Important Dates for December

December
13th  Building Bridges- Session 4 of 5
19th  Annual Faculty/Staff Christmas Luncheon
24th -31st  CLOSED

For more information, please visit www.ndm.edu/human-resources

Please help us welcome:
Malik Robinson, HVAC mechanic I
Taneka Satterfield, assistant director of financial aid

December Birthdays!
3rd  Ward Eisinger, risk management & public safety
    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  Asish Dutta, school of pharmacy
     Fr. John McCloskey, campus ministry
     Joy Parkey Harris, registrar’s office
13th  Ashley Moody, school of pharmacy
15th  Janice Green, information technology
     Brittany Sanner, school of arts, sciences and business
18th  Valerie Smitheman-Brown, campus ministry
21st  Jeana DelRosso, English department
     Megan Rivera, business office
22nd  Dawn Bradshaw, office of the president
     Christina Brickwedde, institutional advancement
     Sydney Gettier, residence life
24th  Diane Aschenbrenner, school of nursing
     Anne Des Marais, enrollment management
28th  Justin Gyurik, school of pharmacy
30th  Mary O’Connor, school of nursing
     Nancy Tarr Hart, philosophy department
## Healthy Gator

### December 2018

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<td>4 YogaWorks 12-1pm</td>
<td>5 Wednesday Wellness Challenge</td>
<td>6 YogaWorks 12-1pm</td>
<td>7 Personal Training 12-1pm</td>
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### Healthy Meal of the Month:

Crockpot Butternut Squash, Kale and Bean Soup

[Click here for the recipe.](#)
Stop Germs! Stay Healthy!
Wash Your Hands

WHEN?
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW?
- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing