless physical activities out there, but walking has the lowest dropout rate of them all! The American Heart Association is hosting **NATIONAL WALKING DAY** on April 6, 2016. On this day and all days, everyone is encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. Take a break from your regular routine and get out to enjoy the fresh air and sunshine, take a walk with family, friends and colleagues—or stretch your legs over your lunch break by taking a walk!

Source: American Heart Association

HealthAmerica Individual Consultations

Health America Representative:
Jean Enders

Dates and locations for
April-June to be announced
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 watch for open appointments in CLIQ to be announced. Please bring any documents pertaining to your questions such as explanation of benefits, bills etc.

New Hires

Jane Derr, Kline Center

Matthew Haller, Dining Services

Brandon Knapp, Office of Marketing & Communication

Roger Liberator, Dining Services

Lisa Michelini, Wellness Center

Ramona Mock, Facilities Management

Kimberly Sallie, Center for Service, Spirituality & Social Justice

Don Smith, Dining Services

Kimberly Wampler, Dean of Students Office

Community Programs and Opportunities

Bicycling at Dickinson College

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 Handelbar

Time and other 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.

DID YOU KNOW...

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

Sources: www.PaCommuterServices.org and www.cattransit.com

2nd Annual Run for Hope 5K

Sunday, April 3 | 1 p.m. | Kline Center

April is Sexual Assault Awareness Month and Greek Women in collaboration with the PEAC and several other departments* across campus are helping to kick off the month by organizing the second annual **Run for Hope 5K**. Please encourage colleagues and/or students who you work with to come out and participate. We had a great turnout in 2015 and couldn't have done it without such widespread involvement from the campus community. Families and friends are welcome to sign up and/or come out & support too! There are both running and walking options.

REGISTRATION & FEE PAYMENT DETAILS:

Please register for this 5K run/walk that benefits the YWCA Rape Crisis Services. Early registration will be held at the Underground. The \$15 advance registration fee includes a shirt that you can pick up the day of the run. Registration is \$20 on the day of run. Cash or declining/charge accepted for fee payment. For questions or more information, please contact Kelly Wilt at wiltk@dickinson.edu.

*The Run for Hope is a collaborative effort between Greek Women at Dickinson, the Prevention, Education & Advocacy Center, the Office of the Vice President of Student Life, the Title IX Office, Student Life & Campus Engagement, the Wellness Center, the Women's & Gender Resource Center, Dickinson Athletics, and Yes PLEASE!

Community Programs and Opportunities

THE MOST AMAZING RACE BENEFITS THE SALVATION ARMY

Saturday, April 9

Registration: 8 a.m. | Race: 9 a.m.

The Salvation Army's "Doing the Most Good" slogan is a vow to do the most and the best for every person we encounter. You can be a part of this by joining The Salvation Army of Carlisle's Most Amazing Race. The race will be held in and around Historic Downtown Carlisle Pennsylvania on Saturday April 9, 2016. Patterned after the CBS show "The Amazing Race," this Most Amazing Race combines challenges that are physical, mental and sometimes even silly and scatters teams of two all over Carlisle in an effort to win a \$1,000 cash prize! 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.

RACE AGAINST RACISM

YWCA Carlisle | 301 G Street

Saturday, April 30

Registration: 8 a.m. | Race begins: 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 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.ywcacarlisle.org #StandAgainstRacism

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!

CELEBRATING EARTH WEEK

Come out and celebrate your Earth! The Treehouse, CSE, and Eco-Reps are all taking part in celebrating Earth Week with special homemade pudding "dirt". The recipe includes all of your childhood favorites including chocolate pudding, crushed oreos, and gummy worms. The price is \$2. We are selling the "dirt" on **Britton Plaza from 11 a.m.-2 p.m. and 5-7 p.m. on Wednesday, April 20.** All proceeds will be donated to an environmental charity.

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

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

Nutrition Corner with Pennina Yasharpour, RD, LDN

April Produce

Spring is here and fresh produce is abundant. The month of April celebrates tomatoes, mushrooms, and garlic with Fresh Tomato Day (April 6), Day of the Mushroom (April 16), and Garlic Day (April 19). These foods are regarded as nutritional powerhouses because they are full of vitamins and minerals. Juicy, sweet, savory tomatoes are a great source of vitamin C, potassium, folate, vitamin K, and manganese. Tomatoes are also a natural source of lycopene. Lycopene is a powerful antioxidant that is found in high amounts in tomato products, such as ketchup and tomato-based sauces. Consumption of lycopene is associated with many health benefits including decreased risk of heart disease, cancer prevention, and skin health. Boost the flavor and nutrient density of your tomato based dishes by adding vitamin D rich mushrooms and heart friendly garlic. Tomatoes, mushrooms, and garlic are all versatile ingredients that complement each other in many dishes, such as the Shakshuka (poached eggs) recipe below:

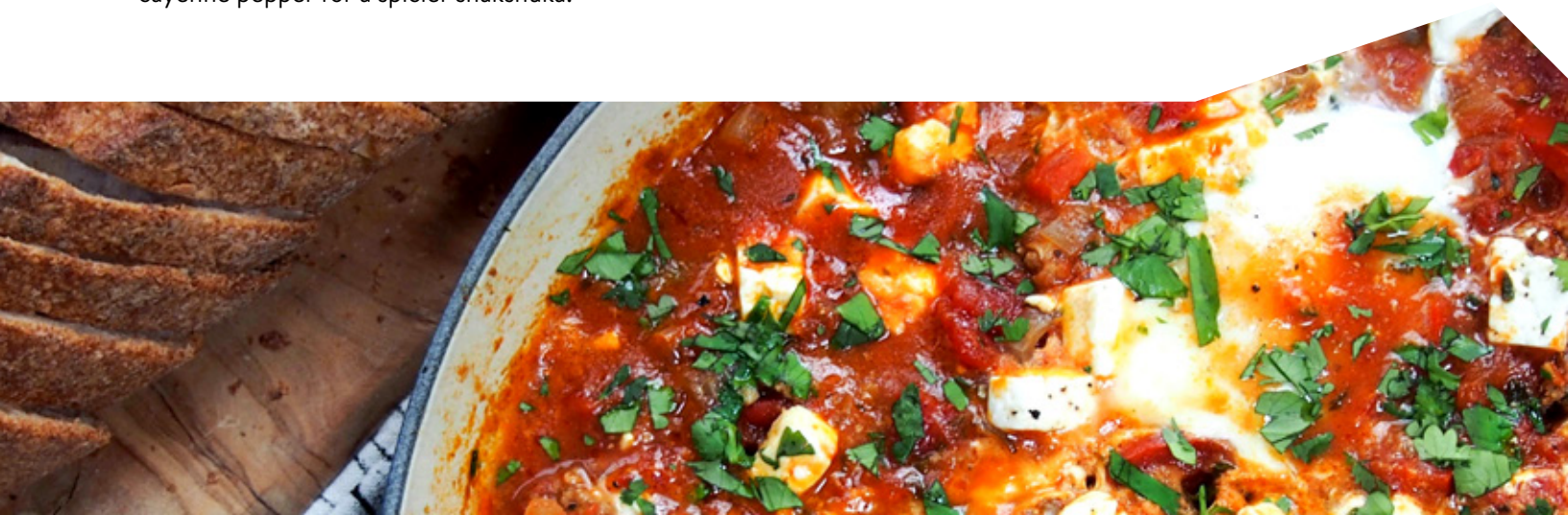
MEDITERRANEAN TOMATO AND MUSHROOM SHAKSHUKA—YIELD: 5 SERVINGS

INGREDIENTS:

- 1 small brown or white onion, finely chopped
- 1 tbsp olive oil
- 1 pound mushrooms, finely sliced
- 4 cloves garlic, crushed
- 4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 5 eggs
- 1 pinch of cayenne pepper (optional)
- Salt and pepper to taste
- 1/2 tbsp fresh chopped basil (optional, for garnish)

DIRECTIONS:

1. Heat olive oil in a sauté pan on medium heat and sauté onion until softened. Add garlic and continue to sauté until mixture is fragrant.
2. Add the mushrooms and cook for about 2 minutes.
3. Add tomatoes and tomato paste to pan, stir to blend.
4. Add spices cumin, paprika, chili powder, and cayenne pepper (optional) and stir well.
5. Simmer the mixture over medium heat for 5-7 minutes until it starts to reduce. Add a splash of water to the mixture if it dries out or becomes too thick.
6. Taste the mixture and add salt and pepper to taste or cayenne pepper for a spicier shakshuka.
7. Create 5 little wells in the tomato mixture and make sure to space them evenly—4 wells around the outer edge of the pan and 1 in the center. Then crack the eggs, one at a time, directly into the wells.
8. Cover the pan and let the mixture simmer for about 12-15 minutes, or until the eggs are cooked. The eggs are done when the egg whites are firm through, but the yolks are still soft. Keep an eye on the sauce to make sure it doesn't reduce too much, which can lead to burning.
9. Garnish with the chopped basil, if desired. Serve with warm crusty bread or pita.



Professional Development & Wellness Events

Update on Employment Compliance

Presented by Dennette Moul

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. Please register in CLIQ via the [Gateway](#).

Sky Warn Training

Presented by National Weather Service, State College Office

Monday, April 11 | Stern Center, room 102

SESSION 1: 1:30–3:30 p.m. SESSION 2: 6–8 p.m.

The effects of severe weather are felt every year by many Americans. To obtain critical weather information, NOAA's National Weather Service (NWS), part of the U.S. Department of Commerce, established SKYWARN® with partner organizations. SKYWARN® is a volunteer program with nearly 290,000 trained severe weather spotters. These volunteers help keep their local communities safe by providing timely and accurate reports of severe weather to the National Weather Service. National Weather Service, State College Office, will be presenting this valuable training to the Dickinson College and Cumberland County community. All Dickinson students, faculty, and staff are encouraged to attend this training. Please register in CLIQ via the [Gateway](#).

Preparing for a Role in Supervision

Presented by Dennette Moul, Organizational Development & Training Specialist

Tuesday, April 12 – Module #3 Supervisory Techniques

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.

This is the third of four modules. This hands-on, instructional workshop session focuses on relevant supervisory techniques. Please register in CLIQ via the [Gateway](#).

Minutes Writing Workshop

Presented by Dennette Moul and Angella Dagenhart

Thursday, April 14 | Stafford Auditorium | 1:30–3:30 p.m.

Have you ever been asked to record the minutes for a meeting? Did you break out into a cold sweat? And, did your heart beat just a little faster? If so, you are not alone! Recording minutes is a fear that many face. Join us for this two hour workshop where we will discuss best practices in recording minutes and explore technology options that make it easier than ever to produce professional and accurate meeting minutes. Please register in CLIQ via the [Gateway](#).

Book Discussion: 12 Steps to Living a Compassionate Life

Presented by the Center for Service, Spirituality and Social Justice & Professional Development

Friday, April 22

HUB, side rooms 201-202

noon–1 p.m.

The twelve steps Armstrong suggests begin with “Learn About Compassion,” and close with “Love Your Enemies.” In between, she takes up self-love, mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” She shares concrete methods to help us cultivate and expand our capacity for compassion, and provides a reading list to encourage us to “hear one another’s narratives.” Armstrong teaches us that becoming a compassionate human being is a lifelong project and a journey filled with rewards. Bring your copy of **12 Steps to Living a Compassionate Life!** Please register in CLIQ via the [Gateway](#).

Achievement Now!

Presented by Tyler Enslin, Direct Development Training

Wednesday, April 27 | Stern

Center, room 102 | 9–11:30 a.m.

Uncover how to create meaningful goals and create a sure-fire path to achievement. This workshop, open to all employees, will focus on the growth and development of individuals, increasing productivity, defining the mental aspects of success, and building meaningful professional relationships. Please register in CLIQ via the [Gateway](#).

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.



College Preparation for Parents

PART I: May 10: High School Counseling and Admissions

PART II: May 17: Financial Aid and Tuition Benefits

HUB Side Rooms, 201-202 | 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. Please register in CLIQ via the [Gateway](#).

INCLUSION ON OUR CAMPUS: 4th Annual Lavender Reception

Presented by the Office of LGBTQ Services

Friday, April 15 | Stern Great Room | 6 p.m.

The Lavender Reception is an inspiring and affirming ceremony that celebrates the achievements of graduating students from the lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and ally (LGBTQQIAA) community at Dickinson College. The Lavender Reception is our chance to celebrate the achievements of the past year. Everyone is invited to join as we honor the graduates. This event is followed by a reception.

No RSVP is required to attend the ceremony and reception. For more information, please contact LGBTQ@dickinson.edu.

Professional Development & Wellness Events

Bone Health & Osteoporosis

Presented by Carlisle Regional Medical Center

Monday, April 18 | Stern Center, room 102 | noon–1 p.m.

Exercise and bone density play a big part in bone health. Being active and eating healthy meals—living a healthy lifestyle—can reduce your risk for developing osteoporosis, but sometimes genetics plays a stronger hand in this as well. Attend this session to gain a greater understanding of your risk factors and options to keep your bones strong and healthy.

Free Blood Pressure Screenings

Susan Dworsak, Wellness Works | Carlisle Regional Medical Center

MONDAYS:

April 18, May 16 & June 20 | Mary Dickinson Room, HUB | noon–1 p.m.

No registration required—Walk-ins welcome and expected!

(HHIP: Physical Wellness/Preventive Health Screens)

Biometric Screening

Administered by Wellness Works | Carlisle Regional Medical Center

Tuesday, April 19

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.

Alternative Approaches to Wellbeing: Reflexology, Acupuncture & Massage Therapy

Presented by Camille Baughman, Camille Baughman & Associates

Thursday, April 21 | Stern Center, room 102 | noon–1 p.m.

Body, mind, and spirit interact and work together to make an individual whole and complete. Stressful situations impact the mind and body, as well as pulled muscles and chronic pain from injury or disease. Attend this session to discover the benefits of alternative approaches to wellbeing through massage therapy, reflexology, acupuncture and more. Treat yourself to this session, and find comfort through learning options for enhanced wellbeing!

Wellness Fun Run Walk

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

Friday, April 22

(Raindate: Friday, April 29)

Britton Plaza kick-off

11:30 a.m.–1:30 p.m.

Please mark your calendars for the annual Wellness Fun Run Walk! The Walk/Run event begins at Britton Plaza. T-shirts for the first # registered participants. Watch for more details and register now in CLIQ via the [Gateway!](#)

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.



Preventing Identity Theft

Presented by Sara Firestone, Members 1st Credit Union

Monday, April 25 | Stern Center, room 102 | 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.

Exercise & Healthy Eating

Presented by Kacy Walker, RN from Holy Spirit Health System, A Geisinger Affiliate

Tuesday, April 26 | HUB Social Hall East | noon–1 p.m.

Active bodies require good nutrition to function for peak performance. Whether you are a weekend warrior or one who just enjoys regular exercise and some fresh air, come to this session to learn good nutrition habits to support your energy and activity levels.

Historical Walking Tour: Strolling Through Time —A History of Dickinson College

Presented by Jim Gerencser, Archivist

Thursday, April 28 | Meet at the Benjamin Rush statue, John Dickinson Campus | noon–1 p.m.

Wondering about the buildings on campus? Did you notice the cannon ball mark on the Rand House at 55 N. West Street? Have you heard about the spirit(s) that may occupy certain buildings from the Civil War era? Take a walk around campus to learn about the growth of the college through the centuries. When did faculty and students live in the same building? Was there ever a North College? How did the college fare during wartime? When did the college open its first coed dorm? College Archivist Jim Gerencser will answer these questions and many more as he leads a tour beginning at the Benjamin Rush statue near East College, through the academic quad down to Cherry Street and back.

Who Has Time to Cook?

Presented by Tiffany Waardenburg, RD, LDN, ACSM-CPT and the Carlisle UMedGym

Thursday, April 28 | TOME 115, Rector Science Complex | 7–8 p.m.

Life is way too busy, and time flies by before you have a moment to turn your head. How does a busy working person find the time to create nutritious meals that are healthy, appetizing and quick? With work, school, chores, family time... who has time to cook? Come learn how to stock your pantry for quick, healthy meals, shop smart, batch cook, and, ultimately, SAVE TIME AND ENERGY on healthy cooking for you and your family! Attend this session with family, friends and the Carlisle Community to learn more about time management and cooking for a healthier lifestyle.

Lyme Disease—NEWLY RESCHEDULED FROM THE FALL SEMESTER

Presented by Wellness Works | Carlisle Regional Medical Center

Friday, May 13 | 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.



REGISTER NOW!

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

Spring has finally arrived, and with it beautiful flowers, fresh air and sunshine! Take advantage of the warmer weather to be more active, get outside and live a healthier lifestyle starting today. One way to increase your activity level 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