

NDMU HR Newsletter

May 2017

Join us in Celebrating Partners in Mission!



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 11, 2017

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.

Health Advocate!

If you have insurance with NDMU, you have a Personal Health Advocate! This advocate can help you:

- Find doctors, specialists, hospitals and treatment centers nationwide
- Resolve billing and claims issues
 - Navigate your insurance plan
- Provide cost estimates of common medical procedures
 - Expedite appointments with specialists
- Explain conditions, treatments
 - Secure second opinions
 - ...and more

Get Healthcare Help Now



866.695.8622



Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

Please help us welcome

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- Suzanne Parks, *Senior Accountant*
- Kelly Harrison, *Manager, Grounds & Fleet Maintenance*
- Ken Robinson, *Public Safety Officer*
- Nicole Myers, *Database Administrator*

May Birthdays!

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2nd Debra Franklin, *school of arts sciences & business*

4th Anne Lin, *school of pharmacy*

8th Kenneth Sossa, *biology department*

Jennifer Wester, *art department*

9th S. Eileen O'Dea, *president's office*

Linda Stevens, *information technology*

12th Juliann Dupuis, *school of education*

Shannon Scheel, *registrar's office*

13th Clarenda Phillips, *academic affairs*

Lauren Rohrs, *alumnae relations*

14th Riley Aldridge, *admissions*

15th Lindsey Crist, *school of pharmacy*

16th Marleen Thornton, *school of nursing*

18th Jennifer Pohler, *enrollment technology*

20th Maeve O'Donovan, *philosophy*

21st Michael Hardy, *facilities*

Rebekah Price, *enrollment technology*

24th Roxanne Moran, *school of nursing*

25th S. Therese Marie Dougherty, *language*

Rev. William O'Brien, *campus ministry*

27th Paul Weldon, *biology department*

Marci Leadbeter, *admissions*

29th Amy Rohrs, *school of nursing*

Regine Beliard, *school of pharmacy*

31st Andrea Gauld, *school of pharmacy*

Summer is coming! Have you registered your camper yet?

NDMU employees get a 25% discount on summer camps! Register soon, spots are filling up quickly!



A Child's Place Summer Camp

Young children will love these theme-oriented camp sessions for ages 3 through 6.



Camp Notre Dame

Our camp offers tons of activities and a place for children ages 5 through 11 to create and discover.

Looking for more information? Contact A Child's Place at 410-532-5399 or achildsplace@ndm.edu; or Camp Notre Dame at 410-532-5308 or campnotredame@ndm.edu.



HEALTHY GATOR



Mon	Tue	Wed	Thu	Fri
Personal Training 12pm-1pm Learn-to-swim 12:15pm-1pm Zumba 5:15-6:15pm	YogaWorks 12-1pm YogaWorks 5:30-6:30pm	Personal Training 12pm-1pm Spin 5:15pm Spin 6pm	YogaWorks 12-1pm Spin 5:45pm	Personal Training 12pm-1pm

Save the Date!

In appreciation of all the hard work everyone has done for Middle States, we will be having a Community Appreciation Cookout on Doyle Lawn, May 18th from 11:30-1:30!



Got Jury Duty?

Remember to submit a stamped proof of service to HR!

Healthy Meal of the Month: BBQ Pulled Pork



Click on the picture to view the recipe!

FMLA & Short Term Disability

Are you going to be taking family medical leave or short term disability soon? Make sure you notify the HR department. We are here to help!

May is National Skin Cancer Awareness Month

ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU...



PROTECTING YOURSELF IS VITAL

Sunscreen
WHAT TO LOOK FOR

BROAD SPECTRUM
Protects against both UVA and UVB rays

SPF 30
...at least!

EXPIRATION DATE
Lasts 2 to 3 years

how to apply it

Be generous!
1 ounce (about a palmful) should be used to cover the arms, legs, neck, and face.

Don't forget your ears, hands, feet, and underarms.

Reapply at least every 2 hours.
More often if you're in and out of water or sweating.

SPF 30 BLOCKS 97% OF UVB RAYS

DON'T FORGET TO...

COVER UP WITH CLOTHING

DITCH TANNING BEDS OR LAMPS

WEAR SUNGLASSES

WEAR A HAT

SEEK SHADE
(especially 10 a.m.-4 p.m.)

COVER UP THE KIDDIES, TOO!

A UNITED FORCE AGAINST CANCER

The American Cancer Society is an organization of 2 million strong. From prevention to diagnosis, from treatment to recovery, we're here every step of the way. Together, we are a united force against skin cancer and all cancers.

Learn More // cancer.org/skincancer
Stay Protected // cancer.org/sunsafety
Detect It Early // cancer.org/skincancerimages
Donate // cancer.org/donate



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