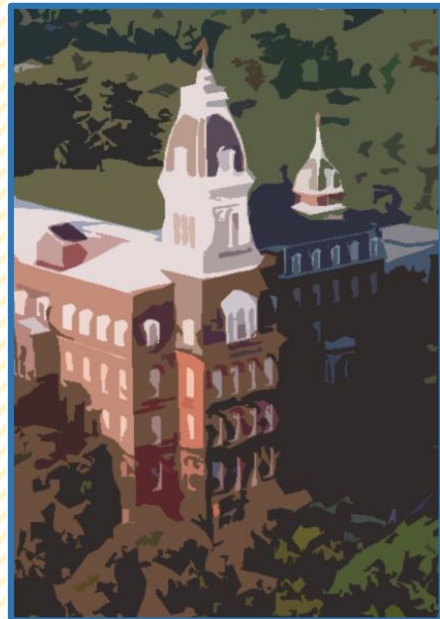


NDMU HR Newsletter

August 2017

August is Children's Eye Health and Safety Month!

Did you know that it is estimated that 80% of classroom education is taught visually? With a large number of states beginning the school year earlier, August is the new September! Along with school supply shopping and purchasing those back-to-school clothing items, it's time to make comprehensive eye exam appointments for the kids. Click [here](#) to read more about Children's Eye Health and Safety Month.



Baltimore Restaurant Week is July 28 – Aug. 6!

For more details, click on the picture below.



Upcoming Events

August 23
Free
Massages!
@ 12-4pm
Click [here](#) to sign up.

September 21
Benefits 101
with Cigna
@ Noon
Bryan Board Room



Brick Bodies Memberships Discounted Rates for Notre Dame of MD Employees!

All Access Memberships \$22.99 Bi-weekly
Or
One Club Memberships \$18.99 Bi-weekly
(One Club Memberships are not available for Padonia and Rotunda locations or pool use)

For more information, contact Lauren at 410-252-8058 X 3008



or at
Lauren.Reese@BrickBodies.com

August Birthdays!

- 1st Kathy Wisser, School of Nursing
Michelle Jones, School of Education
Brian Christy, Math and Physics Department
- 2nd Jessie Sell, School of Arts Sciences and Business
Tom Narock, Math and Physics Department
- 4th Sharon Slear SSND, School of Education
Kendra Downey, Financial Aid Office
- 6th Paul Vitale, School of Pharmacy
Karl Wenger, Engineering Maintenance
Dawn Martin, School of Education
- 9th Laura Reames, Business Office
- 11th Felicia John, Student Life Office
- 13th Tanya Easton, Institutional Advancement
Anne Malone, Institutional Advancement
- 14th Kiwani Scott, Engineering Maintenance
Mamta Parikh, School of Pharmacy
- 16th Rosemary Poling, School of Education
Catherine Subrizi, Athletics Department
- 17th Fran Mindel, Communication Arts Department
Terri Arnove, Human Resources Office
Scott Class, School of Pharmacy
- 18th Jeff Munchel, Office of Public Safety
Larry Beyer, Business and Economics Department
- 21st Maria Mouratidis, Psychology Department
- 24th Larry Shattuck, School of Pharmacy
- 25th Natalie Scimonelli, CAUS
- 28th David Hoovler, History and Political Science Department
Sabita Persaud, School of Nursing
- 30th Sharon Park, School of Pharmacy
Erin DaSilva, Athletics Department

Healthy Meal of the Month: Mexican Pasta Salad with Creamy Avocado Dressing



Click on the picture for the recipe.

Please help welcome...

Stephanie Chervenkov, Human Resources Assistant

Stephanie is a NDMU alum who graduated in December 2015 with a BA in Business and minor in Economics. She is excited to be back at NDMU and to be part of the Human Resources team!



HEALTHY GATOR



Mon	Tue	Wed	Thu	Fri
Personal Training 12pm-1pm Fitness Center*	YogaWorks 12-1pm Doyle Formal*	Personal Training 12pm-1pm Fitness Center*	YogaWorks 12-1pm Doyle Formal*	Personal Training 12pm-1pm Fitness Center*

Check out photos of NDMU's Wellness Garden!

You can see the garden on campus, located between Doyle and Knott Hall.



Interested in becoming a Wellness Ambassador for NDMU?

The purpose of the Wellness Ambassadors Program is to assist in expanding NDMU's culture of wellness, increasing individual and departmental awareness, participation, and engagement in the campus resources, events, and programming opportunities that exist for the NDMU Community.

A Wellness Ambassador...

is a NDMU faculty, or staff member who care deeply about their own health and wellness and that of others;

serves as each department's point of contact, connecting members to existing and upcoming available events, programming, and resources on campus;

provides important input to the NDMU Wellness Program that aids in the ongoing planning and implementation of initiatives that serve the needs of the community;

plays a critical role in leading and inspiring others to make healthy choices every day for a healthier lifestyle.

To learn more, click [here](#).

Did you know?

SAGE Dining Services will be offering 3 different block plans for faculty and staff for 2017/2018:

- 25 Block Plan - \$175.00 (\$7.00 per meal)
- 50 Block Plan - \$325.00 (\$6.50 per meal)
- 75 Block Plan - \$450.00 (\$6.00 per meal)

Block plans can be purchased directly through Dining Services, they accept cash, VISA/MasterCard and check. Each block is equivalent to one meal. Block plans are non-refundable and expire at the end of each academic year. This academic year is defined at August 14, 2017 – May 25, 2018.

Also, \$6 Fridays will continue!

For more information, contact Sherry Cohen at scohen@ndm.edu or Kat Palermo at kpalermo@ndm.edu for catering.

