

NDMU HR Newsletter

July 2017

Healthy Bingo

Living a healthy life is important to each and every one of us. That's why we continually look for new ways to help promote a culture of well-being within our community. Our **Healthy Bingo** challenge encourages you to start some new behaviors by offering 25 healthy suggestions.

From **July 10th to August 4th**, we challenge **YOU** to a game of **Healthy Bingo!** In order to participate and be eligible for prizes, **you must register with HR by July 7th**. Each week, you'll receive an email with healthy tips to get you on the winning path to better health.

How does it work?

1. The Challenge **starts on July 10th and ends on August 4th**
2. Complete as many healthy activities on the card as you can during the month – the goal is to participate in healthy activities and have fun at the same time!
3. Once you complete a healthy activity square, place a check mark and the date of completion in the square.
4. Take your time – the challenge doesn't have to be completed in one day – you have until **August 4th** to complete five activities in a row – vertically, horizontally, or diagonally.
5. Prizes – You will receive one entry for every BINGO row you complete, up to five entries per person. **Two winners will be drawn on Monday, August 7th**

Sign up now to participate – simply email sraum1@ndm.edu to get the BINGO card!

Mark your Calendars!

Join us September 21st, for an information session on benefits with Cigna!

Benefits 101
Thursday, September 21
Noon
Bryan Board Room



Massage Break!

Need to take a break from your busy day?

Free massages will be offered on Wednesday, August 23rd from 12-4pm.

Location and scheduling details will be emailed.

TIAA Individual Meetings

Do you have questions about your retirement plan? A TIAA representative will be on campus August 2nd for one-on-one meetings. Stay tuned for more information on scheduling your meeting!





HEALTHY GATOR



Mon	Tue	Wed	Thu	Fri
Personal Training 12pm-1pm Fitness Center	YogaWorks 12-1pm Riley Room	Personal Training 12pm-1pm Fitness Center	YogaWorks 12-1pm Riley Room	Personal Training 12pm-1pm Fitness Center

MONSTROUS Savings for Employees & Families!



Hagerstown Speedway
Hagerstown, MD

FRIDAY July 28	SATURDAY July 29	SUNDAY July 30
		4:00 PM
8:00 PM	8:00 PM	

*Pit Party: \$10 per Pit Pass

Saturday, 5:00 PM - 6:45 PM
Must have a Saturday, 8:00 PM event ticket

Sunday, 1:00 PM - 2:45 PM
Must have a Sunday, 4:00 PM event ticket

*GROUP TICKETS \$15!

Seating is General Admission

To purchase tickets, please call:
(866) 248-8740 and choose Option 3

Feel free to email questions to:

Blryals@feldinc.com

*Restrictions, exclusions and additional charges may apply. Subject to availability. No double discounts. Children ages 2 and older require a ticket.

Tickets at market pricing. Market prices are subject to supply and demand, and may change throughout and following the offer period.

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 ARE FINAL.

DEADLINE TO ORDER: TUESDAY, JULY 25TH, 2017 AT 12:00 PM EST

July Birthdays!

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1st Deborah Naccarini, *school of nursing*

Rachel Burk, *language department*

2nd Erin Foley, *athletics*

Kyle Hopson, *language learning center*

3rd Crystal Robertson, *school of pharmacy*

5th S. Paula Dukehart, *president's office*

6th Stephanie Savick, *school of education*

Sean Delaney, *financial affairs*

7th Dana Thomas, *office of public safety*

Heather Folz, *school of pharmacy*

9th Dana Farley, *school of education*

10th Ashley Fundack, *criminology/sociology*

11th Susan Donahue, *school of education*

Patricia Dwyer, *school of education*

14th Robert Austin, *information technology*

15th Karen Wooten, *academic affairs*

Kimberly Seneveratna, *registrar*

Jill Eigenbrode, *registrar*

17th Melissa Falen, *school of education*

Robin Riha-Lopez, *a child's place*

18th Dawnielle Causbey, *residence life*

19th Flo Kirby-Brown, *office of public safety*

Will Pierson, *office of public safety*

20th Laura Sebastianelli, *renaissance institute*

21st Daniel Warrenfeltz, *office of public safety*

25th Simone Weiner, *school of pharmacy*

26th S. Bridget Connor, *school of education*

27th Gene Farrington, *English department*

28th Charles Wilson, *office of public safety*

Stacey Williams, *school of pharmacy*

Kristin Pinkowski, *operation teach*



Celebrate national parks and recreation month with family fun [events](#).

Get out and explore your [local park](#)!

Healthy Meal of the Month: Kid-Friendly
Ranch Chicken Casserole



[Click on the picture to view the recipe!](#)