



# HR Newsletter

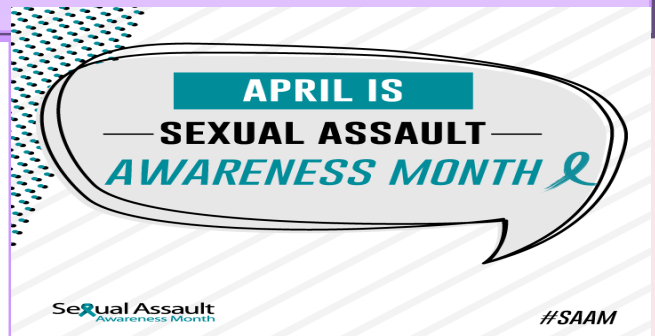
## APRIL 2020

### April Birthdays!

- |      |   |      |  |
|------|---|------|--|
| 3rd  | Jim Sheckells, <i>public safety</i>           | 17th | Anna Consorte, <i>athletics</i>                              |
| 5th  | Jessica Davis, <i>philosophy</i>              |      | Nicole Culhane, <i>school of pharmacy</i>                    |
| 6th  | Bethany Ford, <i>school of pharmacy</i>       | 18th | Ademar Bechtold, <i>business &amp; economics dept.</i>       |
|      | Joann Southerly, <i>admissions processing</i> |      | Alix Chaillou, <i>math / physics / computer studies dept</i> |
| 7th  | Kyle Vamplew, <i>building maintenance</i>     | 19th | Macey Cozzolino, <i>registrar's office</i>                   |
| 11th | Erica Wilson, <i>school of pharmacy</i>       | 21st | Danny Warrenfeltz, <i>public safety</i>                      |
| 13th | Leon Carter, <i>public safety</i>             | 22nd | Maricka Oglesby, <i>institutional advancement</i>            |
|      | Lisa Pallett, <i>school of education</i>      | 24th | Kevin Raines, <i>art department</i>                          |
| 14th | Kevin Mark, <i>public safety</i>              | 28th | Melissa Albright, <i>business office</i>                     |
| 16th | Sue Parks, <i>business office</i>             |      | Joseph Watters, <i>a child's place</i>                       |

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### Did You Know?

Catherine Bruzdinski has moved to a new role on campus! She is now the *academic advisor* for the School of Arts, Sciences and Business.

### Please Help Us Welcome Our New Partners in Mission:

- Alex Kim, *enrollment manager*
- Darren Carter, *public safety manager*
- Benjamin Michaels, *admissions recruiter, school of pharmacy*
- Leisalle Lawrence, *student accounts specialist II*

# Say hello to Sanvello



## On-demand help with stress, anxiety and depression.

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, track your progress and stay until you feel better.

Download the app today.

More information on [Sanvello.com](https://www.sanvello.com).

The Sanvello app is available to you at no extra cost as part of your plan's behavioral health benefits.



### Daily mood tracking

Answer simple questions each day to capture your current mood, identify patterns and self-assess your progress.



### Coping tools

Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.



### Guided journeys

Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.



### Personalized progress

Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.



### Community support

Connect with one of the largest peer communities in the field and share advice, stories and insights — anonymously, anytime.

**3 Steps to Upgrade to Premium for Free:** **1.** download and open the app **2.** create an account and choose "upgrade through insurance" **3.** search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card. Questions? Email [info@sanvello.com](mailto:info@sanvello.com)



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# 2020 Celebrants

## 35 Years

Eileen O’Dea, SSND, *special assistant to the president*

## 30 Years

Deborah Calhoun, *professor, business & economics*

## 25 Years

Nancy Carroll, *PC database & apps administrator*

Janice Green, *instructional services manager*

## 20 Years

Cleo Margetas, *office manager & academic records specialist*

Joann Southerly, *admissions specialist / data entry clerk*

## 15 Years

David Carter, *bus driver, Renaissance Institute*

Michael Hardy, *carpenter*

Kyle Hopson, *language lab coordinator*

Amy Rohrs, *dean’s office assistant / coordinator of clinical placements*

## 10 Years

Sharon Park, *associate professor, pharmacy*

Ryan Schaaf, *associate professor, education*

Stacey Williams, *associate professor, pharmacy*

Simone Weiner, *assistant professor, pharmacy*

## 5 Years

Melodie Barton, *administrative assistant*

Luz Caceda, *director, institutional research*

Brian Christy, *assistant professor, physics*

Patricia Dwyer, *professor, education*

Irena Fedorovsky, *assistant professor, psychology*

Greg FitzGerald, *chief of staff*

Sarah Holman, *assistant professor, pharmacy*

Michelle Jones, *assistant director, ACES*

Carol Kurtz-Stack, *academic advisor*



## **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 7, 2020**

**10:30 a.m. Eucharistic Liturgy**

Marikle Chapel of the Annunciation

*All are invited to attend.*

**1 p.m. Recognition Celebration & Dessert Reception**

Doyle Formal

*All are invited to attend.*



**“IN UNITY IS OUR STRENGTH.”**

BLESSED THERESA, SSND FOUNDRESS



Tiffany Lathan Smith, *director, trailblazer’s program*

Brittany Lawson, *administrative assistant, nursing*

Hang Kyo Lim, *associate professor, biology*

Sherry Moore, *assistant director, pharmacy*

Monique Mounce, *assistant professor, pharmacy*

Deborah Naccarini, *assistant professor / associate dean, nursing*

Mamta Parikh, *assistant professor, pharmacy*

James Sheckells, *shift sergeant*

Sean Silveira, *technology support specialist, pharmacy*

Kathleen Sipes, *academic advisor, education*

Flora Valencia, *assistant professor, foreign languages*

Ray Weber, *associate professor, pharmacy*

Kathleen Wisser, *dean, nursing*



Dear Alumnae and Alumni,

During these rapidly changing times, we are in need of human connection more than ever. That is precisely why we are pleased to share news of virtual programs and resources that encourage connectivity with Notre Dame and fellow alums, ways to share support for our students, and resources to help with remote learning, career changes, and spiritual nourishment.

We invite you to check out our new suite of programming and resources that provide relevant ways to relate. For example, check out the [Gab with Gators](#) program to connect with an alum at random or join us weekly on Zoom for our new series How Do You Fix Your Coffee?, a 30-minute casual chat about the "normal" and mundane--it's quite therapeutic! [Click here for more information!](#)

We hope you will pivot with us.

To a new adventure!

Aliza Ross, Director of Alumnae and Alumni Relations

# Are You Missing the Wellness Classes?

Feeling a Little Lonely During this Stay-At-Home time?

Have We Got Great News For You!

You can now join “virtual” classes twice a week and try out these home workout suggestions!

Just contact Cheri Johns to sign up for the virtual classes



For Class Updates @NDMUCampusRec  
Twitter and Instagram

**April 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>15 minute beginner home cardio workout</u>	2 <u>Beginner 15 minute morning Yoga</u>	3 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation
6 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation	7 <u>30 minute lower body Yoga</u>	8 <u>32 minute home cardio workout</u>	9 <u>30 minute stress and tension relief Yoga</u>	10 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation
13 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation	14 <u>30 minute full body stretch Yoga</u>	15 <u>30 minute high intensity interval workout</u>	16 <u>45 minute strengthening power Yoga</u>	17 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation
20 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation	21 <u>60 minute slow flow intermediate power Yoga</u>	22 <u>37 minute high home cardio workout</u>	23 <u>15 minute kid friendly Yoga</u>	24 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation
27 Zoom Class with Krystal 12pm-1pm Email cjohns@ndm.edu for email invitation	28 <u>30 minute total body Yoga</u>	29 <u>37 minute high home cardio workout</u>	30 <u>20 minute beginner Yoga</u>	

Yoga hyperlink  
(Ctrl+Click)

Cardio hyperlink  
(Ctrl+Click)

Personal Training  
at home via Zoom

Visit [notredamegators.com/campusrec](http://notredamegators.com/campusrec) for more info!

# United HealthCare Update

We are expanding your access to care, support and resources to help you navigate through this unprecedented time. We are committed to helping protect your health by enabling you to get access to the right care including from the comfort of your home.

## Latest updates on COVID-19

- ◆ We've expanded access to telehealth. You may be able to leverage a telehealth visit for continued physical, occupational or speech therapies. See the telehealth section for additional details.
- ◆ UnitedHealth Group commits initial \$50 million to combat COVID-19 and affected areas. [Read news release](#)
- ◆ UnitedHealth Group study clears path for self-administered COVID-19 test. [Read news release](#)
- ◆ Get help with stress, anxiety and depression during the pandemic with [Sanvello, a free mobile app](#)

## Cost sharing is waived for COVID-19 tests and testing related visits

If you believe you might have been exposed to COVID-19 or have symptoms such as fever, cough or difficulty breathing, call your health care provider right away. Only health care providers can order a COVID-19 test.

We are waiving cost sharing for COVID-19 testing during this national emergency. And we are waiving cost sharing for COVID-19 testing related visits during this same time, whether the testing related visit is received in a health care provider's office, an urgent care center, an emergency department or through a telehealth visit. This coverage applies to Medicare Advantage, Medicaid and employer-sponsored plans.

## Early Prescription Refill

If you have UnitedHealthcare prescription drug coverage or an OptumRx pharmacy benefit and need an early prescription refill, you may request one through your pharmacy. Look at your current supply of medications, as well as what you might need in the near future, to decide if you should refill early.

Pharmacy delivery is available through Optum Home Delivery by signing into your [health plan account](#) and selecting this option. Pharmacy delivery is also available through several retail pharmacies.

# United HealthCare Update

## Access to Telehealth

Telehealth gives you access to health care providers from the comfort of your home through digital audio-visual technologies, such as FaceTime, Skype, Zoom or dedicated telehealth applications. We expanded access to telehealth to help you stay in your home and reduce exposure to the virus.

- ◆ **24/7 Virtual Visits through designated telehealth providers:** While these visits cannot be used to test for or treat COVID-19, they can be useful in determining if you should call your local health care provider regarding COVID-19 testing. These visits are also ideal for urgent care treatment of other illnesses, like the seasonal flu, allergies, pink eye and more.
- ◆ Medicare Advantage and Medicaid members can continue to access their existing telehealth benefit offered through one of our designated partners without cost sharing. Cost sharing for members with a telehealth benefit through their employer-sponsored plan will be waived through June 18, 2020. To access your benefit, sign in to your [health plan account](#).
- ◆ **Talk to your local health care providers from home:** Many medical providers can provide a telehealth visit. You can schedule telehealth visits with your health care provider for both COVID-19 and other health needs. This way, you can stay at home while still receiving the care you need.
- ◆ For COVID-19 testing related visits, telehealth may be a good option. We've waived your cost sharing for visits related to COVID-19 testing during this national emergency.
- ◆ For non-COVID-19 visits, you may be able to schedule a telehealth visit with your local health care provider. These visits can be for urgent care or routine medical care. You may also be able to leverage a telehealth visit for continued physical, occupational or speech therapies — these visits require interactive audio/video technology. For these telehealth visits, cost sharing applies and coverage is determined by your health benefits plan. This expanded telehealth access is available until June 18, 2020.
- ◆ If you have a UnitedHealthcare or Optum behavioral benefit, you also can continue your mental health or counseling visits from home. For these behavioral-related telehealth visits, cost sharing applies and coverage is determined by your health benefits plan. This expanded telehealth access is available until April 30, 2020.
- ◆ If you need a medical visit, call your local medical provider and ask about telehealth options.

## Personal Safety vs. the Bigger Picture

Sometimes when people hear about preventing sexual assault, harassment, and abuse, they think about ways they can keep themselves safe. Prevention means much more than protecting ourselves, not to mention many factors that impact our safety are beyond our individual control.

Stopping these types of violence before they happen requires us to work together to support healthy, safe, and respectful behaviors and environments.

# Prevention

MEANS MUCH MORE THAN

PROTECTING OURSELVES

### What You Can Do

- Improve skills around asking for consent and respecting the answer, challenge jokes that demean others, and maintain and model healthy relationships.
- Encourage children to respect others' boundaries and bodies, challenge unfair gender stereotypes, and treat others with respect.
- Improve policies and practices within faith communities, community organizations, workplaces, and schools to ensure everyone is treated fairly. Screen staff and volunteers and train them frequently on healthy behavior and boundaries.
- Create and pass legislation that supports survivors and improves equitable resources.

**We can take these steps and more to work towards a safer and more equal world for future generations.**



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No  Smoking

## Stomping Out Second-Hand Smoke

Stopping sexual assault before it happens can feel challenging – but it is possible. The social stigma about second-hand smoke is a great example of how educating the public and changing unwritten rules and expectations helped address a public health issue.

Not long ago, smoking cigarettes was a widely accepted activity that took place almost everywhere – restaurants, hospitals, even airplanes. Yet people nearby who breathed in the smoke were put at risk for serious health consequences. Over many years, public health professionals and youth leaders exposed the negative effects of second-hand smoke.

Thanks to a greater understanding of these health risks, society's views about where people could smoke changed, and it became less common to see people smoking in public spaces and in the media. And just like with second-hand smoke, it's possible for us to make the necessary changes to eventually have a society where sexual assault, harassment, and abuse are not common.

Adapted from National Sexual Violence Resource Center, and Berkeley Media Studies Group. (2018). *Moving towards prevention: A guide for reframing sexual violence*. Retrieved from <https://www.nsvrc.org/moving-toward-prevention-guide-reframing-sexual-violence>



# ASK FOR CONSENT

When you want to get close to someone — whether you're hooking up for the first time or in a long-term relationship — it's important to know how to ask for consent.



"Do you want to...?"



### IF YOUR PARTNER SAYS NO

Accept their answer. Never try to convince or guilt someone to say yes when they've already said no.



### IF YOUR PARTNER SEEMS UNSURE

Play it safe and don't go further. Instead ask them what they'd like to do.



### IF YOUR PARTNER SAYS YES

You can move forward. Keep checking in to make sure they're enjoying what's happening.

CONSENT IS A SKILL - YOU GET BETTER AS YOU PRACTICE.



Sexual Assault Awareness Month

NSVRC.ORG/SAAM #SAAM #IAsk

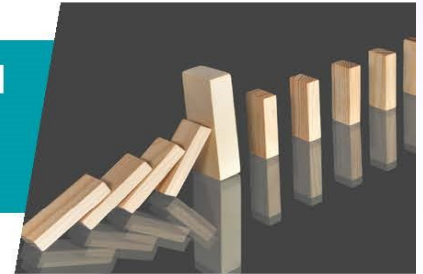
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# *We Can Stop* **Sexual Assault, Harassment, and Abuse Before They Happen**



We all have a right to safety in our daily lives – to have our boundaries respected and make choices about what happens to our bodies – at home, school, the workplace, and in public places. That sense of wellbeing and safety can be taken away by knowing that sexual assault, harassment, and abuse are common and not always taken seriously.

**The good news is that we can stop sexual abuse before it happens by addressing the bigger picture in which it occurs.**



## **The Bigger Picture**

Too often, our society sends the message that sexual assault, harassment, and abuse are caused by an individual person's choices and failings – that of the victim or the perpetrator.

We should never blame victims for what happened to them – sexual assault and abuse are actions that one person chooses to inflict on another. We need to hold individuals who commit abuse accountable, but we can't stop there when it comes to ending sexual assault altogether. Focusing solely on individual perpetrators and instances of sexual assault, harassment, and abuse is often easier than facing the reality that this type of violence is widespread and common, and the driving forces behind it are hard to see.

Everyone's beliefs, values, and behaviors are continually shaped by the world around them – by unwritten rules on how to behave, laws, policies, and pop culture. For instance, weak policies or lack of accountability for those who have committed sexual assault can lead to an increased risk for perpetration. This means our efforts to stop sexual assault before it happens must go beyond changing individuals. We must improve expectations for how we interact with one another, strengthen policies to support survivors, and promote safety throughout communities.

*This means our efforts to stop sexual assault before it happens must go beyond changing individuals.*



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**CALL** 410-321-6060, option 4





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- **eAlerts** – Stay up to date with your account, by enrolling in eAlerts. You can choose to receive free emails or text alerts when certain activity occurs on your accounts such as debit card transactions, changes to personal information, and more!

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**Questions? Please contact:**

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