



HR Updates, Initiatives, and Related Resources

Service Award and Retiree Ceremony: On behalf of the Office of Human Resources, we would like to congratulate those employees who have reached a significant milestone in service. Join us as we celebrate these employees on **May, 23rd, 2024 at 11am in Ochre Court State Dining Room**. For a full list of employees who will be recognized, please visit [pg 3 and 4](#)

New Employee Orientation: the Office of Human Resources will be hosting an in-person for new hires on **Tuesday, May 14 from 9am—12pm** in the Ochre Ct. Library. New hires will be receiving an invite with more information. Those who were invited, but unable to attend the February 2024 orientation, are welcome to **attend orientation on May 14**. Those who are unable to attend the upcoming orientation must contact [Stephanie Beachem](#) prior to the event.

Annual edHEALTH walking challenge: Beginning **Monday June, 3 through Saturday, July 6**. There will be a weekly raffle drawing for participants with at least 5,000 steps per day, 35,000 a week. \$100 prize at end of challenge to school's "top stepper." For more information, please see [pg 5 and 6](#).

Tuition Exchange Reminder: As part of the tuition exchange process, employees must provide written notification to [Claudia Cavallaro](#) in HR indicating whether or not their child will be accepting any **NEW** tuition exchange scholarships for the upcoming 2024/25 academic year as soon as possible.

Tuition Benefits: The [Tuition Benefit](#) policy has been updated to eliminate the four-day wait before the semester starts for employees to enroll in graduate courses. Also, on a trial basis, employees registering for undergraduate courses will also have the four-day wait temporarily waived. Process for employee undergraduate registration will be reviewed again next spring.

BJ's membership enrollment and renewals: BJ's annual enrollment is open May 6 -17. Please see [pg 9](#).

Coming Soon - WebMD One: Harvard Pilgrim's Living Well Health Portal is currently unavailable and will soon be powered by WebMD One. Once available, the new platform will offer enhanced programming and functionality for all employees! Any points and levels you have earned on the current Living Well Health portal will carry over to WebMD. Employees will have the ability to continue earning rewards on the new WebMD platform after the transition. Updates on when WebMD One is available will be communicated through the HR Campus Portal.

You're Invited— Service Award and Retiree Ceremony!

You're Invited

Service Award and Retiree Ceremony!

Thursday, May 23rd
11am—12pm
Ochre Court State Dining Room

All employees are welcome!

Join us for the Salve Community Gratitude Picnic after this event.



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Welcome New Hires!



Peyton Thiel
Institutional Research Data Analyst,
Institutional Research and
Effectiveness



Julia Miller
Public Relations Manager,
Marketing and
Communications



Alicia Rainey
Senior Financial Analyst, Grants
and Gifts,
Business Office



Jaime Fahy
Nurse Practitioner,
Health Services



Jean LaBonte
Advancement Services Associate,
University Advancement

Salve Community Gratitude Picnic

Picnic time is the best time, please come and join us for the **Salve Community Gratitude Picnic**.

Thursday, May 23rd
12pm—2pm
Ochre Court

Shortly after the **Service Award and Retiree Ceremony!** The festivities will continue with a lovely barbecue from McGrath Clambakes!

Music will be provided by B-Sharp Entertainment.

Dress is casual.

Feel free to bring a lawn chair and/or picnic blanket.

Please RSVP by May 10th.





Service Award and Retiree Ceremony

Congratulations to the following faculty and staff members for reaching a significant milestone in service at Salve! On behalf of the entire Salve community, we want to extend our sincere thanks for all of your hard work and dedication to the University over the years.

Congratulations

5 Years of Service

Hannah Cazzetta—Associate Director, Advising - Compass Center for Advising, Career, and Life Design

Tasha Estrella—Assistant Director - Office of Human Resources

Katherine Richardson—Office Coordinator - Office of Counseling Services

Jennifer Pretsch—Director - Office of Counseling Services

Michelle Caron—Security Officer/EMT/Dog Handler - Office of Safety/Security

Nancy Schreiber—Provost, Vice President - Office of Academic Affairs

Theresa Ladrigan-Whelpley — Vice President of Mission, Planning and Innovation - Office of Mission Integration

Elizabeth Richter—Assistant Director Research and Instruction - Office of Library Services

Erin Harte—Executive Director of Student Academic Success Services - Academic Center of Excellence

Amy Joyce—Lecturer - Nursing

Kimberly Curesky—Lecturer - Biology and Biomedical Science

Lindsay Green-Gavrielidis—Assistant Professor - Biology and Biomedical Science

Holly Moore—Assistant Professor - Education

Cody Morris—Assistant Professor - Psychology

Kathleen Muirhead—Assistant Professor - Holistic Graduate Programs

Melissa Varao— Director and Department Chair - Business and Economics

David Dejesus—Lecturer - Healthcare Administration (Grad)

10 Years of Service

Richard Lee— Technical Support Specialist II- Technology Services Center

James Motta—Security Officer/Assistant Shift Manager - Office of Safety/Security

Richard Lavernia—Locksmith/Carpenter - Office of Facilities/Maintenance

Amy Cady—Director of Mercy Center for Spiritual Life - Office of Mission Integration

Genia Kirwin—Assistant Registrar - Office of Registrar

Jeffrey Lacroix—HVAC/Refrigeration Mechanic - Office of Facilities/Maintenance

Nicole Johnson—Enrollment Services Assistant - Office of Admissions

Khadine Higgins—Associate Professor - Chemistry

Elizabeth Fitzgibbon—Associate Professor - Mathematical Sciences



Service Award and Retiree Ceremony Continued



15 Years of Service

Estelle Dubuc—Assistant Director - Office of Financial Aid
Josie Rock—Office Coordinator for Design Service - Office of Marketing and Communications
Wheeler Bradley—Plumber Apprentice - Office of Facilities/Maintenance
David Stroup—Electrician - Office of Facilities/Maintenance
Joyce Darcy—Office Coordinator - Education
Susannah Strong—Associate Professor - Art and Art History
Luigi Bradizza—Professor - Political Science
Madeleine Esch—Associate Professor - English, Communications and Media
Mary Lou Lyons—Lecturer - Nursing

20 Years of Service

Katherine Horoschak—Assistant Vice President - Office of University Advancement
Johanna Mancivalano—Director - Office of University Events and Conference Services
William Francis—Painter - Office of Facilities/Maintenance
Dawn Emsellem—Director - Office of Library Services
Patrick Cooney—Head Coach, Lacrosse - Office of Athletics
Michael Budd—Professor - Humanities (Grad)
Bernard Munge—Professor - Chemistry

25 Years of Service

Joyce-Ann Michael—Office Coordinator - Office of Facilities/Maintenance
Barbara Beaulieu—Associate Director - Office of Financial Aid
Marion Richards—Admissions Operations Specialist - Office of Admissions
Michael Chester—Superintendent of Grounds - Office of Facilities/Maintenance
Christine Dumont—Senior Director - Enterprise Applications
Ann Arsenault—Assistant - Office of Residence Life
Dawn Hahn—Office and Club Sports Coordinator - Office of Athletics
Paula Martasian—Associate Professor - Psychology
Gerald Perrino—Associate Professor - Art and Art History
Tina Lynch—Professor - Religious and Theological Studies
Debra Curtis—Associate Professor - Sociology and Anthropology

35 Years of Service

Michael Semenza—Special Assistant to the President - Office of the President
Colleen Emerson—Dean of Undergraduate Admission - Office of Admissions
Carmel Coughlan—Senior Lecturer - Business and Economics
Peter Davis—Senior Lecturer - Music

40 Years of Service

Alice Graham—Professor - Education
Victor Tonn—Professor - Business and Economics





7th Annual edHEALTH Walking Challenge



7th Annual edHEALTH Walking Challenge Walk this way to a healthier you!

Join us for the edHEALTH Walking Challenge

edHEALTH, the higher education and secondary school healthcare collaborative, is once again partnering with Harvard Pilgrim Health Care to host its annual Walking Challenge. Join forces with your colleagues to compete against other schools that are part of edHEALTH.

Walking Challenge Dates

Monday, June 3 through Saturday, July 6, 2024

Your Challenge Goal

Take steps every day toward your well-being! Aim to reach or exceed at least 35,000 steps each week (averaging 5,000 per day). By meeting this goal, you'll be eligible for entry in these award opportunities:

AWARD	ELIGIBLE TO WIN
Weekly drawings for each school for \$50 prizes*	Participants at each school who track 35,000 steps per week or an average of 5,000 steps per day
Individual grand prize of \$100	Top daily average stepper at each school
End-of-challenge team celebration with award ceremony and ice cream social!	School with the highest daily average steps

**Each school is a team.*

If for any reason you cannot meet the goal of the walking challenge, you are still invited to join. Contact Living Well Support for other ways to participate. You can email Living Well Support at LivingWellSupport@Point32Health.org or call **877-594-7183**.



a Point32Health company



7th Annual edHEALTH Walking Challenge Continued

Frequently asked questions

I participated in the edHEALTH Walking Challenge in previous years. What is new with this year's program?

This year, the challenge will run for five weeks instead of four.

What platform will the walking challenge use?

Back by popular demand, our program will continue to be housed on the same digital challenge platform through IncentFit. Through IncentFit you can track participation in your school's wellness challenges in real time via an easy-to-use app or website.

I don't have Harvard Pilgrim for my insurance. Can I still join?

Yes. All employees can participate in this challenge.

Can I use my same IncentFit account as last year?

Yes!

Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free.

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples of apps that are included: Apple Health, Fitbit, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website.

What can I see in the IncentFit platform?

- Challenge rules
- Leaderboard for ALL schools in real time
- Individuals on each team
- Steps and daily average steps
- Chat function

Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at LivingWellSupport@point32health.org or by phone at (877) 594-7183, Monday - Friday, 9 a.m. - 5 p.m. EST.

How do I get started in the walking challenge?

If you are already registered with IncentFit, log in using your username and password and skip to "How do I join the challenge?"

1. If you have never used the IncentFit app, download the IncentFit app from the App Store or Google Play or visit www.incentfit.com/login/.
2. At the IncentFit home screen, enter your Email and click/tap "Next."
3. You will then be prompted to enter in the following **Signup Code: edhealth (all lowercase letters)** and click/tap "Check Code"
4. You then will be asked to enter an email address and create a password. **Please remember this information as you will use those credentials to log in.** You will also be asked to enter your first and last name.

How do I join the challenge?

Once you have successfully logged into your IncentFit account, you can join the challenge by clicking/tapping the Challenges menu of your IncentFit account. Find your school and hit the "Join Team" button.

How can I sync a step/fitness tracker app/device?

1. Log in to your IncentFit account and select **My Account > All Apps & Devices** from the menu.
2. Locate your app/device on the list.
3. Click "**Start Auto Syncing**" and follow the on-screen instructions. Be sure to read all the information when connecting, as some devices have specific instructions. For most devices, you must share "Profile" and "Exercise/Activity" to sync properly.

Note: Google Fit/Samsung Health (Android) and Apple Health (iPhone) are free apps that turn your phone into a pedometer. To sync data from these services, be sure to open the IncentFit mobile app or log into the IncentFit website every few days. Most other tracker services such as Fitbit and Garmin will sync automatically every 24 hours once synced with your IncentFit account.

Please note: While Harvard Pilgrim is hosting the Walking Challenge for all employees, this does not affect your medical health plan coverage. You are eligible to participate regardless of your health insurance carrier.



Abacus Health Solutions – Diabetes Care and Management



How to get your \$0 copays:

800.643.8028

edHEALTH.GoodHealthGateway.com

Why participate in the Diabetes Care Rewards Program?

We'll help you improve your health and reduce your risk of heart disease and stroke.

Plus you'll get \$0 copays on covered diabetes medications and supplies using your existing pharmacy benefit.

Administered by Abacus Health Solutions in partnership with edHEALTH and your school health insurance provider.

Your school health insurance provider is committed to helping you achieve your best health status. Rewards for participating in this wellness program are available to your school health insurance provider's health plan members who meet the program requirements. If your doctor determines you do not need one of the activities required in this program, they can simply indicate not needed beside that requirement, and you will receive credit for this requirement.

Participation in the program is voluntary and confidential. HIPAA privacy and security standards are used to ensure the protection of your healthcare information.



Register at edHEALTH.GoodHealthGateway.com to start your 90-day Introductory Period. Or call us at 800.643.8028 Monday through Thursday 8:30 am - 6:00 pm and Friday 8:30 am - 5:00 pm ET.

During your Introductory Period, you can get \$0 copays using your existing pharmacy benefit through your College/University health insurance provider.



Call us at 800.643.8028 to:
• Review the program requirements.
• Schedule a telephone appointment with our Diabetes Educator.



Complete the call with our Diabetes Educator to develop your personal **Diabetes Health Action Plan®** Care Guide. And confirm you will share your action plan with the doctor that helps you manage your diabetes.



Send us a **Provider Confirmation Form** or other acceptable documentation showing you completed the medical exams and lab tests listed below. Upload your documents through the website, send by mail, or fax to 877.378.4480.

Any of the exams/labs completed in the past year will count toward the requirement.

- Annual foot exam
- Annual eye exam
- Annual laboratory work-up of your fasting blood lipid levels
- Annual laboratory work-up of your urine/protein levels
- Laboratory work-up of your Hemoglobin A1c levels every 6 months



Continue to get your \$0 copays beyond your Introductory Period as long as you keep your diabetes care activities up to date.

KnovaSolutions – Chronic and Preventative Health Care Support

KnovaSolutions can give you the helping hand you need

Would you like guidance with your health care? If you've got questions, we've got answers.

KnovaSolutions® is a confidential service that can help you improve your health, and it is available at no cost to you. Clinical staff members from KnovaSolutions can even help your family members. We can help you answer questions like:

- What does my diagnosis mean?
- Where can I go for the best treatment?
- How do I get a second opinion?
- What are the risks and benefits of this surgery?
- How do I get a copy of my medical records?
- What lifestyle changes will improve my health?
- How can I decrease the stress in my life?



If you're eligible for KnovaSolutions' services, a support team will work with you to build a plan for managing your health. This can help you make more informed decisions about your health and your health care. A dedicated nurse on your support team will also talk to you about things that could be affecting your well-being, including work, family, and school-related issues. You can even get information on stress management and nutrition counseling.

Your KnovaSolutions services will be customized to meet your needs. You will be in control of your health decisions, with your clinical team supporting you. KnovaSolutions' services are designed to enhance, not replace, your patient-provider relationships.

We make it convenient for you to reach out to your support team, and you can decide how and when to connect.

To get in touch with KnovaSolutions, call **1-800-355-0885** or email contactknovasolutions@workpartners.com.

"My KnovaSolutions nurse was so helpful to me during a difficult time with my health. It was comforting to talk with her about things that were not always covered during my doctor's appointments. Her support and guidance helped me make decisions on what was best for me and gave me confidence to advocate for myself."





edHEALTH—Support for Mental Health Awareness Month



Tips for Talking With a Health Care Provider About Your Mental Health

From the NATIONAL INSTITUTE of MENTAL HEALTH

Don't wait for a health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on talking to a health care provider about your mental health and getting the most out of your visit.

1. Talk to a primary care provider.



If you don't know where to start for help, you may want to consider bringing up your mental health concerns during your appointment with a primary care provider (PCP). Mental health is an integral part of health, and people with mental disorders can often be at risk for other medical conditions, such as heart disease or diabetes. Even if your PCP doesn't ask you first [if you're feeling anxious or depressed], take this opportunity to talk to your PCP, who can help refer you to a mental health professional.

2. Prepare ahead of your visit.



Health care providers have a limited time for each appointment, so it may be helpful to think of your questions or concerns beforehand. Prepare your questions, prepare a list of your medications, and review your family history.

3. Consider bringing a friend or relative.



Sometimes it's helpful to bring a close friend or relative to your appointment. A companion can be there for support, help you take notes, and remember what you and the provider discussed. They also might be able to offer input to your provider about how they think you are doing.

4. Be honest.



Your health care provider can help you get better only if you have open and honest communication. Describe all your symptoms to your provider and be specific about when they started, how severe they are, and how often they occur. You should also share any major stressors or recent life changes that could be triggering or exacerbating your symptoms.

5. Ask questions.



If you have questions or concerns, ask the health care provider for more information about the mental health diagnosis or treatment. If a provider suggests a treatment option that you're not comfortable or familiar with, express your concerns and ask if there are other options. You may decide to try a combination of treatment approaches and want to consider getting another opinion from a different health care provider.

For more information and additional detail on *Tips for Talking With a Health Care Provider About Your Mental Health*, click [HERE](#).

Spring Fitness Class for Faculty & Staff

HIIT Circuit

FREE classes with Stephanie Beachem

Every Thursday from 12:00—12:40pm
March 7—May 30
Antone 126

Get ready to break a sweat with certified ISSA personal trainer and fellow colleague, Stephanie Beachem!

This will be a fun, sweaty and energetic full body HIIT circuit workout that challenges your cardio & muscular endurance by completing as many rounds as possible within a set time with minimal to no equipment. The workout will last 30-minutes and will offer modifications so all levels can participate! You are welcome to bring your own yoga/exercise mat and a set of lightweight dumbbells. Waivers can be submitted at or before your first class to Caitlin McNulty at caitlin.mcnyulty@salve.edu. Waivers can be downloaded and signed by clicking [HERE](#).





BJ's membership enrollment and renewals

Join today for only **\$20*** **REG. \$55**



The Club Card Membership for 1 year with BJ's Easy Renewal®
New members only.

To join or renew today, call 1-800-313-8887 and reference group promo code:

3 5 0 5 1 5



The Club Card Membership with BJ's Easy Renewal



The Club+ Card Membership with BJ's Easy Renewal

The Club+ Card members receive 5¢ off/gal.‡ at BJ's Gas® every day and earn 2% back† in rewards†† on most BJ's purchases.

New member The Club+ Card Membership: \$60

for 1 year with BJ's Easy Renewal

Existing members:

Renew The Club Card Membership for \$50.

Renew The Club+ Card Membership for \$100.

BJ's Membership Sales Representative: Use Call Center Number above for offer. (Monday - Friday 9 AM - 6 PM)

Email: Questions: Deb Lisonbee dlisonbee@bjs.com

Offer Expires: May 17, 2024

Memberships include 1 household membership at no extra cost. Add up to 3 supplemental memberships for \$25 each.††

You acknowledge BJ's membership terms are available in-club and on BJs.com/terms and agree your membership is subject to those terms. You agree to receive electronically any disclosures, agreements, communications, and notices from BJ's and to maintain accurate contact information with BJ's.

Your membership expires on the last day of the month and year shown on your register receipts and on your "My Account" page on BJs.com. Memberships renewed within two months after expiration will be extended 12 months from the expiration date. Memberships renewed more than two months after expiration will be extended for 12 months from the last day of the month of renewal, provided that BJ's reserves the right to require you to enroll in a new membership in lieu of renewing your expired membership.

*Offer is not valid in-club or online, may not be combined with other offers, not redeemable for cash and nontransferable. Plus sales tax where applicable. Offer is contingent upon your enrolling in BJ's Easy Renewal, and you authorize BJ's to charge any payment method BJ's has on record for your membership, an annual recurring charge in the amount of the then-current membership fee for all memberships on your account, plus tax if applicable, starting the first day of the month your membership expires, without further notice except as required by law. Your authorization is valid until you cancel your participation in the BJ's Easy Renewal program. In order to renew at the Corporate Partnership Program discounted membership offer you must renew via your Membership Sales Representative. For full BJ's Easy Renewal terms, visit BJs.com/terms. To manage your participation in BJ's Easy Renewal, visit "My Account" on BJs.com, visit the member services desk in-club, or call BJ's Member Care at 800-BJS-CLUB. Expires: 05 / 17 / 2024.

†The Club+ Card members earn 2% back in rewards on eligible purchases of goods and services in-club at BJ's front-end registers, on BJs.com, or in the BJ's app (minus any redeemed rewards, returns, refunds, or credit adjustments) when they scan their membership card for these purchases, unless the primary member or the member making the purchase is a cardholder in the BJ's One® Mastercard® program, in which case the member will only earn rewards in accordance with the BJ's One® Mastercard® program rewards terms (see BJs.com/BJsone/terms). Rewards earned may not exceed \$500 in any 12-month period.

‡Eligible purchases include eye exams, shipping, sales tax, bottle deposits, alcoholic beverages, cigarettes and tobacco-related products, lottery tickets, gift cards, propane, BJ's Gas® online optical purchases, membership fees and add-ons, warranties and protection plans, BJ's services provided by third parties (e.g., BJ's Travel®), and BJ's B2B and BJ's Global Sales transactions. See BJs.com/terms for information on excluded services. Eye exams and online optical purchases are not eligible for reward redemption.

††Rewards are yours for the life of your The Club+ Card Membership—they will not expire while your membership remains active and in good standing. Rewards earned may not exceed \$500 in any 12-month period. Must have a minimum balance of \$10 in rewards to redeem. Minimum eligible purchase amount is \$10 at BJ's checkout.

‡‡The Club+ Card members receive an instant discount of 5¢ off each gallon of fuel purchased at BJ's Gas® when they scan their membership card for these purchases, unless the primary member or the member making the purchase is a cardholder in the BJ's One® Mastercard® program, in which case the member will only receive an instant discount at BJ's Gas® in accordance with the BJ's One® Mastercard® program rewards terms (see BJs.com/BJsone/terms). BJ's Gas® purchases are not eligible purchases and do not earn rewards. For MD and NJ transactions, discount will be applied after sale, before payment. Subject to applicable state law restrictions.

The rewards program is provided by BJ's Wholesale Clubs, Inc. and its terms may change at any time. For full rewards terms and conditions, please see BJs.com/terms.

§Supplemental membership fee is regularly \$30 and may be prorated based on expiration date at time of addition. Supplemental memberships expire at the same time as the primary membership. Photo identification required when applying for membership.

21408224 ©2023 BJ's Wholesale Clubs, Inc.



Professional Development Opportunities!

The Chronicles of Higher Education

Live and On-Demand Webinars
Click on the webinar title above to register



Making Sure Students are Prepared for College

May 2—2PM

Colleges are creating summer programs to help students beyond their coursework. Join members of the Chronicle to discuss what colleges can do to support student success, at college and beyond.



AI and Personalized Learning

May 8—2PM

AI can foster learning by helping students move at their own pace and in their own way. Join members of the Chronicle to discuss how to support faculty experiments that avoid AI pitfalls.



The Strategic Value of Libraries

May 9—2PM

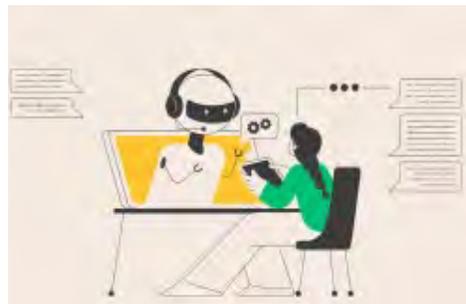
As higher ed faces more challenges, how can libraries play a greater role in student success in other strategic goals? Join members of the Chronicle for an expert-led forum.



The Future of Academic Internships

May 15—2PM

What if colleges offered internship opportunities to every student who wanted one? Join members of the Chronicle to discuss the future of college internships.



The Chatbot Student Experience

Virtual, On-Demand

New AI tools expand chatbot capabilities, making them more helpful to students in navigating admissions and enrollment. This forum explores best practices for chatbots on campus.



Career Services at the Center

Virtual, On-Demand

In a tough job market for recent graduates, colleges must better integrate career support into their programs.

Additional on-demand webinars can be accessed by clicking on a topic below:

Leadership

Teaching and Learning

Finance and Operations

Diversity and Inclusion



Wellness—Harvard Pilgrim Free Webinar Series



LIVING WELL AT HOME

Virtual wellness classes and webinars

Our well-being programs are here for you when you need them the most. Whether you are looking to shake it up, stretch it out, or get centered, we've got you covered with Zumba®, yoga, guided mindfulness, and wellness sessions, which are now available to everyone through our Living Well at Home programs. All classes are at no cost to you and easy to access via Zoom.



Wellness Webinars | Guided Mindfulness | Fitness Classes | Webinar Library

Wellness Wednesdays | 1:00—1:30pm

Join via Zoom

May 8 — Healthy Eating as a Habit

Habitual eating choices are usually the most difficult to break. Food choices are often made due to time, marketing, availability, or some emotional need, rather than eating the foods that the body physically needs. Participants will be provided with useful strategies for making healthy eating a habit.



May 15 — Work and Family Balance

Balancing work and family is an art that many people are continually trying to perfect each and every day. Picture an image of the person at the circus balancing ten plates, and when one plate wobbles, they all fall down. This session helps participants use their resources to their advantage so that they feel less stressed and more able to balance the time they have for work and family.

May 22 — Take a Deep Breath

Sometimes all you need is to just take a deep breath! One of the quickest and easiest tools to manage our stress is to utilize our breath. This session goes over the physiological health benefits of using our breath, various breathing techniques as well as the importance of respiratory health and keeping healthy lungs.



May 29 — Healthy Sleep Habits

The importance of sleep should be a priority as proper sleep hygiene can impact one's ability to manage stress and time, defeat weight gain, and reduce the risk of some illnesses. Most Americans get less than the recommended 7-8 hours per night and suffer the consequences each day. This session helps participants understand the importance of sleep and how they may be able to fit in the recommended amount.



Fitness Thursdays | 1:00—1:30pm

Join via Zoom

May 2, 9, 16, 23 and 30

Align, Breath and Control: the ABC's of stretching!

This class provides guided stretches from top to toe! Please have supportive props to enhance our stretching techniques such as a tennis ball (or another ball similar in size), a yoga block, and a thera band (or a yoga strap) to assist and deepen your stretch. Each guided stretch includes breathing techniques to help us enjoy and improve our overall functional movement.

For links to live sessions, and recordings of previous webinars, please visit harvardpilgrim.org/livingwellathome and Harvard Pilgrim YouTube channel



Coastline EAP Live and On-Demand Webinars



A library of on-demand webinars are available through the [Coastline EAP website](#).

For further understanding of the EAP benefit and its available services view the [Coastline EAP Video](#).

May's [Coastline EAP Newsletter](#) provides short articles on a variety of work-life topics:

- **Counseling for Stress Management?**
- **What a Small Garden Can Do for Wellness**
- **Self-Motivation vs. Self Discipline for Enhanced Success**

Coastline EAP's Live Wellness Sessions

Coastline EAP offers live weekly wellness sessions to help you boost your emotional health and wellness. Our classes are evidence-based and designed to help you engage your body's natural relaxation response.

[Mountain Meditation](#)

Wednesday, May 8 from 12—12:30pm

[Mindful Movement](#)

Friday, May 31 from 12—12:30pm

To join webinars, click on the hyperlinks above or visit the Coastline EAP website. To see the full Wellness Schedule, please refer to this link ["Live Registration."](#)

May's Featured Webinar (On-Demand)

[Living with Loss One Day at a Time, at Home and at Work](#)

After losing someone you care about, your life can feel like it is no longer your own. The best way to find the courage, perseverance, and desire to rebuild and redefine your new life is living with the loss, one day at a time. Emotional recovery is not accomplished by checking off items on a list but rather living the loss -- establishing a new relationship with your loved ones and the people around you, both at work and at home. This session will provide you with ideas and tools for how to interact with others, how to find passion and purpose, and how to rebuild your future.

TIAA Live Webinars



Virtual counseling appointments are available to current employees. To schedule an appointment virtually, [click here](#) or scan the QR code.



All Salve employees are invited to attend the following lunchtime webinars (12pm-1pm) offered through TIAA's virtual environment. These informative, interactive workshops will give you strategies and tactics to help you achieve your financial and retirement goals. **TIAA webinars and virtual 1-on-1 meetings can be logged as 200 points on the [Harvard Pilgrim Living Well portal](#).**

June 4—Write your next chapter: 5 steps to setting your retirement date.

To check out the new Webinar Lounge with the link below see additional webinars!

To reserve your space click [HERE](#).



Prayer Service—For the Beauty of the Earth

PRAYER SERVICE
For the Beauty of the Earth

MONDAY, MAY 6
5:30 - 6:00 PM
 OUR LADY OF MERCY CHAPEL

*Experience the sacred mystery of Taizé.
 Open to the public. All are welcome!*

Staff Advisory Council and Lunch with the President



STAFF ADVISORY COUNCIL

SAC Linktree Page

SAC Campus Portal Page

SAC Anonymous Feedback Form

Coffee with the Council

Friday, May 3, 11 a.m. to 1 p.m.
McKillop cafe

Join members of the Staff Advisory Council to say hello, ask questions and have a free cup of coffee.



Staff Lunch with President Armstrong

Friday, May 31, noon to 1 p.m.
register here



Office of Human Resources
Stonor Hall
Salve Regina University
100 Ochre Point Avenue
Newport, RI 02840

Phone:
(401) 341-2154

E-mail:
sarah.trefethen@salve.edu

Important Dates

- May 14 (Tuesday 9am –12pm) **New Employee Orientation** Ochre Court Library
- May 16 (Thursday 3pm) **Graduate Commencement** McAuley Hall Lawn
- May 19 (Sunday 10am) **Undergraduate Commencement** McAuley Hall Lawn
- May 23 (Thursday 11am) **Service Award and Retiree Ceremony** Ochre Court State Dining Room
- May 23 (Thursday 12pm) **Salve Community Gratitude Picnic**, Ochre Court
- May 27 (Monday) **Memorial Day**, University offices are closed.
- May 31 (Friday 12pm—1pm) **Lunch with President Armstrong**, Ochre Court Library
- June 3—July 6 (Monday—Saturday) **Annual edHEALTH walking challenge begins**
- June 19 (Wednesday) **Juneteenth**, University offices are closed.