



HR Updates, Initiatives, and Related Resources

Annual edHEALTH walking challenge: Beginning **Monday June, 3 through Saturday, July 6**. There will be a weekly raffle drawing, worth \$50 in prizes, for participants that reach or exceed at least 35,000 steps each week (averaging 5,000 per day). There will also be a \$100 prize at end of challenge to the school's "top stepper." Participants will receive 100 points for each week they participate (500 total) towards their Living Well Health Rewards. For more information on the challenge, please see [pgs. 8-9](#).

Walk this Way to a Healthier You—On-Campus Walking Group: During this year's edHEALTH Walking Challenge, **June 3—July 6**, get your steps in throughout your work day by joining fellow colleagues for a 2 mile walk around our beautiful, scenic Newport campus! Go to [pg. 10](#) for information on where to meet and the weekly routes we will take.

HR Wellness Event: The Mercy Center for Spiritual Life will be offering a lunchtime meditation for faculty and staff on **Tuesday, June 18**. Bring your own lunch and join colleagues for a meal followed by a 20 minute meditation. To register for this wellness event, go to [pg. 11](#).

Living Well Health Portal powered by WebMD One: Harvard Pilgrim's Living Well Health Portal is now available! The new platform offers enhanced programming and functionality for all employees! Any points and levels you have earned on the previous Living Well Health portal has carried over to WebMD. Employees now have the ability to continue earning rewards on the new WebMD platform. For additional details and information on how to login to continue earning rewards, please see [pg.10](#).

2024 Wellness Reimbursement Program: Salve Regina employees, and their dependents, who are enrolled in the Harvard Pilgrim health plan are eligible to get reimbursed for select nutrition and mindfulness apps, fitness memberships and exercise equipment through our [Wellness Reimbursement program](#)! Fill out the form [online](#) or mail it to Harvard Pilgrim Healthcare **by March 31 of 2025**, with all necessary receipts or proof of payment.

Good Measures Healthy Weight Program: Based on employee feedback from the recent Health and Wellness Survey, in an effort to improve well-being, Salve Regina is adding Harvard Pilgrim's Good Measures Healthy Weight Program effective **June 1, 2024!** Please click [HERE](#) for additional information.

Summer Hours: Beginning **July 12 through Aug. 16**, University offices will **close at noon on Fridays**. Since some departments have extra work during the summer, particularly for grounds and capital improvements, and a few offices must remain open during the half days such as Safety and Security. Supervisors in these departments should arrange for staff members to receive an equivalent reduction in hours at a mutually convenient time. Please refer to the [Staff Handbook](#) for further details about summer hours, holidays and University President's Days. Enjoy the summer and some much-deserved time for rest and renewal. Thank you for all you have done and continue to do for Salve!

Staff and Faculty Positions Available: For a list of positions that are currently open, please visit the [Salve Regina employment page](#) or contact [Stephanie Beachem](#).



Inside this Issue:

HR Updates, Initiatives and Related Resources	1
2024 Performance Review Process	2
Congratulations to Awardees—Years of Service	3
Welcome New Hires!	6
Living Well Health Portal powered by WebMD One!	7
7th Annual edHEALTH Walking Challenge	8
Walk this Way to a Healthier You—On-Campus Walking Group	10
Living Well Health Portal Rewards and The Peak Mind Challenge	10
Free Summer Yoga Classes for Faculty and Staff	11
Lunchtime Meditation at the Mercy Center	11
Employee Mental Health and Wellbeing Resources	12
Professional Development Opportunities!	13
Wellness—Harvard Pilgrim Free Webinar Series	14
Coastline EAP Live and On-Demand Webinars	15
TIAA Live Webinars	15
Salve Employee Graduates!	16
Reunion Block Party	17
Annual Salve Regina Night at Newport Gulls	17
Earth Day Champions	18
Sigma Phi Sigma	18
Introducing a New Masters Program	19
Promote Healing—Reiki 1 Certification	19
Rave Guardian App—Install Today!	20
Coffee with the Council	20
Important Dates	21





2024 Performance Review Process

In May of each year, Salve's performance review process begins. The primary purpose of a performance review is to stimulate communication and understanding between supervisors and employees regarding job duties and responsibilities, goals and objectives, and a professional development plan. In addition, supervisors should provide input related to specific employee accomplishments as well as any areas needing improvement over the past year.



The first step in our performance review process is completing a self-evaluation. All employees should complete a self-evaluation form to document achievements, concerns, goals and development plans, reflecting on the last year and looking forward to the next. **Please complete the form and provide it to your supervisor no later than Friday, June 28.** For nine- and 10-month employees, please follow the timeline that your supervisor has requested, which may require an earlier due date for self-evaluation completion. Supervisors will use the information that you provide to help complete their overall evaluations.

In the coming weeks, supervisors will receive additional communications related to the performance review process timeline and expectations as well as guidance for goals and professional development.

The **2024 self-evaluation form has been modified slightly from last year with an added component related to supervisory responsibilities.** The form can be completed in either PDF or Word format, based on your preference. To properly utilize the forms, choose a self-evaluation form from the Performance Management Forms section of the ["HR Forms and Requests"](#) page on the Campus portal and follow the steps below.

PDF version:

1. Click on the PDF version, then select the Download option from the top left menu header. Open the downloaded form by clicking on the Download symbol in the upper right of your screen.
2. Click on the Download symbol at the top right of the form. Save the form to a preferred location on your computer.
3. Open the form from its saved location. Complete the form and save.

Word version:

1. Click on the Word version, then click on the Editing option from the top right and select Open in Desktop App.
2. Select File then Save a Copy. Save the form to your preferred location. Complete the form and save.

For any questions related to developing appropriate goals for employees, please reach out to [Nancy Escher](#), Associate Vice President and Chief Human Resources Officer or to [Tasha Estrella](#), Assistant Director of Human Resources. For immediate assistance please contact the [Office of Human Resources](#) at humanresources@salve.edu.

Thank you for your ongoing support and dedication.





Congratulations to Awardees—Years of Service

Congratulations to the following faculty and staff members for reaching a significant milestone in service at Salve!

5 Years of Service



Tasha Estrella—Human Resources, **Holly Moore**—Education, **Melissa Varao**—Business and Economics, **Theresa Ladrigan-Whelpley**—Mission Integration Office, **Hannah Cazzetta**—Compass Center, and **David DeJesus**—Healthcare Administration (Grad)

(Not pictured: Katherine Richardson—Counseling Services Office, Jennifer Pretsch—Counseling Services Office, Michelle Caron—Safety/Security Office, Nancy Schreiber—Academic Affairs, Elizabeth Richter—Library Services, Erin Harte—English, Communications & Media, Amy Joyce—Nursing, Kimberly Curesky—Biology & Biomedical Sciences, Lindsay Green-Gavrielidis—Biology & Biomedical Sciences, Cody Morris—Psychology, and Kathleen Muirhead—Holistic Graduate Programs)

10 Years of Service



Amy Cady—Mercy Center for Spiritual Life, **Khadine Higgins**—Chemistry, **Genia Kirwin**—Registrar's Office, **Elizabeth Fitzgibbon**—Mathematical Sciences, and **Richard Lavornia**—Facilities/Maintenance

(Not pictured: Richard Lee—Information Technology, Jeffrey Lacroix—Facilities/Maintenance, James Motta—Safety/Security Office, and Nicole Johnson—Admissions Office)



Congratulations to Awardees—Years of Service Continued

15 Years of Service



Luigi Bradizza—Political Science, **Estelle Dubuc**—Financial Aid Office, **Madeleine Esch**—English, Communications & Media, **Susannah Strong**—Art & Art History, **Josie Rock**—Marketing & Communications, **Joyce Darcy**—Education, **David Stroup**—Facilities/Maintenance, and **Wheeler Bradley**—Facilities/Maintenance
(Not pictured: Mary Lou Lyons—Nursing)

20 Years of Service



Johanna Mancivalano—University Events & Conferences Services, **Katherine Horoschak**—University Advancement, **Bernard Munge**—Chemistry, **William Francis**—Facilities/Maintenance, and **Michael Budd**—Humanities (Grad)
(Not pictured: Patrick Cooney—Athletics Office)



Congratulations to Awardees—Years of Service Continued

25 Years of Service



Ann Arsenault—Residence Life, **Barbara Beaulieu**—Financial Aid Office, **Gerald Perrino**—Art & Art History, **Marion Richards**—Admissions Office, and **Paula Martasian**—Psychology
(Not pictured: Joyce-Ann Michaels—Facilities/Maintenance, Michael Chester—Facilities/Grounds, Christine Dumont—Information Technology, Dawn Hahn—Athletics Office, and Tina Wray—Religious & Theological Studies)

35 Years of Service



Colleen Emerson—Admissions, and **Peter Davis**—Music
(Not pictured: Carmel Coughlan—Business & Economics, Michael Semenza—President's Office)



Congratulations to Awardees—Years of Service Continued

40 Years of Service



Victor Tonn—Business and Economics
(Not pictured: Alice Graham—Education)

Welcome New Hires!

Welcome to
SALVE REGINA
university



Michaela Cannon
Sacramental and Liturgical
Coordinator
Mercy Center for Spiritual Life



Carolyn McDonough
Assistant VP for Facilities and
Space Management
Office of Facilities



Kathryn O'Bryan
Student Accounts Coordinator
Business Office



Living Well Health Portal powered by WebMD One!

Welcome to WebMD ONE SM

We're excited to announce that the Living Well program has transitioned to WebMD ONE, which offers enhanced programming and functionality, including:

- Daily Habits digital coaching tools
Enhanced individual and team challenges
Personal Health Goals tools and trackers
Community social feed
Improved mobile experience
Health content, recipes, videos, podcasts
And more

Here's how to access your program

- 1) Log in via Web Browser: Using either a desktop or mobile web browser (not the app), go to this login page and log in with your existing username and password as usual...
2) WebMD Welcome Page: Once logged in, complete a one-time welcome page
3) Explore: You will land on your new WebMD ONE homepage. Start exploring! Your points from Limeade will carry over...
4) Get the App: For on-the-go access, download the WebMD "Wellness At Your Side" app and connect your account using the code "lwportal"...



The Living Well Health Portal: Find Your Feel-Good

The Living Well health portal can help guide you toward your healthy place. Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, the program offers exciting new tools that can help you enjoy better wellbeing and experience more feel-good moments in life.

- It's your journey - The Living Well health portal is personalized to your goals, interests, and lifestyle. It uses the information you provide to create a custom homepage, build a recommended action plan, and point you toward tools that can help you achieve what is most important to you.
Discover health and happiness - Would you like to manage stress better? The Living Well health portal can help you stand resilient against whatever life throws your way. Want to lose weight? It can help you start a physical activity routine and stay on track.
Take advantage of resources - Learn where you stand by completing the Well-being Assessment, manage your health goals with the Daily Habits tool, earn points toward rewards, and much more.



Whether or not you are enrolled in the University's medical plan, if you earn 2000 or more points before June 30, you will be eligible to be entered into our raffle drawing. For instructions on how to login as an inactive Harvard Pilgrim Member, click here.

If you have any questions or problems, contact our wellness support line by email at LivingWellSupport@point32health.org or call 1-877-594-7183 Monday-Friday, between 9am-5pm (EST).



7th Annual edHEALTH Walking Challenge



7th Annual edHEALTH Walking Challenge Walk this way to a healthier you!

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 to host its annual Walking Challenge. Join forces with your colleagues to compete against other schools that are part of edHEALTH.

Walking Challenge Dates

Monday, June 3 through Saturday, July 6, 2024

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 these award opportunities:

AWARD	ELIGIBLE TO WIN
Weekly drawings for each school for \$50 prizes*	Participants at each school who track 35,000 steps per week or an average of 5,000 steps per day
Individual grand prize of \$100	Top daily average stepper at each school
End-of-challenge team celebration with award ceremony and ice cream social!	School with the highest daily average steps

*Each school is a team.

If for any reason you cannot meet the goal of the walking challenge, you are still invited to join. Contact Living Well Support for other ways to participate. You can email Living Well Support at LivingWellSupport@Point32Health.org or call 877-594-7183.



a Point32Health company



7th Annual edHEALTH Walking Challenge Continued

Frequently asked questions

I participated in the edHEALTH Walking Challenge in previous years. What is new with this year's program?

This year, the challenge will run for five weeks instead of four.

What platform will the walking challenge use?

Back by popular demand, our program will continue to be housed on the same digital challenge platform through IncentFit. Through IncentFit you can track participation in your school's wellness challenges in real time via an easy-to-use app or website.

I don't have Harvard Pilgrim for my insurance. Can I still join?

Yes. All employees can participate in this challenge.

Can I use my same IncentFit account as last year?

Yes!

Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free.

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples of apps that are included: Apple Health, Fitbit, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website.

What can I see in the IncentFit platform?

- Challenge rules
- Leaderboard for ALL schools in real time
- Individuals on each team
- Steps and daily average steps
- Chat function

Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at LivingWellSupport@point32health.org or by phone at (877) 594-7183, Monday - Friday, 9 a.m. - 5 p.m. EST.

How do I get started in the walking challenge?

If you are already registered with IncentFit, log in using your username and password and skip to "How do I join the challenge?"

1. If you have never used the IncentFit app, download the IncentFit app from the App Store or Google Play or visit www.incentfit.com/login/.
2. At the IncentFit home screen, enter your Email and click/tap "Next."
3. You will then be prompted to enter in the following **Signup Code: edhealth (all lowercase letters)** and click/tap "Check Code"
4. You then will be asked to enter an email address and create a password. **Please remember this information as you will use those credentials to log in.** You will also be asked to enter your first and last name.

How do I join the challenge?

Once you have successfully logged into your IncentFit account, you can join the challenge by clicking/tapping the Challenges menu of your IncentFit account. Find your school and hit the "Join Team" button.

How can I sync a step/fitness tracker app/device?

1. Log in to your IncentFit account and select **My Account > All Apps & Devices** from the menu.
2. Locate your app/device on the list.
3. Click "**Start Auto Syncing**" and follow the on-screen instructions. Be sure to read all the information when connecting, as some devices have specific instructions. For most devices, you must share "Profile" and "Exercise/Activity" to sync properly.

Note: Google Fit/Samsung Health (Android) and Apple Health (iPhone) are free apps that turn your phone into a pedometer. To sync data from these services, be sure to open the IncentFit mobile app or log into the IncentFit website every few days. Most other tracker services such as Fitbit and Garmin will sync automatically every 24 hours once synced with your IncentFit account.

Please note: While Harvard Pilgrim is hosting the Walking Challenge for all employees, this does not affect your medical health plan coverage. You are eligible to participate regardless of your health insurance carrier.



Walk this Way to a Healthier You—On-Campus Walking Group

During the edHEALTH Walking Challenge, June 3—July 6, get your steps in throughout your work day by joining fellow colleagues for a 2 mile walk around our beautiful, scenic Newport campus!

Salve’s employee health and wellness committee has mapped two walking routes, which will alternate weekly. **Employees will meet at the front of McKillop Library, rain or shine, Monday – Friday at 12:15pm.** If you cannot join us at McKillop Library but see us on the route, or notice that we will be passing your building, feel free to jump right in! Questions? Please contact Caitlin McNulty at X2165 or Caitlin.mcnulty@salve.edu.

Week 1 (June 3—June 7)— Walk [Route 1](#)

Week 2 (June 10—June 14)— Walk [Route 2](#)

Week 3 (June 17—June 21)— Walk [Route 1](#)

Week 4 (June 24—June 28)— Walk [Route 2](#)

Week 5 (July 1—July 5)— Walk [Route 1](#)



Living Well Health Portal Rewards and The Peak Mind Challenge



As a reminder, employees who earn 2,000 points by the end of June 30, 2024 will be entered into a raffle. The raffle winner will earn three vouchers totaling \$300 and will be eligible to select from a variety of great prizes with Invite Fitness!

To help get you there, take part in the upcoming Peak Mind Challenge.
Challenge Dates: May 30, 2024 — Jun 25, 2024

This challenge was created in collaboration with Dr. Amishi Jha, whose groundbreaking research shows how attention can be trained to improve brain power, mood, and performance, in just 12 minutes a day.

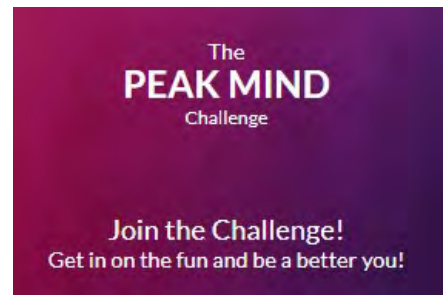
Dr. Jha has applied these findings in her work with corporate leaders, elite athletes, first responders, the U.S. military, and many others – people who must perform at the highest level in high stress, high stakes environments are using these attention-training techniques to get there.

But you don’t have to be fighting wildfires to benefit from developing a peak mind! Even if all you want is to keep it together in your everyday life, then these practices are for you.

Ready to give it a try? [Register by June 6th to join the challenge!](#)

How to earn points:

- Participate (100 points) – Track at least 10 days, regardless of whether you track “Yes” or “No”
 - Complete (100 points) – Record “Yes” to watching a Peak Mind Challenge video for at least 20 of 28 days to complete the challenge successfully. The daily meditations for this challenge can be found on our [YouTube playlist](#).
- Points are cumulative. If you complete all of the above, you will have earned 200 points total at the end of this challenge.*





Free Summer Yoga Classes for Faculty & Staff

Join Gregory Angel for FREE summer Yoga classes!



Gregory's classes will be **free to all Salve employees** and are designed to be physically challenging in a playful, stress-free environment while focusing on fundamental alignment and yogic philosophy.

Every Wednesday from 12:00—12:50pm
Wednesday, June 12—Wednesday, August 28
Rodgers 039

**No Registration or payment Required*



On Wednesday, June 19 and Wednesday, July 31 class will NOT be held. For all other dates, class will be held inside the Rodgers air conditioned dance studio.

If this will be your first time participating in yoga classes with Greg, a waiver must be signed and submitted at or before your first class. Waivers can be downloaded and signed by clicking [HERE](#). Once signed, please bring your waiver to your first class or email the document to Caitlin McNulty at caitlin.mcnulty@salve.edu.

! As a reminder, shoes can only be worn in the studio if they are clean and have not been worn outdoors.

Lunchtime Meditation at the Mercy Center

Tuesday, June 18
12—1pm
Mercy Center for Spiritual Life
Lower Level of the Chapel

Bring your own lunch to the cool and calm of the Mercy Center and join colleagues over a relaxed meal followed by a 20 minute meditation before returning to work refreshed and renewed.

Register [HERE!](#)





Employee Mental Health and Wellbeing Resources

Looking for some support?
Resources for your mental health and wellbeing are closer than you think—however you may be feeling.



Recognizing that today’s world has more pressures than ever, it is important to know you have help available in different ways. We want to support you, and your family members as much as possible. Here are some of the resources you can access.*



Employee Assistance Program (EAP)

As a Salve Regina University employee, [Coastline EAP](#) offers you confidential assistance related to a variety of issues. Services available include short-term counseling, financial guidance, grief support, financial stress, and other work and personal issues. Navigate to the [HR Benefits and Wellness Campus portal page](#) for more information or call 401-341-2137.



Care with a Participating Provider

Your health plan gives you access to mental health and substance abuse providers, including individual sessions with social workers, psychologists, psychiatrists, and group therapy. If you receive healthcare coverage through our school, visit www.harvardpilgrim.org, and click “Find a provider.” Start your search by logging into your online account or search without logging in. You’ll then search by the type of specialty (e.g., Psychiatry, Mental Health Counselor, etc.)



Doctor on Demand – Telehealth Visits

With this virtual care option, you can access routine behavioral health support for many issues, such as depression, relationship issues, workplace stress, social anxiety, addiction, trauma, and loss. Get details and set up an account at www.doctorondemand.com.



Virtual Therapy Options with AbleTo

Get support for stress, anxiety, and more with AbleTo’s 8-week program (a 24/7 self-care resource also available). With the 1:1 virtual therapy program, you’ll meet weekly with a licensed therapist and, in some cases, a coach as well. Together, you’ll explore coping strategies, including self-care tools for between sessions, tailored to your needs. Visit member.ableto.com/harvardpilgrim for more information.

Help is just a phone call away

Harvard Pilgrim’s specially trained service navigators provide personalized help to navigate the complex healthcare system, locate providers, connect to internal supports and programs, and learn more about innovative tools and services available to you and your covered family members.

This “whole-person” care approach can help you access the right kind of services and support. Call the number on the back of your Harvard Pilgrim ID card for assistance.

Your health and well-being should be your top priority. As always, if you are experiencing a crisis or emergency, you should always call 911 or immediately go to the nearest emergency facility.



*Cost sharing varies. Please refer to your plan documents for details.



Professional Development Opportunities!

The Chronicles of Higher Education

Live and On-Demand Webinars
Click on the webinar title above to register



Improving the First-Year Experience

June 12—2PM

Freshman year is make or break for many students, especially those with social, emotional, or logistical challenges. Join us to explore how to make the first year great for those students.



Preparing for an Ever-Changing Future

Virtual, On-Demand

College leaders are grappling with the challenge of building more resilient institutions in the face of ever-changing obstacles. What strategic planning and financial modeling practices can help? A panel of experts offers ideas to help leaders rethink their approaches in the virtual forum.



Change Management in Higher Ed

Virtual, On-Demand

A discussion on the key success factors for making positive, long-lasting, and sustainable change in the unique world of higher education today.



The Legacy of Title IX for College Athletes

Virtual, On-Demand

Fifty years ago, Title IX changed how we think about women and sports. In this virtual forum a panel of experts discusses how colleges can create equitable opportunities for female athletes.



Data Science Unbound

Virtual, On-Demand

Student demand for data science in the liberal arts continues to rise. A panel of experts will explore the trend and the challenges it presents, including issues of faculty shortages and course sharing.



The Student-Centered College

Virtual, On-Demand

Join us for a discussion with college leaders about how campuses can improve the student experience, from enrollment to student services to academic divisions to the president.

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

Leadership

Teaching and Learning

Finance and Operations

Diversity and Inclusion



Wellness—Harvard Pilgrim Free Webinar Series



LIVING WELL AT HOME

Virtual wellness classes and webinars

Our well-being programs are here for you when you need them the most. Whether you are looking to shake it up, stretch it out, or get centered, we've got you covered with Zumba®, yoga, guided mindfulness, and wellness sessions, which are now available to everyone through our Living Well at Home programs. All classes are at no cost to you and easy to access via Zoom.



[Wellness Webinars](#) | [Guided Mindfulness](#) | [Fitness Classes](#) | [Webinar Library](#)

Wellness Wednesdays | 1:00—1:30pm

[Join via Zoom](#)

June 5 — Choosing the Right Footwear for Sports and Activities

Choosing the proper footwear for sports and physical activities is important not only for comfort but also can impact performance and prevent injury. This program will explore which footwear is recommended for various physical activities.

June 12 — Active Listening

Active listening is the process of hearing someone and being able to summarize what the person said. It includes listening with your ears in addition to your body. Moreover, it means really understanding and processing what another person has said. This session teaches participants how to maintain attention even with all the distractions that infiltrate conversations.

June 19 — Whole Foods Plant-Based Eating

Practice incorporating whole foods into your everyday eating style. We will discuss the health benefits, different types of plant-based eating and ways to meet your nutritional needs.

June 26 — Life Purpose, Meaning, and Fulfillment: Re-Connecting to What Matters Most

What matters most to you? Do your actions reflect your values? Addressing these and other critical questions, this webinar is designed to help participants align their daily actions with their priorities. Three practical tools are used to increase self-awareness and set participants on the path to living a more meaningful life. A wake-up call for most, this webinar will help you feel more fulfilled and positive about the choices you are making moving forward.



Fitness Thursdays | 1:00—1:30pm

[Join via Zoom](#)

June 6, 13, 20 and 27

Summer Sweat Session

Get ready to elevate your fitness this summer with our high-intensity interval training (HIIT) program! Blast through calories and boost your metabolism with a dynamic mix of cardio and strength exercises designed to torch fat and sculpt lean muscle. Perfect for all fitness levels, our summer HIIT workout will leave you feeling energized, empowered, and ready to conquer the season

For links to live sessions, and recordings of previous webinars, please visit harvardpilgrim.org/livingwellathome and Harvard Pilgrim [YouTube channel](#)



Coastline EAP Live and On-Demand Webinars



A library of on-demand webinars are available through the NEW and IMPROVED [Coastline EAP website](#).

For further understanding of the EAP benefit and its available services view the [Coastline EAP Video](#).

[June's Coastline EAP Newsletter](#) provides short articles on a variety of work-life topics:

- **Get the Positivity Back in Your Team**
- **Mental Decluttering—a Different Kind of Spring Cleaning**
- **How to Fix Your Day**
- **Stay Safe on a Bicycle**

Coastline EAP's Live Wellness Sessions

Coastline EAP offers live weekly wellness sessions to help you boost your emotional health and wellness. Our classes are evidence-based and designed to help you engage your body's natural relaxation response.

Supervisors' Guide to EAP

Thursday, June 6
10am—10:30am

Teachers' Lounge: Chair Yoga

Monday, June 10
3:30pm—4pm

Reset & Refresh

Monday, June 24
12pm—12:30pm

To join webinars, click on the hyperlinks above or visit the Coastline EAP website. To see the full Wellness Schedule, please refer to this link "[Live Registration](#)."

June's Featured Webinar (On-Demand)

Procrastination: Getting & Staying Motivated

Procrastination doesn't have to be a chronic problem. We'll discuss both the causes of and solutions to our patterns and ways to get motivated!

TIAA Live Webinars



Virtual counseling appointments are available to current employees. To schedule an appointment virtually, [click here](#) or scan the QR code.



All Salve employees are invited to attend the following lunchtime webinars (12pm-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. **TIAA webinars and virtual 1-on-1 meetings can be logged as 200 points on the [Harvard Pilgrim Living Well portal](#).**

June 4—Write your next chapter: 5 steps to setting your retirement date.

Please checkout the new TIAA Webinar Lounge by using the links and QR code.

To reserve your space click [HERE](#).



Salve Employee Graduates!



Congratulations!



On behalf of the Office of Human Resources, we would like to congratulate the employees who graduated this year!

Salve 2023/2024 Academic Year Employee Graduates		Degree
Caitlyn Rubino	Admissions Counselor, Office of Admissions	MBA
Erin Beauchemin	Media Services Specialist, Office of Information Technology	MS
Teryn O'Brien	Senior Writer/Content Strategist, Office of Marketing and Communications	MA
Erin Barry	Communications Specialist, Pell Center for International Relations	MBA



Reunion Block Party



Reunion Block Party

Saturday, June 8, 2024

1:00 – 4:00 p.m.

Gerety Lawn

We're bringing the best of Newport to Salve's campus! The block party will feature food trucks, local brews, live music, a kids' area, alumni vendors, and much more. Please bring beach chairs and picnic blankets for seating. Food and beverages will be available for purchase. Simply present your Salve ID at check-in for free admission to the event.

Annual Salve Regina Night at the Newport Gulls!



Members of the University community are invited to join alumni, parents and friends for the **annual Salve Regina Night at the Newport Gulls** on **Monday, June 17**. Opening ceremonies begin at **6:15 p.m.** and the **game starts at 6:35 p.m.** as the Gulls take on the North Shore Navigators at historic Cardines Field.

Volunteers are needed for each of the three entrance gates throughout the evening. Typically, the volunteer schedule is organized in shifts to allow volunteers flexibility for arrival and departure. First-shift volunteers will need to be at Cardines Field at 4 p.m. as gates open at 5 p.m. Those interested in volunteering should email Johanna Mancivalano at johanna.mancivalano@salve.edu by **Thursday, June 13**.

Complimentary tickets are available in the Office of Human Resources, located in Stonor Hall, and the Office of Alumni and Family Engagement, located on the third floor of Ochre Court. Parking is available in the municipal lot behind the Gateway Center for a reduced rate with a Newport Gulls ticket stub.



Earth Day Champions!



Congratulations!



2024 Earth Champion Award Recipients



Gerry Day | Mary Beth Pelletier | Lindsay Honeycutt | Grace Kubat | Mary Montminy-Danna

Sigma Phi Sigma



Sigma Phi Sigma

Salve's National Mercy Honor Society



Salve and Newport have given me so much to be grateful for over the past few years and this organization allows me to express my gratitude through service.

Coming together with peers to build relationships and live out the Mercy Mission is something I find great fulfillment in.

Scholarship | Fidelity | Service

Nominate a student today! Email sigma@salve.edu



Introducing a New Masters Program!

M.S. in Organizational Transformation and Leadership

We are excited to announce the launch of a new program in Graduate and Professional Studies: [the M.S. in Organizational Transformation and Leadership](#). This program is available to employees of Salve Regina who are eligible to receive tuition benefits.

This interdisciplinary program is offered fully online and is tailored for those aiming to expand their knowledge in strategic management, organizational culture, sustainable business, and analytical decision-making.

In addition to the organizational transformation and leadership degree, we offer stackable, four-course graduate certificates. These certificates can stand alone or can be combined with two additional courses to complete the master's degree.

- ◆ [Business intelligence for organizational progress](#)
 - ◆ [Organizational culture transformation](#)
- ◆ [Strategic transformation and sustainable management](#)

[Apply](#) by August 22 to join our first cohort with classes beginning September 5.

Interested in learning more? Contact the [Office of Graduate Admissions](#) for details.

Promote Healing—Reiki 1 Certification

Reiki I Certification

Destress

Promote healing
for self, others
& animals





Rave Guardian App—Install Today!

RAVE GUARDIAN APP

The Office of Safety and Security encourages you to download the RAVE Guardian personal safety app from the Apple App Store or Google Play Store.

Watch a video showing how to download the app [here](#)



APP FEATURES:

- You can text Salve security in the event of a campus emergency and they can track your location just from the text.
- Trusted guardians are given permission to watch over the user.
- Safety timer allows guardians to monitor user's status and location, and be notified in the event the timer expires.
- Anonymous location-based tips and multimedia messaging.
- Emergency call delivers safety profile to security officers.



SALVE REGINA UNIVERSITY

Coffee with the Council



STAFF ADVISORY COUNCIL

[SAC Linktree Page](#)

[SAC Campus Portal Page](#)

[SAC Anonymous Feedback Form](#)

Coffee with the Council

The Staff Advisory Council will be hosting free coffee gatherings the first Tuesday of each month this summer at 11 a.m. - 1 p.m. Join members of SAC to say hello, ask questions, and have a free cup of coffee!

Tuesdays
June 4, July 2 and August 6
11 a.m. - 1 p.m.
McKillop Cafe



Diversity, Equity, Inclusion and Accessibility

The Salve Commission on Diversity, Equity and Inclusion will be seeking new members in the fall. The commission is seeking 2-3 staff who are interested in serving alongside faculty, students and President Armstrong to steer the University in its DEIA mission. Some details:

- Two-year commitment
- Meetings once a month
- Commitment to support the institution in DEIA concerns and needs
- Begins October 2024

If interested, please contact current staff who are on the commission – Aida Neary, Emily Haggett, Michael Pimental, Jim Ludes and Jennifer Pretsch – with a statement on why you would like to serve and your nomination will be forwarded.



Office of Human Resources
Stonor Hall
Salve Regina University
100 Ochre Point Avenue
Newport, RI 02840

Phone:
(401) 341-2154

E-mail:
sarah.trefethen@salve.edu

Important Dates

- June 3—July 6 (*Monday—Saturday*) **Annual edHEALTH walking challenge begins**
- June 3 (*Tuesday 11am—1pm*) **Coffee with the Council**, *McKillop Cafe*
- June 8 (*Saturday 1—4pm*) **Reunion Block Party**, *Gerety Lawn*
- June 12—August 26 (*Wednesdays 12—12:50pm*) **Free Summer Yoga Classes for Faculty and Staff**, *Rodgers 039*
- June 17 (*Monday 6:15*) **Annual Salve Regina Night at the Newport Gulls**, *Cardines Field*
- June 18 (*Tuesday 12—1pm*) **Lunchtime Meditation**, *Mercy Center*
- June 19 (*Wednesday*) **Juneteenth**, *University offices are closed.*
- June 28 (*Friday*) **Self-Evaluations are due**
- July 4 (*Thursday*) **Independence Day—Holiday**, *University offices are closed.*
- July 5 (*Friday*) **University President's Day**, *University offices are closed.*
- July 12 (*Friday*) **Summer hours begin**
- August 12 (*Monday*) **Remembrance Day**, *University offices are closed*