Calendar of Events

5/17 Commencement
5/25 Memorial Day Holiday
6/5 June Open ‘Gate published

Retirement Individual Counseling Sessions

TIAA-CREF

5/13 107 Conference Room, Lathrop Hall
6/9 432 Alumni Hall
6/25 Seminar Room, ALANA Cultural Center

TIAA-CREF appointments can be scheduled online at www.tiaa-cref.org/events or by calling 1-800-732-8353.

Fidelity

5/27 Seminar Room, ALANA Cultural Center
5/28 415 Case-Geyer
6/22 Seminar Room, ALANA Cultural Center
6/23 335 Case-Geyer

Fidelity appointments can be scheduled online at www.fidelity.com/atwork/reservations or by calling 1-800-642-7131.

CU Well

Wellness Programming

Join the 2015 Wellness Initiative and earn $250! Click here to learn more.

Wellness Resources:
Visit www.myviverae.com for:
Member Health Assessment
Health Coaching
Nutritional Information
Wellness Information
Excellus April Newsletter

On April 24, administrative assistants and members of the support staff gathered at the Edge Café for the annual breakfast celebration in honor of Administrative Professionals’ Week. President Herbst addressed the group acknowledging the meaningful work performed by the support staff and how this positively contributes to the future success of Colgate.

Please submit items and articles of interest to HumRes@Colgate.edu.
Maroon Citations

Congratulations to Deborah Barnes, recently retired assistant to the vice president & senior advisor, secretary to the board of trustees - office of the president; Lauren Galliker ’90, senior regional advancement director – Manhattan; and Christine LaFave, laboratory instructor in biology. They have been selected by the Alumni Council to receive Maroon Citations this year. This special award is given in grateful recognition for significant and invaluable personal contributions to Colgate University and our alumni. They will be honored at the Awards Ceremony during Reunion Weekend on Friday, May 29 at 8:00 p.m. in the Chapel.

Distinguished Teaching Award

Each year the Alumni Council recognizes, on behalf of all Colgate alumni, outstanding teachers at the university. They will also be honored during Reunion Weekend. We are pleased to announce this year’s recipients: Frank Frey, associate professor of biology and environmental studies; and Lesleigh Cushing, Murray W. and Mildred K. Finard associate professor in Jewish studies, and associate professor of religion; director of Jewish studies.

Reunion Weekend

We will welcome over 2,000 alumni and friends to campus for Reunion ’15, May 28 - 31. This event places extensive demands on the Colgate community and we are grateful for the support we receive from so many of you. Thank you

Changes to Locker and Laundry Service for Huntington Gymnasium effective July 1, 2015

Option One: locker only - $25 for one year (from date purchased)
- Locker only service will include a space in one of the locker rooms located in Huntington Gymnasium. This service will include a combination lock provided at time of purchase.

Option Two: locker and laundry service - $50 for one year (from date purchased)
- Locker & Laundry Service will include a space in one of the locker rooms located in Huntington Gymnasium and combination lock. In addition, this service will include use of one full size towel per day and a laundry bag or loop. These bags/loops are enough to fit one workout outfit in to be washed in the Huntington Equipment Cage. Patrons can expect laundry to be washed and dried within 24-hours of drop-off.

Purchasing a locker or locker and laundry service can be done in two ways:
- Option One: in person at the Huntington Gymnasium Equipment Cage - payment options include cash, check or credit card.
- Option Two: Purchase online with credit card using the link below.

Colgate Recreation Locker/Laundry
High Blood Pressure Awareness Month
(The authors and information quoted all appeared in the NWI webinar: “The future of stress management in the workplace”).

In April, as part of Stress Awareness Month, we explored information from the webinar- “The future of stress management in the workplace,” presented by James Porter of StressStop.com. In that article we looked at assigned causes of workplace stress. Now, in part 2 of this article for High Blood Pressure Awareness Month, we explore options for employees and organization to impact stress.

The webinar asserted that a significant amount of workplace stress comes from low levels of support and drew on Karacek’s (1979) Demand-Control model. The model argues that healthy workplaces exist where employees are challenged by high demands and high control, and have strong support. Stressful environments exist where there is high demand, low levels of control, and weak support from supervisors.

Where the organizational environment is configured to provide more of the former, the webinar argues, there is increased productivity, job satisfaction, concentration and high customer service. Where the latter predominates there is high absenteeism, high health care costs, accidents, and high turnover.

To improve the overall quality of workplace wellness, it suggests that yearlong programs be run that engage employees in the management of stress. Programs need to be optimized to meet the employee at various “stages of change” in their self-care.

As a result, a new model of stress management is needed, it asserts, that relies heavily on worker centered skills development, Porter argues. He presents a Six Step Stress Prevention Model that can be applied across a longer training time frame.

The model includes skills development addressing:

- Understand where your stress is coming from
- Avoid unnecessary stress
- Appraise stress rationally
- Accept the stress you can’t avoid or change
- Activate your strategies to increase resiliency
- Attune by connecting with others

In short, the key to this overall model are strategies that effect cognitive reappraisal, mindfulness, distancing, and engagement. Since we are often unable to change our stressors, we must find ways to impact our reaction to stress by utilizing tools that act as “firewalls” to a stressful environment. When viewed in this way, the model above transforms into key skills that impact stress at each of the six steps: raising awareness, problem-solving, cognitive restructuring, mindfulness, resilience and social support.

Finally, where organizational change management is possible, solutions include teaching stress management and creating opportunities for support.

For more information please see this helpful website or email tmantaro@colgate.edu.

Workplace Wellness Information-Click on the following to learn more!

Ignore The Pain? Innovative Pain Management Ideas
Two people fall and suffer seemingly similar injuries. Six months later, one has completely recovered but the other still has debilitating pain. How can different people seem to experience pain so differently?

Preventing Type 2 Diabetes: Steps Towards A Healthier Life
People with diabetes have a problem with blood sugar. Their blood sugar, or blood glucose, can climb too high. Having high levels of sugar in your blood can cause a lot of trouble.

History For Your Health: Collecting Family History To Prevent Disease
Many people collect their family history for a hobby. Did you know it might help save your life too? Your doctor can use your family’s health history to help figure out your risk of developing cancer, heart disease, asthma, diabetes, depression, and many other diseases and conditions.
Congratulations to Lisa Wynn, LASR and stacks management supervisor in the library, who won a $25 gift certificate to Donovan’s Pub for completing the recent Staff Affairs Survey. The prize was presented by Jason Kammerdiner, staff affairs committee member and lead information and digital architect.
Attention Boilermaker Runners!

Are you interested in joining a Colgate University employee team to compete in the 2015 Boilermaker 15k Corporate Cup? Every July, over 14,000 runners participate in the Utica Boilermaker 15k run. Some of those runners are representing their workplace by participating in the Corporate Cup. New this year, Colgate University would like to field a co-ed running team to show our Colgate pride at the Boilermaker 15k.

Participation is simple. If you are a Colgate employee or retiree (part-time employees must work 20 hours per week) and are already registered for the Boilermaker 15k (sorry, there is no Corporate Cup for 5k runners) and want to be part of Colgate’s team, just submit your name and email address to Drew Porter (aporter@colgate.edu). There is no obligation to run as a group on race day as many runners may already be planning to run with a friend or family member. And, there are no additional fees! Team registration deadline is June 26.

Leading up to the race, we plan to create an email group to share tips on training, arrange car pools to the packet pickup or to the event itself, perhaps even some group runs. The team will have the two fastest male times and two fastest female times plus the next fastest time count toward the standings. We are looking for maximum participation so there is no need to worry about how fast or slow you run.

This is a great way to represent Colgate University in the community and make new friends as well. Join us at one of the most fun and challenging events of the summer!
**New Hires**

Juliano Pagliero accepted the position of assistant men’s ice hockey coach effective April 20. He was previously an assistant coach at College of the Holy Cross and is a graduate of Niagara University.

---

**Transfers/Promotions**

Dana Yerton accepted the position of groundskeeper effective May 11.

Matthew McEligot accepted the position of custodian effective May 4.

---

**May Anniversaries**

30 Years
Dave Turner, information technology services
Gary Bunting, facilities
Delphine Foster, facilities

25 Years
Pauline Schambach, facilities

15 Years
Clayton Eaves, facilities
Sharon Hitchcock, institutional advancement

10 Years
Domenic Bertoni, facilities
June Owen, facilities

5 Years
Jenna Webb, alumni relations

---

**New Arrivals**

Priscilla Van Wynsberghe, assistant professor of biology, and spouse, Adam, welcomed daughter Kaitlyn Marie on April 12. She was 7lbs, 2oz and 20” long.


---

**Retirements**

Bruce Burdick, stock clerk, retires May 1.
Sharon Hitchcock, research assistant, retires May 1.

Thank You and Best Wishes!

---

**Sell and Swap**

For Sale: Reverie 5D adjustable foundation for queen size mattress.
For details see: [http://www.reverie.com/reverie-5d](http://www.reverie.com/reverie-5d)
Purchased in December 2014 - used only a few times.
Asking $600.
Please call 737-8052.

---

**In Memoriam**

Robert Alton, retiree, passed away April 18.
Almond Warren, retiree, passed away December 8, 2014.

---

TIAA-CREF is introducing monthly webinars through its interactive site called the Virtual Environment: [www.tiaa-cref.org/ve](http://www.tiaa-cref.org/ve). This innovative resource offers users 24/7 access to a wide range of articles, on-demand seminars, and live monthly seminars on a variety of essential financial topics.

Live webinars to boost financial know-how!

The live events will give participants real world financial tips, tactics and techniques to help start, build, and maintain your retirement savings. Space at these webinars is on a first-come, first-served basis. Employees can reserve their place at any of the webinars by visiting [www.tiaa-cref.org/ve](http://www.tiaa-cref.org/ve).

TIAA-CREF will offer new webinars throughout the year including topics like navigating women’s unique financial challenges, how to manage income in retirement, etc., so visit the virtual environment today to sign up.