



HR Newsletter

SEPTEMBER 2018

Please help us welcome:

Angelo Letizia, assistant professor, school of education

Anna Consorte, graduate assistant for athletics

Katherine Beauchat, associate professor, school of education

Jennifer Brad, career services coordinator

Gavin Brand, assistant cross country coach

Jacqueline Burr, head tennis coach

Yishka Chin, coordinator for student-athlete success, compliance & social media

Naomi Cross, assistant professor, school of nursing

Benedette Cuffari, research assistant & vivarium manager

Aiyana Dancy, admissions counselor

Molly Dunn, assistant professor, school of education

Syd Gettier, graduate residence coordinator

Lauren Haggerty, assistant professor, school of pharmacy

Jeffrey Hillard, associate professor, business and economics

Maggie Hubbard, ACES assistant director for special education

Leah Inger, director of concert choir

Zulma Jimenez, assistant professor, chemistry

Jessica Johnson, enrollment manager

Alan Jones, director of the career center

Diane Lehmann, assistant professor, school of nursing

Emily Lung, assistant soccer coach

Fr. John McCloskey, chaplain/adjunct professor

Siobhan McIntyre, graduate assistant for inclusion, community standards & service

Susie McShea, professional practitioner in residence

Marrisia Moore, biology lab manager

Grace Park, graduate assistant for academic support services

Danielle Piontkowski, admissions counselor

Candice Russ, head field hockey coach

Catherine Sacarellos, assistant professor, criminology

Christine Skibinski, assistant professor, school of pharmacy

Julius Trimbach, director of facilities management

Constance White, admissions/business manager

Brady Wolfe, assistant field hockey coach

INJURED ON THE JOB? HERE'S WHAT TO DO

**YOU MUST REPORT ALL INJURIES, NO MATTER HOW SMALL
WITHIN 48 HOURS OF THE INJURY!**

1. Report the incident to **Public Safety** at ext. 5360 and to your immediate **supervisor**.
2. If it requires more than a band aid or ice pack, **SEEK MEDICAL ATTENTION!** Your options are:
 - a. Your primary care physician
 - b. Urgent Care facility – i.e., Patient First or Concentra
 - c. Hospital Emergency Room
- d. Remember to report your injury as a Workers Compensation case – you are NOT responsible for payment.**
3. Contact Human Resources
 - a. HR will complete a First Report of Injury form that you will need to verify and sign
 - b. HR will contact our Workers Compensation carrier to file a claim
 - c. You are responsible for sending all medical reports from your visits to HR
 - d. HR will contact you periodically while you are out
4. NDMU's Workers Compensation carrier will call you to follow up on your care
5. You need to provide HR a Return to Work note from the doctor **before** you come back

If you or the medical provider have any questions, please contact Shannon Raum, Assistant Director of Human Resources, at 410-532-5885.

September Birthdays!

5 th	Mary Alice Adams, business office	21 st	Anne Henderson, history/political science
5 th	Lindsey Robinson, enrollment management	22 nd	Victoria Karol, southern Maryland
6 th	Zurita Brown, information technology	23 rd	Erika Elie, financial aid
7 th	Mary Fitzgerald SSND, school of education	23 rd	David Dunston, biology
7 th	Crissa Holder-Smith, instructional design & technology	23 rd	Stephen Marshall, information technology
10 th	Margo Cunniffe, international programs	23 rd	Ke'Anu Sims, residence life
13 th	Monique Mounce, school of pharmacy	24 th	Kelly Hoover, residence life
14 th	Angela Sherman, chemistry	26 th	Jessica Hurtado, ELI
16 th	Helen Burkins, business office	27 th	Pamela O'Brien, communication arts
16 th	Sean Coyne, psychology	27 th	Christina Parks, public safety
17 th	Linda Kuehn, renaissance institute	27 th	Anna Gibney, admissions
19 th	Gene Taylor, public safety	30 th	Jazmin Greene, admissions

Healthy Meal of the Month:

Citrus Avocado Salad



Click [here](#) for the recipe.

Cigna Wellness Webcast of the Month:

Grandparenting: What's Great About Being Grand

Becoming a grandparent ushers in a new era – for you and your adult child. Explore the joys and challenges with us.

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





HEALTHY GATOR



For Class Updates @NDMUCampusRec
Twitter and Instagram

DEPARTMENT OF ATHLETICS AND
CAMPUS RECREATION

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO CLASSES LABOR DAY!	4 YogaWorks 12-1pm	5 Personal Training 12-1pm Wednesday Wellness Challenge	6 YogaWorks 12-1pm Spin Class 6pm & 7pm	7 NDMU Walks 11:30am Personal Training 12-1pm
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Class Locations

NDMU Walks
Registrar

YogaWorks
Dance Studio

Personal Training
MBK Fitness Center

Spin Class
Dance Studio

September Wednesday Challenges are on
Nutrition/Weight Management,
visit notredamegators.com/campusrec for more info!



NOTRE DAME OF MARYLAND UNIVERSITY

Save the date!

Oct 5-7 • 2018

Reunion



Exclusive Savings for Employees & Families!

Opening Night Special: \$15 Flat Rate*
Wednesday October 10, 2018 at 7:30 PM!

THURSDAY OCTOBER 11	FRIDAY OCTOBER 12	SATURDAY OCTOBER 13	SUNDAY OCTOBER 14
		11:00 AM	
		2:30 PM	12:00 PM
7:30 PM	7:30 PM	6:30 PM	4:00 PM

Royal Farms Arena | Baltimore, MD

***Special Pricing:**
\$29 + \$24 + \$19 + \$14
Please call for more details!

To purchase tickets, please call: (866) 248-8740 and choose option 1
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 per ticket will apply. A one-time \$6.50 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, OCTOBER 4, 2018 AT 12:00 PM NOON EDT



Important Dates for September/October

September

- 3rd Labor Day – University Closed
- 4th Fall Wellness Activities Begin!
- 7th Supervisor Training – Session 5 of 5
- 20th Building Bridges Across Maryland Session #1
- 25th Getting Organized session

October

- 5th Managing Your Strengths session
- 12th Supervisor Training – Session 1 of 5
- 25th Building Bridges Across Maryland Session #2
- 26th Supervisor Training – Session 2 of 5

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

Summer Bingo Winners

Congratulations to **Joyce Konigsberg** and **Dawn Causbey** for winning the summer challenge!

Thank you to all who participated in the challenge. Please reach out to Stephanie at schervenkov@ndm.edu for questions or feedback for future wellness challenges.

Looking forward to the holiday season?

Sign up to be on the **Christmas Luncheon Fun Committee** today! Please email schervenkov@ndm.edu if you are interested in participating.

September is National Yoga Awareness Month

Yoga
Health benefits beyond the mat

Better Body Image
Focusing inward during yoga helps you be more satisfied with your body and less critical of it.

Heart Benefits
Yoga can help lower blood pressure, cholesterol, and blood sugar, all of which are good for your heart and blood vessels.

Overall Fitness
Practicing yoga a couple times a week increases muscle strength and flexibility, boosts endurance, and tunes up your heart, lungs, and blood vessels.

Mindful Eating
Being more aware of how your body feels carries over to mealtimes as you savor each bite or sip and notice how food smells, tastes, and feels in your mouth.

Weight Control
Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness, which help you develop a more positive relationship with food.

Click [here](#) for more information from Harvard Medical School.



VitaMin

Vital health information in a minute

Meal planning made simple

When you're short on time, it's easy to get stuck in a rut with last-minute meals. By carving out time to plan what's for dinner, you can help save money, streamline your shopping trips and cook healthier meals at home. Here's a step-by-step guide to help you plan for a week of healthy meals.

Step 1: Create a meal planning calendar. This can be as high-tech or low-tech as you'd like. For example, you can make a meal planning grid on your computer or use a meal-planning app on your smartphone. Or, try using a mini white board or wall calendar in your kitchen.

Step 2: Select a lineup of recipes for your weekly plan. Include a few family favorites and some new healthy recipes, too. For cost savings and efficiency, look for recipes that use seasonal produce or ingredients you already have on hand.

Step 3: Get your grocery list in order. Create a master list of ingredients for all the meals in your weekly plan. Use an electronic or reusable format so you can easily make updates and use it again.

Step 4: Save time in the kitchen. Doing some prep work in the kitchen can help your meals come together quickly. If you know you'll be in a rush at dinnertime, prepare the ingredients you'll need ahead of time. You can premeasure spices and other dry ingredients so they're ready to drop in. Chop veggies ahead of time and store in a container in the refrigerator.

Step 5: Love your leftovers. You can save even more time by doubling a recipe and freezing half. Or, transform tonight's leftovers into a completely new meal tomorrow. For example, leftover grilled chicken could be used as the base for tacos or chicken salad.

Get your grocery list ready with help from www.ChooseMyPlate.gov, where you'll find more tips on menu ideas, eating on a budget and food safety.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



Together, all the way.®

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