

NDMU HR Newsletter

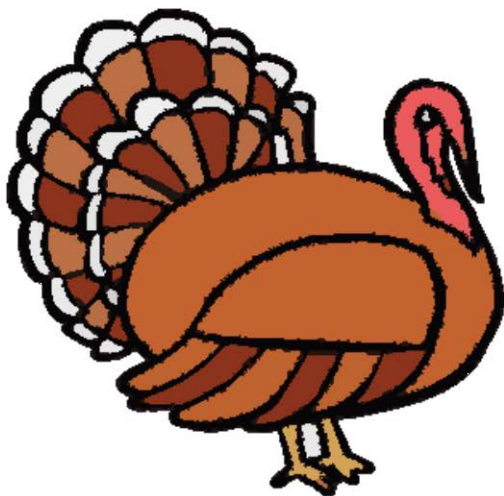
November 2017

ANNUAL Thanksgiving Potluck

Date: Tuesday, November 21st

Time: 11:30 a.m.–1:30 p.m.

Location: Feeley Multipurpose Room 003



RSVP

ndm.edu/potluck

If you plan to join us, please select an item you will bring from the RSVP link



Welcome

Lisa Aiello, Senior Accountant

Tiffany Bailey, Graduate Assistant for Student Engagement & Community Programs

Catherine Cheeseboro, Operations Manager

Simone Christian, Instructional Technology Specialist, SON

Christina Miele, Assistant Professor, SOP

Shawn Newsome, Special Events AV Technical Specialist

*Open Enrollment Period
November 6th-November
18th*

Don't forget to come to our Wellness Fair on November 9th from 11:00am-2:00pm in Doyle Formal!

**Did you hear? The 4036 match is coming back in January 2018, starting at 2%!*



2017 Gobble Cobble Turkey Trot

[REGISTER NOW](#)

Thursday, November 23, 2017
MAC Harbor East • 655 President Street Baltimore, MD 21202

RUNNING • DISTANCE RUNNING • 5K • BEGINNER •
BALTIMORE, MD



HEALTHY GATOR



Mon

Tue

Wed

Thu

Fri

Monday Mile Club 11:30am
Personal Training 12pm-1pm
YogaWorks 5pm-6pm

YogaWorks 12-1pm

Personal Training 12pm-1pm
Spin 6pm

YogaWorks 12-1pm
Spin 6pm

Personal Training 12pm-1pm

Notre Dame's First Pumpkin-
from our Employee Wellness
Garden!



Healthy Meal of the Month:
Roasted Root Vegetables with Sage
and Garlic by Martha Stewart



Click [here](#) for the recipe.

November Birthdays!

- 1st Mark Fenster, School of Education
Jonathan Thigpen, School of Pharmacy
- 2nd Christian Kendzierski, Communications
- 7th Francesca Downs, Registrar
Carroll Galvin, Institutional Advancement
Mary Kerber, SSND, Campus Ministry
Shannon Kreiner, Admissions
Helen Medlin, Business Office
Marylou Yam, President
- 8th Mallory Cerda, Marketing Communications
- 9th Kathleen Sipes, School of Education
- 11th Angela Snyder, School of Education
- 12th Janice Dixon, A Child's Place
Carol Kurtz-Stack, CAUS
- 14th Michelle Evans, Student Life
- 15th Jamie Shahin, Financial Aid
- 16th Vickie Washington, Business Office
- 20th Tiffany Lathan Smith, School of Arts, Sciences, and
Business
- 21st Andrew Moore, School of Education
- 22nd Kelly Bull, School of Education
Grailan Ceaser Sr, Public Safety
- 28th Mary Burch Harmon, ELI
Rebecca Zordan, Biology
- 29th James Swisher Jr., Public Safety

Meditation Series

Campus Ministry and Service
CampusMinistry@ndm.edu
410-532-3172

Self Compassion

Counseling Staff
Doyle Meditation Chapel

November 6, 4:30–5:30 p.m.
November 9, 4:30–5:30 p.m.
November 13, 4:30–5:30 p.m.
November 16, 4:30–5:30 p.m.

Get Your Zen On

Rev. Dr. Wakoh Shannon Hickey
Meletia Interfaith Space

November 30, 4:15–5:15 p.m.
December 4, 4:15–5:15 p.m.

Labyrinth

Mary Packard
Doyle Formal

December 13, 4:30–6:00 p.m.

Diabetes Awareness Month

November is Diabetes Awareness month. Follow these tips to stay at your peak!

1. Say "Om"

Learn to meditate to help reduce stress and improve your blood sugar levels.

2. Step Out

Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.

3. Eat Right

Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes.

4. Jet Set

Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.

5. Hang 10

Drop 10% of your body weight through diet and exercise.

6. Trade Up

Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.

7. See Clearly

Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.

8. Stand Up

You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.

9. Show Color

Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.

10. Learn More

Visit [WebMD's Diabetes Center](#) for news, tips, a blood sugar tracker, and more.

Health

Kristin McGee's Stay Balanced

Yoga at Your Desk

1. Scale Pose

► Sit at the edge of your chair, press your hands down on either side of your hips and raise your legs and butt up off the seat. Engage your deep abdominal muscles and keep the tops of your shoulders down; hold for 3 to 5 breaths. Lower and repeat 2 more times.



2. High Altar Pose

► Inhale and lift your arms; clasp your hands and invert your palms. Lean to your left. Hold for 5 to 8 breaths, then switch sides.



3. Twist

► Turn to your left. Use your left hand on the back of the chair to deepen the twist. Hold for 5 to 8 breaths, then twist to the other side.



4. Cow Face Arms

► Bring your left arm behind your back and right arm behind your head. Clasp fingers if you can. Hold for 5 to 8 breaths; switch sides.



5. Ankle to Knee

► Place your left foot on your right knee, letting left knee drop open. Keep your back straight; lean forward to stretch deeper. After 5 to 8 breaths, switch sides.

