Please Help Us Welcome Our New Partners in Mission:

Darren Carter, on-call public safety officer
Brandon Love, admissions specialist/data entry
Imani Sims, student accounts assistant
Kathy Litz, HR assistant

Did You Know …

There’s a 403b Webinar this month!

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June Birthdays!

1st  Shannon Austin, institutional advancement
5th  Cleo Margetas, registrar’s office
7th  Darren Carter, public safety
8th  Suzan Harkness, academic affairs
9th  Cecelia Crowell, a child’s place
10th Irena Fedorovsky, psychology department
12th Aiyana Dancy, women’s college admissions
14th Rachel Camponeschi, marketing
15th Jaclyn Whittley, school of pharmacy
17th LaReine-Marie Mosely, religious studies
19th Jennifer Bailey, school of pharmacy
20th Leah Inger, music department
21st Paul Kulishek, facilities maintenance
23rd Varvara Sheliga, information technology
27th  Naomi Cross, school of nursing
29th  Caroline Mahle, academic affairs
29th  Amber Renaud, school of nursing
29th  David Morrocco, school of education
SUMMER DRESS

Summer is beginning to heat up and we will be instituting our Summer Dress Code.

From May 28th to August 16th employees may dress in business casual clothing. However, all supervisors reserve the right to request more professional dress if there is a special event or if they feel that your attire is inappropriate.

Please remember that we are all professionals and business casual dress means your clothing must be workplace appropriate.

Some examples of appropriate dress include:
- Casual pants (e.g. khakis, “Dockers”, Capri’s); casual dresses, or skirts; casual blouses, polo or golf style shirts; dress sandals, loafers or deck shoes

Some examples of inappropriate dress include:
- Strapless or spaghetti strap dresses; mini skirts; denim (of any color); halter, tank or tube tops or midriffs; t-shirts or sweat-shirts – no NDMU T-shirts; shorts of any length; bib overalls; sweatpants or athletic suits; spandex pants or form-fitting stirrup pants or leggings; flip flops, beach/pool shoes, sneakers
**Spotlight on Men’s Health**

*Why are men reluctant to seek medical attention?*

*How can you help the men in your life stay healthy?*

This short **BrainShark** video will go over this and offer some helpful information on the importance of regular check-ups and tips on how to get them there!

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### June 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>3 Personal Training 12-1pm</td>
<td>4 YogaWorks 12-1pm</td>
<td>5 Reminder: RSVP for Succulent Planting Workshop by 6/14</td>
<td>6 YogaWorks 12-1pm</td>
<td>7 Personal Training 12-1pm</td>
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<td>10 Personal Training 12-1pm</td>
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<td>17 Personal Training 12-1pm</td>
<td>18 YogaWorks 12-1pm</td>
<td>19</td>
<td>20 YogaWorks 12-1pm</td>
<td>21 Personal Training 12-1pm</td>
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<td>24 Personal Training 12-1pm</td>
<td>25 YogaWorks 12-1pm</td>
<td>26 Succulent Planting Workshop 12:15pm Location TBD</td>
<td>27 YogaWorks 12-1pm</td>
<td>28 Personal Training 12-1pm</td>
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**Class Locations**
- YogaWorks Doyle Formal
- Personal Training MBK Fitness Center

Visit notredamegators.com/campusrec for more info!

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Looking for something relaxing and creative to do on your lunch break? Join us on June 26th for a Succulent Planting Workshop and learn how easy and fun it can be to create something beautiful! RSVP to sraum1@ndm.edu by June 14th
<table>
<thead>
<tr>
<th>Holiday</th>
<th>Date</th>
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<tbody>
<tr>
<td>Independence Day</td>
<td>Thursday, July 4, 2019</td>
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<td>Friday, July 5, 2019</td>
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<tr>
<td>Labor Day</td>
<td>Monday, September 2, 2019</td>
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<tr>
<td>Thanksgiving</td>
<td>Wednesday, November 27, 2019</td>
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<td>Thursday, November 28, 2019</td>
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<td></td>
<td>Friday, November 29, 2019</td>
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<tr>
<td>Christmas</td>
<td>Monday, December 23, 2019</td>
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<td>Tuesday, December 24, 2019</td>
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<td>Wednesday, December 25, 2019</td>
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<td>Thursday, December 26, 2019</td>
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<td>Friday, December 27, 2019</td>
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<td></td>
<td>Monday, December 30, 2019</td>
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<tr>
<td>New Year’s Eve</td>
<td>Tuesday, December 31, 2019</td>
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<tr>
<td>New Year’s Day</td>
<td>Wednesday, January 1, 2020</td>
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<tr>
<td>Martin Luther King Day</td>
<td>Monday, January 20, 2020</td>
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<tr>
<td>Good Friday</td>
<td>Friday, April 10, 2020</td>
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<tr>
<td>Easter Monday</td>
<td>Monday, April 13, 2020</td>
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<tr>
<td>Memorial Day</td>
<td>Monday, May 25, 2020</td>
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**Training Schedule—July 2019 through June 2020**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
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<tbody>
<tr>
<td>Customer Service</td>
<td>Wednesday, July 10, 2019</td>
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<tr>
<td>Supervisor’s Training #1</td>
<td>Friday, July 19, 2019</td>
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<tr>
<td>Supervisor’s Training #2</td>
<td>Friday, August 2, 2019</td>
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<tr>
<td>Supervisor’s Training #3</td>
<td>Friday, August 16, 2019</td>
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<tr>
<td>Mission Orientation</td>
<td>Wednesday, August 28, 2019</td>
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<tr>
<td>Supervisor’s Training #4</td>
<td>Friday, August 30, 2019</td>
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<tr>
<td>Managing Your Strengths</td>
<td>Thursday, September 5, 2019</td>
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<tr>
<td>Supervisor’s Training #5</td>
<td>Friday, September 13, 2019</td>
</tr>
<tr>
<td>Customer Service</td>
<td>Tuesday, October 1, 2019</td>
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<tr>
<td>Social Styles</td>
<td>Tuesday, October 15, 2019</td>
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<tr>
<td>Dealing with Difficult People</td>
<td>Thursday, October 24, 2019</td>
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<tr>
<td>Mission Orientation</td>
<td>Wednesday, Nov. 13, 2019</td>
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<tr>
<td>Staying Organized</td>
<td>Tuesday, Nov. 19, 2019</td>
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<tr>
<td>Customer Service</td>
<td>Tuesday, February 4, 2020</td>
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<tr>
<td>Managing Your Strengths</td>
<td>Thursday, February 13, 2020</td>
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<tr>
<td>Dealing with Difficult People</td>
<td>Thursday, February 20, 2020</td>
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<tr>
<td>Supervisor’s Training #1</td>
<td>Friday, March 6, 2020</td>
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<tr>
<td>Mission Orientation</td>
<td>Wednesday, March 11, 2020</td>
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<tr>
<td>Supervisor’s Training #2</td>
<td>Friday, March 20, 2020</td>
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<tr>
<td>Supervisor’s Training #3</td>
<td>Friday, April 3, 2020</td>
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<tr>
<td>Supervisor’s Training #4</td>
<td>Friday, April 17, 2020</td>
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<tr>
<td>Social Styles</td>
<td>Wednesday, April 22, 2020</td>
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<tr>
<td>Supervisor’s Training #5</td>
<td>Friday, May 1, 2020</td>
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<tr>
<td>Customer Service</td>
<td>Tuesday, May 5, 2020</td>
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<tr>
<td>Mission Orientation</td>
<td>Wednesday, June 10, 2020</td>
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<tr>
<td>Staying Organized</td>
<td>Thursday, June 18, 2020</td>
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</tbody>
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**Trainers Wanted!!**

We need Volunteers to facilitate sessions on:
- Microsoft Excel
- Outlook Email Management
- WebAdvisor
- Colleague/Datatel

If interested, please contact Shannon Raum!

For more information on the trainings, please visit [https://www.ndm.edu/human-resources/training-development](https://www.ndm.edu/human-resources/training-development)
SAFETY ALERT

Please remember to lock your office doors! We are a very trusting community and unfortunately, criminals are taking advantage of that. Please be mindful of your surroundings and make sure your valuables are always secured before leaving your office, even for just a moment.

Quick Read—Interval Training: Mix It Up and Save Time

Challenge yourself with bursts of vigorous activity — you may save time to boot.

When you’re busy, exercise can be hard to fit in. One way to maximize your time is with interval training. It may help you shorten your workouts while keeping you fit. It also adds challenge, variety and fun into your workout.

With interval training, you alternate bursts of high-intensity exercise with low-to moderate-intensity exercise. The less-intense period is called active recovery. Be sure to allow active recovery time — at least as long as your intense spurt.

Some examples of interval workouts are:

• **Walking:** Add short bursts of brisk walking to your regular route. For example, using time, add 30 seconds of fast walking between five minutes at normal pace. Or by distance, every few houses or blocks, pick up the pace. Then slow down for your recovery.

• **Running:** Run hard for one minute and then jog slowly for two minutes. Repeat until you reach your goal time. Or exercise on a hilly route.

• **Combination run-walk:** Walk for two minutes, then run for two minutes. Repeat for the rest of your workout.

Some possible benefits of interval training include:

• **Saves time.** The goal for most adults is to get at least 150 minutes of moderate-intensity aerobic exercise a week. But you can break it down into 10 minutes of activity at a time. An alternative is 75 minutes a week of vigorous-intensity physical activity, or an equivalent mix of moderate- and vigorous-intensity aerobic activity.

• **Burns more calories and fat.** Vigorous activity takes more energy than moderate activity. So 30 minutes of interval training burns more calories than 30 minutes at a steady pace. It may also boost your post-workout metabolism.

• **Boosts aerobic and anaerobic fitness.** Interval training helps your body use more oxygen. In time, you may be able to sustain intense bursts for longer time periods.

• **Tackles boredom.** Intervals can freshen up your workout routine.

• **Helps the heart.** Interval training may improve insulin sensitivity and lower fasting levels. It may also lead to better heart function in people with certain heart conditions.

How can you tell if you’re at high intensity? Try the talk test. During moderate activity, you should be able to talk but not sing. During vigorous activity, you won’t be able to say more than a few words at a time.

Be careful before amping up your workout. **While interval training is safe for most people, it does carry a risk of injury and is not right for everyone. If you are physically inactive or have a health condition such as arthritis, diabetes or heart disease, or if you’re pregnant, check with your doctor before starting exercise or increasing your activity level. He or she can tell you the type of activities that are safe for you. Higher-intensity exercise has a higher risk of musculoskeletal and cardiovascular injury. Be sure to check with your doctor before adding it to your routine.**

Interval training is not a daily workout routine. Keep it to one or two workouts a week. More than that raises your chance of injury. And don’t do it more than about six weeks at a time. Interval training can be an efficient way to get results. And if you turn it into a game, it can even be fun!
Thank you for being a UnitedHealthcare member. We are excited to offer Real Appeal, a free digital program that provides you with up to a full year of support for lasting weight loss. On average, participants lose 10 pounds after attending just 4 online classes. Your program includes:

**Personal transformation coach**
- Step-by-step guidance and customization for a program that fits your needs, preferences and goals.
- Support and motivation for a full year to help you lose weight or maintain results.
- A personalized dashboard to keep track of your calories, fitness and goals.

**24/7 convenience**
Staying accountable to your goals is easier than ever with:
- Food, activity, weight and goal trackers.
- Unlimited access to digital content.
- Your online group class, which is designed to help you build camaraderie and accountability with others in the program.
- Weekly health tips from celebrities, athletes and health experts.

**Success kit**
Resources to help you kick-start your weight loss and keep yourself on the road to results. Your kit will be delivered after your first class. It includes:
- Step-by-step Success Guides.
- Workout DVDs.
- Quick and simple recipes.
- Nutrition guide.
- And much more.

Join the thousands of members that have lost nearly 1 million pounds. Start today at success.realappeal.com. Spark your transformation with Real Appeal.

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**Recipe of the Month**

Feta cheese and chickpeas lend a Mediterranean flair to this satisfying side salad. Eat a double portion for a vegetarian lunch, using the chickpeas as your main source of protein.

[Recipe Here](#)
Healthy Mind Healthy Body
Our award-winning eNewsletter just for you.

Health and wellness news — made for your busy life.

Each month, Healthy Mind Healthy Body comes to your email filled with tips and strategies you and your family can really use. Our plain-language approach and at-a-glance layout make it easier to get the information you want.

Here’s a sampling of topics we’ll send you throughout the year:

- Healthy weight
- Eating well
- Staying active
- Relationships
- Parenting and caregiving
- Stress and emotional health
- Physical health
- Safety

You’ll also enjoy features such as:

- Delicious, healthy recipes.
- Print-and-save checklists and other tools.
- Access to free online seminars.
- Links to national health and wellness organizations.

Sign up for Healthy Mind Healthy Body today — there’s no cost to you.
If you are a new member, register on myuhc.com® to begin getting the newsletter.

Enjoy it in the best of health!