

NDMU HR Newsletter

September 2017



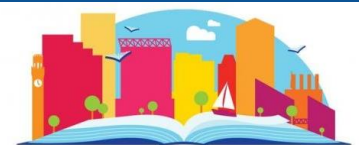
10 Reasons to practice Yoga

- 1. STRESS RELIEF:** Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.
- 2. PAIN RELIEF:** Yoga can ease pain. Studies have demonstrated that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions. Some practitioners report that even emotional pain can be eased through the practice of yoga.
- 3. BETTER BREATHING:** Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.
- 4. FLEXIBILITY:** Yoga helps to improve flexibility and mobility, increasing range of movement and reducing aches and pains. Many people can't touch their toes during their first yoga class. Gradually they begin to use the correct muscles. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity, making more poses possible. Yoga also helps to improve body alignment resulting in better posture and helping to relieve back, neck, joint and muscle problems.
- 5. INCREASED STRENGTH:** Yoga asanas (postures) use every muscle in the body, helping to increase strength literally from head to toe. And, while these postures strengthen the body, they also provide an additional benefit of helping to relieve muscular tension.
- 6. WEIGHT MANAGEMENT:** Yoga (even less vigorous styles) can aid weight control efforts by reducing the cortisol levels as well as by burning excess calories and reducing stress. Yoga also encourages healthy eating habits and provides a heightened sense of well-being and self-esteem.
- 7. IMPROVED CIRCULATION:** Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body's cells.
- 8. CARDIOVASCULAR CONDITIONING:** Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.
- 9. FOCUS ON THE PRESENT:** Yoga helps us to focus on the present, to become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory.
- 10. INNER PEACE:** The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.

Text courtesy of Yoga Alliance.

September is National Yoga Month.

For Free Yoga Classes and Events visit: www.yogamonth.org



**BALTIMORE
BOOK FESTIVAL**

22nd Annual Baltimore Book Festival

September 22- 24, 2017

11:00 a.m. to 7:00 p.m.

Baltimore's premier celebration of the literary arts attracts more than 100,000 attendees and showcases the city's literary scene with renowned and celebrity authors, book signings, panel discussions, cooking demonstrations, children's activities, exhibitors, local writers, live music and gourmet food, beer & wine at the Inner Harbor, along the 400 blocks of Light Street & Key Highway



September 2017

HEALTHY GATOR



Mon	Tue	Wed	Thu	Fri
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Monday Mile Club 11:30am
 Personal Training 12pm-1pm
 YogaWorks 5pm-6pm

YogaWorks 12-1pm

Personal Training 12pm-1pm
 Spin 6pm

YogaWorks 12-1pm
 Spin 6pm

Personal Training 12pm-1pm

- No Class on Labor Day
- Plus join us for a FREE Pure Barre Demo on Wednesday, September 20th at 12:00pm in the Dance Studio!

Software Available for Employees

NDMU offers software for employees to download or purchase at a reduced rate. The software options include:

- MS Office
- Adobe Creative Suite
- SPSS
- Mathematica

To download software, visit sps.ndm.edu and select the link "Software for Employees".

Save the date!

SAGE will be having a cooking demo on September 20th!

Our Local Harvest – Educational Seasoning

September Birthdays!

- 4th Janay Jackson, School of Pharmacy
- 5th Lindsey Robinson, CAUS/GRAD
Mary Alice Adams, Business Office
- 6th Zurita Brown, Information Technology
- 7th Crissa Holder Smith, Academic Affairs
Mary Fitzgerald, SSND, School of Education
- 10th Emily Dow, Human Resources
Margo Cunniffe, International Programs
- 11th Beth Jones, Business and Economics Department
- 12th Harrison Fowler, Financial Aid
- 13th Monique Mounce, School of Pharmacy
- 14th Angela Sherman, Chemistry Department
- 16th Helen Burkins, Business Office
- 17th Linda Kuehn, Renaissance Institute
- 21st Anne Henderson, History/Political Science Department
- 23rd Stephen Marshall, Information Technology
- 24th Kelly Hoover, Student Life
- 27th Christina Parks, Public Safety
Marty Kajic, Facility Management
Pamela O'Brien, Communication Arts Department
Wakoh Hickey, Religious Studies Department
- 30th Jazmin Greene, Office of Admissions



Healthy Meal of the Month:
 Creamy Garlic Pasta with Shrimp & Vegetables



Click on the picture for the recipe.

Welcome

Bethany Miller, Assistant Professor, School of Pharmacy

Jazmin Turner, Assistant Professor, School of Pharmacy

Amanda Henson, Director, Center for Caring w/Technology, School of Nursing

Vince Dicrisco, Athletic Trainer

Amber Renaud, Clinical Lab Assistant, School of Nursing

Ke'Anu Sims, Graduate Residence Coordinator

Jennifer Erdman, Assistant Professor, History

Kathryn Handy, Assistant Professor, School of Nursing

Kristyanna Erickson, Associate Professor, Math

Rodnita Davis, Assistant Professor, School of Nursing

Sean Coyne, Assistant Professor, Psychology

William Cuning, Assistant Professor, Chemistry

Patrice Silver, Assistant Professor, School of Education

David Dunston, Assistant Professor, Biology

Gemma Wenner, Assistant Professor, Hospitality

Brandy Garlic, Associate Dean for Inclusion

Jessica Laster, Accounts Payable Manager

Akeembra Lawrence, Assistant Director of Annual Giving



Join us on September 21st for our "Cigna 101" health insurance information session in the Bryan Board room at noon!



The Collegetown Shuttle is a FREE service for students, staff, and faculty at six schools in the Baltimore region. Use your college ID to board the bus to visit a friend, get to an internship, go shopping, or explore Baltimore's hotspots.

START

MONDAY MILE CLUB

START TIME: 11:30 am, Monday September 11, 2017

END TIME: TBD

MEETING PLACE: In front of Doyle Hall
Open to the whole campus (students, faculty, staff)

LENGTH OF TIME: Walking time will be 30 minutes.

All participants are able to buy a discounted lunch for \$4 in Doyle Dining Hall every Monday that they participate.

ANNAPOLIS RUN WALK

Sunday, September 17, 2017 - Westfield Annapolis Mall



The NOCC's Central Maryland Chapter invites you to our 8th Annual Run Walk to Break the Silence on Ovarian Cancer®.

[LEARN MORE AND REGISTER FOR THE ANNAPOLIS RUN WALK](#)



SEPTEMBER 17, 2017 - ANNAPOLIS
5K Run/3K Walk to Break the Silence on Ovarian Cancer®

Produced by Feld Entertainment

Disney ON ICE



DARE TO DREAM

Exclusive Savings for Employees & Families!

Opening Night Special, Tickets Start At \$15!* Wednesday, October 11, 2017 at 7:30 PM			
THURSDAY OCTOBER 12	FRIDAY OCTOBER 13	SATURDAY OCTOBER 14	SUNDAY OCTOBER 15
		11:00 AM	
		2:30 PM	12:00 PM
7:30 PM	7:30 PM	6:30 PM	4:00 PM

Royal Farms Arena | Baltimore, MD

Special Pricing
\$29 ♦ \$24 ♦ \$19 ♦ \$14
Premium seating available upon request.

To purchase tickets, please call: **(866) 248-8740** and choose **Option 1**
 For questions, email: **JJohnson@feldinc.com**

*Restrictions, exclusions and additional charges may apply. Subject to availability. No double discounts. Tickets at market pricing. Market prices are subject to supply and demand, and may change throughout and following the offer period. A facility fee of up to \$3 per ticket will apply. A one-time \$6.50 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 final.**

DEADLINE TO ORDER: WEDNESDAY, OCTOBER 4, 2017 AT 12:00 PM EDT