### CALENDAR OF EVENTS

#### RETIREMENT INDIVIDUAL COUNSELING SESSIONS

**TIAA-CREF**

TIAA-CREF appointments can be scheduled online at [www.tiaa-cref.org/events](http://www.tiaa-cref.org/events) or by calling 1-800-732-8353.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Oct 19</td>
<td>535 Case-Geyer</td>
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<tr>
<td>Nov 17</td>
<td>Seminar Room, Alana</td>
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<tr>
<td>Nov 18</td>
<td>107 Lathrop Hall</td>
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<tr>
<td>Dec 15</td>
<td>535 Case-Geyer</td>
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**FIDELITY**

Fidelity appointments can be scheduled online at [www.fidelity.com/atwork/reservations](http://www.fidelity.com/atwork/reservations) or by calling 1-800-642-7131.

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<tr>
<td>Oct 12</td>
<td>107 Lathrop Hall</td>
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<tr>
<td>Oct 13</td>
<td>Seminar Room, Alana</td>
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<tr>
<td>Nov 9</td>
<td>535 Case-Geyer</td>
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#### OPEN ENROLLMENT | NOV 9-20

**CU WELLNESS PROGRAMMING**

Join the 2015 wellness initiative and earn $250! [Click here](#) to learn more.

Remember to login your points before November 30.

#### WELLNESS RESOURCES:

- Visit [www.myviverae.com](http://www.myviverae.com) for:
  - Member Health Assessment
  - Health Coaching
  - Nutritional Information
  - Wellness Information

Please submit items and articles of interest to:

- [humres@colgate.edu](mailto:humres@colgate.edu)

Submission deadline is October 30.
ANGERT FAMILY CLIMBING WALL
3RD FLOOR—HUNTINGTON GYM
MORE INFO

BONNEY HILL TRAP SHOOTING RANGE
OPEN SUNDAY
EQUIPMENT RENTAL AVAILABLE
MORE INFO

SENIOR BOWLING
BEGIN OCTOBER 6
OPEN TO ALL ADULT MEMBERS OF THE COMMUNITY
TUES & FRI 9:30am-NOON
FOR MORE INFO CALL 228-7613

CU WELL FOCUS ON FITNESS CLASSES
FALL 2015
YOGA, BOOTCAMP, SPINNING, ZUMBA, DEEP WATER AEROBICS, AND MORE
SIGN UP FOR CLASSES

HARRY LANG CROSS COUNTRY & FITNESS TRAILS
AT THE VERY TOP OF THE CAMPUS HILL ARE MILES OF PROFESSIONALLY MAINTAINED TRAILS IDEAL FOR CROSS-COUNTRY RUNNING, HIKING, AND GENERALLY IMMERSE YOURSELF IN SCENIC VISTAS AND COLGATE’S BEAUTIFUL SETTING.
DOWNLOAD TRAIL MAP

TRUDY FITNESS CENTER
FALL SEMESTER HOURS
MON-THURS - 6 AM-10 PM
FRI - 6 AM-9 PM
SAT & SUN - 9 AM - 9 PM
FREE FITNESS PROGRAMS AVAILABLE
MORE INFO
New Arrivals

**Monica Genge**, admission administrative assistant, and her husband, **Jerden**, welcomed a son, Jerden Edward Genge IV on September 18.

**Ryan Stewart**, bookstore marketing strategist/graphic designer, and his wife, **Amanda**, welcomed a son, Remi Lee Stewart on September 18. He was 7lbs 1oz and 20 inches long.

**Kristyn Russell**, associate registrar, and her husband, **William**, welcomed a son, Landon William Russell on September 20.

**David Howard**, assistant professor of mathematics, and wife, **Gabrielle**, welcomed a son, Aylin Alan Howard on September 24. He was 6lbs 13 oz and 19 inches long.

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**Anniversaries**

5 YEARS
**Tammy Ertley**, admission

10 YEARS
**Chuck Haurik**, facilities
**Rodney Pearson**, facilities
**Tim Smith**, information technology

20 YEARS
**Sue Hodges**, institutional advancement

25 YEARS
**Ann Kebabian**, library
**Jane Brown**, admission
**Kathy Bridge**, communications
**Todd Lewis**, facilities

35 YEARS
**Donna Walker**, financial aid
Ryan Stewart accepted the position of marketing strategist & graphic designer at the Colgate Bookstore on September 23. He holds a bachelor’s degree in communication design from Buffalo State College. Ryan enjoys a multitude of art mediums, movies, hiking, skiing and spending time with his family. He and his wife, Amanda, have two children.

Kerry Linden accepted the position of grants assistant on September 24. She holds a master’s degree in museum education from the College of William & Mary, a bachelor’s in international relations, and a bachelor’s degree in speech and hearing science. She enjoys yoga, and resides in Hamilton with husband, Daryl Wilson, and two children.

Facilities Department Members,

Congratulations on making it 135 CONSECUTIVE DAYS (AND COUNTING!) without a lost time accident and surpassing the previous department record!!!
Outdoor Physical Activity: Geocaching

Geo-What?
Think of it as a high-tech, real world treasure hunt, geocaching (pronounced “jee-oh-cash-ing”) is a fun, family-friendly activity that gets you outside exploring your community and beyond.

Geocaching requires both your mind and body to find the caches. The word “geocaching” comes from “geography” and the word “cache,” which means a place to hide something. Each cache is marked by its GPS (Global Positioning System) coordinates, which you find online and enter into a hand-held GPS device or smart phone with the geocaching app installed. There are almost 2.7 million caches worldwide, in both rural and urban settings, making it very likely there are several near you.

What Is a Cache?
Caches range in size from “micro” (less than 100 ml, such as a 35 mm film canister) to “large” (20 liters or larger, such as a large bucket), and they are typically camouflaged so you have to search for them when you reach the correct GPS coordinates. There are even “nano” sized containers, which are smaller than your fingertip! All containers used for caches are weatherproof and contain, at minimum, a logbook for recording your find. You also record your find online. Most caches, except the very smallest (the nanos and micros), also contain a pen or pencil for recording in the log, and trinkets for trading.

WHO CAN GEOCACHE?
Anyone can! Geocaching is a great activity for children and adults that requires you to use both your body and your mind. The excitement of searching for and finding a cache appeals to people of all ages. Caches are described by the difficulty of the terrain for reaching them and the difficulty of finding it once you reach the destination. If you do not have a lot of experience in the woods, start with caches in easier to reach areas.
It is important for all faculty and staff to verify and update their information that appears in the directory, as well as mailing address and phone numbers. This ensures the timely delivery of information and expedites the notification processes, in the case of an emergency.

**ACTION STEPS FOR REVIEWING AND UPDATING YOUR INFORMATION:**

1. Log into the Colgate Portal.
2. Under Banner Self-Service portlet, Click on Review Your Information.
3. You can view and update your emergency contacts under the My Personal Information link.
4. Phone numbers and mailing addresses can be submitted under the Contact Information portlet.

Please note that submitted changes to your personal information may take a few days to appear online. You should check back in a few days to verify that the information has been updated accurately.

**Colgate RaveAlert**

Employees should also update the Colgate RaveAlert information to select notification preferences and contact information. This system is used to provide notification in the case of a University emergency or closing. The RaveAlert system is accessible under the Welcome menu of the portal.

For questions relating to Banner Self Information please contact Human Resources at x7411 or humres@colgate.edu.

For questions relating to the RaveAlert system please call x7111 or email sssource@colgate.edu.

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**New York State Smokers’ Quitline**

1-866-NY-QUITS
www.nysmokefree.com
Call or click to quit

**NO BUTTS ABOUT IT... YOU CAN QUIT!**

The Quitline is a free service for all that provides New York State residents with help when they are ready to stop using tobacco.

The Quitline is staffed by Quit Coaches who are specially trained to provide information and coaching on a variety of topics, such as stop smoking medications, withdrawal symptoms and developing a quit plan.

Call 1-866-NY-QUITS (1-866-697-8487) or go online at www.nysmokefree.com to learn more about the free and confidential services.

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**FACULTY/STAFF FLU SHOT CLINIC**

October 8 | 8am-1pm | Wooster Room (Huntington Gym)

Colgate University health services, in combination with Human Resources and Kinney Drugs is pleased to offer on-campus flu shots to faculty, staff, and retirees and their significant others (age 19 and older).

The cost will be covered by your health insurance or Medicare. Please bring your insurance card, and wear a short sleeve shirt or blouse to make the process easier.

Questions? Contact Health Services at x7750.
TAKE THE OCTOBER 19-NOVEMBER 22 'GATE FIT CHALLENGE

OPEN TO STUDENTS, EMPLOYEES, AND COMMUNITY MEMBERS

Sign up at the Trudy Fitness front desk or Huntington Equipment Cage and receive your “Level One Punch Pass” with seven punch holes. Each time you go to the fitness center or attend a group exercise class the instructor or fitness center monitor will punch your card to indicate your workout was completed. After seven workouts are completed, you can turn in your pass at the Huntington Cage for a FREE PRIZE! Follow the same sequence for Levels 2 and 3. When all three Levels are complete, your pass will be entered into the Grand Prize Drawing - A pair of Beats wireless headphones!

TAKE THE CHALLENGE!

SPONSORED BY THE COLGATE RECREATION & FITNESS DEPARTMENT
CHILDREN’S EVENT: READ WITH ROVER
*When:* Saturday, October 3 | 10:00am
*Where:* Colgate Bookstore
*Cost:* Free
Share stories with furry friends from Wanderers’ Rest Humane Association. Kids can practice their reading skills by reading aloud to the puppies, or just come for some puppy cuddles! Open to children of all ages.

CHILDREN’S EVENT: STAR WARS READS DAY
*When:* Saturday, October 10 | 10:30am
*Where:* Colgate Bookstore
*Cost:* Free
While the Empire would most likely be displeased, Star Wars Reads Day — a celebration of a galaxy far, far away and the joy of reading — is back. Join us for Star Wars games, prizes, and snacks! Open to children of all ages.

ANNUAL CHILDREN’S HALLOWEEN PARTY
*When:* Friday, October 23 | 3:30pm
*Where:* Colgate Bookstore
*Cost:* Free
This year's children's Halloween party will feature a costume competition for children of all ages (prizes in multiple categories), a petrifying pizza snack and terrifyingly tasty treats, spooky crafts, and a goody bag to take home!
Col“Great” Employee Recognition Program

Col“Great” is a new program designed to recognize employees who demonstrate outstanding achievement in Colgate’s commitment to fostering a creative and expansive learning community by demonstrating excellence in Effective Communication, Creativity/Innovation, Leadership, Change Management and Embracing Diversity and Inclusion. The goal is to foster a spirit of community by using a peer-nominated format to recognize the achievements of each other. In response to your feedback, Col“Great” provides an opportunity to publicly acknowledge the contributions of Colgate staff employees. It is our hope that this program will raise appreciation and awareness for those we work with everyday, and build upon the tradition of unity that makes working at Colgate University "great".

Awards

Individual Excellence: $500, one extra vacation day (Five employees selected each semester)
Unsung Hero Award: $500, one extra vacation day (One employee selected each semester)
Team Award: $100 and one extra vacation day for each team member. (One team selected each semester)

Employee Of The Year

This employee will be chosen from the individual Excellence Award recipients and will receive $1,000 and a reserved parking space for one year.

Recipients will be announced at the All Staff Meeting each semester.

Please note: This program applies to all full time and part time benefit eligible staff employees. Nomination form will be submitted to HR and the President’s Staff will vote on final selections. Vice Presidents, members of the President’s Staff, deans, head coaches, and teaching faculty are ineligible for consideration.

Hurry! Nominations must be placed by October 16. Click for Nomination Form.
Special thanks to all who participated in and attended the 2015 Vendor Fair. Your hard work and dedication contributed to a successful event. Over 175 people attended!

Thank You!
Caring for an aging parent or elder is a challenging and sometimes complicated concern. Finding the right way to broach the topic of wills, powers of attorney, and details associated with a life transition can be anxiety producing and difficult, but with care and concern one can hope to engage one’s loved one in a productive conversation that produces understanding and positive outcomes.

Often the conversation about life transitions is avoided due to the emotional charge associated with making a change. Depending on your family the conversation could be very charged, quiet or one that various members seek to avoid. Suggestions for how to manage the conversation include having the conversation in person, preparing questions in advance, providing undivided attention with active listening so it won’t seem like you’re forcing an agenda, and writing down important details so everyone has a reference point for the future.

Big points to consider include how the elder will live the latter years of their life and how to pay for it. You’ll want to consider the current health status of your loved one, what their hopes are for how they wish to live, financial resources and how you can help. It’s important to find out if your parents or elder want to “age-in-place” or move to another location like an assisted living facility. You should observe the health status of your loved one, and help them to determine if they can live independently. Some warning signs of a deteriorating ability to live independently include: poor eating habits, poor hygiene, neglecting their home, forgetfulness and mobility or driving concerns. Here’s a helpful checklist on senior health and safety that offers some benchmarks for evaluating a loved one’s ability to be independent.

There are many options for adults who may need assistance with daily living. These include assisted living communities, nursing homes, home care services, adult day health care, and others. However, these can be very expensive and it’s best to have a clear idea of finances to understand all the details. You can compare senior living communities on sites like Medicare’s nursing home compare, and Eldercare.gov.

Deciding all of this can take an emotional toll on the primary caregiver, and at some point you might consider if it is easiest to have parents or other elders live with you. Parents and other elders may live thousands of miles away, and the financial costs can be crushing and onerous. Deciding if siblings or others can help can be even more complicating. Colgate’s EAP services can assist with this as can the Madison County Office of the Aging.

If health becomes a significant consideration, the elder may need 24/7 care and be better off with long-term care housing. Deciding about all these options requires the input of attorneys, financial planners, care providers, and the entire family. You will need considerable information about your loved one’s assets, and all of their financial details.

You will need to consider your own finances, and may need information about Medicare, Medicaid and long-term care insurance.

Finally, this will be a process of multiple small conversations, and will involve some elements of grieving for both of you. Finding ways to support and love each other will be critical through the process. Support of friends and extended family will be critical for both as well. The best outcomes come from honest communication and thoughtful, intentional, caring involvement. Be sure to take care of yourself through the process.
Skate at the ‘gate!

COLGATE’S Learn to Skate PROGRAM
SPONSORED BY THE COLGATE FIGURE SKATING CLUB

Fall Session
Ages 4 to adult will learn basic skating skills from the Colgate Figure Skating Club’s experienced coaching staff
Five Sundays: October 18 through November 15 from 4 - 5pm
Public Skate runs Sundays Oct 25 - Dec 20, from 5:15 - 7pm

* Total Cost is $60 for five lessons
* Colgate Figure Skating Coach Anne-Marie Lemal Brown will teach the Adult Class
* Registration via email to colgatefigureskating@gmail.com is required. Contact us for more detailed information!
* This is a great way to stay active, make friends, be challenged and rewarded, as well as have fun!

To Reserve Your Spot (or if you have ANY questions) please email Kally Mott by October 13 at
colgatefigureskating@gmail.com
FRIDAY OCTOBER 2
Women’s Hockey vs Robert Morris | 7pm

SATURDAY OCTOBER 3
Women’s Hockey vs Robert Morris | 4pm

WEDNESDAY OCTOBER 7
Men’s Soccer vs Boston University | 7pm

FRIDAY OCTOBER 9
Women’s Volleyball vs American | 7pm

SATURDAY OCTOBER 10
Field Hockey vs American | 12pm
Women’s Volleyball vs Loyola | 4pm
Women’s Soccer vs Holy Cross | 7pm

MONDAY OCTOBER 12
Women’s Volleyball vs Bucknell | 6pm

SATURDAY OCTOBER 17
Men’s Soccer vs Holy Cross | 7pm

SUNDAY OCTOBER 18
Field Hockey vs Georgetown | 12pm

FRIDAY OCTOBER 23
Men’s Hockey vs RIT | 7pm

SATURDAY OCTOBER 24
Field Hockey vs Lehigh | 1pm
Women’s Soccer vs Loyola | 5pm

FRIDAY OCTOBER 30
Men’s Hockey vs Providence | 7pm
Women’s Hockey vs Union | 3pm
Women’s Volleyball vs Lehigh | 6pm

SATURDAY OCTOBER 31
Men’s & Women’s Cross Country vs Patriot League Championship | 12pm
Football vs Fordham | 1pm
Women’s Hockey vs RPI | 3pm
Men’s Soccer vs Loyola | 4pm
Women’s Volleyball vs Navy | 4pm
Women’s Soccer vs Lafayette | 7pm
Men’s Hockey vs Providence | 7pm

CLICK FOR FULL SCHEDULE

Ticket to $avings!

Bring your ticket stub to the Colgate Bookstore within 48 hours after the game and receive 13% off one item.

May not be combined with other discounts.
Excludes computer department items, textbooks, consignment and Alex & Ani.
Interested in Homeownership?

We can get you there.

Class Dates & Time
October 20 & 21
5-9pm
Hamilton Public Library

Prices
$75 for 1-2 people
**Check or Money Order**

Homebuyer Education (HBE)
At the HomeOwnershipCenter we know that an educated consumer is a powerful consumer! We are a HUD approved housing counseling agency that offers a nationally accredited eight-hour homebuyer education class that provides all of the pertinent information that is needed to start the homebuying process.

Topics covered include:
- Understanding Credit
- Shopping for a home
- Budgeting & Spending
- Obtaining a mortgage loan
- Insurance
- Basic Home Maintenance
- People involved
- Assistance Programs

In closing, participants will receive a customized certificate of completion and are invited to further their education with optional individual financial coaching sessions.

To sign up and register please visit https://unhs.neighborworkscompass.org/

Partnership For Community Development
315-825-3537
hamiltonpcd@gmail.com