

NDMU HR Newsletter

February 2018



The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because Life is Why.

Did you know?

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. That number is expected to rise to more than 23.6 million by 2030.

Click [here](#) for Heart Disease and Stroke statistics 2017.

Click [here](#) for strategies on how to prevent heart disease.



Please help us welcome...

Melissa Albright, Collections and Student Accounts Manager

Renee Bostic, Director of Athletics & Wellness

Britt Christensen, Assistant Professor for Communication Arts

Erika Elie, Assistant Director of Financial Aid Operations

Cathy Goucher, Assistant Professor and Program Director for Art Therapy

Suzan Harkness, Associate Vice President for Academic Affairs

Samantha Mielke, Admissions Counselor

David Rhodes, Interim Vice President for Enrollment Management and Marketing

Megan Rivera, Student Accounts Assistant

Gene Taylor, Director of Risk Management & Public Safety

GIVING DAY FEB. 6, 2018

#ONEDAYONENDMU

This year, on **February 6, 2018**, the Office of Institutional Advancement will commemorate Notre Dame Day with [an inaugural Giving Day celebration](#) — a special day to show our Notre Dame pride, raise money for the Notre Dame Fund, celebrate our achievements, and honor our history.



Learn more about Giving Day online at: ndm.edu/givingday



February 2018

HEALTHY GATOR



Mon	Tue	Wed	Thu	Fri
			1 YogaWorks 12-1pm SPIN 6pm	2 Personal Training 12pm-1pm
5 Monday Mile Club 11:30am Personal Training 12pm-1pm YogaWorks 5pm-6pm	6 NOTRE DAME DAY CLASSES CANCELED	7 Personal Training 12pm-1pm SPIN 6pm	8 YogaWorks 12-1pm SPIN 6pm	9 Personal Training 12pm-1pm
12 Monday Mile Club 11:30am Personal Training 12pm-1pm YogaWorks 5pm-6pm	13 YogaWorks 12-1pm	14 Personal Training 12pm-1pm SPIN 6pm	15 YogaWorks 12-1pm SPIN 6pm	16 Personal Training 12pm-1pm
19 Monday Mile Club 11:30am Personal Training 12pm-1pm YogaWorks 5pm-6pm	20 YogaWorks 12-1pm	21 Personal Training 12pm-1pm SPIN 6pm	22 YogaWorks 12-1pm SPIN 6pm	23 Personal Training 12pm-1pm
26 Monday Mile Club 11:30am Personal Training 12pm-1pm YogaWorks 5pm-6pm	27 YogaWorks 12-1pm	28 Personal Training 12pm-1pm Pure Barre 12pm (MBK Dance Studio) SPIN 6pm		

February Birthdays!

- | | | | |
|------------------|--|------------------|--------------------------------------|
| 1 st | David Zikorus, Athletics Department | 19 th | Elizabeth Scott, Counseling Center |
| 2 nd | Deborah Calhoun, Business and Economics Department | 20 th | Yolanda Jones, A Child's Place |
| 13 th | Kim Hayes, Business Office | 21 st | Amy Morales, Student Life |
| 16 th | Cheri Johns, Athletics Department | 25 th | Donna Schissler, School of Education |
| | Charles Yoe, Business and Economics Department | | Sean Silveira, School of Pharmacy |
| 19 th | Erinn Gales, Campus Ministry | 28 th | Deborah Brophy, A Child's Place |

Healthy Meal of the Month:

Roasted Cranberry, Squash & Cauliflower Salad



Click [here](#) for the recipe.

Join Brick Bodies Today

For \$0 Down and Receive One Month FREE!

Discounted Rates for Communications Electronics Employees!

All Access Memberships \$22.99 Bi-weekly

Or

One Club Memberships \$18.99 Bi-weekly

(One Club Memberships are not available for Padonia and Rotunda locations or pool use)

For more information, contact Jordan at 410-252-5280 X2011



or at
Jordan.Mafale@BrickBodies.com



WELLNESS GARDEN MEETING

We will discuss planning the vegetable garden and flower gardens on campus, what to plant, and the layouts of both gardens.

WHEN: February 21st at 9:00am

WHERE: Theresa Hall Conference Room in the HR Department.

WHO: This meeting is open to all: faculty, staff, and students.

CONTACT: Stephanie Chervenkov at schervenkov@ndm.edu



PARTNERS IN MISSION

President Marylou Yam cordially invites you to a Eucharistic Liturgy followed by a Recognition Celebration and Dessert Reception celebrating all Partners in Mission marking anniversaries of service.

Thursday, May 10, 2018

10:30 a.m. Eucharistic Liturgy
Marikle Chapel of the Annunciation
All are invited to attend.

1 p.m. Recognition Celebration & Dessert Reception
Doyle Formal Lounge
All are invited to attend.



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Verizon Connections Online Offer: Discounts on qualifying bundles available to active employees of participating organizations. Standard bundle agreements, eligibility restrictions and additional terms apply. Program and amounts are subject to change and may be modified or discontinued at any time. Limit of one Verizon Connections discount per account.

Netflix: Offer avail. 1/18-4/18. Valid for 12 mos. of Netflix service on the \$19.99/mo. "2 Screen Streaming Plan" (total value of \$131.88). New or existing Netflix subscription & compatible device req'd and must maintain qualifying Fios services for 60 days after installation, with no past-due balance. A one-time bill credit of \$131.88 will be applied directly to customer's Netflix account. Must be redeemed by 4/31/18. Not redeemable or refundable for cash. Value may be applied to a different Netflix streaming plan, exchanges in this manner may alter the duration of the offer. Netflix service price plans subject to change. Not available to subscribers billed through iTunes or Google Play unless subscriber begins a new subscription billed via alternate payment provider or via Netflix.com. See www.netflix.com/terms/us.

Verizon: Availability varies. Gigabit network connection to your home. Actual speeds vary due to device limits, network and other factors. Avg. speeds below: 750-940 Mbps download / 750-880 Mbps upload. Limited-time online offer for new TV & internet res. costs. Promo rates via bill credits and increase after promo period. Price guarantee applies to base monthly rate only. 2-yr. agmt. req'd. Reg. mo. 2, up to \$350 ETF applies. \$12/mo. \$18. \$10/mo. router charge. \$0.49/mo. Broadcast. \$0.59/mo. Regional Sports Network, \$0.99/mo. FDN Admin. & other fees, taxes, & terms apply. Paper-Free Billing req'd (excl. N.J., Subj. to credit approval & may require a deposit. © 2018 Verizon. 8283-0118

Bonus DIVIDENDS **5-Star MEMBER REWARDS**

Members Receive over **\$2 MILLION** in **LOYALTY REWARDS**

What's your share?

We are giving back to both borrowers and savers. The more products and services you utilize from First Financial, the more we've given back to you as a Loyalty Reward.

HOW DOES THE PAYOUT BREAK DOWN? FIRST FINANCIAL HAS:

- Paid a bonus dividend of 15% on all dividends earned in 2017 on share accounts
- Paid a 10% interest rebate on non-real estate loans in 2017
- Given all active 5-Star Members an additional \$100 reward

Check your account to see your total First Financial rewards for 2017! This year's "Loyalty Rewards" and Visa cash rebates were posted to share ID 01 accounts on 12/31/17.





NOTRE DAME OF MARYLAND UNIVERSITY

2018 Charles J. Busta III Lecture in Business

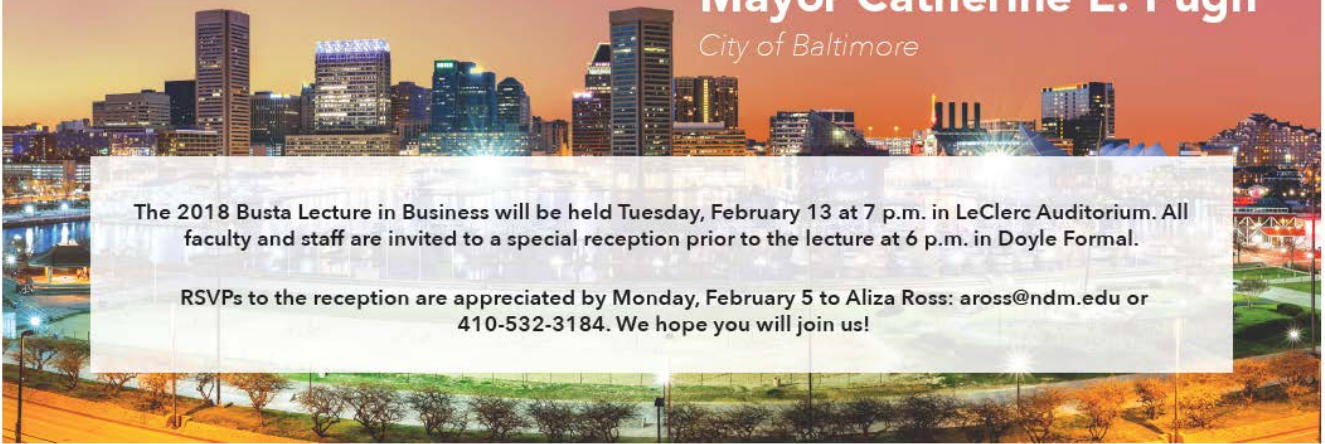
Tuesday, Feb. 13 at 7:00 p.m. | LeClerc Auditorium | Free and open to the public

Featuring

Mayor Catherine E. Pugh
City of Baltimore

The 2018 Busta Lecture in Business will be held Tuesday, February 13 at 7 p.m. in LeClerc Auditorium. All faculty and staff are invited to a special reception prior to the lecture at 6 p.m. in Doyle Formal.

RSVPs to the reception are appreciated by Monday, February 5 to Aliza Ross: aross@ndm.edu or 410-532-3184. We hope you will join us!



WOW Happy Hour

WOW Baltimore Happy Hour at Wicked Sisters in Hampden

Thursday Feb. 15
5:00–7:00 p.m.

Join the WOW—Women of the World Baltimore Advisory Board and planning team at Wicked Sisters (3845 Falls Rd, Baltimore, MD 21211) in Hampden for drink specials and light appetizers. Come out to learn more about WOW or share your experiences from 2016. We hope to see you there!

Happy Hour is free and open to the public.

Tickets for the full WOW Festival go on sale February 1, 2018 at wow-baltimore.org