Everybody Has a Story—Monica McCusker

After interviewing Monica McCusker, Office Coordinator at the College Store, for this month’s Communicator, I wonder if perhaps the name of this feature should be changed to “Everybody Has Many Stories.”

Monica was born in Florida and moved to Connecticut at a young age. In middle school, she was recruited to play in a fife and drum corps and began what was to become a lifelong, combined interest in music and history. The decision to join the corps was also pivotal in another way: she met her husband, David, through the group. After taking a 20 year break from the hobby due to her husband’s Naval career and raising two daughters, they have continued to participate in historical and community celebrations throughout Maine and New England as members of a fife and drum corps. She’s a solid member of what she says is sometimes rather the camaraderie and the opportunity to “live” history. She recalls with enthusiasm what it’s like experiencing the power of a “Civil War Moment;” a moment during a battle re-enactment when the re-enactor gets caught up in the action and forgets that they are in modern times.

In addition to pursuing her personal passions, Monica has spent a significant amount of time and energy devoted to community service. She was a Red Cross volunteer for more than 20 years and is active in her church as both an advisor and Sunday school teacher. In addition to her volunteer work and fife and fife playing, she’s kept active over the years—performing tap and jazz/hip hop with a group of local dance studios, spending time with her two grand-children, and sewing (including many of the period pieces worn in her re-enactments). Recently, thanks to Bates’ education benefit, she has resumed her college education.

If you get the opportunity to stop and chat with Monica, you won’t be disappointed; she has stories to tell and life experience riddled by few.

24-Hour Nurse Line
Call Aetna’s toll free number to access registered nurses who are experienced in providing information on a variety of health topics.* To reach an informed HealthLine Nurse, please call 1-800-556-1555 For TDD (hearing and speech impaired only): 1-800-270-2386

New Staff—October 2009
Molly Bass, Assistant Director of Annual Giving, Advancement
Heidi Howard, Associate Director of Donor Programs, Advancement
Teague Morris, Assessment Officer, Institutional Research & Assessment Support
Susan Orton, Director of Foundation, Corporate & Government Relations, Advancement
Mike Thomas, Security Officer, Security
Hillary Verrill, Assistant Director, Career Services

Health Assessment: Privacy Concerns Addressed

Questions about how your Health Risk Assessment information will be used by Aetna?

The mission of the Simple Steps To A Healthier Life® program by Aetna is to improve the health and well-being of health-care consumers by offering a Health Assessment, educational materials and health management information programs online.

When you visit and navigate the Aetna Web site, they will not collect personal information or personal health information about you unless you provide the information voluntarily. We recommend that you read the Privacy Policy whenever you visit the Aetna site. The Simple Steps To A Healthier Life tool and the Health Risk Assessment (“HRA”) are an important part of Aetna’s overall health-care benefits administration programs, and will be used in a variety of ways in support of these programs. In general, the information will be used in much the same way as information gathered in connection with Aetna’s patient-management programs. For example, it may be made available to Aetna patient-management nurses to help coordinate your care and assist you with appropriate disease-management tools. It also may be used for purposes of internal studies of the effectiveness of care coordination and disease management.

Most importantly, your information will be used and disclosed in accordance with the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rules as part of Aetna’s payment activities and health-care operations. Your Life. Live It Well. Simple Steps To A Healthier Life®

*Excerpts from original postings by Brian McNulty on the Bates web site.
Are you a distracted driver??

Perhaps you prefer to think of yourself as a multi-tasker on wheels. If you use wireless devices, computers, books, newspapers, electric razors, beauty products, or eat Big Macs or Whoppers while you are driving, you are part of a growing class of drivers with an increasing risk of causing or being involved in an accident. And, as of very recently, you are breaking the law in Maine. “The National Highway Traffic Administration estimates that at least 25% of police-reported crashes involve some form of driver inattentiveness. Driver distraction is one form of inattention and is a factor in more than half of these crashes.”

The State of Illinois published a report in 2008 which indicated that “talking on a cell phone while driving increases your chance of getting into a crash by 400%.” Other studies have demonstrated that even talking on hands-free phones while driving increases the risk by 400%. The American Automobile Association conducted a survey this year and learned that 87% of respondents rated texting or emailing while driving as a very serious threat making this driving risk almost as high as drunk driving. Yet in the same survey “67% of drivers reported talking on the cell phone while driving and 21% reported text messaging while driving”. It seems like the answer to this concern is pretty simple. You can significantly reduce your risk of being involved in a driving incident if you avoid being distracted. Stay focused on your driving. Keep your hands on the wheel and your eyes on the road. If your wireless device calls to you, pull off the road. If you are hungry, stop and have a bite. Make yourself beautiful (or at least presentable) before you leave your house. Read your newspaper or your book when you get to your destination.

This will sound old fashioned and maybe even a bit paternalistic but I’ll say it anyway… we used to be able to survive a commute and get the job done without having to multitask. For the sake of safety let’s give driving our undivided attention.

Performance Development
Timeline Reminder

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If you know of a parking lot that is convenient — even if your parking lot is convenient — please call the HR office if you need assistance! x6140

Live, Learn and Pass It On…*

*This and future issues of the Communicator will feature lessons learned from those who participated in the class “Live, Learn and Pass It On” during Staff Enrichment Week.

10 Tips for Staying Fit During the Holidays

1. Squeeze cardio into your schedule when short on time. Three to six minute sessions throughout the day have been proven to be as beneficial or more so than a straight 30 minutes.
2. Keep a large water bottle (20oz) handy at all times. Staying hydrated is very important when we are filling our body with more than normal sugar levels and alcohol.
3. Forgo those sweet holiday lattes and fancy drinks for a regular drip coffee and a little low fat milk. Spice it up with cinnamon and stay away from the whipping cream.
4. Eat before you go to holiday parties. You will be less likely to binge.
5. Choose white wine over red whenever you get a chance; it has less calories.
6. Chew sugar free gum throughout the day to keep your craving at bay.
7. Get up from your desk and walk around every once in a while to get blood flowing as well as keep your posture in check.
8. If you want to participate in holiday fun but don’t want the extra calories of
9. Indulge in some holiday fun and get fit at the same time by taking up even indoor skiing if you aren’t near the slopes.
10. And if you really want to stay fit or give yourself a pampering treat, hire yourself a personal trainer and maybe get into that holiday dress before the office party.

By Trevor Marum
Vert, Fitness and Wellness
www.vertfitnesswellness.com

Have an idea for a Staff Enrichment Week Workshop?

The Staff Development Committee is getting ready to start planning.

Notes from the Bates College Staff Association

Greetings from the Bates College Staff Association Steering Committee! Each month in the HR Communicator, we post information regarding recent BCSA happenings or issues relating to staff. We want to encourage you to vote for your Steering Committee representative – Election boxes are located in Cutten, New Commons and Pettengill Hall. Thanks to the Publicity and Events Committee for a wonderful Trash to Treasure and Pizza Party! The P&E Committee is working on more fun BCSA events in the future! Don’t forget to take advantage of the online suggestion tool to submit your thoughts or ideas:

http://www.bates.edu/x153947.xml

We really want to hear from you!