We want to *CU Well!*

Your health and well-being is extremely important to us — we want to CU Well! This past year, Colgate has spent a great deal of time focusing on initiatives to improve wellness programs and offerings.

**CU Well**

Wellness is an integral part of our benefits program, and as announced on August 31, we are pleased and excited to introduce the CU Well program for all benefit-eligible employees. We are partnering with Viverae, an innovative wellness program provider, to help lead employees to a healthier lifestyle by providing a fun and engaging experience, no matter where they are on the wellness spectrum. Viverae offers a secure and confidential website with a variety of health tools, nutrition and physical activity trackers, and education resources. To register for an account and find out all that the CU Well program has to offer, go to: [www.myviverae.com](http://www.myviverae.com) or call 1-888-VIVERAE (848-3723). [Instructions on registering are provided elsewhere in this newsletter.]

To get started, employees are encouraged to complete two kinds of screenings that provide a baseline for understanding individual needs and setting goals. 1. **Member Health Assessment (MHA)**, a 20-question survey that takes about 10 minutes; and 2. **Biometric Screening**, which consists of blood pressure and body composition checks, as well as a finger stick blood test to measure your cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, and glucose. **On October 2, we are offering our first CU Well Biometric Screening in the Clark Room.** There is no cost to eligible participants and the appointment should take no more than 15 minutes. To sign up for an appointment, log on to the [www.myviverae.com](http://www.myviverae.com) homepage. Select the My Program tab and click on Upcoming Events. **Registration is open from September 1 through 15;** additional on-campus screenings will be scheduled in the future.

**Shaw Wellness Institute**

There are many components to wellness, not just physical. The Shaw Wellness Institute can help you explore how to lead a healthy, balanced, and purposeful life. This fall, the institute will offer a number of exciting programs designed to promote health and well-being among Colgate community members. You can learn new skills, take a moment to rejuvenate and relax, or meet new people committed to living a life that’s full of vitality and mindfulness.

The Shaw Wellness Institute began in 2004 as the Wellness Initiative, focusing on the holistic development of students and the Colgate community. With gifts from Jay ’76 and Debi Shaw and alumna and trustee Janet Sherlund ’77, Colgate was able to transform the initiative into the Shaw Wellness Institute, broadening its scope and adding a director and program assistant.

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The institute is now charged with being the hub for information about all the ways Colgate fosters an opportunity to thrive and be well. This fall, a new center will open in the central core of Cutten Hall with a multipurpose space, offices, a student work area, and a future location for nutritional counseling/wellness coaching/space for biofeedback, etc. It will also have an extensive library of books and media on wellness and living holistically, with titles on mindfulness, diet and nutrition, aging well, assertiveness, depression, anxiety, stress-reduction, spirituality, and living purposefully.

Since coming to Colgate in January, Thad Mantaro, director of the Shaw Wellness Institute, has been inquiring about the needs of the community and has designed a plan to meet those needs. This fall, employees will see programming through the “Wellness Wednesday” series and other stand-alone programs on Ayurveda, yogic breath work (Pranayama), vegan cooking, mindfulness, Zen meditation, Healing Touch, creative visualization, and back health. Partnerships with Recreation/Fitness will provide the community with other new programming. Other collaborations will include programs on sustainability, good sleep habits, wellness over age 50, and “Heart Centering,” among many others.

Look for a fall blog and join the staff for an informal open house on October 5. Feel free to contact Thad Mantaro with questions about wellness programs, student groups, facilities, or other concerns at tmantaro@colgate.edu.

Noontime Wellness Shuttle

In response to employee suggestions, we are also excited to offer a noontime Wellness Shuttle, to help employees utilize the athletic facilities and benefit from the lunchtime Focus on Fitness classes — without the stress of losing your parking space! Starting September 17, this shuttle will have designated stops specifically for transporting employees to and from the Huntington Gym and Trudy Fitness Center. This program is being offered on a trial basis.

Running Monday-Friday, starting at 11:55 a.m. the shuttle will stop at: the Bookstore, Case-Geyer Library, the entrance of Academic Drive, and Frank Dining Hall. Look for the Colgate Cruiser signs posted at these locations. This service will run an 8-10 minute loop and follow the reverse schedule from the gym/fitness center, departing at 12:57 p.m., to the designated stops.

Questions regarding this shuttle schedule should be directed to Kerri with Birnie Bus Service, Inc. at 824-1260 ext. 230.

How to register for the CU Well online site:

STEP 1
- Visit www.myviverae.com
- Click New User Registration
- Full registration requires an email address (obtain an email address if lacking)
- This will take you to a self-registration screen

STEP 2
- Enter your Last Name and Date of Birth (DOB)
- Enter your Identifier: DOB + Last 4 of SSN (MMDDYYYY1234)
- Enter the Registration Code: colgate

Note: An error message indicates that some or all of the information entered in Step 2 is incorrect. If further assistance is needed, please contact the Viverae Health Center at 888-VIVERAE (848-3723).

STEP 3

Ensure that all information is complete and current, including personal and contact information.
- Create a User Name (5–25 characters)
- Create a Password (8–12 characters) using letters (upper and/or lowercase), numerals, and/or special characters (such as @?#$~!&^%)
- Select a Security Question and Answer and then click Save. Registration is complete!

Note: Always click Log Out at end of session to protect your Personal Health Information.

Wellness Tip For September

Fruits and Vegetables Month

One easy improvement you can make to your diet is to eat more fruits and vegetables that is. They are full of vitamins, minerals, fiber and more. They help reduce the risk of heart disease, high blood pressure and certain cancers. Visit excellusbcbs.com for information on Nutrition and 6,000+ other health topics.

RETIREMENT

Bill Beach, Groundskeeper-Athletics retired on August 17, 2012 after close to 37 years of service. Best wishes to Bill as he begins his new adventure.
As the new academic year begins and the weather gets colder, many of you may find yourself in Trudy Fitness Center, Colgate’s first LEED certified building! But what does that really mean? Well, LEED stands for Leadership in Energy and Environmental Design. LEED certification is a rating system created by the U.S. Green Building Council that evaluates how green a building is.

So, what makes Trudy special? Trudy Fitness Center has 114 windows maximizing the use of natural light. The building also utilizes daylight-harvesting technology – light sensors that adjust the intensity of indoor lighting based on outdoor light conditions. A white roof helps to reflect light and heat, which minimize the need to cool the building in the summer. These features contribute to Trudy being 20% more energy efficient than a building of similar size.

Trudy is also 30% more water efficient than a building of similar size. The building boasts xeriscaping, the use of native vegetation to eliminate watering, and a retention pond. The retention pond collects storm water, which can then be treated for reuse. The building also features two water fountains that also serve as refillable water stations to facilitate the use of reusable water bottles and eliminate the need for one-time use throwaway cups.

The construction of Trudy was also done with sustainability in mind. Nearly 90% (or 432 tons) of all construction debris was diverted from the landfill through reuse or recycling.

Other green features of Trudy include the use of low volatile organic compound (VOC) paints, an air system that cycles fresh air, and VIP parking for green methods of transportation in the form of a bike rack directly in front of the building. These and other sustainable features qualified Trudy for one of the highest levels of LEED certification – LEED Gold! The fact that Colgate’s first LEED building achieved LEED Gold certification is a testament to the good work and expertise of our Facilities Department project management team. A special thank you goes out to Joe Bello (Manager of Capital Projects), Paul Fick (Associate VP of Facilities), and Gary Nagle (Project Manager) for their special dedication to this historic project.

NEW HIRES

Karyn Belanger accepted the position of Coordinator of Tutoring & Peer Learning effective August 15, 2012. Karyn has been working at Colgate teaching Biology labs. She and her husband Ken, Professor of Biology, have three children, Bryce, Karley and Beth.

Tracy Dorman accepted the position of Custodian effective August 28, 2012. Tracy and her husband Mike live in Madison. She has three children, Cody, Tara and Brett.

Amanda Douberley accepted the position of Consulting Curator, Picker Art Gallery effective August 21, 2012. Amanda is expected to receive her Ph.D in Art History from the University of Texas at Austin in 2013.

Sherri Fidler-Rose accepted the position of Custodian effective August 24, 2012. Sherri has two children.

Bentley Johnson accepted the position of Custodian effective August 29, 2012. Ben had been working as a casual employee for the grounds department. In his off time Ben coaches JV Basketball for Sherburne-Earlville Central School. He recently became engaged to Nicole Beers.

Pamela Lewis accepted the position of Physician Assistant for the Student Health Center effective August 15, 2012. Pam has worked for the Student Health Center in full time and part time capacities for the past 16 years. She and her husband Joe have three children, Ben, Sam and Jake.

Laura Masse accepted the position of Assistant Director of Alumni Relations effective August 15, 2012. Laura has a M.S. in College Student Personnel Administration from Canisius College. She is a Buffalo Sabres fan and enjoys kayaking and playing volleyball.

John Painter accepted the position of Director of Athletic Communications effective August 24, 2012. John has a B.S. in Communications from the University of Tennessee. He and his wife Mary Margaret have two children, Jackson and David.

Sheila Reagan accepted the position of Environmental Studies & Sustainability Program Assistant effective August 7, 2012. Sheila is a 2012 graduate of Colgate University.

Michael Sciola accepted the position of Associate Vice President of Institutional Advancement and Director of Career Services effective August 20, 2012. Michael received his M.S. in Human Development, Counseling and Family Studies from University of Rhode Island. Michael and his partner Frank Kuan enjoy music, theater and adventure travel.

Rorie Wells accepted the position of Administrative Assistant for Chemistry and Health Sciences effective August 13, 2012. Rorie is a 2003 graduate of Hamilton Central and a 2007 graduate of La Salle University.
PROMOTIONS

Nathalie Carter has been promoted to Assistant Athletic Director for Event Management effective August 1, 2012.

Teresa Olsen has been promoted to Director of Operations and Strategic Planning, Career Services effective September 1, 2012.

Laura Rickard has been promoted to Technical Support Analyst effective September 1, 2012.

ANNIVERSARIES

30 Years
Thomas Kane - Facilities
Hoyt Kelly - Facilities
Ellen Sawyer - Computer Science
Lois Wilcox - Art & Art History

25 Years
Emily Hutton - Hughes-Library
Carol Smith - Humanities

10 Years
Tammy Ayers - Colgate Bookstore
Heather Binelli - Admission

5 Years
Valerie Cucura - Computer Science
Paul Gubbins - Facilities
Elisa Schroeder - Facilities
Sherry Taylor - Facilities

Temporary/Casual

Assistant Technical Director (no benefits)
Biology Research Technician (Grant Funded 20 hrs/week)
Campus Safety Officer/Dispatcher (p/t, no benefits)
Housekeeping Assistant (no benefits)
Staff Nurse (per diem, no benefits)
Temporary - Athletic Event Staff, (p/t, no benefits)
Temporary - Barge Customer - Associate/Cashier - (temporary and p/t positions)
Temporary - Maintenance Laborers (no benefits)
Temporary - Office (no benefits)
VITA Program Coordinator,
Upstate Institute (p/t, no benefits)

POSITION VACANCIES

Regular positions
Administrative Assistant, Capital Support, and Stewardship - Advancement
Administrative Assistant, Special Events
Admission Office Assistant (10 months)
Career Advisor, Career Services
Chief Information Officer
Coordinator/Assistant Director of the Annual Fund
Director of Fitness and Programming
Director of University Museums
Evening/Weekend Circulation and Building Supervisor
General Merchandise Manager/Senior Buyer, Bookstore
Interim Staff Counselor, Counseling Center (10 months - ends May 31, 2013)
Office Manager/Career Coordinator for Career Services
Online Community Manager, Communications
Program Assistant for the Wellness Institute (10 months)
Program Coordinator Off Campus Study
Senior Administrative Assistant to the Vice President/Dean of Admission
Web Accounting Assistant Advancement
Web Order Fulfillment Associate/Bookstore Assistant (10 months)

Sold & Swap


Colgate University makes no warranty, expressed or implied, about the nature or condition of items advertised and accepts no responsibility for any transaction or item. The University reserves the right to suspend or terminate the program at any time.

Mark your Calendar!

Wellness & Benefits Fair
Tuesday, November 13, 2012
Hall of Presidents
11:30 a.m. to 1:30 p.m.
Lunch will be served from 11:30 a.m. to 1:00 p.m.
Donovan’s Pub

For complete information on position vacancies and to submit an application visit our website at: https://careers.colgate.edu

COLGATE UNIVERSITY IS AN EO/AAE
Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.