



### HR Updates, Initiatives, and Related Resources

**Harvard Pilgrim Living Well Program & Milestone Raffle Winner:** Congratulations to **Leah Palazzo**, Tutoring Coordinator, who was the 2024 milestone raffle winner for earning over 3,000 wellness points! Our next milestone raffle winner will be announced in early July. Those who wish to be entered into the raffle must earn 2,000 points on the Harvard Pilgrim Wellness Portal by June 30th. The raffle winner will receive vouchers totaling \$300 and be eligible to select from a variety of prizes! Also, as part of the Harvard Pilgrim Living Well Rewards Program, employees who earned 1,000 points in 2024 will receive their \$260 wellness payroll credit on the Feb. 14, 2025 pay date.

**New Employee Orientation:** The Office of Human Resources will be hosting an in-person New Employee Orientation for new hires on Friday, **February 21 from 9am—12pm**. The location of the orientation is going to be in **McKillop Library room 116**. New hires will be receiving an invite from Stephanie Beachem with more information shortly. Those who were invited, but unable to attend the October 2024 orientation, are welcome to attend orientation on February 21. Those who are unable to attend the upcoming orientation must contact [Stephanie Beachem](#) prior to the event.

**Employee Fitness Classes & Instructors:** We are looking for additional employees who are certified and interested in leading a fitness class for our workplace wellness program. If you have the necessary certification and the time to dedicate this year, we'd love to hear from you! Please reach out to [Caitlin McNulty](#) if you're interested or have any questions.

**Employee Health Hub:** Visit [pgs. 2—3](#) to explore, engage, and embark on your health and wellness journey with us!

**Explore LinkedIn Learning and Other Learning & Development Opportunities:** Employees can earn professional certificates or prepare for off-platform certificates and CEU's with prep courses and assessment options available for over 175 different credentials. Begin by following these simple [steps](#) to setup your **LinkedIn Learning account**, explore course content and take advantage of all LinkedIn Learning has to offer. Visit [pg. 4](#) for more information and access additional learning and development opportunities available through LinkedIn Learning, United Educators, and The Chronicle.



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### Welcome New Hires!

**Olimpio DaCosta**  
Network & Electrical  
Cabling Technician,  
Office of Facilities

**Brittney Manning**  
Head Coach,  
Sailing, Office of  
Athletics

**Colton Johnson**  
Director of Student Engagement,  
Office of Student Engagement

**Dameien Sykes Bidwell**  
Student Engagement and  
LGBTQ+ Resource Coordinator,  
Office of Student Engagement

**John Murray**  
Financial Aid Coordinator,  
Office of Financial Aid



The Employee Health Hub

Employee Health Hub!

Wellness encompasses several key pillars that are interconnected and contribute to overall wellness. The pillars are: physical, intellectual, mental, emotional, social, spiritual and financial. Taking care of each aspect helps create a balanced and fulfilling life! Check out the wellness activities related to these pillars right here in the Employee Health Hub.



Join February's Stressless Challenge !

February 1 - February 28

Registration for the challenge is open through February 7!

Sign Up Today!

Stress can affect many areas of our lives—our thoughts, emotions, eating habits, and behaviors. But here's the good news: you have the power to take control and reduce your stress levels. Even dedicating just 5 minutes a day to unwind can make a noticeable difference in how you feel. Whether it's stretching, meditating, or enjoying a favorite activity, taking time to focus on yourself is important.

To earn points for this challenge, track your self-care time in the Living Well portal for 21 out of the 28 days. All qualified participants from each school will also be entered into a raffle for a chance to win an e-gift card: \$50 during the challenge or \$100 upon completion. Take a moment for yourself, relieve some stress, and be rewarded!



Please join us for this upcoming Faculty and Staff Lunch & Learn Webinar: Fighting inflammation

Virtually on Tuesday, February 25 from 12pm—1pm

Register

Chronic Inflammation has been found to be the cause of many diseases, including premature aging and heart disease. Stress, exposure to toxins and lack of exercise can contribute to inflammation, but diet is a big part of it. Learn which dietary choices can help decrease inflammation.

By attending this webinar, you will be automatically entered for a chance to win one of two raffle prizes. Don't miss this valuable opportunity to gain insights and potentially win! And, although this is being offered as a virtual webinar, this HR lunch and learn is worth 200 points toward your Harvard Pilgrim Living Well Rewards.



TIDAL WAVE TRAINING

SPIN • YOGA STRONG • BOOTCAMP

New Fitness Partnership—Tidal Wave Training

198 Thames St Unit 3, Newport, RI 02840

Tidal Wave Training was established in October 2024 with the goal of creating a positive and motivating space for individuals of all fitness levels to come and push themselves to be better and continue to grow. Their team of knowledgeable instructors are ready to meet you wherever you are on your fitness journey. They are eagerly awaiting your arrival and can't wait to RIDE THE WAVE with you! Tidal Wave Training is offering all faculty and staff 25% off every purchase of class credits for spin, yoga and group exercise classes!

View these class offerings, class details and/or book a class by visiting their website! You can also download their app for easier booking! Faculty/Staff ID required upon first class.

Well Within Reach – Podcast Corner!

Heart Health Simplified: Expert Tips That Work with Dr. Gabrielle Lyon and Dr. Christie Ballantyne

February is Heart Health Month! In this podcast episode, Dr. Ballantyne shares groundbreaking research, the role of genetics, and practical steps you can take to optimize heart health. Whether it's through diet, exercise, or understanding your unique health profile, this discussion is packed with actionable strategies to help you live a longer, healthier life.



Helpful Links

Wellness Resources

How to access Harvard Pilgrim's Living Well Portal & download the app



## The Employee Health Hub

# Employee Health Hub!

Health and Wellness activities offered by our trusted vendors!



### Harvard Pilgrim Free Webinar Series!

Whether you are looking to shake it up, stretch it out, or get centered, we've got you covered with Zumba®, yoga, guided mindfulness, wellness sessions, which are now available to everyone through the [Living Well at Home](#) programs. All classes are at no cost to you and easy to access via Zoom.

Click the links below to explore each webinar's details and join in!

#### [Wellness Wednesdays | 1:00—1:30pm](#)

- ◇ **February 5:** Eat with the Seasons: Winter Produce
  - ◇ **February 12:** Micro Habits: Exercise
- ◇ **February 19:** Keeping it Flavorful and Sweet with lots of Nutrition this Black History Month!
- ◇ **February 26:** Embracing Hygge: The Art of Cozy Living

#### [Fitness Thursdays | 1:00—1:30pm](#)

**February 6, 13, 20 & 27**—Barre

Access past well-being webinars any time by visiting the [Living Well YouTube Channel](#).



### Health Advocate Life & Work Resources

Each month, Health Advocate highlights a new wellness topic and provides additional resources, including webinars, for your benefit! Check out the [Life and Work Resources page](#) to learn more. If this is your first time visiting, you will need to create an account.

#### Monthly On-Demand Webinar

#### [Understanding Neurodiversity](#)

"Neurodiversity" is a word used to explain the unique ways people's brains work. Being neurodivergent means having a brain that works differently from the average or "neurotypical" person. In this session we will learn what neurodiversity is and what it means to be a neurodivergent person. We will explore various neurotypes and gain an appreciation for the varied strengths and differences.



#### February Healthy Resource Roundup

February is Heart Health Month, so kickstart the month by assessing your risk and use the [Heart Disease Risk Calculator](#) available through Mayo Clinic! There are also many other exciting health observances happening this month. Click [HERE](#) for quick, fun tips and info to help you feel your healthiest and happiest!



### TIAA Live Webinars

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



All Salve employees are invited to attend webinars offered through [TIAA's virtual environment](#). Explore TIAA's Webinar Lounge featuring monthly webinars, both pre-recorded and live! These informative, interactive workshops will give you strategies and tactics to help you achieve your financial and retirement goals. Check out a few listed below!

**TIAA webinars and virtual 1-on-1 meetings can be logged as 200 points on the [Harvard Pilgrim Living Well portal](#).**

Questions? Please contact Caitlin McNulty at [caitlin.mcnulty@salve.edu](mailto:caitlin.mcnulty@salve.edu) or ext. 2165





Learning & Development Opportunities



LinkedIn Learning

Did you know?

LinkedIn Learning offers employees the ability to obtain 70+ professional certificates. A list of business-related professional certificates can be found [HERE](#), and a comprehensive list of obtainable certificates can be found [HERE](#) (click the Show All link from the top right).

Additionally, LinkedIn Learning offers employees the ability to:

Complete continuing education credits:

- Computing Technology Industry Association (CompTIA)
- HR Certification Institute (HRCI)
- International Institute of Business Analysis (IIBA)
- NASBA Continuing Professional Education (CPE)
- Project Management Institute (PMI)
- Society for Human Resources Management (SHRM)

Participate in office hours:

- Allowing employees to stay on top of trending topics with live discussions and open Q&A's hosted by industry experts.

LinkedIn Learning Continued.

Participate in certification practice exams:

- CompTIA
- Google Cloud
- Microsoft
- Project Management Professional
- Cisco

Searching for specific training?

You can utilize options on the "content" tab to find training relevant to your professional development needs. You can search by:

- Category "business, technology, creative"
- Role guides: content and tools to help you understand, learn and improve at the skills involved in trending industry roles.
- Learning paths: a series of courses that focus on a specific topic or career track.
- Business topic
- Skill evaluations
- Software

We have included a LinkedIn Learning video to help you find content that is relevant to you and your learning goals, click [HERE](#) to access.


THE CHRONICLE OF HIGHER EDUCATION

Join members of The Chronicle, national experts and leading practitioners on how to chart a course forward in Higher-ed by participating or watching live / virtual webinars offered by the Chronicle. A short list of relevant topics has been included [HERE](#).

Additional virtual webinars related to leadership, teaching and learning, finance and operations, and DEI can be accessed [HERE](#).



In addition to pre-assigned training, employees can access Higher-ed specific training through United Educators. A list of trainings can be viewed [HERE](#).

To access, [login to UE](#)  
Once logged into the main page, click the  back button at the top left-side of the screen.

Select categories followed by Higher-ed.



**Staff Lunch with the President and Coffee with the Council**



**Staff Lunch with the President**

*President Armstrong invites Salve staff to join her for an informal lunch gathering in McKillop Library from 12-1pm. Staff will order a-la-carte at McKillop Cafe, and then proceed to room 116 to have lunch with Kelli and other staff members. Each gathering is limited to 11 staff members. So that others can participate, we ask that you attend no more than one lunch each academic year.*

**The upcoming dates for Staff Lunches with the President are:**

Monday, March 17 – Register using this link: <https://events.salve.edu/event/copy-of-staff-lunch-with-the-president-3766>

Thursday, May 8 – Register using this link: <https://events.salve.edu/event/copy-of-staff-lunch-with-the-president>

**Coffee with the Council**

Next *Tuesday, February 4* from 12pm-1pm at the **McKillop Library Starbucks**. All staff are welcome and coffee will be provided.

SAC is recruiting new council members! If you are interested in joining the Staff Advisory Council, or would like to nominate a fellow staff member please email [staffadvisory@salve.edu](mailto:staffadvisory@salve.edu)

**Senior Class Gift Committee!**

**Call for nominations: SENIOR CLASS GIFT COMMITTEE**

**Please nominate a senior who you feel is a LEADER in the class of 2025 to take part in the Senior Class Gift Committee!**

The Senior Class Gift Committee is a group of seniors that will create a meaningful senior gift experience for the class of 2025. The class will leave a legacy at Salve by fundraising for The Mercy Fund, a cause they chose together. This is a great opportunity for student leaders and those interested in careers in business, entrepreneurship, nonprofits, management, event planning, and marketing, among other fields.

Visit the link below to nominate a student or to learn more about the committee.  
[https://salveregina.formstack.com/forms/senior\\_class\\_gift\\_representative](https://salveregina.formstack.com/forms/senior_class_gift_representative)

If you have any questions, please reach out to Margaret McDonald,  
p: (401) 341-2207 e: [margaret.mcdonald@salve.edu](mailto:margaret.mcdonald@salve.edu)







Library Events!



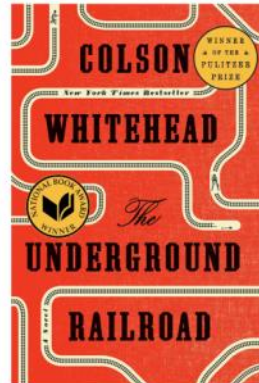
Inclusive Reading Club



Faculty Lecture Series:  
Creating a Conscious Culture:  
Affect and Feminism in  
Spanish Contemporary Music  
with Esther Maria Alarcon  
Arana

Thursday, February 6  
4-5:30pm  
McKillop Library, First Floor

"With this talk I want to share the work I have been doing towards the writing of my upcoming monograph about creating a conscious culture in Spain through music. In my book I examine music that challenges the ubiquitous presence of patriarchal through in our culture and visualizes audiovisual cultural forms that propose a feminist society, meaning a society that is just and equitable for all."



Revisiting the  
Underground Railroad  
with the Black Student  
Union

Thursday, February  
27  
4-5:30pm  
McKillop Library, 219

*In Whitehead's ingenious conception, the Underground Railroad is no mere metaphor--engineers and conductors operate a secret network of tracks and tunnels beneath the Southern soil. Cora and Caesar's first stop is South Carolina, in a city that initially seems like a haven. But the city's placid surface masks an insidious scheme designed for its black denizens. And even worse: Ridgeway, the relentless slave catcher, is close on their heels. Forced to flee again, Cora embarks on a harrowing flight, state by state, seeking true freedom.*

(GoodReads)

Voices of Mercy—What Matters to Me and Why

MCAULEY INSTITUTE FOR MERCY EDUCATION

**Voices of Mercy**  
**WHAT MATTERS**  
*to Me and Why*

LUNCHEON SPEAKER SERIES  
NOON - 1 P.M.  
STATE DINING ROOM, OCHRE COURT

**DAWN EMSELLEM**  
DIRECTOR OF LIBRARY SERVICES,  
MCKILLOP LIBRARY

TUESDAY  
FEB 11, 2025



RI Blood Drive



# Blood Drive

## Warm up with a pair of mittens.

Go home with a pair of mittens when you join us to give.



### Salve Regina University

**Thursday, February 20**  
**9:00am-4:00pm**

Gerety Hall  
100 Ochre Point Avenue, Newport



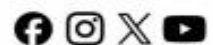
**Sign up** at [ribc.org/drives](https://ribc.org/drives) and use sponsor code 0199

#### Prepare to donate

- Eat well and hydrate
- Bring a photo ID
- Feel good and symptom free
- Must be 17+ or 16 with parental consent form
- Meet minimum weight requirements

For full eligibility requirements and COVID-19 information, visit [ribc.org/eligibility](https://ribc.org/eligibility).


800.283.8385 • [ribc.org](https://ribc.org)









Multicultural Education Week Mass



*Multicultural Education  
Week Mass*



CENTER FOR SPIRITUAL LIFE



*All are Welcome*

OUR LADY OF MERCY CHAPEL  
SALVE REGINA UNIVERSITY

Sunday, February 23  
5:00 P.M.

Day of Giving



2.27.25

**DAY OF GIVING**

One Day. One Salve.

On **February 27**, we invite faculty and staff to join the Seahawk community in making a difference.

Make a gift to what inspires **YOU** the most. Every gift, large or small, matters.

Join us in O'Hare from 10:30am - 1:00pm for coffee, cookies and games while we celebrate everything we **LOVE** about Salve Regina.

Giving starts now!  
877-SRU-GIFT  
thesalvefund@salve.edu







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Salve Regina University  
100 Ochre Point Avenue  
Newport, RI 02840

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(401) 341-2154

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## Important Dates

- February 1—28 **edHEALTH Stressless Challenge**
- February 4 (Tuesday 12—1pm) **Coffee with the Council**, *McKillop Library Starbucks*
- February 6 (Thursday 4—5:30pm) **Faculty Lecture Series: Creating a Conscious Culture: Affect and Feminism in Spanish Contemporary Music with Ester Maria Alarcon Arana** *McKillop Library, First Floor*
- February 11 (Tuesday 12—1pm) **Voices of Mercy: What Matters to Me and Why?** with **Dawn Emsellem**, *Ochre Court, State Dining Room*
- February 17 (Monday) **President's Day**, *University offices will be closed.*
- February 20 (Thursday 9am—4pm) **RI Blood Center—Blood Drive**, *Gerety Hall*
- February 21 (Friday 9am—12pm) **New Employee Orientation**, *McKillop Library, room 116*
- February 23 (Sunday 5pm) **Multicultural Education Week Mass**, *Our Lady of Mercy Chapel*
- February 25 (Tuesday 12—1pm) **Faculty and Staff Lunch & Learn Webinar: Fighting Inflammation**, *virtual*
- February 27 (Thursday 10:30am—1pm) **Day of Giving**, *O'Hare*
- February 27 (Thursday 4—5:30pm) **Revisiting the Underground Railroad with the Black Student Union**, *McKillop Library, room 219*
- March 17 (Monday 12—1pm) **Staff Lunch with the President**, *McKillop Library, room 116*