



NOTRE DAME OF MARYLAND UNIVERSITY

# HR Newsletter

## NOVEMBER 2018

### Please help us welcome:

Marisa Morris, research and prospect manager

Patrice Slater, administrative assistant, facilities

Samuel Walker, groundskeeper

Russell Roche, groundskeeper

Amanda Mizeur, major and planned giving officer

Catherine Hryniewicz, major gifts officer

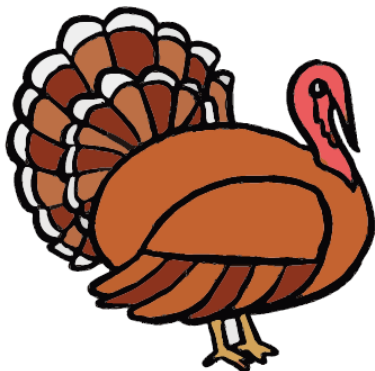
Jennifer Archibald, director of enrollment management operations

## ANNUAL Thanksgiving Potluck

**Date:** Tuesday, November 20th

**Time:** 11:30 a.m.–1:30 p.m.

**Location:** Feeley Multipurpose Room 003



**RSVP**  
[ndm.edu/potluck](http://ndm.edu/potluck)

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

### Save the Date!



NOTRE DAME OF MARYLAND UNIVERSITY

## Faculty & Staff Christmas Luncheon

**Wednesday, December 12th**

12:00 – 1:30 p.m.

10:45 a.m. A Child's Place Caroling  
Marikle Chapel

11:00 a.m. Mass

12:00 p.m. Luncheon

Don't forget the Annual Christmas Contest-Come prepared!

Please RSVP by Wednesday, December 5 at  
[ndm.edu/luncheon](http://ndm.edu/luncheon)



## November Birthdays!

1st	Mark Fenster, school of education	12th	Carol Kurtz-Stack, school of nursing
1st	Jonathan Thigpen, school of pharmacy	12th	Janice Dixon, a child's place
2nd	Christian Kendzierski, university communications	14th	Michelle Evans, student life
5th	Jeffrey Hillard, business/economics	16th	Victoria Washington, business office
5th	Francesca Guy, school of pharmacy	20th	Tiffany Lathan Smith, academic affairs
7th	Mary Kerber SSND, campus ministry	21st	Andrew Moore, school of education
7th	Marylou Yam, president	22nd	Grailan Ceaser Sr, public safety
7th	Carroll Galvin, institutional advancement	22nd	Kelly Bull, school of education
7th	Francesca Downs, registrar	24th	Nusrat Sharmin, information technology
8th	Patrick Donohue, athletics	28th	Mary Burch Harmon, ELI
8th	Mallory Cerda, marketing	28th	Rebecca Zordan, biology
9th	Kathleen Sipes, school of education	29th	James Swisher Jr., public safety
11th	Angela Snyder, school of education		

### Healthy Meal of the Month:

Lemon-Herb Sheet Pan  
Roasted Vegetables



Click [here](#) for the recipe.

### Cigna Wellness Webcast of the Month:

**Stress Less: Responding to Your  
Mind and Body**

Tension impacts us physically and emotionally. Check out some simple but powerful ways to lessen your stressin'!

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





# HEALTHY GATOR

For Class Updates @NDMUCampusRec  
Twitter and Instagram



## November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 YogaWorks 12-1pm Spin Class 6pm	2 Personal Training 12-1pm
5 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	6 YogaWorks 12-1pm	7 Wednesday Wellness Challenge	8 YogaWorks 12-1pm Spin Class 6pm & 7pm	9 Personal Training 12-1pm
12 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	13 YogaWorks 12-1pm	14 Wednesday Wellness Challenge	15 YogaWorks 12-1pm Spin Class 6pm & 7pm	16 Personal Training 12-1pm
19 <b>NO CLASSES</b>	20 <b>NO CLASSES</b>	21 Thanksgiving Break	22 Happy Thanksgiving	23 Thanksgiving Break
26 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	27 YogaWorks 12-1pm	28 Wednesday Wellness Challenge	29 YogaWorks 12-1pm Spin Class 6pm & 7pm	30 Personal Training 12-1pm

Class Locations

NDMU Walks  
Registrar

YogaWorks  
Dance Studio

Personal Training  
MBK Fitness Center

Spin Class  
Dance Studio

November Wednesday Challenges are on  
Emotional Health

visit [notredamegators.com/campusrec](http://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!*



## Important Dates for November/December

### November

- 2<sup>nd</sup> Supervisor Training – Session 3 of 5
- 9<sup>th</sup> Benefits and Wellness Fair
- 14<sup>th</sup> Mission Orientation
- 15<sup>th</sup> Building Bridges – Session 3 of 5
- 16<sup>th</sup> Supervisor Training – Session 4 of 5
- 20<sup>th</sup> Annual Thanksgiving Potluck
- 30<sup>th</sup> Supervisor Training – Session 5 of 5

### December

- 10<sup>th</sup> Customer Service Training
- 12<sup>th</sup> Annual Faculty/Staff Christmas Luncheon
- 13<sup>th</sup> Building Bridges- Session 4 of 5

For more information, please visit [www.ndm.edu/human-resources](http://www.ndm.edu/human-resources)

national alzheimer's disease awareness month

# november

## MARYLAND

### ALZHEIMER'S STATISTICS

#### 65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S BY AGE\*

\* Totals may not add due to rounding

Year	65-74	75-84	85+	TOTAL
2018	17,000	47,000	43,000	110,000
2020	19,000	50,000	45,000	110,000
2025	20,000	63,000	51,000	130,000

#### Estimated percentage change



#### MEDICAID

# \$1.096 BILLION

Medicaid costs of caring for people with Alzheimer's (2018)

## 37.5%

change in costs from 2018 to 2025

#### MEDICARE

# \$28,450

per capita Medicare spending on people with dementia (2017)



#### HOSPICE (2015)

# 3,494

# of people in hospice with a primary diagnosis of dementia

## 17%

of people in hospice have a primary diagnosis of dementia

#### HOSPITALS (2015)

# 1,509

# of emergency department visits per 1,000 people with dementia

## 22.1%

dementia patient hospital readmission rate

#### # NUMBER OF DEATHS FROM ALZHEIMER'S DISEASE (2015)

# 1,095

#### CAREGIVING (2017)

## 294,000

Number of Caregivers

## 334,000,000

Total Hours of Unpaid Care

## \$4,222,000,000

Total Value of Unpaid Care

## \$221,000,000

Higher Health Costs of Caregivers

#### US STATISTICS

Over **5 million** Americans are living with Alzheimer's, and as many as **16 million** will have the disease in 2050. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$277 billion** in 2018, increasing to **\$1.1 trillion** (in today's dollars) by mid-century. Nearly **one in every three seniors** who dies each year has Alzheimer's or another dementia.

For more information, view the 2018 **Alzheimer's Disease Facts and Figures** report at [alz.org/facts](http://alz.org/facts).

# VitaMin

Vital health information in a minute

## Boost your health by quitting sugar

It's no secret that eating sugar can add up to weight gain, but you might be surprised by how quickly it can happen. Adding one sugar-sweetened soft drink to your day - without cutting back on calories elsewhere - can lead to a 15-pound weight gain over three years.<sup>1</sup> But that's not all. Sugar can drag on your health in other ways that you might not expect.

When you put the brakes on sugar, you may start enjoying these health benefits.<sup>2</sup>

**Help your heart:** Excess sugar can be a danger for your heart over time. Your body releases extra insulin into the bloodstream to deal with sugar. This can put stress on your heart and lead to heart attacks and strokes. The good news: Eating less sugar can help lower blood pressure and reduce your risk for heart disease.

**Lower type 2 diabetes risk:** Your pancreas, liver and kidneys work hard to keep your blood sugar levels in balance when you eat. By limiting the sugar in your diet, you're better able to control your blood sugar levels and prevent or manage type 2 diabetes.

**Support your joints:** Sugar consumption can increase inflammation in the body. This can make joint pain worse, especially for those with arthritis. You can help reduce inflammation by cutting back on sugar.

**Boost your mood:** Sugar gives you a burst of energy or sugar rush. But it may leave you feeling anxious, irritable and jittery later on. A high-sugar diet may also be linked to an increased risk of depression in adults.

Try these tricks for quitting the sugar habit.

- ▶ Fill up on complex carbohydrates such as vegetables, fruits and grains.
- ▶ Satisfy your sugar cravings with fresh fruit such as blueberries, strawberries and apples.
- ▶ Snack on nuts and seeds instead of granola bars or candy.
- ▶ Sip smarter by choosing unsweetened tea or sparkling water instead of sweetened beverages.
- ▶ Experiment with using less sugar in your recipes. Try using unsweetened applesauce as a substitute for some of the sugar in a recipe.



**Together, all the way.®**

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