



HR Newsletter

DECEMBER 2018

Please help us welcome:

Malik Robinson, HVAC mechanic I

Taneka Satterfield, assistant director of financial aid



December Birthdays!

- 3rd Ward Eisinger, risk management & public safety
Zulma Jimenez, chemistry department
- 4th Mary Packard, school of nursing
Joel Stob, information technology
- 6th Payal Agarwal, school of pharmacy
- 8th Heather Carpenter, business & economics department
Zane Hunter, school of nursing
- 10th Asish Dutta, school of pharmacy
Fr. John McCloskey, campus ministry
Joy Parkey Harris, registrar's office
- 13th Ashley Moody, school of pharmacy
- 15th Janice Green, information technology
Brittany Sanner, school of arts, sciences and business
- 18th Valerie Smitheman-Brown, campus ministry
- 21st Jeana DelRosso, English department
Megan Rivera, business office
- 22nd Dawn Bradshaw, office of the president
Christina Brickwedde, institutional advancement
Sydney Gettier, residence life
- 24th Diane Aschenbrenner, school of nursing
Anne Des Marais, enrollment management
- 28th Justin Gyurik, school of pharmacy
- 30th Mary O'Connor, school of nursing
Nancy Tarr Hart, philosophy department

Important Dates for December

December

- 13th Building Bridges- Session 4 of 5
- 19th Annual Faculty/Staff Christmas Luncheon
- 24th -31st CLOSED

For more information, please visit www.ndm.edu/human-resources



HEALTHY GATOR

For Class Updates @NDMUCampusRec
Twitter and Instagram



December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	4 YogaWorks 12-1pm	5 Wednesday Wellness Challenge	6 YogaWorks 12-1pm Spin Class 6pm & 7pm	7 Personal Training 12-1pm
10 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	11 YogaWorks 12-1pm	12 Wednesday Wellness Challenge	13 YogaWorks 12-1pm Spin Class 6pm & 7pm	14 Personal Training 12-1pm
17 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	18 YogaWorks 12-1pm	19 Wednesday Wellness Challenge	20 YogaWorks 12-1pm Spin Class 6pm & 7pm	21 Personal Training 12-1pm
24 NO CLASSES	25 NO CLASSES	26 NO CLASSES	27 NO CLASSES	28 NO CLASSES
31 NO CLASSES				

Class Locations

NDMU Walks
Registrar

YogaWorks
Dance Studio

Personal Training
MBK Fitness Center

Spin Class
Dance Studio

November Wednesday Challenges are on
Improving Sleep Habits
visit notredamegators.com/campusrec for more info!



NDMU WALKS

START TIME: Mondays and Fridays at 11:30 a.m.

END TIME: TBD

MEETING PLACE: In front of the Registrar's Office in Gibbons Hall

LENGTH OF TIME: Walking time will be 30 minutes.

Walk anywhere on or off campus for 30 minutes

Meet in Doyle Dining Hall at 12:00pm and get a discounted lunch for only \$4

**If there is inclement weather or it is too cold outside, we will have the NDMU Walks indoors!*



Healthy Meal of the Month:

Crockpot Butternut Squash, Kale and Bean Soup



Click [here](#) for the recipe.



Stop Germs! Stay Healthy! Wash Your Hands

WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention