



Human Resources News

HR Updates, Initiatives, and Related Resources

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 2026/27 academic year as soon as possible.

9th Annual edHEALTH Walking Challenge: Starting June 1, lace up your walking shoes for the 9th Annual edHEALTH Walking Challenge. Who will be Salve's top stepper this year? Please visit [pg. 6](#) for more information.

Wellness Activities: Employees are invited to take part in upcoming wellness events this spring and summer. In May, register for a relaxing [chair massage](#)—just 10 minutes can make a difference. In June, join a Lunch and Meditation session at Mercy Commons: bring your lunch, connect with colleagues, and enjoy a 20-minute guided meditation. Please visit [pg's. 7-8](#) for additional details.

New Employee Orientation: the Office of Human Resources will be hosting an in-person orientation for new hires on Wednesday, May 27, 2026 from 9am—12pm in O'Hare - room 109. Newly hired employees and those who were unable to attend the last NEO are encouraged to join. Please contact [Stephanie Beachem](#) to RSVP or if you have any questions.

Performance Review Process: May marks the beginning of our annual performance review process. Employees are encouraged to begin completing their self-evaluations; which can be found on the [HR Forms and Request Page](#) under the Performance Management Forms section. For more information, please refer to the memo that will be sent out from the Office of Human Resources in May.

Annual Years of Service & Retiree Ceremony and Community Gratitude BBQ: Our annual Years of Service & Retiree Ceremony will take place on Wednesday, May 20, beginning at 11:30am in the Ochre Court State Dining Room. During this special event, we will honor our service award recipients and retirees. Salve's Community Gratitude BBQ will immediately follow, employees are welcome to attend both events. Please visit [pg. 2](#) for additional details.



Welcome!

Suzanne Tremble
Office and Employment Assistant,
Office of Human Resources



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Years of Service and Retiree Ceremony

YOU ARE INVITED TO THE

YEARS OF SERVICE & RETIREE CEREMONY

Ochre Court

WEDNESDAY

MAY

20

11:30am

2026

Salve Community Gratitude BBQ

President Kelli Armstrong invites you to the

SALVE COMMUNITY GRATITUDE BBQ

Ochre Court

WEDNESDAY

MAY

20

NOON

2026

Come celebrate YOU - our amazing Salve community - with a barbecue from McGrath Clambakes and music by B-Sharp Entertainment.

 REGISTER NOW



McGRATH CLAMBAKES

PRESENTED TO

- **Janis Roy**, Biology and Biomedical Sciences
- **Adam Witham**, Business and Economics
- **Stephanie Jones**, Psychology
- **Tara Brooke Watkins**, Theatre Arts
- **Clarisse Fairbanks**, Nursing
- **Patrick Campbell**, Center for Teaching and Learning
- **Sandra Anthoine**, University Advancement
- **Dominique Gagnier**, Compass Center
- **Caitlin Ferreira**, Human Resources
- **Rebecca Pickens**, Financial Aid
- **Michael Aguiar**, Network Services
- **MaeLynn Patten**, University Advancement
- **Stephanie Beachem**, Human Resources
- **Kay Hertzwig**, Admissions
- **Dean Forsythe**, Facilities/Grounds



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- **Jennifer Booth**, Education
 - **Jodie Goodnough**, Art and Art History
 - **Tracy Pelkowski**, Education
 - **Colton Langdon**, Network Services
 - **Ginny Obert**, Registrar's Office
 - **Jim Mournighan**, Residence Life
 - **LaVerne Lowrimore**, Nursing
 - **Rurainy Sirois**, Financial Aid
 - **Christina Berardi**, Admissions



PRESENTED TO

- **Christopher Carbone**, Counselor Education & Expressive Arts
- **Ernest Jolicoeur**, Art and Art History
- **Anthony Mangieri**, Art and Art History
- **Susan Meschwitz**, Chemistry
- **Jennifer Bonoff**, Business and Economics
- **William Leeman**, History
- **Lindsay Guarino**, Dance
- **Matthew Arnini**, Facilities/Grounds
- **Benjamin Michaels**, Facilities/Grounds
- **Jennifer Snyder**, Institutional Research and Effectiveness
- **Julie Williams Davis**, Counselor Education & Expressive Arts
- **Adam Salisbury**, Library Services



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- **Nancy Gordon**, Business and Economics
 - **Craig Condella**, Philosophy
 - **James Mitchell**, Modern Languages
 - **Dean de la Motte**, Modern Languages
 - **Brooke Newsome**, Marketing and Communications
 - **Harry Walker**, Public Safety
 - **Aida Neary**, Academic Affairs
 - **Paula Telford**, Marketing and Communications
 - **Mary Edwards**, Marketing and Communications
 - **Kelly Powers**, Center for Community Engagement and Service
 - **Michael Potter**, Facilities/Grounds



Years of Service and Retiree Awardees

PRESENTED TO



- **Christopher Miranda**, Facilities/Grounds
- **Michael Oliveira**, Facilities/Maintenance
- **Sean Foster**, Athletics



- **Claudia Cavallaro**, Human Resources
- **Charles Williamson**, Facilities/Maintenance



- **Raymond McKenna**, Public Safety

RETIREES

- **Mary Lou Lyons**, Nursing
- **Margaret Perlingiero**, Admissions
- **Dean de la Motte**, Modern Languages
- **Margaret Svogun**, English, Communications, and Media
- **Carla Brownell**, Admissions

Congratulations

On reaching this remarkable milestone

- **Delaney Daly – MBA**
Development Officer, University Advancement
- **Shania Fenton – MS (earned 8/2025)**
Assistant Director for Programing, Student Engagement
- **Fiona Joyce – MS**
Financial Aid Counselor, Financial Aid
- **Colton Langdon – BA**
Network Administrator, Network Services
- **Hunter Nicolson – MS**
Advancement Associate, University Advancement
- **Maribel Ramirez – BA**
Public Safety Officer/EMT, Public Safety

Class of  **2026**

On behalf of the Office of Human Resources we would like to recognize the employees listed above who received degrees from Salve Regina University.

9th Annual edHEALTH Walking Challenge



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 and IncentFit to host its annual Walking Challenge. Partner with your colleagues to compete against other schools that are part of edHEALTH.

9th Annual edHEALTH Walking Challenge

Walk this way to a healthier you!

For additional information:

[CLICK HERE](#) 



a Point32Health company

To participate you must sign up for the challenge within first 10 days in order to have your steps count toward your team. Check out page two for details on how to register with IncentFit and/or join the challenge.

Walking Challenge Dates

Monday, June 1st through Sunday, July 5th

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 award opportunities.

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.



Faculty and Staff Wellness Event:

Massage Therapy

Tuesday, May 12

11am - 2pm in Ochre Court Library (Lunch not provided)



Research shows even just 10 minutes of massage can decrease your heart rate and blood pressure. Massages can also provide a number of other benefits, including better sleep, less stress and anxiety, reduced muscle tension, increased immunity, musculoskeletal pain relief, and increased range of motion. During your chair massage, you will sit in a special chair that supports your entire body. You will remain fully clothed as your massage therapist works on your shoulders, neck, arms, back, and hands.

Registration will be required in order to attend. If you are interested in a chair massage with one of the three therapists available, please register [HERE](#) or click the “register now” button above. If you register and can no longer attend, please remove your name so other employees may sign up. Water and tea will be provided to employees who register and attend. Please arrive a few minutes prior to your scheduled time slot to sign in as well as read and sign the consent form before meeting with the therapist. Any questions or concerns can be directed to Tasha.Bergeron@salve.edu or x2119.



Please join us for this upcoming Lunch and Learn workshop:

Lunch and Meditation at the Mercy Commons for Faculty and Staff

Tuesday, June 16

12 - 1pm in the Mercy Commons, Our Lady of Mercy Chapel



 worth: 200 pts.

Take a break from the rush of your day and treat yourself to a peaceful midday escape at the Mercy Commons. Pack your favorite lunch and join colleagues for a laid-back, welcoming gathering in a calm, inviting space. Afterward, ease into a soothing 20-minute guided meditation designed to help you unwind and recharge. It’s the perfect summertime reset—leave feeling refreshed, renewed, and ready to take on the rest of your day with clarity and calm.



WITHIN REACH WELL Podcast Corner



Hope Starts With Us: Your Story Has Power Nami CEO Dan Gillison featuring Samantha Vittengl

Sharing your mental health story takes strength, resilience, and courage – and it is so worth it. Every person’s mental health story has power: Power to create change, reduce stigma and discrimination, and build community. In this episode, NAMI CEO Dan Gillison joins Maybelline New York’s Samantha Vittengl as she shares how mental health has touched her life, how her family navigated the process of finding help, and how they learned they are not alone.

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](#)

- **May 6:** Taking Care of Yourself While Caring for Others
- **May 13:** The Spices of South Asian Cooking
- **May 20:** Beyond Milk: Nutrition for Bone and Joint Health
- **May 27:** SPF Decoded: What Really Protects Your Skin

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](#)!

Want to learn more about Salve's Medicare Resources? Visit the links below to learn more:

[Consultations and Workshops](#) [Take a Medicare Course](#)
[Medicare Resources & FAQ's](#)



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

[Minimizing Worry to Maximize Your Life](#)

Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. We all worry at times, but if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder, and depression. In this session, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

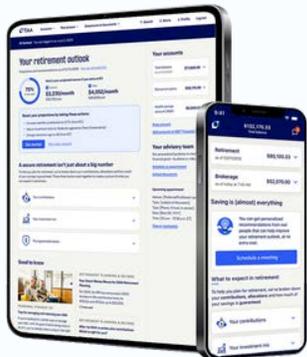


[Improve Your Mental Health Through Fitness](#)

When most people hear "fitness" they think of gyms, long workouts, or strict routines. But fitness is simply your body's ability to move, work and recover - and all three affect far more than just your physical health. They also play a powerful role in supporting your mental and emotional well-being. To learn more, click the linked title above.

Click [HERE](#) for additional Wellbeing Resources available through Gallagher.

TIAA Live Webinars and Online Features



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 can be logged as 200 points on the [Harvard Pilgrim Living Well portal](#).

Retirement planning just got easier... Your TIAA online account now features an easy-to-use dashboard, personalized guidance and powerful savings tools--plus a sleek new mobile app experience for planning on the go. Explore what's new by clicking [HERE](#).



Questions? Please contact Claudia Cavallaro at cavallac@salve.edu or ext. 2332

Learning and Development Corner



LinkedIn Learning

Unlock your potential with LinkedIn Learning — the ultimate platform for professional growth. Explore thousands of expert-led courses in business, technology, and creative skills, all designed to help you learn at your own pace. From building new skills to advancing your career, LinkedIn Learning gives you the tools, insights, and certifications to stay ahead in today's fast-changing world. Anytime, anywhere, your next opportunity to grow is just a click away.

Click [HERE](#) to explore over 175 credentials, enabling employees to earn professional certificates from top brands or prepare for external certifications and CEUs with available prep courses and assessments.

LinkedIn Learning also offers Office Hours with LinkedIn Learning Instructors, enabling employees to stay on top of trending topics with live discussions, interviews, and open Q&A's hosted by industry experts.

Click [HERE](#) to learn more.



LinkedIn Learning

continued...

Watch, learn, and grow - LinkedIn Learning's videos make mastering new tools and concepts easy and convenient. Below we have included a few of LinkedIn Learning most popular courses.

- [Sustainable Development and Well-being](#)
- [Setting a Vision: How to Gain Clarity on Your Goals](#)
- [One-Minute Habits for Better Memory](#)
- [The Psychology of Motivation](#)
- [Tips to Reset on an Overwhelming Day](#)
- [30 Practical AI Tips](#)
- [Critical Thinking for Better Judgement and Decision-Making](#)
- [Teamwork Foundations](#)
- [Coaching Skills for Leaders and Managers](#)
- [Problem-Solving Techniques](#)



United Educators™

UE's training programs are designed to support educational institutions in building safer, more compliant, and well-managed environments. Their online courses and professional development resources provide staff, faculty, and administrators with practical knowledge and skills in areas such as risk management, compliance, safety, and student well-being. By offering interactive, education-specific training, United Educators helps institutions meet regulatory requirements, prevent incidents, and empower employees to handle challenges effectively, all while fostering a culture of continuous learning and professional growth. **A list of trainings can be viewed [HERE](#).**

To access training content, [login to UE](#). Once logged into the platform, navigate to the "User Menu" at the top left hand side of the page. From there, select "Course Catalog" followed by "Higher Ed Courses".



THE CHRONICLE OF HIGHER EDUCATION

Connect with members of The Chronicle, national experts, and leading practitioners to explore the future of higher education by attending live or on-demand webinars offered by The Chronicle.

Live virtual and on-demand webinars including topics related to leadership, teaching and learning, AI and innovation, technology, data & security, student success, finance and operations and DEI can be accessed [HERE](#).

This month's agenda includes the following live-virtual webinars:

May 6: [How AI Can Improve Colleges Communication with Students](#)

May 12: [Accessible by Design: Disability and the Inclusive Campus](#)

May 14: [Affordable Training for Health Fields](#)

May 18: [Navigating College Mergers](#)

May 19: [Expanding Undergraduate Research Opportunities](#)

The Chronicle also offers workshops and training sessions. Click [HERE](#) to view upcoming workshops and professional development programs.



Questions? Please contact Tasha Bergeron at tasha.bergeron@salve.edu or ext. 2119

Staff Lunch with the President

President Kelli Armstrong invites Salve staff to an informal lunch gathering in the McKillop Library.

Wednesday, May 13, 2026
12 - 1pm

 **REGISTER NOW**

The President's Office will provide bag lunches for attendees.

Each gathering is limited to 11 staff members. We ask that staff attend no more than one lunch per academic year so that others can participate.



Questions regarding this event can be directed to:
Isabel Macomber
isabel.macomber@salve.edu



Need an LGBTQ+ Perspective?

Planning your Fall Curriculum? Need an LGBTQ+ perspective?



Email salvepride@salve.edu with any questions about trainings, ways to integrate a community perspective into your courses, or how to support your students. If you're looking to plan a training, email with a couple date options and topics you would like covered for your class, department, club, student workers, or other on-campus organizations.

~1 hour LGBTQ+ 101

These can be tailored in topic to fit your needs and build on topics already being covered in class or previous meetings.

~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.

BJ's Membership



SPECIAL OFFER
FOR
SALVE REGINA
UNIVERSITY
EMPLOYEES

Join today for only
\$15[¢]
(Reg. \$60)

BJ's Club membership for 1 year with BJ's Easy Renewal[®]
New members only.

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



Or join today: **NEW members:** use QR Code or link www.bjs.com/salvereginauniversity



BJ's Club membership with BJ's Easy Renewal



BJ's Club+ membership with BJ's Easy Renewal

New members BJ's Club+ membership: \$50[¢]
when you purchase a 1-year BJ's Club+ membership with BJ's Easy Renewal.

BJ's Club+ members receive 5¢ off/gal.² at BJ's Gas[®] every day and earn 2% back¹ in rewards on most BJ's purchases, plus two FREE same-day deliveries on eligible orders of \$50 or more during each annual membership period.³

Existing members:

Renew BJ's Club membership with BJ's Easy Renewal for \$50. To renew at this discounted offer, you must call the above toll-free number.

Renew BJ's Club+ membership with BJ's Easy Renewal for \$100. To renew at this discounted offer, you must call the above toll-free number.

BJ's Membership Sales Representative: **Renewing Members: Must Use Call Center** **Mon-Fri 9 AM-6 PM**

Email: **Debbie Lisonbee** dlisonbee@bjs.com Offer expires: **May 15, 2026**

I agree to BJ's membership terms, available in-club and on Bjs.com/terms, and agree to receive membership communications electronically.

Membership expires last day of month/year shown on your receipts and Bjs.com account. Membership renewed within 2 months of expiration extend 12 months from expiration date; otherwise extend 12 months from last day of renewal month.

¹BJ's Easy Renewal enrollment required; you authorize BJ's to charge any payment method on record, an annual recurring charge in the amount of the then-current membership fee for all memberships on your account, plus applicable tax, starting the first day of the month your membership expires ("Start Date"), without notice unless required by law. Visit your Bjs.com account, a member services desk, or call 800-BJS-CLUB to manage or cancel BJ's Easy Renewal, cancel before the Start Date to avoid being charged. Not combinable or redeemable for cash. Sales tax may apply. In order to renew at the Corporate Partnership Program discounted membership offer, you must renew via your BJ's Membership Sales Representative. **Expires: 05/15/26**

²BJ's Club+ members earn 2% back in rewards (up to \$500/membership year) on eligible net BJ's purchases in-club and online. Terms apply — see Bjs.com/terms.

³Terms apply — see Bjs.com/terms.

⁴Each annual membership period, BJ's Club+ primary members receive 2 same-day deliveries with no standard delivery fee on eligible net orders of \$50+ placed on Bjs.com or in the BJ's app. Same-day delivery is not available in all ZIP codes or for all orders and is not guaranteed. Residential addresses only. Terms apply; see Bjs.com/terms.

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Important Dates

May 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



- May 12 (Tuesday 11am - 2pm) **Faculty and Staff Massage Therapy**, Ochre Court, Library
- May 13 (Wednesday 12 - 1pm) **Staff Lunch with the President**, McKillop Library, Room 116
- May 14 (Thursday 3pm) **Graduate Commencement**, McAuley Hall, Lawn
- May 17 (Sunday 10am) **Undergraduate Commencement**, McAuley Hall, Lawn
- May 20 (Wednesday 11:30am) **Years of Service and Retiree Ceremony**, Ochre Court, Dining Room
- May 20 (Wednesday 12-2pm) **Community Gratitude BBQ**, Ochre Court, Lawn
- May 25 (Monday) **Memorial Day**, University Offices are closed
- May 27 (Wednesday 9am - 12pm) **New Employee Orientation**, O'Hare, Room 109
- June 1 - July 5 (Monday - Sunday) **Annual edHEALTH Walking Challenge**
- June 16 (Tuesday) **Lunch and Meditation for Faculty and Staff**, Our Lady of Mercy Chapel, Mercy Commons
- June 19 (Friday) **Juneteenth**, University Offices are closed