

Campus Update Monday, March 5, 2018



UNIVERSITY OF SAINT JOSEPH
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Visit our Website

National Nutrition Month at USJ

National Nutrition Month is a nutrition and information campaign that focuses on the importance of making informed food choices, developing healthy eating habits, and embracing physical activity. Created by the Academy of Nutrition and Dietetics, this campaign is celebrated annually in March. The University of Saint Joseph's (USJ) School of Health and Natural Sciences share the same values and ideas in our Nutrition & Dietetics program.

Read the full news story here:

<https://www.usj.edu/news/national-nutrition-month-usj/>



Mindfulness & You

Join us for this informative session and learn about the role mindfulness plays in our health and well-being on **Tuesday, March 6**, at 2 p.m. in the McAuley Auditorium.

This session will be located at The McAuley: West Hartford's Only Life Plan Community at 275 Steele Road in West Hartford.

For more information, click [here](#).

Mindfulness & You

Join us for this informative session and learn about the role mindfulness plays in our health and well-being.

Tuesday, March 6, 2018
2:00 p.m. The McAuley Auditorium

THE MCAULEY
PART OF THE MERCY COMMUNITY
West Hartford's Only Life Plan Community
275 Steele Road in West Hartford



Toiletry Drive Ends this Thursday!

Participate in the **Toiletry Drive!** The (Alternative Spring Break) ASB Team is collecting unused trial-sized toiletry items to make personal care kits. Donations will be given out at Church by the Pond in Hartford during the Alternative Spring Break Program.

- **Collection Dates: Feb. 8 – March 8**
- Donation Box Locations: CAE, Outside of Dr. Cote's office (Lynch 105), Outside of the Campus Ministry office (basement of Mercy, room LL11), Office of Student Affairs (MCG 200) Chapel
- Items Needed: (Please be sure these are the small trial sized items), Toothpaste, Toothbrushes,
- Deodorant (Women's and Men's), Shampoo, Conditioner, Body Wash/Bar Soap, Lip Balm, Hand/Body Lotion

Many thanks for your help and your donations!

We-Fit Lunch and Learn

Attend the We-Fit: Lunch and Learn on "Cystic Fibrosis Awareness" on **Tuesday, March 20**, from 11:45 a.m.–12:45 p.m. in the McGovern Community Room. Our speaker will discuss how this complex disease is affecting more than 30,000 people in the United States.

Questions? Contact Lisa Peruccio, Benefits Administrator at lperuccio@usj.edu or (860)231-5509

Download event flyer [here](#).

Cystic Fibrosis Awareness

What is Cystic Fibrosis?
Cystic Fibrosis is a progressive, genetic disease that causes permanent lung infections and limits the ability to breathe over time.

Please join us to learn more about this complex disease affecting more than 30,000 people living with CF in the United States. Approximately 3,000 new cases of CF are diagnosed each year.

What are the symptoms of CF?
Which body parts are affected?
How is it treated?
What is the latest research?
A special guest will share what it is like living with CF.

Bring your lunch or
Enjoy a \$5 Price Lunch Provided for Faculty and Staff Participants by the Human Resources Department WE-FIT Wellness Program.

WE-FIT
LUNCH AND LEARN
"CYSTIC FIBROSIS AWARENESS"
March 20, 2018
11:45 AM - 12:45 PM
McGovern Community Room

Presented by Lynn Simon, Development Director
The Cystic Fibrosis Foundation, CT Chapter
For more information, contact:
Lisa Peruccio,
Benefits Administrator
Email: lperuccio@usj.edu
Phone: (860)231-5509

Office Hours with President Rhona C. Free

President Rhona Free will be holding open office hours on **Thursday, March 22, from 12:30 – 2:30 p.m.** in the President's Office, Room 1, Mercy Hall (at the far end of the hallway). Faculty, staff, and students are invited to sign up (recommended) or stop in for a 15-minute appointment with the President during this time.

Contact: Ruth Foxman, executive assistant to the President/secretary to the Board of Trustees at rfoxman@usj.edu or 860.231.5221



You're Invited: Second Annual Interprofessional

Last year you may have been a participant in the first Interprofessional Event for students and faculty from education, social work, counseling, human development and family studies and criminal justice preparation programs. Based on the enthusiastic student response, we have prepared a second case for discussion at the Interprofessional Event 2018 (IPE-II). You are invited to attend as part of a class or as an individual. You will be seated with students from other programs of study across USJ as well as faculty and graduate students.

We have attached a copy of the case study that will be the subject of interprofessional analysis (download [here](#)). You are encouraged to read and think about it ahead of time. A few of the questions that may guide discussion include:

- What stands out for you as you read about Lydia? Her development? Her family background? Her strengths or challenges?
- What questions does the case raise for you from your professional perspective?
- What do you see as the most important strategies or interventions to support Lydia?

Please join student and faculty colleagues for this important professional opportunity!

The IPE II
Crystal Room, Mercy Hall, **on March 22, 2018**
4:30-6:30 p.m.
Snacks will be served.

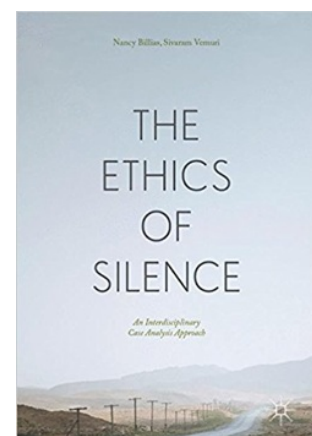
Your RSVP is encouraged, since last year's event was SRO!

To RSVP, please e-mail Casey Scriven, cscriven@usj.edu by March 20, 2018

Discussion and Book Signing with Nancy Billias, Ph.D.

Join Nancy Billias, Ph.D., for a discussion and book signing of her new book *The Ethics of Silence*. This event will be at 6 p.m. on March 23. RSVP to Rita Bayer (rbayer@usj.edu) if you plan to attend. This event is being coordinated with Samite's world premiere of *Resilience*, a play with music about his life and work, in the Hoffman Auditorium at 7:30 p.m., immediately following the book launch.

When: Friday, March 23, 2018
Where: Bruyette Athenaeum, 2nd Floor AV Room
Time: 6–7:15 p.m.



Jays Network Announcements

Don't miss the USJ Olympics 2018 events on **Friday, March 23**. There will be a range of activities such as Tug-of-War, Capture the Flag, Faculty Trivia, Wheelbarrow Races, and more!
Please register in advance at:

<https://www.surveymonkey.com/r/7PVBJVQ>

Points update:

O'Connor: 483
Kelleher: 449
McDonough: 421

Say up-to-date with the latest events with the March Points Eligible Calendar [here](#).

Check out the Jays Network Ambassador Workshop Series schedule [here](#).



Career Development Center Weekly Update:

Get ready for the upcoming Spring Internship and Mini Job Fairs!

SAVE THE DATES: March 26, April 9, April 23

Time: 11 a.m. – 1 p.m.

Local companies and representatives are coming to campus to speak to students about their internships, summer, part-time and full-time professional positions.

Need your résumé reviewed? Make an appointment today, by emailing careercenter@usj.edu or stopping by the 2nd floor of the library.

INTERNSHIP & Mini JOB FAIRS

What's Your Next Move?

Meet Employers

All Students – All Majors

Apply for Jobs



March 5: MGM Springfield, New York Life, YWCA of W. Hartford, CW Resources
March 26: Waterbury Hospital, Eastern CT Health Network, CBT, Jumpstart
April 9: Oak Hill, St. Mary's Hospital, Northwestern Mutual, YWCA of Hartford
April 23: Catholic Charities, Camp Horizons, Goodwill, CCR

Location: McGovern Hall, Student Lounge • Time: 11 am - 1 pm

Come out to talk with these facilities about internship and job opportunities! Apply Now!

Part-time, Summer, Full-time, Entry Level and Professional Positions

Bring your Résumés and Dress to Impress!

Sponsored by USJ Career Development

For more information, contact Valerie Wilson, vwilson@usj.edu

Download event flyer [here](#).

Now Hiring: Lifeguards and Swim Instructors

Are you a Certified American Red Cross Lifeguard?

Swimmers in the O'Connell Center Bruyette Natatorium need you! \$12/hour work shifts are available days, nights, and during the weekend until May 31.

Do you want to teach kids how to swim?

Swim instructors (no certification required) needed to teach children basic swimming skills at \$12/hour. Instructors must be available during the 4-week sessions from 4:30-6:30 p.m. on Monday's and Wednesday's until May 31 with an extra stipend for instructors who complete the entire swim lesson session.

For more information about becoming a Lifeguard or Swim Instructor, please contact Brenda Straker: bstraker@usj.edu

Blue Jays in Spirit Announcement

“Unity in the Community” –Blue Jays in Spirit will be joining with the **Afro-Semitic Experience** to sing a song entitled, “Unity in the Community”, when they perform in the Hoffman Auditorium on Saturday, April 14, at 7:30 p.m. Blue Jays in Spirit is seeking other students, staff, and faculty, who would like to join them in the performance. Rehearsals are Monday, April 2, 4:30-5:30 p.m., and Monday, April 9, 4:30-5:30 p.m., in Connor Chapel.

If you are interested being part of “Unity in the Community”, please contact Michele Maccarone Brophy, Club Advisor to *Blue Jays in Spirit*, at mbrophy@usj.edu. All members of the USJ community are welcome.

Annual Recognition Dinner

You are invited to join the USJ Latino/a Social Workers Network at the 2018 Annual Recognition Dinner recognizing Latino/a Social Workers on **Monday, March 26 from 5:30–7:30 p.m.** in the Crystal Room in Mercy Hall.

Cost includes dinner and dessert:
\$15 Students with a valid ID
\$25 All others

Sponsored by the National Association of Social Workers Connecticut Chapter and the University of Saint Joseph, this event is open to the public.

Register by March 19 at naswct.org | Download event flyer [here](#).

usw@naswct.org'." data-bbox="628 88 832 296"/>

Coed Conversations: Supporting LGBTQ Students in Our Classrooms and on Campus: Best Practices

Dear Faculty and Staff:

The TLC and the Academic and Career Advising Center are pleased to announce the next session in our Faculty/Staff Development Series on coeducation. As we, at USJ, prepare ourselves for the transition to an all-gender institution, this discussion will focus on LGBT young adult identity development, including basic concepts and vocabulary, their needs and how to support them, and best practices for creating an inclusive classroom. Join us on **Wednesday, March 28, 12-12:50 p.m.** in the McGovern Community Room for this important discussion!

To register, email tlc@usj.edu
Download event flyer [here](#).

An Evening of Storytelling with Dovie Thomason

Join us on **Wednesday, April 4**, for a performance by award-winning Lakota/Kiowa Apache storyteller Dovie Thomason. Thomason is a storyteller, cultural educator, author and recording artist. She has received numerous awards and has presented at distinguished institutions throughout her 20-year career. Thomason will share Native Stories that will give people a better understanding of cultures in the First Nations of North America. This event is free and open to the public!

Location:
The Autorino Center for the Arts
(2nd Floor Bruyette Reception Room)
1678 Asylum Avenue
West Hartford, CT 06117



RSVP on Facebook [here](#).

New Employees and Promotions

The following is information for New Hires/Rehires as of 2/19/2018:

Roman Simanovich, B.S., Information Security Specialist, Information Technology

TIAA Offering Individual Retirement Counseling

TIAA will offer individual retirement counseling for USJ employees on **March 20**, 8:30 a.m. – 4:00 p.m., Mercy Hall, Provost Conference Room main campus.

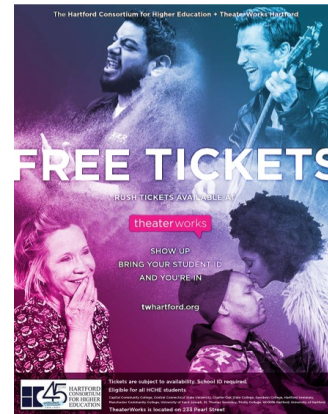
To schedule an appointment: Call the TIAA office in

Get Free Tickets to TheaterWorks Performances

TheaterWorks announced today a partnership with Hartford Consortium for Higher Education to provide FREE STUDENT RUSH TICKETS for all student members.

Free Student Rush Tickets - all free, all the time - are available at the door an hour prior to performance based on availability.

These seats are available to students and faculty throughout the state of Connecticut and can be reserved ahead of time by calling the box office at [860.527.7838](tel:860.527.7838).



Campus Ministry Announcements

March 7 (Wednesday) – Mass in Chapel

March 11 (Sunday) – No Mass

March 21 (Wednesday)– The Stand on Stone Lenten Dinner Reflection will take place from 4:30 – 5:30 p.m. in the Campus Ministry Office located in Mercy Hall, Rom 11, Lower Level. Download the event flyer [here](#).

Now to April 3 – Check out Campus Ministry's two giveaways! Download the flyer [here](#).

Download the Lent Calendar [here](#).

Pope Pius XII Library Hours for Spring Break

The Library will have hours as follows:

March 9 (Friday) 8:30 a.m. – 8 p.m.

March 10 (Saturday) 10 a.m. – 6 p.m.

March 11 (Sunday) Closed

March 12-15 (Monday – Thursday) 8:30 a.m. – 10 p.m.

March 16 (Friday) 8:30 a.m. – 4:30 p.m.

March 17 (Saturday) Closed*

March 18 (Sunday) 2 p.m. – 10 p.m.

USJ Cheerleading Team

Students – are you interested in joining a cheerleading team here at USJ?

If you are interested or have any questions please contact Mercedes Gapko at mgapko@usj.edu. Hopefully we can make this happen but we need your help! More info will be released after we know people are interested. Thank you in advance.

Discounted Hartford Symphony Tickets

Attend the Hartford Symphony Orchestra's next Masterworks concert, *Copland & Gershwin*, coming April 6-8 to The Bushnell in Hartford. Student tickets are just \$10! The Hartford Symphony is thrilled to be celebrating two of everyone's all-time favorite American composers!

For more information, visit:

<https://hartfordsymphony.org/concerts/copland-gershwin/>

Download event flyer [here](#).

Women's Leadership Center (WLC) Quote of the Week:

"Always take on new challenges—even if you are not sure you are completely ready."
– Sheryl Sandberg, COO, Facebook



News

Click [here](#) to download the March edition of *Live Well Work Well*, which provides you with health and wellness tips for your work and life—presented by 360 Corporate Benefit Advisors.

Visit www.usjbluejays.com/ and like @usj_bluejays on social media for more updates!

STAY CONNECTED

