



# HR Newsletter

## DECEMBER 2019

### Please Help Us Welcome Our New Partners in Mission:

- Justice Walrath, *assistant basketball coach*
- Hannah Walborn, *admissions counselor*
- James Henderson, *public safety officer*
- Imani Miner, *graduate assistant, student life*

### In This Issue:

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### December Birthdays!

- 2nd Renee Echartefonseca, *a child's place*
- 3rd Zulma Jimenez, *chemistry department*
- 4th Mary Packard, *school of nursing*  
Joel Stob, *information technology*
- 6th Payal Agarwal, *school of pharmacy*
- 8th Heather Carpenter, *business & economics department*  
Zane Hunter, *school of nursing*
- 10th Helen Contreras, *academic support & enrichment*  
Asish Dutta, *school of pharmacy*  
Fr. John McCloskey, *campus ministry*
- 13th Ashley Moody, *school of pharmacy*
- 14th Susan Breaux McShea, *communication arts department*
- 15th Janice Green, *information technology*
- 18th Valerie Smitheman-Brown, *campus ministry*
- 21st Jeana DelRosso, *English department*  
Megan Rivera, *business office*
- 22nd Dawn Bradshaw, *president's office*  
Sydney Gettier, *residence life*
- 24th Diane Aschenbrenner, *school of nursing*  
Anne Des Marais, *enrollment management*
- 28th Scott Briell, *enrollment management*  
Justin Gyurik, *school of pharmacy*
- 30th Sheila Mahony, *school of education*  
Mary O'Connor, *school of nursing*  
Nancy Tarr Hart, *philosophy department*

NOTRE DAME OF MARYLAND UNIVERSITY

## Faculty & Staff Christmas Luncheon

**Tuesday, December 17th**  
12:00 –1:30 p.m.

- 10:45 a.m. A Child's Place Caroling  
Marikle Chapel
- 11:00 a.m. Mass
- 12:00 p.m. Luncheon

Don't forget the Annual Christmas Contest-Come prepared!

Please RSVP by Wednesday, December 5  
at [ndm.edu/content/faculty-staff-winter-luncheon](http://ndm.edu/content/faculty-staff-winter-luncheon)



# HEALTHY GATOR



For Class Updates @NDMUCampusRec  
Twitter and Instagram

DEPARTMENT OF ATHLETICS AND  
CAMPUS RECREATION

## December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Monday Mile 11:30-12pm Group Personal Training 12-1pm	3 YogaWorks 12:15-1:15pm	4 Zumba Stretch 12-12:15 Zumba 12:15-1pm Spin Class 6pm	5 YogaWorks 12:00-1:00pm Spin Class 6pm & 7pm	6 Group Personal Training 12-1pm
9 Monday Mile 11:30-12pm Group Personal Training 12-1pm	10 YogaWorks 12:15-1:15pm	11 Zumba Stretch 12-12:15 Zumba 12:15-1pm Spin Class 6pm	12 YogaWorks 12:00-1:00pm Spin Class 6pm & 7pm	13 Group Personal Training 12-1pm
16 No Classes	17 No Classes	18 No Classes	19 No Classes	20 No Classes
23	24	25	26	27
<b>HOLIDAY BREAK NO CLASSES</b>				
30	31			
<b>HOLIDAY BREAK NO CLASSES</b>				

Class Locations      Zumba Dance Studio      YogaWorks Dance Studio      Group Training MBK Fitness Center      Spin Class Dance Studio      Visit [notredamegators.com/campusrec](http://notredamegators.com/campusrec) for more info!

### Recipe of the Month: Roasted Salmon with Spicy Cranberry Relish

This ruby-red cranberry relish recipe gets a refreshing crunch from apple and celery. It's also delightful alongside a roast chicken or pork loin.

[Click here for the Recipe!](#)



### Holiday Survival Tips

This quick [BrainShark video](#) is courtesy of United HealthCare and offers some easy holiday survival tips—coping with eating, stress and tough economic times.



## \*\* Important Dates \*\*

Thursday, December 12, 2019	Building Bridges Across Maryland training session #4
Tuesday, December 17, 2019	<b>Annual Christmas Mass &amp; Luncheon</b>
Wednesday, December 18, 2019	Winter 2020 Tuition Remission applications DUE
Wednesday, January 8, 2020	Spring 2020 Tuition Remission applications DUE
Thursday, January 16, 2020	Building Bridges Across Maryland training session #5
Monday, January 20, 2020	Martin Luther King Holiday—University Closed
Wednesday, February 12, 2020	Building Bridges Across Maryland training session #6
Thursday, February 13, 2020	Managing Your Strengths
Thursday, February 20, 2020	Dealing with Difficult People

To Register for any of the trainings, please email [klitz@ndm.edu](mailto:klitz@ndm.edu).

For more information on the trainings, please visit <https://www.ndm.edu/human-resources/training-development> and view the 2019-20 Schedule.

## **Struggling to get in the fitness groove? Try these 9 Ways to Make Fitness Part of Your Life**

**Add steps to your day.** Park farther away from the entrance or get off the bus one stop earlier. Take the stairs instead of the elevator.

**Develop new routines.** Perhaps you can take the dog for a daily walk. Or maybe go to the park with your kids after dinner. Do you have a green thumb? Perhaps you can start a garden.

**Find a workout buddy.** Exercising with a friend can be more fun and a good motivator.

**Keep exercise clothes at work.** You can change into them before heading home or to the gym. And have a comfortable pair of shoes so you can walk during breaks.

**Schedule fitness.** If you put exercise on your calendar like other appointments, you're more likely to do it.

**Clean up.** Both housework and doing work in the yard can count as physical activity, too.

**Double up.** Move while you watch TV. Why not watch and stretch? Or during commercials, try getting up off the couch and marching in place.

**Sign up for a class.** Aerobics, yoga or social dancing are just a few of the many choices.

**Keep it fun.** Making physical activity enjoyable is key in making it a regular part of your life.

# Fit and festive!

7 moves for your holiday groove.



1

## Do a jolly jig.

Dance to holiday tunes whenever you can. Maybe that's after wrapping a present or while cookies are in the oven.



3

## Stroll before you shop.

Walk a few blocks — or laps at the mall or big-box store — before you use your purchasing power.

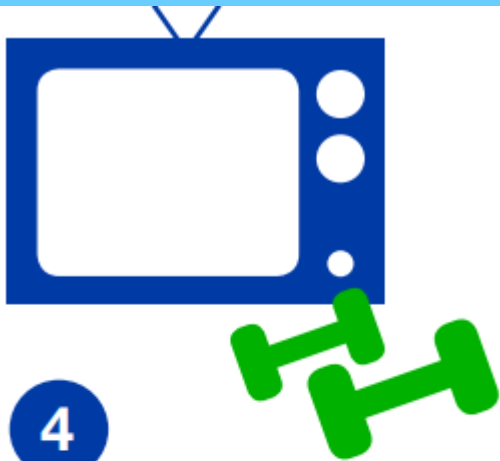
2

## Plan active outings.

Go ice skating. Walk to take in the outdoor lights. Sign up for a jingle bell fun run/walk.







4

### **Cue the classics.**

Watch holiday movies you love while doing yoga, on the treadmill or using weights.



5

### **Got snow?**

Go sledding or snowshoeing. Build a snowman. Make snow angels.

6

### **Pinched for time?**

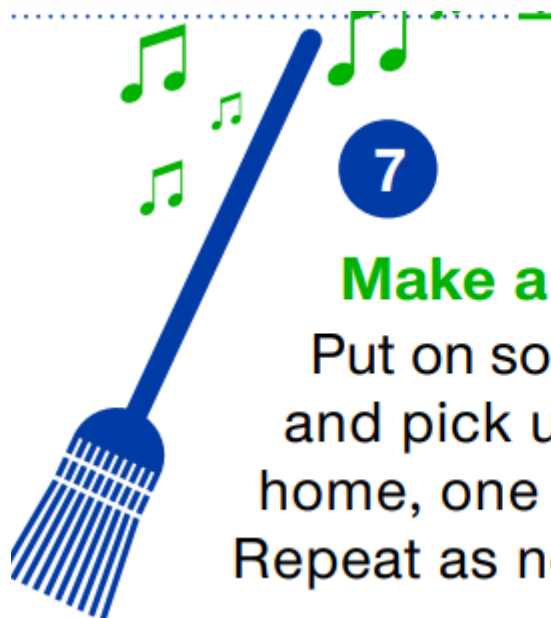
Break your regular half-hour walk into three brisk 10-minute jaunts.



7

### **Make a clean sweep.**

Put on some lively music — and pick up around your home, one song per room. Repeat as needed!





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