

NDMU HR Newsletter

April 2018



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 10, 2018

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 Lounge
All are invited to attend.



"IN UNITY IS OUR STRENGTH."
BLESSED THERESA, SSND FOUNDRESS



SEXUAL ASSAULT AWARENESS MONTH

EMBRACE YOUR VOICE · APRIL 2018

Please help us welcome...

David Rhodes, Vice President for
Enrollment Management and Marketing

Elisa Robinson, Program Coordinator,
Alumnae and Alumni Relations

Join us for the "Tomorrow in Focus"
retirement saving workshop on Thursday
April 5th at 12:15-1:15pm in the Theresa
Hall Conference Room!

[CLICK HERE](#) to register

Healthy Meal of the Month:

Greek Salad Nachos



Click [here](#) for the recipe.

Cigna Wellness Webcast of the Month:

A Fresh Look at Healthy Eating

Good health doesn't happen magically. Our choices matter. Review ten
key ways to build a solid foundation for wellness.

Click [here](#) to sign up for the seminar.



HEALTHY GATOR



DEPARTMENT OF ATHLETICS AND
CAMPUS RECREATION

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 NO CLASSES EASTER MONDAY NDMU CLOSED	3 YogaWorks 12-1pm	4 Personal Training 12-1pm NO SPIN	5 YogaWorks 12-1pm SPIN 6pm SPIN 7pm3	6 Personal Training 12-1pm	7 SPIN 6pm
9 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	10 YogaWorks 12-1pm	11 Personal Training 12-1pm SPIN 6pm	12 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	13 Personal Training 12-1pm	14 SPIN 6pm
16 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	17 YogaWorks 12-1pm	18 Personal Training 12-1pm SPIN 6pm	19 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	20 Personal Training 12-1pm	21 NO SPIN
23 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	24 YogaWorks 12-1pm	25 Personal Training 12-1pm SPIN 6pm	26 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	27 Personal Training 12-1pm	28 SPIN 6pm
30 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm					

April Birthdays! Happy Birthday to you...

3 rd	James Sheckells, Public Safety	18 th	Ademar Bechtold, Business & Economics
6 th	Bethany Ford, School of Pharmacy	18 th	Alexandra Chaillou, Math/ Physics
6 th	Joann Southerly, Enrollment Technology	20 th	Laura Sebastianelli, Renaissance Institute
7 th	Kyle Vamplew, Building Maintenance	21 st	Daniel Warrenfeltz, Public Safety
9 th	Elizabeth Broussard, Psychology	22 nd	Maricka Oglesby, Institutional Advancement
10 th	Anne Wozniak, Communications	24 th	Felicia Cadden, Annual Giving
13 th	Leon Carter, Public Safety	24 th	Kevin Raines, Art Department
13 th	Lisa Pallett, School of Education	26 th	Barbara Morris, Business Office
13 th	Christopher Rhodovi, School of Education	28 th	Melissa Albright, Business Office
15 th	David Rhodes, Enrollment Management	29 th	Eric Queen, Engineering Maintenance
16 th	Sue Parks, Business Office		
17 th	Nicole Culhane, School of Pharmacy		

EMBRACE YOUR VOICE

HOW YOU TALK ABOUT SEXUAL VIOLENCE MATTERS.

The things you say every day send a message about your beliefs and values. When you stand up for survivors of sexual violence, you send a powerful message that you believe and support them.

WHAT INFLUENCES YOUR BELIEFS ABOUT SEXUAL VIOLENCE?

- Your ideas about sexual violence – including portrayals of what a victim looks like, who perpetrates sexual assault, and more – might be informed by TV shows, movies, news reporting, and other forms of media.
- The reality is that sexual assault in the media is often inaccurate and doesn't tell the whole story.
- Reflect on where you've seen sexual violence shown or talked about. How might that have impacted your views or led to assumptions you make about sexual assault?

HOW YOUR WORDS AFFECT OTHERS

- Chances are someone you know is a survivor of sexual violence. They might not have told anyone out of fear of being blamed or judged.
- If someone in your life is considering sharing something personal with you, they are likely listening to your opinions or attitudes for clues on how you will respond.
- A comment or joke based on assumptions or stereotypes might not seem like a big deal, but it could make someone feel unsafe about sharing personal or painful things with you.

For example: "I could never tell her what happened to me. She said if victims of sexual assault don't go to the police, then it wasn't serious."



WHAT CAN YOU DO?

- Don't wait for a critical moment to say the right things. The words you choose every day communicate your values.
- When you hear comments that blame victims or make light of sexual violence, speak up so others know you don't agree. Even if you don't have a perfect response, this shows you do not believe in stereotypes, you believe survivors, and you're a safe person to talk to.

For example: "That commercial made me uncomfortable. I don't know exactly why, but I think everyone should be treated with respect." or, "I don't think that's true – I believe people when they say that someone has hurt them."

YOU CAN BECOME AN AGENT OF CHANGE

- Our words shape the world around us.
- Whether you are showing your support for a survivor or helping someone better understand these issues, your voice is powerful and necessary in this conversation.



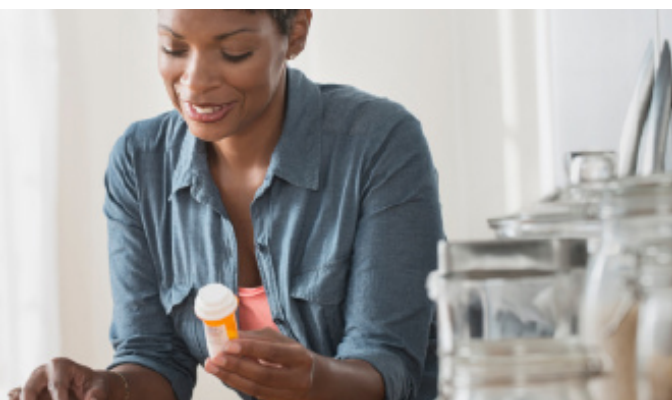
Sexual Assault
Awareness Month

www.nsvrc.org/saam #SAAM

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VitaMin

Vital health information in a minute



Save money on health care

Savvy shoppers know how to get the best deals when buying a new phone, booking a flight or using coupons at the store. Health care is another big expense you might target for trimming costs, but it's more complicated. There are multiple layers to peel back to understand the costs and find ways to save money. Here are some ways you can get started.

Make the most of your health insurance. Find out what's covered before you need to use it. Also be sure to find doctors in your plan's network, and ask for medications covered on your plan's list of approved drugs. If you're unsure about coverage, call your insurance carrier for more information.

Ask questions in the doctor's office. Learn more before moving forward with tests or treatments. It's okay to ask your provider if a test is necessary. Don't hesitate to let your doctor know if you've had the same test already with another provider. Be sure to ask your provider if there's a generic version of the medication you've been prescribed.

Compare the cost of care. Ask how much a specific service, test or treatment will cost. This is particularly important if you have a high-deductible plan where you pay a significant amount for your health care out of pocket.

Take advantage of preventive care. See your health care provider for regular health screenings and vaccines. Doing so can help keep illness at bay or catch a problem at its earliest, most treatable and least expensive stage.

Shop around for prescription drugs. The prices for certain drugs may be higher or lower at different pharmacies. If you have a health plan, you will usually have lower out-of-pocket costs if you use a pharmacy in your plan's network. Also, using generic medications instead of brand-name drugs (when available) can help you save money.

Get your care at the right place. You can save time and money by choosing the right level of care for your situation. For serious medical issues that are not a true emergency (not life-threatening), consider using an urgent care facility. For minor issues, see if your primary care provider is available or consider using a convenience care clinic. If you have a health plan, you may also have access to telehealth services which can be an affordable alternative when your doctor isn't available.

Use 24-hour health information services. Take advantage of this service if it's available to you. With one easy phone call, you can talk to an experienced nurse who can help you decide whether your condition warrants a trip to the doctor's office or emergency room. If it's something you can take care of yourself, the nurse can give you recommendations over the phone.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



Together, all the way.®

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APPLY 24/7:

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Call 410-321-6060, option 4

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Financial**
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¹Annual percentage rate (APR) based on product, vehicle model year, credit score, loan amount, loan to value, and term. Rate shown includes 5-Star Member discount. Rates, terms and conditions are subject to change without notice. Maximum loan to value 125%. Eligible on model years 2015 and newer. Motorcycles excluded.

**First
Financial**
FEDERAL CREDIT UNION

