Please help us welcome...

Brinda Angra, Programmer/Analyst
Susan Coulson, Enrollment Manager
Matthew Gibson, Unified Communications/Network Support Specialist
Danielle Gendin, Cashier/ Business Office Specialist
Raymond Keller, Groundskeeper I
Stephon Parker, Groundskeeper I

Got Jury Duty?
Remember to submit a stamped proof of service to HR!

Healthy Recipe of the Month:
Berry-Almond Smoothie Bowl

Click here for the recipe.

Cigna Wellness Webcast of the Month:
Experiencing Mindfulness: An Introduction
What is mindfulness? How do you do it? What effect does it have?
Explore what is means to be mindful and to try it out.
Click here to sign up for the seminar.

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
Markle Chapel of the Annunciation
All are invited to attend.

1 p.m. Recognition Celebration & Dessert Reception
Doyle Formal Lounge
All are invited to attend.
### May Birthdays! Happy Birthday to you...

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<thead>
<tr>
<th>1st</th>
<th>Evan Todd, Marketing</th>
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<tbody>
<tr>
<td>2nd</td>
<td>Debra Franklin, School of Arts, Sciences &amp; Business</td>
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<td>4th</td>
<td>Anne Lin, School of Pharmacy</td>
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<td>8th</td>
<td>Jennifer Erdman, History/Political Science</td>
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<td>8th</td>
<td>Kennth Sossa, Biology</td>
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<td>8th</td>
<td>Jennifer Wester, Art</td>
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<td>9th</td>
<td>Eileen O'Dea, SSND, President's Office</td>
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<td>9th</td>
<td>Linda Stevens, Information Technology</td>
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<td>12th</td>
<td>Juliann Dupuis, School of Education</td>
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<td>12th</td>
<td>Katherine Rock, A Child's Place</td>
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<td>12th</td>
<td>Shannon Scheel, Registrar's Office</td>
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<td>13th</td>
<td>Rodnita Davis, School of Nursing</td>
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<td>14th</td>
<td>Riley Aldridge, Admissions</td>
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<td>15th</td>
<td>Lindsey Crist, School of Pharmacy</td>
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<td>16th</td>
<td>Marleen Thornton, School of Nursing</td>
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<td>18th</td>
<td>Lisa Aiello, Business Office</td>
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<td>18th</td>
<td>Jennifer Pohler, Enrollment Technology</td>
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<td>20th</td>
<td>Maeve O'Donovan, Philosophy</td>
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<td>21st</td>
<td>Michael Hardy, Building Maintenance</td>
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<td>21st</td>
<td>Susanna Price, Enrollment Technology</td>
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<td>24th</td>
<td>Roxanne Moran, School of Nursing</td>
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<td>25th</td>
<td>Therese Marie Dougherty, SSND, Foreign Language</td>
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<td>25th</td>
<td>Fr. William O'Brien, Campus Ministry</td>
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<td>26th</td>
<td>Brandy Garic, Student Life</td>
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<td>27th</td>
<td>Marci Leadbetter, Admissions</td>
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<td>27th</td>
<td>Paul Weldon, Biology</td>
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<td>29th</td>
<td>Regine Bliard, School of Pharmacy</td>
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<td>29th</td>
<td>Amy Rohrs, School of Nursing</td>
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<td>31st</td>
<td>Andrea Gauld, School of Pharmacy</td>
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<tr>
<td>31st</td>
<td>Jazmin Turner, School of Pharmacy</td>
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Charity Event of the Month:

SPCA OF ANNE ARUNDELC COUNTY

WALK FOR THE ANIMALS

Join us for our 27th Annual Walk and Run for the Animals!

Each spring over two thousand friends of the SPCA and their pets join us in beautiful Quiet Waters Park for our largest fundraiser. Enjoy a walk or fun run on measured courses in the park and explore our large outdoor vendor festival.

Register today online at: www.AACSPPCA.org

WALK 9 AM - 1 PM  MAY 6, 2018
FUN RUN 7:30 AM  QUIET WATERS PARK
CAR SHOW 9 AM - 1 PM
When worry turns into anxiety

It's normal to feel worried or anxious from time to time. You might feel nervous about taking a test, starting a new job or mingling at a party. A small dose of worry keeps you alert, focused and ready to do your best under pressure. But too much anxiety can interfere with daily activities and hold you back from living your life.

Anxiety can look and feel very different from person to person. Intense anxiety may be triggered by fear of certain places, activities or situations. Or it may feel like a constant worried state where you're anxious about anything and everything.

This checklist can help you identify symptoms of anxiety.

- I'm always worrying about something.
- I'm wound up and unable to relax.
- I'm tired all the time.
- I have difficulty concentrating on tasks and making decisions.
- My muscles are tensed up, tight or painful.
- I'm irritable, on edge and jumpy.
- I have unexplained physical problems, such as nausea, diarrhea or other digestive issues.
- I have trouble sleeping.
- I anticipate the worst even when there's no clear reason for concern.
- I'm afraid to try new things.
- I avoid certain people, places and things for fear that something terrible will happen.
- I have an intense worry about my own safety or the safety of loved ones.
- I use alcohol to help me cope with my nerves.
- I worry every day (sometimes all day).

Does anxiety have a hold on you?

If you're having panic attacks or bouts of anxiety that disrupt your daily life, it's time to say, “That's enough.” Talk to your doctor if anxiety interferes with family, work or other parts of your life. The first step is to decide that you're ready to do something to feel better, starting today.

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.
Online know-how to plan smarter for your retirement

Use our digital tools and resources
TIAA offers the online options you need to pursue the retirement you want and deserve.

Manage your retirement accounts
Log in to your account at TIAA.org to:
- See account details at a glance
- Check your contributions and investment mix to see if you’re on track
- Contact your advisor or get in touch with a TIAA financial consultant
- Manage your account 24/7

*Some features not available on all devices.

Get the app
With the TIAA app,** you can:
- View account balances and recent transactions
- Transfer funds between accounts
- Pay bills
- Make a mobile deposit
- Apply for a loan
- Find surcharge-free ATMs

First Mortgage Options

First Financial offers mortgages with your needs in mind. Receive service you can trust, and rates that can’t be beat!

For purchases:
- Terms up to 30 years
- Fixed or adjustable rates

For refinancings:
- Rates as low as 2.50% APR\(^1\)
- Fixed terms up to 15 years
- May be eligible for waived closing costs\(^2\)

To discuss your options, call First Financial's Mortgage Department at 410-321-6060, option 4, or apply at www.firstfinancial.org.

\(^1\)Annual percentage rate (APR) is based on evaluation of applicant’s credit and an associated loan to value (LTV) ratio. Your actual APR may vary. Some conditions apply.

**Download the TIAA app from the App Store or Google Play.