HR Updates, Initiatives and Related Resources

Health and Wellness Rewards Program: All employees that are enrolled in a Tufts medical plan, please remember to log your wellness activities by **Wednesday, December 15**. Please visit [pg. 3](#) for more details and instructions.

Virtual Benefits and Wellness Fair: Benefit webinar recordings and/or presentations are now available to you on the [Campus HR Benefits and Wellness page](#). Additional recordings of various wellness events/activities are also available. Recordings will remain accessible until December 15. As a reminder, participation in any of the Benefits & Wellness Fair activities and events can be counted as wellness credits through the [Tufts Portal](#).

Holiday schedule: President Kelli J. Armstrong has generously agreed to continue the tradition of designating additional days off for staff members. The following schedule will be in effect for the 2021 Christmas holiday—the University offices will close at noon Thursday, Dec. 23 and reopen Monday, Jan. 3, 2022. The [2022 Holiday Schedule](#) is available now and includes MLK Day and Juneteenth as official holidays!

Newport County YMCA: will now be offering a special membership discount to Salve Regina faculty and staff! Please see [pg. 4](#) for pricing and more.

Verizon Discount: Verizon is offering an exclusive employee discount so you can save even more! For instructions on how to register for the discount or to validate your employment with Salve, please visit [pg. 5](#).

Live Virtual Wellness Webinars: are available from Tufts, TIAA and Coastline EAP throughout the month of December, covering a variety of topics. For a list of upcoming webinars, visit the [Campus@Salve HR Page](#) or [pgs. 6—7](#).

Professional Development Opportunities: are currently available from Rhode Island Higher Education Training Consortium (RIHETC) and the Chronicle of Higher Education. To participate in these webinars, visit [pg. 12](#).

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**Happy Holidays**

The Office of Human Resources wishes you and your family a safe and happy holiday season.

- Nancy Escher, Claudia Cavallaro, Tasha Estrella,
- Stephanie Pfautsch and Caitlin McNulty

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[Home](#)
Welcome New Hires

Welcome To Salve Regina!

Timothy Dunn  
Interim Asst. Dean of Students/Title IX Coordinator, Office of Dean of Students

Kelsey Vale  
Safety and Security Officer/EMT, Office of Safety and Security

Natalie Wong  
Asst. Director of Financial Aid/Loan Coordinator, Office of Financial Aid

December Events

save the date

**Holiday Band Concert**  
Sunday, December 5  
3:00 pm  
Casino Theatre

**Christmas Tree Lighting and Luminaria**  
Wednesday, December 8  
5:30 pm  
McAuley Hall Walkway and Lawn

**Holiday Coral Concert**  
Saturday, December 11 at 7:30pm  
Sunday, December 12 at 3pm  
Ochre Court

**Salve Regina Community Town Hall**  
Tuesday, December 14  
3:00 pm—4:30 pm  
Bazarsky Lecture Hall, O’Hare Academic Building
Wellness—Health and Wellness Rewards Program

REMINDER: Employees enrolled in a Salve Regina University medical plan must complete and log four activities by December 15, 2021 in order to receive the reduced, employee “wellness healthcare contribution rate” in 2022.

1. Visit the Tufts website: http://mytuftshealthplan.com/
   - Login using your Tufts credentials or click “register here”. Ensure you are using your member ID on your card and include all numbers (01 or 02).
   - Once successfully logged into the portal, click on the “Start Living a Healthy Lifestyle” button located under the “Health & Wellness” section of the Tufts Portal.

2. From the top menu bar click “Rewards” followed by “Credits”.

3. Various credit options will be available on this page for you to complete. You can complete by clicking on the “get started” or “learn more” buttons alongside the option.

Wellness—Tufts Fitness Challenge

October—December Fitness Tracker Challenge

Physical activity is an essential part of a healthy lifestyle. You may earn credits for doing consistent physical activity such as walking, running, aerobics, swimming, etc. You can earn credits for accumulating steps to reach the goal during the quarter.

Please follow the below steps to enroll in the Fitness Tracker Challenge:

1. Login to your Tufts wellness portal: http://mytuftshealthplan.com/
2. Under “Health and Wellness” select “Start Living a Healthy Lifestyle”
3. Under the “Rewards” drop-down select “Credits”
4. A series of wellness activities will be available, under “Join a challenge” select “get started” followed by “get started”
5. You will see “available, completed, missed and upcoming” hyperlinks, select “available” and enroll in the “Fitness Tracker Challenge”
NEWPORT COUNTY YMCA

SALVE REGINA
DISCOUNT

The Newport County YMCA will now be offering a special membership discount to Salve Regina staff and faculty.

*Must present ID at the time of registration in order to receive this discount. Registration must be completed in-person.
*Joiner fees may apply to new Adult, Family, and Single Parent Family memberships.

Salve Staff and Faculty will receive $10 off of their monthly membership dues; students pay only $20/month!

Click HERE for Membership Pricing!

NEWPORT COUNTY YMCA
792 VALLEY ROAD
MIDDLETOWN, RI 02842
(401) 847-9200
Verizon’s Exclusive Employee Offer

Salve Regina University employees,
You can save big on the best network. To register for the employee discount or to validate your employment if you’re already enrolled in the program, please follow the instructions below.

Two ways to validate:

By email address:
2. Enter your mobile phone number or My Verizon User ID in the Existing Verizon Customer field.
3. Click Login and Validate by Email with your work email.

By paystub:
2. Enter your mobile phone number or My Verizon User ID in the Existing Verizon Customer field.
3. Click Login and Validate by Paystub and follow the instructions to upload your paystub.

Check the status of your validation at verizonwireless-employmentvalidation.com.
Have questions? Contact your Verizon Wireless Business Specialist.

Get a discount of 23%.
Discount applies to most voice and data plans with a monthly account access fee of $34.99 or higher. Monthly line access fees are not eligible for discounts. Features $24.99 or higher may be eligible for discounts. Does not apply to unlimited plans. See plan details for more information.

Not a Verizon Customer yet?
Go to verizonwireless.com/discounts and under “Not yet a Verizon customer?” enter and confirm your work email address. We’ll send you an email so you can start shopping.

Once approved, the qualifying discount will appear within 1 to 2 billing cycles. Please note that periodically we will ask you to validate your current employment or affiliation status. Our Surcharge (incl. Fed. Univ. Swc. of 18.8% of interstate & int’l telecom charges (varies quarterly), 21c Regulatory & $1.23 Administrative/line/no., & others by area) are not taxes (details: 1-888-684-1888); govt. taxes & our surcharges could add 7% – 46% to your bill. Activation/upgrade fee/line: Up to $40. IMPORTANT CONSUMER INFORMATION: Subject to VZW Agmts. Calling Plan & credit approval. Up to $550 early termination fee; data average is $15/gb. Coverage, varying by svc, not available everywhere; see row.com. Max 10 lines.

© 2019 Verizon.
Wellness—Tuft’s Free Webinar Series

Tufts Health Plan’s free webinar series is back and better than ever! This series has been expanded to offer several programs each week, including regular sessions of guided mindfulness, Zumba®, yoga, and rotating health and wellness topics. As always, these sessions are free and available to everyone, not just Tufts Health Plan members. Please visit their updated webpage for more details, links to live sessions, and recordings of previous webinars.

**Rotating Health & Wellness Topics:**

These classes take a holistic look at health to help you stay physically and mentally resilient.

**Wednesdays | 1:00—1:30pm**

Join via Zoom

**December 1—The Art of Letting Go**
The art of letting go, finding a path to move past obstacles, and things that hold us back. This session will look at ways to let go, move on, drop the physical, emotional and mental baggage freeing space to make positive shifts in our lives.

**December 8—Finding Peace Within**
Finding balance and inner peace, living and enjoying life on a deeper level. This session will look at self-acceptance and love-being truly kind to yourself-finding that centeredness and peace within. We will review active ways to connect with yourself, starting the journey to peace.

**December 15—Holiday Healthy Eating**
It's no secret that holiday living doesn't always go hand-in-hand with healthy eating. We will provide you tips that will make it easier for you stay mentally and physically healthy throughout the holiday season.

**Thursdays | 1:00—1:30pm**

Join via Zoom

**December 2, 9 and 16—Stretch for Your Health**
Stretching regularly helps maintain range of motion and keeps your body flexible and strong allowing you to maintain pain free range of motion for all of your daily activities. Learn stretches that you can do throughout the day as well as before and after exercise to optimize your flexibility and mobility.

Click here for a full list of classes and webinars available now through December 16.

For future and past sessions, visit https://tuftshealthplan.com/livingwellathome
Coastline EAP Live and On-Demand Webinars

A library of on-demand webinars are available through the Coastline EAP website.

Looking for ways to cope with anxiety and stress? Join Coastline EAP For Meditation Classes

Slow Breathing to Ease Holiday Stress
Wednesday, December 1 from 12—12:30pm

Stretch and Breathe
Wednesday, December 8 from 12—12:30pm
Wednesday, December 22 from 12—12:30pm

Creating a Sustainable Self-Care Practice to Manage Holiday Stress
Monday, December 13 from 12—12:30pm

Meditation to Ease Holiday Stress
Wednesday, December 15 from 12—12:30pm

Resonant Breathing for Inner Balance
Wednesday, December 29 from 12—12:30pm

To join webinars, click on the hyperlinks above or visit the Coastline EAP website. The home page will display a welcome message followed by a "Live Meditation Registration" link.

December Featured Webinar (On-Demand)

How to Have Difficult & Sensitive Conversations
Presented by: Eva Churchill
There's a belief that it's possible to talk to anyone about anything as long as the tone and timing are right. This seminar will discuss how to be strategic in our most sensitive conversations. We’ll work to better understand and articulate our own motivations. And we’ll endeavor to increase our empathy and awareness towards others. Whether it's asking your boss for a raise or telling your mother you're not coming home for the holidays, you can improve your confidence, clarity and kindness.

TIAA Live Webinars

John Cislo, our TIAA representative, will be available for virtual counseling appointments on December 20. To schedule an appointment, please click here.

All Salve employees are invited to attend the following lunchtime webinars (12-1pm) 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. Note: TIAA webinars and virtual 1-on-1 meetings can be logged as a credit on the Tufts portal.

December 7 Planning for College? Save with a 529 Plan
December 8 Estate Planning Basics
December 9 Halfway There: A Retirement Checkpoint

To reserve your space click HERE.
Coastline EAP—Embracing the Holiday Season

Embracing the Holiday Season
5 Tips to Experience Less Stress and More JOY

1. Manage Expectations
   Your own and others’. Be reasonable about what you can or cannot do. Whether it’s gift shopping, gift giving, or the navigating the maze of parties, appointments, and trips, we all get out of our routines during the holidays. Routines help to ground us in reality and help us to know what’s coming next. Try to keep some things the same as usual for yourself and those around you. Sticking with bedtimes, mealtimes, trips to the gym, checking in with your faith community, as you would any other time of year, will lessen the stress when something disrupts your normal schedule.

2. Be Flexible
   You know that “the best laid plans” can go off the tracks during the busiest times; the refrigerator stops working, your car loses a tailpipe, the kids bring home COVID from school. Even during a less busy time of year stuff happens and we need to be willing to switch up our plans. Here are a few ways to be flexible:
   1. Talk with your family and friends about “what to do if...” There will be some great ideas so you can...
   2. Create a Plan B. The goal is to spend time with family and friends, to enjoy being together when you can, thus making Christmas in January.
   3. Worry less about the details and more about what you want the outcome to be. Being together may not mean “in-person” so try new and different ways to connect with folks.

3. Recognize When You’re Under Stress
   Most of the time we know what causes us stress, and sometimes we don’t, until it’s too late. When we are consistently under stress it gets tough to notice what’s normal and what’s not. If you’re experiencing some of these things, talk to someone about how you are feeling before it becomes a crisis.
   a) Changes in appetite, energy, and activity levels
   b) Difficulty concentrating and making decisions
   c) Difficulty sleeping or nightmares
   d) Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
   e) Worsening of chronic health problems

4. Create and Stick to a Budget
   Decide ahead of time how much you want to spend on holiday gifts. Then take a look at what’s realistic, it may be different from what you “want” because you don’t have the resources you hoped.
   Make a list, check it twice. Limit impulse buying by finding the best prices either online or looking through store flyers—before you hit the malls to shop.
   Consider preloading a debit card with only the amount of money you budgeted. Bring only this card with you when you go shopping. Once its gone, you’re done shopping!

5. Give
   Time, talent, or treasure, these are the things we have to give. During the holiday season is the time when most people think about volunteering a couple of hours at a local charity, or collecting canned goods for a food drive, or baking for your church’s annual holiday bake sale.
   According to the Cleveland Clinic, giving is good for your health. When we are doing something for others’ mood-mediating and compassion chemicals are released in our brain and bodies. We just plain feel GOODDD! Of course, when we give, there is an immediate impact on the person or group we’re helping. The ripple effect giving creates though, can be felt for a lifetime.

Bonus Tip
You can follow all of these tips, and more, and still discover that you are effected by the stressors of the holiday season. Coastline EAP is here to help. Perhaps you only need to strategize approaches to what you’re struggling with or you want more intense support. No matter the concern, Coastline EAP is here for you, both now and throughout the year.

All of us at Coastline EAP, your Employee Assistance Program, wish you peace and health throughout the holiday season and into the New Year.

We are here 24 hours a day, 7 days a week.
1-800-445-1195  401-732-9444  www.coastlineeap.com
Wellness—Coastline EAP News

How to Be Energized by Stress

Better diet, journaling, sleep, meditation, exercise—they’re ways of managing stress. But have you considered altering your mindset as a stress management tactic? Begin with this question: “How much anxiety will I accept in this stressful situation?” Surprisingly, this question prompts awareness, and it decreases the likelihood you will respond to a stressor in an unhealthy way. Rather than panicking, fleeing, or avoiding the stress, you challenge it. You make it a launching pad for higher productivity. The goal: overcome rather than succumb to it. Successful stress management is when you actively are directing a desired outcome. You make stress work for you rather than on you. No stress management tactic works in every situation, but this one demonstrates that mindset matters, and you can direct stress away from taking its toll on your health.

Thinking about Alcoholism Treatment

Many people considering alcoholism treatment are stopped by fear. This includes the prospect of giving up drinking entirely and the mystery of treatment itself—what it might entail. Today, treatment closely follows a chronic disease model. This is dominated by education, supported by overwhelming research on the biogenic nature and inheritability of risk for the disease and fewer psychological processes. Education dispels myths while motivating the patient to not just want but also to be excited about abstinence. Most patients wonder why they did not do it sooner.

Delta-8 THC (Just Don’t Use It)

Delta-8 THC—derived from cannabis—has been in the news lately. It is also an intoxicant, but sellers bill it as “pot-lite.” It’s not less harmful. Between December 2020 and July 2021, the Food and Drug Administration (FDA) reported adverse effects in 22 consumers who required emergency room or hospital intervention for side effects including hallucinations, loss of consciousness and vomiting. Note that the FDA has not approved any psychoactive form of pot for any medical condition. Federal regulations prohibit employees from using THC if they have regulated, safety-sensitive positions, and over 150 research studies (and there are many more) have demonstrated the harm and risk of cannabis use.

See the list: www.independentsentinel.com [search bar: “150 scientific studies”]
Source: www.FDA.gov [search "delta-8"]
Wellness—Coastline EAP News

Support for Military Families

Military families face many stressors, especially when separated by deployment. For years, surveys have sought to identify these stressors and rank them, with the goal of improving support programs. Military spouse unemployment, especially in 2020, was the top stressor, but a multitude of stressors associated with family life consistently dominate the list. These include isolation, limited social support, and the stress of separation. What makes military family stress important is its link to sustaining military readiness. The ability to focus on one’s job while deployed is lessened and risk on a mission is increased when the family back home is in crisis. Everyone has a stake in family wellness. You can play a supportive role. Do you know of a military family separated by the miles? Many spouses and partners suffer in silence. This may be compounded by elder care/caregiver responsibilities. Reaching out, discovering needs, pitching in, and being a good neighbor can make a huge impact. There are hundreds of volunteer organizations that serve military families—from direct aid to distribution of toys to children. You can find most at charitynavigator.org, where you can identify ways to participate and examine organizations, including their financial profiles, mission, impact, and transparency.

Source: www.bluestarfam.org/#findings

Making Seasonal Family Gatherings More Joyous

Family holiday gatherings and celebrations may be more popular this year. Indeed, many people seek to make up for time lost because of their inability to make close and personal visits because of the pandemic. Relatives often stress each other out at such gatherings, and volumes have been written that offer advice on coping with annoying spats. Practically speaking, helpful intervention suggestions boil down to a few key ideas. Consider the following if conflict is on the horizon this season.
1) Preempting: Before a visit, ask that certain subjects (like politics or “Are you dating someone yet?”) remain off-limits.
2) Stay cool: Triggers happen, but with a bit of practice, you’ll avoid reacting to them. Practice role-plays with a friend that test your triggers and build resilience to difficult topics you wish to avoid.
3) Assertiveness 101: Be direct and respectful but clear about your wants and needs. “Rise above” your trigger with a well-practiced request: “Aunt Sally, I’d like to talk about something else. Let’s discuss . . .”

Recapture Your Energy after Work

Consider dozens of ways to recapture your energy if you’re frustrated by being too tired after coming home from work. A quick search will locate many energizing strategies, but experiment with a combination of the following, which are frequently mentioned in workplace wellness articles: 1) Drink a glass of water and exercise for ten minutes or more. 2) Try a healthy, low-glycemic snack. 3) Take a short 20-minute power nap (set a timer so you don’t nap longer). 4) Meet up or exercise with positive people (they’ll energize you). 5) Meditate—no, it won’t put you to sleep. Engage in rejuvenation activities immediately upon arrival at home. See a doctor if you feel chronically tired and fatigued or get a consult if you struggle with getting proper sleep.

Helping Someone Seek Help for a Mental Illness

According to the U.S. Centers for Disease Control and Prevention (CDC), the most common untreated mental illness affecting those in the workplace is depression. Depression can make it difficult for a person to finish tasks, and it can interfere with their ability to process information and think clearly on the job. Only 57% of employees who are diagnosed with moderate depression receive treatment, and only 40% of employees reporting severe depression get help, says the CDC. This makes it likely that you will interact with a worker who suffers from untreated depressive illness. You can’t make a diagnosis, but you can encourage a coworker to visit the EAP or a community-based mental health provider when you hear statements of hopelessness or feeling trapped or you witness isolating behaviors and withdrawal from social connection with others at work.

Source: www.cdc.gov [search “workplace mental health”]
**Staff and Faculty Positions Available**

We are hiring!

The Office of Human Resources is seeking qualified applicants for the following open positions:

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<th>Staff Positions</th>
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<td>• Assistant Baseball Coach</td>
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<td>• Assistant Director of International Student Services and Exchange Partner Programs</td>
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<td>• Athletic Trainer</td>
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<td>• Digital Fundraising Officer</td>
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<td>• Health Education and Prevention Coordinator</td>
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<td>• Post-Baccalaureate Researcher</td>
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<td>• Technical Support Specialist</td>
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<td>• Assistant Coach, Men's Basketball</td>
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<td>• Assistant Softball Coach</td>
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<td>• Business Analyst/Project Manager</td>
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<td>• Director of Advancement Communications and Stewardship</td>
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<td>• LGBTQ+ Resource and Student Engagement Coordinator</td>
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<td>• Safety and Security Officer/EMT</td>
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<td>• Assistant Director for Orientation and Transition Programs</td>
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<td>• Associate Director and Fellow</td>
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<td>• Clinical Counselor</td>
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<td>• Electrician Apprentice</td>
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<td>• Office Administrator</td>
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<td>• Teaching Post Doctor Lab Associate</td>
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<th>Faculty Positions</th>
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<td>• Adjunct, Biology/Environmental Studies</td>
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<td>• Adjunct, Business-Sports Management</td>
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<td>• Adjunct, Secondary Education History Practicum</td>
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<td>• Assistant Professor, Business &amp; Economics/Business Analytics</td>
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<td>• Assistant Professor (Tenure Track), Psychology in Org. Behavior or Bio, Health</td>
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<td>• Adjunct, Business-Economics</td>
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<td>• Adjunct, University Writing Seminar</td>
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<td>• Assistant Professor, Elementary/ Special Education</td>
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<td>• Assistant Professor, Political Science and International Relations</td>
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<td>• Assistant Professor, Biology</td>
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<td>• Assistant Professor (Tenure Track), Sociology of Race and Ethnic Relations</td>
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<td>• Assistant Professor (Tenure Track), Psychology in Org. Behavior or Bio, Health</td>
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For more information, please visit the [Salve.edu employment page](http://Salve.edu) or contact Stephanie Pfautsch, Employment Specialist at: [stephanie.pfautsch@salve.edu](mailto:stephanie.pfautsch@salve.edu) or extension 3201.

[Home](#)
Professional Development Opportunities

Salve is a member of the RI Higher Ed. Training Consortium (RIHETC), which enables you and members of your team to access high quality learning opportunities. RIHETC has released their Fall 2021 virtual workshop schedule. Space is limited, we encourage employees to enroll in workshops as soon as possible. Participation in these workshops is free to Salve employees.

Intent vs. Impact: Why Your Intentions Don’t Really Matter
Thursday, December 9 from 9—11 AM
Program fee: $25.00
Register Here
During this session, we will clearly define the difference between impact and intent.

Upcoming Live and On-Demand Virtual Professional Development Events
Provided by: The Chronicle of Higher Education

The Mental-Health Crisis on Campus
Wednesday, December 8 at 2pm
Register Here
The CDC reports that suicide is the second-leading cause of death among American college students. How can colleges respond to the growing need for mental-health support on campuses? Our panel of experts will examine this critical issue in a virtual forum.

What Does the Class of 2025 Expect From Colleges?
Thursday, December 9 at 2 pm
Register Here
The pandemic has increased the level of communication, transparency, and wraparound services offered by colleges. But what do students expect now, and are those changes viable in the long term? A panel of experts discusses whether the bar has been permanently raised — and how colleges can respond.

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

| Leadership | Faculty Resilience | Financial Challenges | Diversity and Inclusion |
Mission Integration Corner—Dr. Martin Luther King Week

Dr. Martin Luther King Week
January 17-21, 2022

Immerse yourself in the life & legacy of Rev. Dr. Martin Luther King, Jr.

More information coming soon:
Salve.edu/MLK-Week
Antiracism Accountability Group

Salve Regina’s antiracism accountability group promotes a space of personal and collective accountability towards antiracism and seeks to establish a supportive and welcoming environment in which all faculty and staff can achieve their fullest potential.

Sponsored by the Presidential Commission for Equity and Inclusion, the Office of Multicultural Education & Retention, The Mercy Center for Spiritual Life and Academic Affairs

Contact MaryAnne Davey for more information:
maryanne.davey@salve.edu

Register by December 17th at the QR Code Below
Annual Christmas Tree Lighting and Luminaria

Wednesday
December 8, 2021
McAuley Hall Walkway and Lawn
5:30 p.m.
Annual Luminaria—Make a Gift and Share a Tribute

Salve Regina’s 2nd Annual Luminaria

On Dec. 8, 2021, Salve Regina’s campus will be illuminated by 1,000 luminarias, to welcome the holiday season. Be a part of this beautiful display of lights by making a gift and sharing a tribute in honor or memory of someone special to you.

Create Your Tribute

Support our students through payroll deduction. To set up your gift, use this form. Thank you for considering your support by December 31, 2021.

Jackets Needed

JACKETS NEEDED

Newport Housing Hotline is looking for Children's jackets and Men's jackets this winter season. All sizes are welcomed!

Donations can be dropped off to Gerety 201

Feinstein Enriching America Program
Center for Community Engagement and Service
Gerety 201 • (401) 341-2440 • Community.Services@Salve.edu
Facebook.com/SalveCommunityService • Instagram: SalveService • Twitter: @SalveService
Angel Tree Gift Drive

ANGEL TREE DRIVE 2021

This holiday season, Salve Regina University's Center for Community Engagement and Service will coordinate the annual Angel Tree Gift Drive.

HOW TO DONATE:
Online with our QR code and the elves will shop for you
Take a tag off the trees and deliver it to the Center
Ship a gift directly to the Center

This year, our drive will support: Child and Family Services; MLK Center, Conexión Latina Newport, Rogers Closet, Potter League for Animals, Newport YMCA After School Program, Tashirat Orphanage in Morelos, Mexico, Newport Housing Hotline, Newport Community School, Mustard Seed Communities and the Salvation Army in Newport.

EACH TAG HAS A VARIETY OF WAYS TO DONATE GIFTS IN PERSON OR VIRTUALLY!
SCAN THE QR CODE BELOW TO DONATE VIRTUALLY!

ALL GIFTS ARE DUE BEFORE NOON ON MONDAY, DECEMBER 20 TO GERETY 201

Sponsored by: Feinstein Enriching America Center for Community Engagement and Service Gerety 201 Community.Services@salve.edu Phone: 401-341-2440 Facebook.com/SalveCommunityService Instagram: @SalveService
25 Days of Commemorative Gifts

CHECK THE @SALVEALUMNI INSTAGRAM STORY FOR THE DEAL OF THE DAY

SHOP ON WWW.SALVE.EDU/COMMEMORATIVE-GIFTS

Crafternoon in the Library

Crafternoon in the McKillop Library Makerspace 3D Snowflakes

Tuesday, December 14
3-5 p.m., 2nd floor Makerspace
Thanksgiving Food Drive—Thank You!

Thank you to everyone who donated to the Thanksgiving Food Drive!

As a community, 2,587 non-perishable items and $690 in Stop and Shop Gift Cards were collected!

Feinstein Enriching America Program
Center for Community Engagement and Service
Gerety 201 • (401) 341-2440 • Community.Services@Salve.edu
Facebook.com/SalveCommunityService • Instagram: SalveService
Important Dates

- **December 1 (Wednesday 9—11am)** RIHETC: Work Life Harmony: A Critical Component to Thrive in the Workplace, **live virtual webinar**
- **December 5 (Sunday 3pm)** Holiday Band Concert, **Casino Theatre**
- **December 8 (Wednesday 5:30pm)** Christmas Tree Lighting and Luminaria, **McAuley Hall Walkway and Lawn**
- **December 9 (Thursday 9—11am)** RIHETC: Intent vs. Impact: Why Your Intentions Don’t Really Matter, **live virtual webinar**
- **December 11 (Saturday 7:30pm)** Holiday Choral Concert, **Ochre Court**
- **December 12 (Sunday 3pm)** Holiday Choral Concert, **Ochre Court**
- **December 14 (Tuesday 3—4:30pm)** Salve Regina Community Town Hall, **Bazarsky Lecture Hall—O’Hare Academic Building**
- **December 15 (Wednesday)** Deadline to log Wellness Activities
- **December 20 (Monday)** TIAA Financial Advisor, John Cislo Available Virtually for Counseling Appointments
- **December 23 (Thursday 12pm)** University offices close at noon
- **December 24—January 2 (Friday)** University closed for Christmas break
- **January 3 (Monday)** University offices reopen
- **January 10 (Monday)** Spring classes begin
- **January 17 (Monday)** Martin Luther King Day
- **February 21 (Monday)** President’s Day