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Open Enrollment 2012

It's that time of year again—**This year's open enrollment will run from Monday, Sept. 24 through Friday, Oct. 5.**

We received great news from PAISIG (our health insurance consortium). The rate renewal came in at an all-time record low of 1.6 percent. PAISIG attributes this to more involvement by employees in wellness activities in addition to members switching to the high deductible health plan. Due to this news, there will be little increase in the rates!

Open enrollment is the period during the year when you can make changes to your benefit selections. As usual, we will be enrolling online through mySwarthmore. If you plan to make any changes to your health/dental/vision insurance selections or open/continue a flexible spending account, you must make an active election online. If you are not making a change, it is not required to complete

open enrollment, but doing so offers you the opportunity to review your current selections and see the latest offerings. Many employees miss new opportunities because they don't actively participate in open enrollment.

We also are happy to announce that we will hold the annual Benefits/Wellness Fair on Friday, Sept. 28 from 10 a.m. to 2 p.m. in the All-Campus Space. As in the past, vendors from Independence Blue Cross, Keystone Health Plan East, Delta Dental, and Davis Vision will be on hand to answer your questions. In addition, representatives from our other benefit vendors—TIAA-CREF, Vanguard, Aetna, Carebridge, and Liberty Mutual—will also attend. We will sponsor biometric screenings as part of our wellness program in addition to chair massages. Please mark your calendar so you don't miss this exciting event!

DEAR FRIENDS,

Welcome to the debut issue of Garnet Connection, an e-newsletter for and about the employees of Swarthmore College. Garnet Connection is a melding of two former community newsletters—*The Gathering*, which was printed, and Human Resources News, a PDF posted on the human resources website. To conserve staff resources and to practice sustainability we have created the new online Garnet Connection, which will live as a PDF at www.swarthmore.edu/human-resources.

Garnet Connection aims to gather and share Swarthmore College community news with employees. Our intent is to connect with one another by sharing useful information and celebrating the accomplishments of our staff and faculty members. Our plan is to produce two issues this year, in the fall and spring.

It seemed quite appropriate to debut this newsletter with the new academic year as we welcome new students, faculty, and staff to our community. While this issue features important and timely information on topics such as our Benefits Open Enrollment, we also have included columns to inform you of updates in our wellness and public-safety initiatives.

We believe that an integral role of a community is to offer new opportunities and to provide a forum in which to share ideas and resources that help to build and sustain us. A community also welcomes and embraces its new members, shares their values, and provides time for them to learn and understand one another.

We welcome your feedback on this first edition, and we appreciate in advance your response to our request to share your news for our next issue.

Read and enjoy!
Pamela Prescod-Caesar
Vice President for Human Resources



Calendar of Events

Sept. 24–Oct. 5
Open Enrollment

Sept. 28, 10 a.m.–2 p.m.
Benefits Wellness Fair

Dec. 11, 10 a.m.
Winter Gathering

Retirement Individual Counseling Sessions

Sept. 20	TIAA-CREF
Sept. 28	Vanguard
Oct. 11	TIAA-CREF
Oct. 24	Vanguard
Nov. 13	TIAA-CREF
Nov. 20	Vanguard

Submit items of interest to: Humanresources@swarthmore.edu





Milestones

Mark Anskis recently married Lindsay Carpenter, a high school/middle school teacher at Garnet Valley, on June 24, at Windows on the Water Beach Club in Sea Bright, N.J. They honeymooned in Costa Rica.

A daughter, Margaret "Maggie" Faye Ryan, was born to **Rhoni Ryan**, systems analyst, April 17. Maggie was 7 pounds, 3 ounces and 20 1/2 inches long.

Rose Maio, administrative coordinator in the department of sociology and anthropology, reports the birth of her first grandchildren, Julia Celeste Vondran, on Feb. 23, at 6 pounds, 12 ounces; and Cooper Reed Maio, on July 11 at 7 pounds, 13 ounces. She writes, "I feel like they are twins except they live in different houses."

Fritz Ward, associate director of development, and wife Roxanne Halpine Ward welcomed a daughter, Freya Jade Ward, born July 8.



Mike Hill, Director of Public Safety



Message from Public Safety

As I reflect on my almost four months here and look forward to my first Swarthmore academic year, I am struck by the nature of our community. The commitment to academics and to civic engagement is as breathtaking as the beauty of the campus. I feel fortunate to have joined such a community, and I am very much looking forward to this fall and beyond.

The Department of Public Safety is an essential component of our community, and fostering that connection is one of my top priorities. Building strong relationships within the community is at the core of what we do as public-safety professionals. Without your support and understanding, we will not be able to as effectively meet, fulfill, or excel in our mission to protect and serve our community.

I'd like to remind everyone that the beginning of the academic year is a hectic and chaotic time for all of us, especially for the parents, families, and students who have traveled here from all parts of the world. With that in mind, please remember to report any suspicious activity or incidents of crime to 610-328-8333. Your eyes and ears are an incredible asset and are very much needed. Never question what you feel. Just make the call.

I invite everyone to visit the Public Safety website www.swarthmore.edu/publicsafety and familiarize yourself with its contents. Take a look at our newly added staff bios and learn about the officers who serve our community. Our newest member is our associate director of public safety, Joanna Gallagher, who joined us on Aug. 17 after 17 years of service at Villanova University as supervisor of the investigations unit with its Department of Public Safety. She is a strong advocate for survivors' rights and a dedicated professional. Joanna brings a wealth of experience and energy to the department.

This is the first of many contributions we hope to make to the Garnet Connection. In the future, stay tuned for information about special events, such as our open house on Sept. 25, from 2 to 4 p.m. at Benjamin West House, in support of National Campus Safety Awareness Month; general safety tips, and discussions about best practices and new technologies in the public-safety field. Thank you all for the support and trust you place in our office.

Sincerely,
Michael Hill
Director of Public Safety



Wellness

Weight Watchers

Weight Watchers at Work has been on campus since March 6 and concluded on July 17. We had two very successful consecutive 10-week programs with more than 20 participants for each session. Our grand weight loss total was 446.1 pounds! We look forward to bringing Weight Watchers back this fall.

Zumba

Due to the popular demand resulting from the sample class offered during January's Staff Development Week, Zumba has become a regular weekly offering. The Latin-inspired dance-fitness program blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness party" that is downright addictive. Zumba was in full weekly "swing" again this month.

Times: Tuesdays at noon

Place: Upper Tarble

Cost: \$5 per class

Instructor: Elizabeth Streit

Pilates

"Physical fitness is the first requisite to happiness."

—Joseph Pilates

Times:

- Beginner class: Wednesdays at 1:15 p.m.
- Intermediate class: Tuesdays and Wednesdays at noon (classes run for one hour)
- Place: Swarthmore Meeting House—Whittier Room
- Cost: \$15/class. Your first class is free!
- Instructor: Cathy Raymond '79

Pilates is a progressive system of exercises developed to stretch, strengthen, and balance mind and body. It combines contemplation, relaxation, and an emphasis on the mind/body connection. At the same time, Pilates stresses the importance of building and balancing muscle tone, strength, and endurance.

These classes include modifications for all exercises that make Pilates suitable for people of all ages and fitness levels. The exercises help improve alignment and movement skills. Benefits include increased core strength and flexibility, stress reduction, more physical and mental energy, improved focus and concentration, better posture, and improved sports performance.

If you are interested, please try this for yourself. Your initial mat class at Swarthmore is free; this gives you a chance to experience Pilates for yourself. Classes are ongoing, so if you are overwhelmed beginning the semester, show up when you can.



Yoga

Yoga classes returned this fall with new instructors Emily Dozor and Curt Woolford. Classes are on Mondays (4:45–6 p.m.) and Fridays (noon–1 p.m.) in the Whittier Room. The fee is \$10 per class or five classes for \$45, cash requested.

Contact: joydozor@aol.com or 610-220-7425.

Qi Gong

Qi Gong ("chee-GONG") is a simple, slow set of exercises for health and relaxation from China that anyone can do. Through its authentic, classical, and accessible styles one can de-stress, revitalize, and find deep calm.

The hourlong classes in the Whittier Room of the Meeting House are held on Mondays at noon and Thursdays at 7 p.m.

Enter the Meeting House through the double glass doors on the street side of the building and go left up a short flight of stairs through the double doors. Curious? Try your first class for free. The fee is \$60 for two months, one class per week, or \$8 drop-in fee. Start any time.

Instructor is Kit Raven who studies Qi Gong with Yang Jwing Ming and has taught for eight years.

Contact: ravenqigong@gmail.com or 610-328-0294

Insurance Plan Offers Wellness-Related Benefits

As an Independence Blue Cross member you are eligible for five free nutrition-counseling sessions, and you can receive a reimbursement of up to \$150 toward fitness-center fees. A \$25 reimbursement for bicycle helmets is available for each eligible member of your family. There is a wealth of other information on the Independence Blue Cross website. Simply go to www.IBX.com and follow the steps to register.



Chris Schumann joined the human resources team on Aug. 1 as director of compensation and benefits. Chris

has spent the last decade at Harvard University, most recently as senior compensation officer in the Office of Human Resources. He is also a member of the board of directors for the

Harvard University Employees Credit Union. During the last six years, he was chair of the Nomination Com-



mittee, project consultant to the executive committee and a member of both the audit and credit committees.

Before Harvard, Chris was a compensation analyst with Kulicke & Soffa Industries and Advanta Corp. in the Philadelphia area.

He holds a master of science in human resource development from Villanova University and a master of arts in management finance from Harvard University. Chris' professional certifications include a PHR (Professionals in Human Resources) from the Society for Human Resources Professionals and a CCP (Certified Compensation Professional) from World at Work.

Chris, wife Peggy, and their two young sons have returned to the area and will reside in Ardmore, Pa.

The Human Resources Department bade a fond farewell to **Lee Robinson**. Lee retired from the College after 28 years of dedicated service. She leaves many friends and memories, and we all wish Lee happiness in her new adventure.



Lee Robinson's long commitment to Swarthmore was celebrated on Aug. 21 with a well-attended farewell party at the Wister Education Center with several tributes to her stellar service.

Spring Gathering and Celebration of Community



Top: June Cianfrano, administrative assistant in the art department, displays the commemorative T-shirt.

Right: Faculty and staff enjoyed the camaraderie at the Spring Gathering in May.



Dwight Darkow, gardener with the grounds and horticulture staff, was the winner of the Spring Gathering costume contest.



Students joined the fun at the Celebration of Community on Sept. 7.



Faculty, staff, and students gathered for a lunch of locally sourced food, as a DJ spun tunes at the Celebration of Community.