



# Human Resources News

## HR Updates, Initiatives, and Related Resources

**Call for nominations - Staff Advisory Council:** Nominations for the next iteration of SAC is happening now! The SAC will meet quarterly with Kelli to provide feedback from their division on policies and practices at Salve. SAC members will serve in the role for a period of two years. If you are interested in serving or would like to nominate a fellow staff member for this role, please [complete this short form](#) by Wednesday, Feb. 11.



**Harvard Pilgrim Living Well Program & Milestone Raffle Winner:** Congratulations to Thomas Arruda, Associate Professor in the Chemistry department, who was the 2025 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 \$270 and be eligible to select from a variety of prizes! Also, as part of the [Harvard Pilgrim Living Well Rewards Program](#), employees who earned at least 1,000 points in 2025 will receive their \$260 wellness payroll credit this February!

**Harvard Pilgrim NEW Provider Search:** On January 30, 2026, Harvard Pilgrim launched an enhanced Provider Search experience! Use smarter filters, view richer provider profiles, and schedule your appointment. Look for the out-of-area care tile on the Provider Search homepage and click on the UnitedHealthcare directory link that's right for you. For additional information, click [HERE](#).

**TIAA Appointments:** A TIAA representative is scheduled to be on campus **Monday, February 9, 2026** in the Human Resources Office at Stonor Hall. To schedule an appointment, visit [pg. 5](#).

**LinkedIn Learning Challenge:** Our 2nd LinkedIn Learning Challenge has concluded. Please visit [pg. 6](#) to see those who completed 60-minutes or more of training throughout the challenge.

**Gallagher February Heart Health Resources:** This February, take a step toward a healthier heart with Gallagher's 4-page [Heart Health Newsletter](#)! Inside, you'll learn why blood pressure matters and how to keep it in check, discover ways to reduce sodium, and explore simple, effective strategies to help lower cholesterol. They wrap it all up with a delicious, heart-smart recipe for Orange-Rosemary Roasted Chicken!

**New Employee Orientation:** The Office of Human Resources will be hosting an in-person New Employee Orientation for new hires on Thursday, February 26 from 9am–12pm in the Ochre Court Library. New hires will be receiving an invite from [Stephanie Beachem](#) with more information shortly. Those who were invited, but unable to attend the October 2025 orientation, are welcome to attend orientation on February 26.



## INSIDE THIS ISSUE

Welcome New Hires!	pg. 2
Health Hub	pgs. 3-5
edHealth Challenge	pg. 5
LinkedIn Learning Challenge	pg. 6
New Day for Daily Mass	pg. 7
Pop - Up Confessions	pg. 7
Taize: A Reflection on Equality	pg. 8
Open Safe Zone Training	pg. 8
CRASE Training	pg. 9
Stop the Bleed Training	pg. 9
RI Blood Center - Blood Drive	pg. 10
Ash Wednesday	pg. 11
McKillip Library Events	pg. 11
Alumni Award Nominations	pg. 12
Day of Giving	pg. 12
Important Dates	pg. 13

# Welcome New Hires!



**Aaron Lorenz**  
Vice Provost, Graduate and  
Professional Studies,  
Office of Graduate &  
Professional Studies



**Sherman Cowan**  
Associate Dean of  
Students,  
Office of the Dean of  
Students



**Destenie Vital**  
Assistant Director of  
Admissions - Graduate  
Recruitment,  
Office of Admissions



**Michael Sherman**  
Sr. IT Business Analyst,  
Office of IT/Enterprise  
Applications



**Lauren Heath**  
Compass Advisor,  
Compass Center for  
Advising, Career & Life  
Design



**Michael Rossi**  
Admissions Counselor,  
Office of Admissions



**Michael Amaral**  
Public Safety Officer,  
Office of Public Safety



**Eric Kinsley**  
General Maintenance,  
Office of Facilities



**Joy Camara**  
Lecturer,  
Nursing Department

# 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.

**Please join us for this upcoming Lunch and Learn workshop:**

## Don't Let Diabetes Be a "Heartbreaker"

**Presenter:** Cynthia Silvia, RN, MSN, CDOE Diabetes Nurse Educator Good Health Gateway Program - Chairperson for the RICDOE Continuing Ed Committee

*Wednesday, February 11*

*12 - 1pm in the Ochre Ct. Dining Room*

 **REGISTER NOW**

 worth: 200 pts.



Don't Let Diabetes Be a "Heartbreaker" is an educational seminar focused on helping individuals with diabetes protect their heart health. The presentation highlights practical, evidence-based steps to reduce cardiovascular risk, including maintaining consistent blood sugar control, making heart-healthy nutrition choices, and incorporating regular physical activity—even simple activities like walking. Participants will also learn about the importance of quitting smoking, managing blood pressure and cholesterol, and staying up to date with routine medical checkups. The seminar will discuss how working closely with a healthcare provider and using newer medications, such as SGLT2 inhibitors and GLP-1 agonists, can offer added heart protection. Attendees will also be encouraged to take advantage of ongoing support through the Good Health Gateway Diabetes Program to help sustain long-term heart and diabetes health.



From 11:30 am - 1:30 pm, the Salve Regina Nursing students will be available in the Ochre Ct. Library to provide on-site complimentary blood pressure checks. Be sure to stop in!



**Please join us for this upcoming Lunch and Learn workshop:**

## Mastering Medicare

**Presenter:** Dien Du, Director of Client Services, Doctor's Choice

*Wednesday, March 11*

*12 - 1pm via Zoom (This is a virtual event. Lunch not provided)*

 **REGISTER NOW**

 worth: 200 pts.

In uncertain times, it's important to understand healthcare options especially as it relates to retirement. Doctor's Choice is offering a 1-hour online workshop designed to help individuals navigate Medicare. This session is recommended for Salve Regina University staff and faculty as well as for anyone guiding loved ones through the Medicare planning process. The webinar will cover the many aspects of Medicare that you will need to know for retirement healthcare planning.

Specifically, the workshop objectives are: Learn the ABCD's of Medicare and how they relate to you, understand the most important considerations in Medicare planning, understand coverage gaps and how to fill them, know when and how to enroll and explore the one big decision every retiree needs to make.

To schedule a confidential and no-cost appointment to understand your Medicare options, please give us a call at 800-656-0894 or online at [salve.medicarecheckup.com](http://salve.medicarecheckup.com).

## WELL WITHIN REACH Podcast Corner



[Preventing Silent Heart Attacks: The Tests and Tools Your Doctor Isn't Using](#)  
**Dr. Gabrielle Lyon with Dr. Michael Twyman**

Did you know every 40 seconds someone in the U.S. has a heart attack—and 1 in 5 never even see it coming? Dr. Gabrielle Lyon is joined by preventive cardiologist Dr. Michael Twyman as they discuss cutting-edge diagnostics, the endothelial glycocalyx, nitric oxide biology, and why muscle mass is your heart's best friend. Learn the practical steps and questions to ask to protect your heart before symptoms appear. This episode is a masterclass in heart disease prevention—be sure to check it out during Heart Health Month!

Together, you will explore:

- Why silent heart attacks are so prevalent
- The critical link between muscle mass, VO<sub>2</sub> max, and heart resilience
- How advanced imaging and testing are changing prevention
- Debunking common myths around cardiovascular risk
- Supplements and diagnostics Dr. Twyman uses to optimize cardiovascular health



# Employee Health Hub !



## **Fitness Classes for Faculty and Staff**

### **Yoga with Michael Dotolo**

**Wednesday's, February 18 - April 8  
12:30pm - 1:15pm in Antone 126**



Please bring your own mat.  
Used/Previously worn shoes  
are not allowed in the studio.

One of Salve's very own employee's, Michael Dotolo, is a certified yoga teacher with deep experience in traditional Hatha yoga. His classes focus on breath, alignment, and mindfulness—perfect for anyone looking to slow down, stretch, and reset.

To participate in his upcomimg fitness class, employees are required to [complete a waiver](#). A new waiver MUST be completed for the 2026 calendar year. Once complete, email the signed waiver to [humanresources@salve.edu](mailto:humanresources@salve.edu). Alternatively, you may bring a printed, signed copy to your first class for Michael to collect.



## **Winter Wellness Challenge**



By popular demand, edHEALTH will once again host a four-week Winter Wellness Challenge.

It takes place from **February 9 to March 6, 2026**. This year's challenge focuses on helping participants better understand their own health and well-being!



### **➤ what is the 2026 winter wellness challenge?**

The challenge is to complete a personal health and well-being assessment in the [Living Well portal](#), powered by WebMD. Once completed, you will receive a personalized health report that includes tips to help you find your healthy place and path forward.

### **➤ who's eligible to participate in the program?**

All employees can participate! You do not need to be enrolled in a Harvard Pilgrim health plan. Please [review this flyer](#) which includes instructions based on whether you receive health coverage through Harvard Pilgrim or have coverage elsewhere.

### **➤ how participants enroll in the challenge**

Participants can sign up for the program through the [Living Well portal](#) at any time during the challenge. Log-in details are provided in the attached Wellness Challenge flyer at the bottom of this page.

### **➤ challenge rewards !**

Every edHEALTH-participating school will have **four e-gift card winners**. All qualified participants are entered into a weekly raffle specific to their institution. Each week, edHEALTH will randomly select a winner from every school who will receive a gift card by email. In addition to the individual gift cards presented to the winners, edHEALTH will collaborate with the winning school, the one that has the greatest overall participation, for a campus celebration this spring!



[Get started now](#)



# Employee Health Hub !

Health and Wellness activities offered by our trusted vendors!



Harvard Pilgrim  
HealthCare

## Free Webinar Series!

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

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

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

- **Feb 4:** Kindness Is Good for Your Health!
- **Feb 11:** Lunar New Year Flavors: High-Protein Pasta Salad
- **Feb 18:** Matters of the Heart: Heart Rate Training 101
- **Feb 25:** Tatale & Bambara Beans

### Fitness & physical activity

If you're looking to add physical activity — like Tai Chi, yoga and strength training — into your daily routine, check out their Living Well at Home [virtual fitness classes](#).

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



**Additional Free Living Well Resources**  
Access [recorded mindfulness sessions](#) and [educational videos on demand](#) and connect with Harvard Pilgrim's mindfulness program on [Facebook](#) and [Instagram](#)!



## Life & Work Resources

Each month, Health Advocate highlights a new wellness topic and provides additional resources, including webinars, for your benefit! Go to [Health Advocate](#) and navigate to the **Welcome** banner. Select "Quick Start" and then "Search all life & work resources." Once in the site, you will be able to access the monthly webinar below!

### Monthly On-Demand Webinar [Eat Your Way to Better Health](#)

The food we eat has more impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions, and with conflicting reports about what is and is not healthy, many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. This session will empower you with resources and information to help you lead the longest and healthiest life possible



### [Heart health: Myths vs. facts](#)

Heart health is important at any age and this article will help clear up common myths. Heart disease can develop without symptoms, so regular checkups really matter. Healthy habits like good nutrition, physical activity, stress management, and sleep all support heart health. Even small, consistent lifestyle changes can help keep the heart strong over time!

## TIAA Live Webinars

A TIAA representative is scheduled to be on campus for individual counseling appointments on **Monday, February 9** and **Monday, March 23**. To schedule an in-person appointment for February 9 or to schedule a virtual appointment on another day, [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 pre-recorded webinars! 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](#).



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



SALVE REGINA  
UNIVERSITY

[Home](#)

January 2026

# 30 MINUTES A WEEK LEARNING CHALLENGE

Topic: **Change Management**

Joan Marie Davis  
Elizabeth Erwin

Irene McKiernan  
Peyton Thiel



## SUPER LEARNERS

(completed 160.1 - 200+ minutes of training throughout the month of January)

Michael Aguiar  
Christine Dumont



Joseph Laflamme  
Lauren Neary



## CHAMPION LEARNERS

(completed 120.1 - 160 minutes of training throughout the month of January)

Donnie Aikins  
Erin Beauchemin  
Susan Bernath  
Coleen Burgess  
Michael Dotolo  
Heather Follett

Julia Koeppen  
Paul Morris  
Taylor Smith  
Victoria Van Alstine-Tauer  
Pamela Younes



## FOUNDATIONAL LEARNERS

(completed 60 - 120 minutes of training throughout the month of January)

# New Day for Daily Mass



CENTER FOR  
SPIRITUAL LIFE



## Daily Mass

at

*Our Lady of Mercy Chapel*

will now be held on

**Wednesdays**

at

**12:30pm**

(previously Tuesday)

weekday Mass begins Feb. 4, 2026

## Pop - Up Confessions

### POP-UP CONFESSIONS ~ CHAT WITH FR. RAY

***All are Welcome!***

Want to talk?    Need a safe space?  
When did you go to confession last?

**Wednesdays ♦ Spring Semester**

**Feb. 4 ♦ Feb. 18 ♦ March 4**

**March 25 ♦ April 1**

**1:15pm**

**Miley Dining Entrance**

————— LANGUAGES —————



SPANISH



ENGLISH



CENTER FOR  
SPIRITUAL LIFE



SALVE REGINA  
UNIVERSITY

[Home](#)

pg. 7

# MEDITATIVE PRAYER SERVICES

Monday, Feb. 9 • 6:30 PM

*Taizé: A Reflection on Equality*

Our Lady of Mercy Chapel



SALVE REGINA  
UNIVERSITY

**ALL ARE WELCOME!  
OPEN TO THE PUBLIC**

## Open Safe Zone Training

**February 9<sup>th</sup> at 1 PM or  
March 26<sup>th</sup> at 3 PM**

### **Open Safe Zone Training For Faculty and Staff**

#### **~2-3 hour Safe Zone Certification**

Strict curriculum including discussion and activities on advocacy- ending with a certification that identifies participants as safe people for LGBTQ+ individuals to seek support from.

The LGBTQ+ Resource Coordinator is also available to provide a community perspective to the topics being covered in your classes! Feel free to reach out to [SalvePride@Salve.edu](mailto:SalvePride@Salve.edu) to discuss your needs.

RSVP on Seahawk  
Connections -  
February

RSVP on Seahawk  
Connections -  
March



**More dates may be added  
based on interest.**

**Email [SalvePride@Salve.edu](mailto:SalvePride@Salve.edu)  
with any questions**

**SALVE**  
REGINA UNIVERSITY  
LGBTQ+ CENTER



SALVE REGINA  
UNIVERSITY

[Home](#)

# CRASE Training

Citizen Response to Active  
Shooter Events



Scan to register

Learn strategies,  
guidance and a plan  
for surviving an  
active shooter event



**Wed. Feb. 11  
10am-12pm  
128 Antone**

Hosted by Salve Public Safety

## Stop the Bleed Training

### Several dates available:

Tues. Feb. 10, 7-8pm



Thurs. Feb. 19, 4:30-5:30pm



Fri. Feb. 27, 2-3pm



## Stop the Bleed

American College of Surgeons

Bleeding is the number one cause of preventable death after injury. Get trained to Stop the Bleed! Learn to control severe bleeding with 3 basic actions including packing wounds and using a tourniquet.

Wed. March 18, 9-10am



Tues. April 7, 7-8pm



Thurs. April 23, 11-12pm





Rhode Island  
Blood Center

# Blood Drive

## Celebrate Black History Month

A diverse blood supply helps patients in our community.



## Salve Regina University

**Thursday, February 12  
9:00am - 3:00pm**

Gerety Hall  
100 Ochre Point Ave, Newport



**Sign up** at [ribc.org/drives](http://ribc.org/drives)  
and use 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

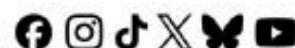


Meet minimum  
weight requirements

Visit [ribc.org/eligibility](http://ribc.org/eligibility) for  
complete donation guidelines.

**Walk-ins welcome!**

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



SALVE REGINA  
UNIVERSITY

[Home](#)

pg. 10

# Ash Wednesday

February 18

- **Ashes to Go**
  - 8:45am-2pm
  - O'Hare Lobby
- **Mass w/ashes**
  - 12:30pm
  - Our Lady of Mercy Chapel
- **Pop Up Confessions**
  - 1:15pm
  - Miley Dining Entrance
- **Liturgy of the Word w/ashes**
  - 5pm
  - Our Lady of Mercy Chapel
- **Mass w/ashes**
  - 7:30pm
  - Our Lady of Mercy Chapel



SALVE REGINA  
UNIVERSITY

## McKillop Library Events



McKILLOP LIBRARY

Faculty Lecture Series

## Avoiding the Chaos

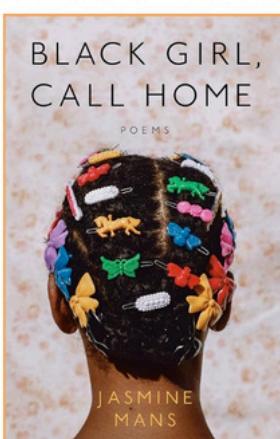
*Rationality of Preventative Measures for Lasting Peace*

**Yvan Yenda Ilunga, Ph.D.**

Assistant Professor, Political Science and International Relations  
Associate Graduate Program Director, International Relations

Thursday, February 19, 4pm

McKillop Library, First Floor



## Mercy Reading Club



## Multicultural Education Week

Join us for a Club Takeover as the **BSU E-Board** leads us  
in a discussion about **Jasmine Mans' Black Girl, Call Home**.

Select readings available online, and limited copies available for pickup at **McKillop Library!**

Thursday, February 26, 4-5:30pm

DiStefano Hall, Antone Academic Center



SALVE REGINA  
UNIVERSITY

[Home](#)

pg. 11

# Alumni Awards - Call for Nominations

Help us recognize outstanding Salve Regina alumni by submitting a nomination today.

### Award Categories:

- Distinguished Alumni
- Distinguished Graduate Alumni
- Alumni Achievement
- Salve Regina Mission
- Outstanding Young Alumni

View award criteria and past recipients at [salve.edu/alumni-awards](http://salve.edu/alumni-awards)

Online nominations due by February 20. Recipients from classes ending in 1 or 6 will be honored on Reunion Weekend this June.

Questions? Victoria Duclos | x2345 | [duclosv@salve.edu](mailto:duclosv@salve.edu)

**Submit Here**



## Day of Giving

2.26.26

**DAY OF >>  
GIVING**

One Day. One Salve.

Your gift to **Salve**  
**is Mercy in Action**  
and strengthens  
everything that  
makes Salve Salve.

Watch for updates, giving challenges and stories on  
how you are making an impact.



Giving starts now!  
877-SRU-GIFT  
[thesalvefund@salve.edu](mailto:thesalvefund@salve.edu)



# Important Dates February 2026



Office of Human Resources  
**Stonor Hall**  
177 Webster Street  
Newport, RI 02840

For any questions, please contact  
**Human Resources**  
Phone: 401-341-2137  
Email: [humanresources@salve.edu](mailto:humanresources@salve.edu)

- February 3 (Tuesday 12 - 1pm) **Voices of Mercy: "What Matters to Me and Why"** with Dr. Holly Moore, Ochre Court, State Dining Room
- February 4 (Wednesday 12:30 - 1pm) **Daily Mass**, Our Lady of Mercy Chapel
- February 9 (Monday 8:30am - 4:30pm) **TIAA Representative will be on campus**, Stonor Hall
- February 9 (Monday 1 - 4pm) **Open Safe Zone Training - Faculty/Staff**, TBD
- February 9 (Monday 6:30pm) **Meditative Prayer Services Taize: A Reflection on Equality**, Our Lady of Mercy Chapel
- February 12 (Tuesday 7 - 8pm) **ACS Stop the Bleed Certification**, O'Hare Academic Building, Room 103
- February 11 (Wednesday 12 - 1pm) **Don't Let Diabetes Be a "Heartbreaker"**, Ochre Court, State Dining Room
- February 11 (Wednesday 10am - 12pm) **CRASE Training**, Antone, Room 128
- February 12 (Thursday 9am - 3pm) **Blood Drive**, Gerety Hall
- February 16 (Monday) **President's Day**, University offices are closed
- February 18 (Wednesday) **Ash Wednesday**
- February 19 (Thursday 4:30 - 5:30pm) **ACS Stop the Bleed Certification**, O'Hare Academic Building, Room 103
- February 19 (Thursday 4 - 5:30pm) **Faculty Lecture Series: Avoiding the Chaos: Rationality of Preventive Measures for Lasting Peace** with Dr. Yvan Ilunga, McKillop Library, Atrium
- February 26 (Thursday 4 - 5:30pm) **Mercy Reading Club - Multicultural Education Week**, DiStefano Hall, Antone Academic Center
- February 26 (Thursday) **Day of Giving**
- March 5 (Thursday 4 - 5pm) **Reflection a Day Book Club**, Our Lady of Mercy Chapel, Mercy Commons
- March 11 (Wednesday 12 - 1pm) **Mastering Medicare**, via Zoom
- March 18 (Wednesday 9 - 10am) **ACS Stop the Bleed Certification**, O'Hare Academic Building, Room 103
- March 23 (Monday 8:30am - 4:30pm) **TIAA Representative will be on campus**, Stonor Hall
- March 26 (Thursday 1 - 4pm) **Open Safe Zone Training - Faculty/Staff**