Please Help Us Welcome Our New Partners in Mission:

Emily Donlon, director of service & community engagement
Renee Echartefonseca, instructional assistant, ACP
Gary Jackson, colleague system and financials database admin.
Shirley Bigley, coordinator for renaissance institute
Raymond Ringgold, grounds keeper
Kari-Lei Berry, athletics admissions coord./head lacrosse coach
Christopher Hanlon, director of financial aid
Matthew Shimoda, school of pharmacy
Erica Wilson, assistant professor, school of pharmacy

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Did You Know …

Our Supervisor Training Program is in it’s 2nd year! The following supervisors have completed the program—be sure to congratulate them!

Leon Carter, public safety
Carroll Galvin, institutional advancement
Crisa Holder Smith, faculty resource center
Alan Jones, career center
Helen Kucey, public safety
Anne Malone, advancement services
Cleo Margetas, registrar’s office
Maricka Oglesby, institutional advancement
Aliza Ross, alum relations
Jessie Sell, academic support & enrichment
Jim Sheckells, public safety
Joel Stob, information technology
Danny Warrenfeltz, public safety

October Birthdays!

1st Cathy Goucher, art therapy 
2nd Bereni Oriaku, financial aid 
3rd Kelley Kilduff, institutional advancement 
   Sherry Moore, school of pharmacy 
   Patrice Silver, school of education 
   Mark Walker, school of nursing 
5th Anita Ford, a child’s place 
7th David Carter, renaissance institute 
8th Ray Keller, grounds keeping 
9th Courtney Warrick, women’s college admissions 
10th Gary Thrift, school of education 
13th Kennedi Wilson, residence life 
14th Paulette Doyas, SSND, admissions processing 
15th Jim Culhane, school of pharmacy 
16th Trevor Ebert, alum relations 
18th Geoff Delanoy, art department 
19th Huilin Wang, marketing communications 
20th Angela Simmons, Operation TEACH 
21st Helen Kucey, public safety 
22nd Carol Rabin, school of education 
25th Patrice Slater, facilities management 
26th Kristyanne Erickson, math/physics department 
   Ray Weber, school of pharmacy 
27th Sam Walker, grounds keeping 
29th Britt Christensen, communication arts department 
30th Mary Ellen Ashton, a child’s place 
31st Donna Howard, a child’s place
Have you ever wondered what other departments do every day? Wonder no more—each month a different department will be highlighted here to promote understanding and help us work together more efficiently.

Meet Your Auxiliary & Conference Services Team!

Who are they?
- Jessica Wood, director of auxiliary & conference services—Oversees conference services (including Camp Notre Dame & the pool), dining services, vending machines & the document center/mailroom on campus
- Mike Golze, summer programs & events manager—Works with 10+ external summer camps each year for when they host their camps on campus in the summer months & oversees the day-to-day of Camp Notre Dame; assists with external rental requests as well as document center initiatives
- David Sibony, special events technical coordinator—Main point of contact for internal events on campus; coordinates all audio visual needs for meetings & events on campus; oversees 25Live scheduling system requests that come through

How to contact them:

By Phone:
Jessica Wood: 410-532-5782
Mike Golze: 410-532-5732
David Sibony: 410-532-5781

By Email:
events@ndm.edu: room reservations, set ups, event questions
summerevents@ndm.edu: external camp inquiries
campnotredame@ndm.edu
printing@ndm.edu: print job questions, requests to use outside vendors for printing

Services they provide:
- Support for planning your event on campus—1-on-1 meetings to walk through the logistics of your event (set-up needs, catering, audio/visual, floor plans, parking, etc.)
- Dining Services/Catering—1-on-1 meetings to discuss your budget and how SAGE can meet your catering needs; questions or feedback on Dining Hall or Gator Grind; offering Catertrax trainings each semester.
- 25Live scheduling for room requests—offer trainings each semester
- Audio/Visual support for meetings & events on campus—Conference calls, Zoom/Skype calls, microphones, screen & projector, etc.
- Camp Notre Dame—registration, staffing, and programming
- External Rentals on campus—weddings, meetings, conferences, concerts, seminars, athletic-facility rentals
- Document Center & Mailroom—Printing and mailing services
- Vending Machines—please feel free to send any questions, feedback or suggestions!
- Custodial Services—for event set-up needs in conjunction with Facilities Management
<table>
<thead>
<tr>
<th><strong>Important Dates</strong></th>
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<tbody>
<tr>
<td><strong>Tuesday, October 15, 2019</strong></td>
<td>Social Styles</td>
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<tr>
<td><strong>Thursday, October 17, 2019</strong></td>
<td>Building Bridges Across Maryland training session #2</td>
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<tr>
<td><strong>Thursday, October 24, 2019</strong></td>
<td>Dealing with Difficult People</td>
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<tr>
<td><strong>Thursday, October 31, 2019</strong></td>
<td>A Child’s Place Trick –or-Treating and Employee Costume Contest!</td>
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<td><strong>November 1—15, 2019</strong></td>
<td>Open Enrollment Period</td>
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<td><strong>Thursday, November 7, 2019</strong></td>
<td>Open Enrollment Health &amp; Wellness Fair</td>
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<td><strong>Wednesday, November 13, 2019</strong></td>
<td>Mission Orientation</td>
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<tr>
<td><strong>Thursday, November 14, 2019</strong></td>
<td>Building Bridges Across Maryland training session #3</td>
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<tr>
<td><strong>Tuesday, November 19, 2019</strong></td>
<td>Staying Organized</td>
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<td><strong>Tuesday, November 26, 2019</strong></td>
<td>Annual Thanksgiving Potluck</td>
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<tr>
<td><strong>Tuesday, December 17, 2019</strong></td>
<td>Annual Christmas Mass &amp; Luncheon</td>
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To Register for any of the trainings, please email klitz@ndm.edu. For more information on the trainings, please visit [https://www.ndm.edu/human-resources/training-development](https://www.ndm.edu/human-resources/training-development) and view the 2019-20 Schedule.

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**Social Styles—Interpersonal Skill Building**

Tuesday, October 15, 2019—9a.m.-1p.m.

With special guest facilitator, Mike Noll from University of Maryland, Baltimore

The Social Style model is easy to understand and provides an effective framework and specific techniques for helping people improve their interpersonal skills. This session is designed to provide an introduction to Social Style and Versatility. This session will teach participants about:

- the fundamental concepts of behavior versus personality,
- will provide insight into the four styles, and
- demonstrate the impact their style behavior has on others through the concept of Versatility.
Recipe of the Month: Sorghum Buddha Bowl

There's so much healthy stuff happening in this vegetarian bowl. Roasted radicchio, Brussels sprouts, butternut squash, jalapenos, and leeks mix it up with black beans, sesame seeds, and a tangy miso-based dressing. It's a filling vegetarian meal-in-a-bowl!

Click here for the Recipe!
Knowing where to go for care is important! Costs can vary widely depending on where you go, so make sure you check with the provider or visit myUHC.com to price out your options!

## Know where to go.

### See your primary care provider whenever possible.

Your primary care provider usually has easy access to your records, knows the bigger picture of your health, and many offer same-day appointments to meet your needs. When seeing your provider is not possible, it’s important to know your quick care options to find the place that’s right for you and help avoid financial surprises.

### Quick Care Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Needs or Symptoms</th>
<th>Average Cost¹</th>
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</thead>
<tbody>
<tr>
<td>24/7 Nurse Line</td>
<td>• Choosing where to get medical care.</td>
<td>$0</td>
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<td></td>
<td>• Finding a doctor or hospital.</td>
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<td></td>
<td>• Health and wellness help.</td>
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<td></td>
<td>• Answers to questions about medicines.</td>
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<td>Virtual Visits</td>
<td>• Cold</td>
<td>$50²</td>
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<td></td>
<td>• Flu</td>
<td></td>
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<td></td>
<td>• Fever</td>
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<td></td>
<td>• Pink eye</td>
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<td></td>
<td>• Sinus problems</td>
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<tr>
<td>Convenience Care Clinic</td>
<td>• Skin rash</td>
<td>$65</td>
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<tr>
<td></td>
<td>• Flu shot</td>
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<td></td>
<td>• Minor injuries</td>
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<tr>
<td></td>
<td>• Earache</td>
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<tr>
<td>Urgent Care Center</td>
<td>• Low back pain</td>
<td>$190</td>
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<td></td>
<td>• Respiratory illness (cough, pneumonia, asthma)</td>
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<tr>
<td></td>
<td>• Stomach illness (pain, vomiting, diarrhea)</td>
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<td></td>
<td>• Infections (skin, eye, ear/nose/throat, genital-urinary)</td>
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<tr>
<td></td>
<td>• Minor injuries (burns, stitches, sprains, small fractures)</td>
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<tr>
<td>Emergency Room (ER)³</td>
<td>• Chest pain</td>
<td>$1,700</td>
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<td></td>
<td>• Shortness of breath</td>
<td></td>
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<td></td>
<td>• Severe asthma attack</td>
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<tr>
<td></td>
<td>• Major burns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Severe injuries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Kidney stones</td>
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### Freestanding ERs

Many people have been surprised by their bill after visiting a freestanding emergency room (FSER). FSERs, sometimes referred to as urgency centers, can be 2x the cost of an ER and 20x the cost of an Urgent Care Center. Neither located in nor attached to a hospital, FSERs are able to treat similar conditions as an ER but do not have an ER’s ability to admit patients.

Ask before you enter:
1. Is this an Urgent Care Center or ER?
2. Is this facility a network provider?
A yearly flu shot is still your best way to avoid or weaken the flu.

And, for UnitedHealthcare members, getting your flu shot 100% covered may be as easy as visiting any of the retail pharmacies, convenience care clinics or care providers which can be found [here](#).

Your annual flu vaccination, as well as a pneumonia vaccination, are also important steps in preventing sepsis – a potentially life-threatening condition that can happen if your body overreacts to an infection like the flu or pneumonia. Learn more in the FAQs [here](#).
Outsmart cold and flu germs!
7 smart strategies to use

1. Scrub-a-dub-dub
Handwashing is your friend. Step up to the sink regularly.

2. Stash sanitizer
Keep hand sanitizer in handy places like purses, backpacks, lunchboxes, etc.

3. Be hands-off
The eyes, nose and mouth are prime routes for germs to enter our body and infect us. If you need to touch your face, wash your hands first.

4. Get your tidy on
Use a disinfectant to wash hard surfaces that get touched a lot, like doorknobs, phones, remote controls and countertops.

5. Keep your distance
Avoid close contact with people who are ill — or with healthy people, if you’re the one who’s sick.

What’s a healthy buffer? Try six feet or more. That’s how far experts think germs can travel after being sneezed or coughed into the air.

6. Set up a sickroom
Try keeping germs isolated to one room, if possible. Don’t share items like drinking glasses and towels.

7. Don’t sneeze at this tip
Cough or sneeze into a tissue or your upper sleeve — not your hands. Wash your hands after coughing or sneezing.

Watch this quick BrainShark video for more information on symptoms, treatment, and how to Prevent Colds and Flu!