



HR Newsletter

APRIL 2019

Please Help Us Welcome Our New Partners in Mission:

Sharon Audet, *interim director of financial aid*
Tressa Brush, *interim assistant director of financial aid*



In This Issue:

New Employees, and Birthdays	1
Partners in Mission Celebrants	2
Monthly Awareness Topic	3
Wellness Info	4
Recipe of the Month	4
Health Discount program	5

April Birthdays!

- 3rd Jim Sheckells, *office of public safety*
- 6th Bethany Ford, *school of pharmacy*
Joann Southerly, *enrollment processing center*
- 7th Kyle Vamplew, *facilities management*
- 8th Jessica Johnson, *CAUS/GRAD admissions*
- 10th Anne Wozniak, *university communications*
- 13th Leon Carter, *office of public safety*
Lisa Pallett, *school of education*
- 16th Sue Parks, *business office*
- 17th Anna Consorte, *athletics*
Nicole Culhane, *school of pharmacy*
- 18th Ademar Bechtold, *business & economics department*
Alexandra Chaillou, *math/physics/computer studies department*
Katelynn DeFiore, *school of pharmacy*
- 19th Macey Cozzolino, *registrar's office*
- 21st Danny Warrenfeltz, *office of public safety*
- 22nd Maricka Oglesby, *institutional advancement*
- 24th Felicia Cadden, *advancement services*
Kevin Rains, *art department*
- 27th Catherine Sacarellos, *criminology department*
- 28th Melissa Albright, *business office*

Important Dates: April 1-5—Student Spring Break
 April 4—TIAA Meetings
 April 12—Student Research Day
 April 15—Social Styles Training

April 19—Good Friday—Campus Closed
 April 22—Easter Monday—Campus Closed
 May 9—Partners in Mission Celebration
 May 23—Customer Service Training

2019 Celebrants

Jubilarian—70 Years

Kathleen Feeley, SSND

40 Years

Helen Burkins, business office

30 Years

William Davis, English department

Melissa Falen, school of education

25 Years

Mary Alice Adams, business office

Warren Szelistowski, information tech.

Paul Weldon, biology department

20 Years

Maeve O'Donovan, philosophy dept.

Joan Sattler, school of education

Varvara Sheliga, information technology

15 Years

Dawn Bradshaw, president's office

Jocelyn McKeon, chemistry department

Desiree Melton, philosophy department

Charles Wilson Jr., public safety

10 Years

Payal Agarwal, school of pharmacy

Gilda Anroman, school of pharmacy

Larry Beyer, business & economics department

Asish Dutta, school of pharmacy

Crissa Holder Smith, faculty resource center

Maria Mouratidis, psychology department

Lisa Pallett, school of education

Angela Simmons, school of education

Angela Snyder, school of education



PARTNERS IN MISSION

President Marylou Yam cordially invites you to a Eucharistic Liturgy followed by a Recognition Celebration and Dessert Reception celebrating all Partners in Mission marking anniversaries of service.

Thursday, May 9, 2019

10:30 a.m. Eucharistic Liturgy

Marikle Chapel of the Annunciation

All are invited to attend.

1 p.m. Recognition Celebration & Dessert Reception

Doyle Formal

All are invited to attend.



“IN UNITY IS OUR STRENGTH.”
BLESSED THERESA, SSND FOUNDRESS



5 Years

Rachel Burk, classical & modern foreign languages

Scott Class, school of pharmacy

Janice Dixon, a child's place

Gail Donahue, school of education

Kendra Downey, financial aid

Cheri Johns, athletics

Kelley Kilduff, institutional advancement

Marci Leadbeter, women's college

Anne Malone, advancement services

Stephen Marshall, information technology

La-Reine Marie Mosely, religious studies dept.

Jessie Sell, academic support

Jonathan Thigpen, school of pharmacy

Marylou Yam, president

Rebecca Zordan, biology department



April is Autism Awareness Month

April 2nd is designated as “World Autism Awareness Day”

That’s right—the *whole world* is encouraged to show their support for those affected by Autism. It takes a village to raise a child, and in the case of Autism, it takes a world-wide village to help make a difference for these individuals.

Autism Society launched the observance month to “promote autism awareness, inclusion and self-determination for all, and assure that each person with ASD is provided the opportunity to achieve the highest possible quality of life.”

How can you get involved in the movement?

Learn more about how the autistic brain works: Visit [Autism Society](#) and [Autism Speaks](#) websites, or download a free ebook, “5 Tips for Working with Children with Autism,” [here](#).

Showcase your support with the Autism Awareness Ribbon: Autism Society created the puzzle piece ribbon to represent the complexity and diversity of those on the spectrum. The brightness of the ribbon represents the hope for increased awareness of autism, early intervention, and access to appropriate services and supports for individuals with ASD to help them lead fulfilling lives.

Get involved: Consider participating in one of the hundreds of autism walks scheduled around the nation or spending time with someone with autism. Or you can find your local [Autism Society affiliate](#) and attend events or activities they have planned.



HEALTHY GATOR



For Class Updates @NDMUCampusRec
Twitter and Instagram

DEPARTMENT OF ATHLETICS AND
CAMPUS RECREATION

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 SPRING BREAK No Classes	2 SPRING BREAK No Classes	3 SPRING BREAK No Classes	4 SPRING BREAK No Classes	5 SPRING BREAK No Classes
8 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	9 YogaWorks 12-1pm	10 Spin Class 6pm	11 YogaWorks 12-1pm Spin Class 6pm & 7pm	12 Personal Training 12-1pm
15 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	16 YogaWorks 12-1pm	17 Spin Class 6pm	18 YogaWorks 12-1pm Spin Class 6pm & 7pm	18 EASTER BREAK No Classes
22 EASTER BREAK No Classes	23 YogaWorks 12-1pm	24 Spin Class 6pm	25 YogaWorks 12-1pm Spin Class 6pm & 7pm	26 Personal Training 12-1pm
29 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	30 YogaWorks 12-1pm			

Class Locations NDMU Walks Registrar YogaWorks Dance Studio Personal Training MBK Fitness Center Spin Class Dance Studio Visit notredamegators.com/campusrec for more info!

Looking for a quiet space to clear your mind or practice meditation?

We have 2 Meditation/Interfaith Spaces on campus located in Meletia and Doyle Hall.

To gain access to these spaces, you will need to have your ID swipe card access updated. Submit your requests for access to these spaces to Helen Kucey, manager/lieutenant, office of public safety at hkucey@ndm.edu.



Recipe of the Month:

Lemon Rosemary Salmon
The perfect light dish to start Spring!
Click the image for the recipe!



Did You Know ...

United HealthCare offers a Health Discount program?

- 1. Visit myuhc.com and from the top menu, select “Coverage & Benefits”*
- 2. Then select “Health Discounts”*

*The Health Discount program is designed to offer you products and services that can help you better manager—and make the most of—your health, by offering them at discounted prices through UHC partners. **You can save 10 to 50 % off regular pricing on things not covered by your insurance, making it easier to save money and make healthier choices!***

- 3. Explore your options:*

** Services:*

*Alternative Therapies
Cosmetic Dental
Fitness Clubs*

*Hearing
Laser Vision Correction
Long-Term Care*

** Products:*

*Cold and Flu
Diabetes
Digestive Health
Fitness Equipment
Food and Nutrition
Heart Health*

*Mental Well-Being
Pet Care
Self-Care
Sleep
Smoking Cessation
Weight Management*