



NOTRE DAME OF MARYLAND UNIVERSITY

HR Newsletter

OCTOBER 2018

Please help us welcome:

Shannon Austin, administrative assistant, institutional advancement

Maria Ayres, payroll coordinator/hr associate

Macey Cozzolino, office assistant, registrar's office

Chelsea Gell, development and annual giving coordinator

Francesca Guy, administrative assistant, school of pharmacy

Gregory Hill, groundskeeper

Joy Parkey Harris, academic records specialist

David Sibony, operations coordinator/assistant coach

Huilin Wang, webmaster



NOTRE DAME OF MARYLAND UNIVERSITY

Oct 5-7 • 2018
Reunion

October Birthdays!

1 st	Catherine Goucher, art therapy	19 th	Huilin Wang, marketing
3 rd	Kelley Kilduff, institutional advancement	20 th	Angela Simmons, operation teach
3 rd	Sherry Moore, school of pharmacy	21 st	Benedette Cuffari, school of pharmacy
3 rd	Patrice Silver, school of education	21 st	Helen Kucey, public safety
3 rd	Mark Walker, school of nursing	22 nd	Carol Rabin, school of education
5 th	Anita Ford, a child's place	22 nd	Ryan Schaaf, school of education
6 th	Virginia Byer, school of nursing	24 th	Brinda Angra, registrar's office
7 th	David Carter, renaissance institute	26 th	Kristyanna Erickson, math/physics department
8 th	Raymond Keller, facilities	26 th	Daniel Weber, school of pharmacy
10 th	Gary Thrift, school of education	29 th	Britt Christensen, communication arts department
11 th	Desiree Melton, philosophy department	30 th	Mary Ellen Ashton, a child's place
12 th	Megan Bowen, school of education	30 th	Valerie Hogue, school of pharmacy
14 th	S. Mary Paulette Doyas, enrollment management	30 th	Calvin Wilder, public safety
15 th	Jim Culhane, school of pharmacy	31 st	Donna Howard, a child's place
18 th	Geoff Delanoy, art department		

Healthy Meal of the Month:

Spinach and Feta Quiche with Sweet Potato Crust



Click [here](#) for the recipe.



Cigna Wellness Webcast of the Month:

Presenting Your Best Professional Image

Does your professional image stand out? It's more than just your appearance. Learn ways to be your best at work.

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





HEALTHY GATOR



For Class Updates @NDMUCampusRec
Twitter and Instagram

DEPARTMENT OF ATHLETICS AND
CAMPUS RECREATION

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	2 YogaWorks 12-1pm	3 Wednesday Wellness Challenge	4 YogaWorks 12-1pm Spin Class 6pm & 7pm	5 NDMU Walks 11:30am Personal Training 12-1pm
8 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	9 YogaWorks 12-1pm	10 Wednesday Wellness Challenge	11 YogaWorks 12-1pm Spin Class 6pm & 7pm	12 NDMU Walks 11:30am Personal Training 12-1pm
15 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	16 YogaWorks 12-1pm	17 Wednesday Wellness Challenge	18 YogaWorks 12-1pm Spin Class 6pm & 7pm	19 NDMU Walks 11:30am Personal Training 12-1pm
22 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	23 NDMU COMMUNITY DAY	24 Wednesday Wellness Challenge	25 YogaWorks 12-1pm Spin Class 6pm & 7pm	26 NDMU Walks 11:30am Personal Training 12-1pm
29 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	30 YogaWorks 12-1pm	31 Wednesday Wellness Challenge		

Class Locations

NDMU Walks
Registrar

YogaWorks
Dance Studio

Personal Training
MBK Fitness Center

Spin Class
Dance Studio

October Wednesday Challenges are on
Fitness/Ways to Increase Energy
visit notredamegators.com/campusrec for more info!

Building Bridges Across Maryland

As you are aware, Notre Dame participates in a unique training, networking, and development program for support staff with 4 other area institutions – McDaniel, Towson, UMB, and UMBC. This year's participants are listed below and I hope you will join me in wishing them much success (and fun) in this journey.

**11th Administrative Support Cohort – Sessions run
September 20th – January 17th**

Stephanie Chervenkov, human resources assistant

Michael Golze, summer events and programs manager

Megan Rivera, student accounts assistant

Elissa Robinson, alumnae and alumni relations associate

Jaclyn Whitley, administrative assistant to the dean, SOP

We are fortunate to have such wonderful, dedicated employees and look forward to celebrating their graduations from the program!

Important Dates for October/November

October

- 5th Managing Your Strengths session
- 12th Supervisor Training – Session 1 of 5
- 16th Social Styles Training Session
- 25th Building Bridges – Session 2 of 5
- 26th Supervisor Training – Session 2 of 5
- 31st Faculty/Staff Halloween Contest

November

- 3rd Supervisor Training – Session 3 of 5
- 5th-16th Open Enrollment Period
- 9th Benefits and Wellness Fair
- 14th Mission Orientation
- 15th Building Bridges – Session 3 of 5
- 16th Supervisor Training – Session 4 of 5
- 20th Annual Thanksgiving Potluck
- 30th Supervisor Training – Session 5 of 5

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

October is National Breast Cancer Awareness Month

Breast cancer is the **MOST COMMON CANCER** among American women, after skin cancers.



ABOUT **1 in 8** (12%) OF U.S. WOMEN will develop invasive breast cancer during their lifetime.



More than **3.1 million** breast cancer survivors currently live in the United States.

Click [here](#) for the full infographic.

OCTOBER 31ST

Employee Halloween Costume Contest

All Faculty and Staff:

Dress up in your favorite Halloween outfits! Employees can dress up in group themes or individually. Human Resources will judge the costumes and the best costume will win a prize!

When: 10:30am, after the Annual Halloween Parade by A Child's Place

Where: In front of Registrar's Office



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For questions, email: FeldDirectGroups@feldinc.com

*Restrictions, exclusions and additional charges may apply. Subject to availability. No double discounts. Tickets at market pricing. Market prices are subject to supply and demand, and may change throughout and following the offer period. A facility fee of \$3.50 per ticket will apply. A one-time \$5 per order processing fee will apply. This flyer is not a coupon and cannot be redeemed at the box office. NO REFUNDS, EXCHANGES OR PRICE ADJUSTMENTS. All sales final.

DEADLINE TO ORDER: THURSDAY, NOVEMBER 8, 2018 AT 12:00 PM NOON EST



VitaMin

Vital health information in a minute

How to find a doctor who's right for you

Choosing a health care provider is key to managing your health. You want to find a provider you can trust and a clinic location that's comfortable and convenient for you and your family. Taking a few minutes to find the right fit may be well worth it, because having a good relationship with your doctor can help you be proactive about your health.

Ask for referrals. Personal recommendations from friends, relatives and other doctors are a good place to start.

Define what's important to you. Think about whether you prefer to see a male or female doctor. Maybe you'd like someone who speaks Spanish or another language. You can also find a provider who specializes in a particular area of medicine. Or, perhaps you'd be more comfortable with a physician assistant or nurse practitioner. These are all ways to narrow your search for a provider.

Check your health insurance plan. Before making a decision, find out which doctors are covered by your health plan. You can do this by checking the list of providers in your plan's network by calling the number on the back of your ID card if available, or visiting your health insurance carrier's website. It's also a good idea to contact the doctor's office and ask if they accept your health insurance plan.

Do your homework. Visit or call the office to ask questions about what matters most to you. And, continue your research at your first visit:

- › Does the health care provider take time to answer your questions or address your concerns?
- › Is the office staff helpful?
- › Are the office hours convenient?
- › Does the approach to health care match your expectations?

Review your decision over time. Even if you find the perfect match for now, you may need to search for a new doctor in the future for any number of reasons. Your health needs may change or you may decide to get a second opinion on a diagnosis or treatment plan. It's wise to review your choice of health care providers every year or whenever you have changes to your health or health insurance.



Together, all the way.®

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