



# HR Newsletter

## NOVEMBER 2019

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

Mary Claire Waterman, *graduate assistant, institutional research*  
Nicholas Kujawa, *assistant director of financial aid*  
Rashied Ashby-El, *public safety officer, on-call*

### Did You Know ...

Three of our colleagues in Enrollment Management received promotions this month!

Please congratulate:

Marci Leadbeter, *executive director of admissions*  
Anna Gibney, *assistant director of admissions events & visits*  
Jen Pohler, *associate director of enrollment operations*

### It's time for Open Enrollment!

This is your chance to review and make any needed changes to your benefit elections.

You can log onto PlanSource to view and make changes from **November 4th—15th.**

Have Questions? Talk to the providers at the Annual Open Enrollment Health & Wellness Fair on **November 7th!**

### In This Issue:

New Employees and Birthdays .....	1
Special Feature Section .....	2
Important Dates & Annual Potluck Signup .....	3
Wellness Calendar and Recipe of the Month .....	4
Diabetes Awareness and Information .....	5

### November Birthdays!

- |      |   |      |  |
|------|---|------|--|
| 1st  | Mark Fenster, <i>school of education</i>                    | 12th | Janice Dixon, <i>a child's place</i>                 |
|      | Jonathan Thigpen, <i>school of pharmacy</i>                 |      | Carol Kurtz-Stack, <i>school of nursing</i>          |
| 5th  | Jeffrey Hillard, <i>business &amp; economics department</i> | 14th | Michelle Evans, <i>student life</i>                  |
| 7th  | Francesca Downs, <i>registrar's office</i>                  | 16th | Vickie Washington, <i>business office</i>            |
|      | Carroll Galvin, <i>institutional advancement</i>            | 20th | Tiffany Lathan Smith, <i>trailblazer's program</i>   |
|      | Mary Kerber, <i>SSND, mission &amp; ministry</i>            | 21st | Andrew Moore, <i>school of education</i>             |
|      | Breyann Williams, <i>financial aid</i>                      |      | Robin Wheeler, <i>public safety</i>                  |
|      | Marylou Yam, <i>president</i>                               | 22nd | Kelly Bull, <i>school of education</i>               |
| 8th  | Mallory Cerda, <i>marketing</i>                             |      | Grailan Ceaser, <i>public safety</i>                 |
| 9th  | Kathleen Sipes, <i>school of education</i>                  | 26th | Beth French, <i>biology department</i>               |
| 11th | Angela Snyder, <i>school of education</i>                   | 28th | Mary Burch Harmon, <i>English language institute</i> |
|      |   |      | Becky Zordan, <i>biology department</i>              |
|      |   | 29th | Jim Swisher, <i>public safety</i>                    |

## Save the Date!

### **Open Enrollment Health & Wellness Fair Thursday, November 7<sup>th</sup> from 11am – 2pm Doyle Formal**

Join us and our providers to learn about all the great benefits available to you!

- ◆ ***School of Pharmacy*** – get your medications reviewed by a Pharmacist (***bring your meds with you***)
- ◆ ***Athletic Department*** – learn about the facilities available and the wellness classes
- ◆ ***United HealthCare*** – medical and dental information
- ◆ ***National Vision Administrators*** – vision plan information
- ◆ ***Reliance Standard*** – Life insurance and Employee Assistance Program
- ◆ ***PlanSource*** – help with enrolling and navigating the site
- ◆ ***Health Advocate*** – your personal healthcare and insurance concierge!
- ◆ ***Asset Strategy and TIAA*** – 403b retirement plan and financial planning
- ◆ ***Annual Giving*** – learn about your options to support NDMU!
- ◆ Plus local partners:
  - \* ReMax
  - \* Verizon
  - \* First Financial Credit Union
  - \* Massage Therapists
  - \* Essential Oils
  - \* Maryland 529 College Savings Plan

***Open Enrollment Period –  
November 4<sup>th</sup> through November 15<sup>th</sup>***

## \*\* Important Dates \*\*

November 1—15, 2019	<b>Open Enrollment Period</b>
Thursday, November 7, 2019	<b>Open Enrollment Health &amp; Wellness Fair</b>
Friday, November 8, 2019	Trailblazer's Faculty & Staff Panel
Wednesday, November 13, 2019	Mission Orientation
Thursday, November 14, 2019	Building Bridges Across Maryland training session #3
Tuesday, November 19, 2019	Staying Organized
Tuesday, November 26, 2019	<b>Annual Thanksgiving Potluck</b>
Thursday, December 12, 2019	Building Bridges Across Maryland training session #4
Tuesday, December 17, 2019	<b>Annual Christmas Mass &amp; Luncheon</b>

To Register for any of the trainings, please email [klitz@ndm.edu](mailto:klitz@ndm.edu).

For more information on the trainings, please visit <https://www.ndm.edu/human-resources/training-development> and view the 2019-20 Schedule.

### Annual Thanksgiving Potluck—November 26th

It's almost time for our Annual Thanksgiving Potluck—a time when we gather as a community to share a meal and remember what we are thankful for here at Notre Dame. This treasured tradition gives everyone an opportunity to share a family recipe or maybe just some time to sit and catch-up with our colleagues. **Click on the photo to RSVP for the event—RSVPs are requested by November 19th.**





# HEALTHY GATOR



For Class Updates @NDMUCampusRec  
Twitter and Instagram

DEPARTMENT OF ATHLETICS AND  
CAMPUS RECREATION

## November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Personal Training 12-1pm
4 Personal Training 12-1pm	5 YogaWorks 12:15-1:15pm	6 Spin Class 6pm	7 YogaWorks 12:00-1:00pm Spin Class 6pm & 7pm	8 Personal Training 12-1pm
11 Personal Training 12-1pm	12 YogaWorks 12:15-1:15pm	13 Spin Class 6pm	14 YogaWorks 12:00-1:00pm Spin Class 6pm & 7pm	15 Personal Training 12-1pm
18 Personal Training 12-1pm	19 YogaWorks 12:15-1:15pm	20 Zumba Stretch 12-12:15 Zumba 12:15-1pm Spin Class 6pm	21 YogaWorks 12:00-1:00pm Spin Class 6pm & 7pm	22 Personal Training 12-1pm
25 No Classes	26 No Classes	27 Thanksgiving Break No Classes	28 Thanksgiving No Classes	29 Thanksgiving Break No Classes

Class Locations

Zumba  
Dance Studio

YogaWorks  
Dance Studio

Personal Training  
MBK Fitness Center

Spin Class  
Dance Studio

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

### Recipe of the Month: Cream of Turkey & Wild Rice Soup

Got leftover cooked chicken or turkey? Cook up a pot of soup! This recipe is a healthier twist on a classic creamy turkey and wild rice soup that hails from Minnesota. Serve with a crisp romaine salad and whole-grain bread.

And it's diabetic appropriate!

[Click here for the Recipe!](#)



**Your Diabetes Toolkit**—download it today. Learn more about taking control of type 2 diabetes with helpful tips, tools, recipes and more.

[Click here.](#)

**Need to learn more about Diabetes?** Watch this short [BrainShark video](#) to learn what diabetes is, the risk factors, ways to manage this condition and resources available to you through United HealthCare.

# Living with diabetes?

# Know your **ABCs**

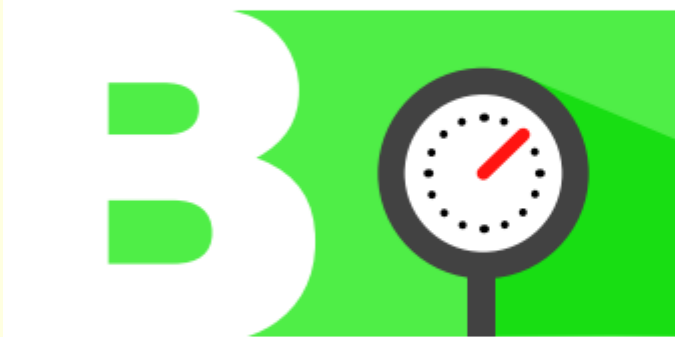
Diabetes raises your risk for other health problems, including heart disease. You can help protect your health and heart by keeping your diabetes ABCs on track.

---



**A1C.** This test shows what your blood sugar levels have been over the last three months.

---



**Blood pressure.** If it's too high, it's hard on your blood vessels, heart and other organs.

---



**Cholesterol.** A simple blood test can show whether your levels are in a healthy range.

---



# AnyTime Loan

## for Your Holiday Needs

First Financial's AnyTime Loan is your low rate solution to fund wish lists, travel, gifts, car repairs, or any other need that may arise.

**APPLY TODAY**

**CLICK** [www.firstfinancial.org](http://www.firstfinancial.org)

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

If for higher education purposes, additional disclosure & rescission period required by Federal regulation.

**First  
Financial**  
FEDERAL CREDIT UNION



# Visa® Credit Card

## 1.5% CASH REBATE

Save while you shop this holiday season with a First Financial Visa credit card. During November and December, cardholders will earn a **1.5% cash rebate** on purchases<sup>1</sup>.

Additional benefits include:

- No annual or balance transfer fees
- Full month grace period
- Rates as low as **9.9% APR<sup>2</sup>**



<sup>1</sup>Earn 1% cash rebate January through October. <sup>2</sup>Annual percentage rate (APR) based on product, credit score, loan amount, loan to value, and term. Your actual rate may be higher.