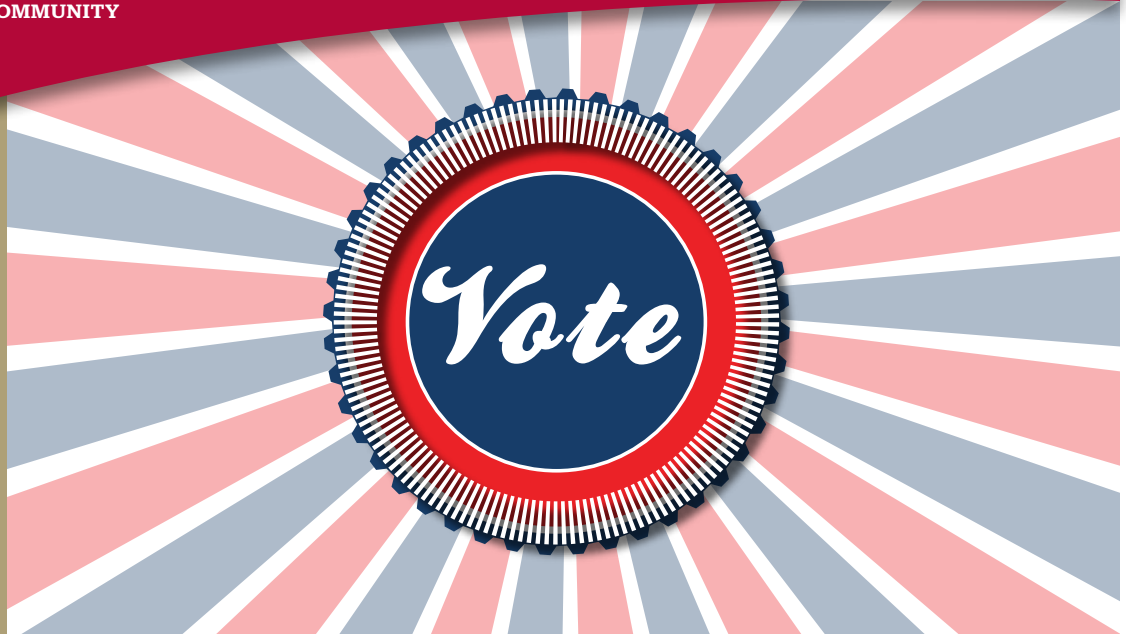


COMMUNICATOR

INFORMING THE BATES COMMUNITY

SEPTEMBER 2014
VOL. 4, ISSUE 1



Your Vote = Your Voice

Kristen Cloutier, Harward Center for Community Partnerships, Assist Director, HCCP

Voting is one important way of engaging in the life of our community. Registering to vote is a critical means to becoming an advocate for yourself, your family and your neighbors. Your voice can make a difference!

Who votes matters

Consider this: in the past four Congressional elections, a shift of ten thousand votes would have changed the outcome of more than two hundred Congressional, Senate and Gubernatorial races. At the state and local levels, elections are regularly won and lost by less than one thousand votes and sometimes even less than one hundred votes.

Register to vote!

Voter registration is quick and easy. The Harward Center, in conjunction with the Dean of Students Office, is offering two options:

1. Register to vote online via Bates' partnership with TurboVote:

<http://www.bates.edu/dos/policies-procedures/bates-turbovote/>

TurboVote will allow you to:

- Register, or re-register to vote
 - Update your address
 - Request an absentee ballot
 - Opt-in to receive text and email messages about Election Day, polling locations, and information about what's on the ballot
2. Fill out a voter registration card at the Harward Center for Community Partnerships at 161 Wood Street.
 - Voter registration cards are available in the front office of the Harward Center from 9am to 4:30pm Monday through Friday.
 - Simply fill out a card and drop it in the box provided. A friendly Harward Center staff member will return it to City Hall for you!
 - The deadline to submit voter registration cards at the Harward Center is Thursday, October 9, 2014 at 4:30pm.

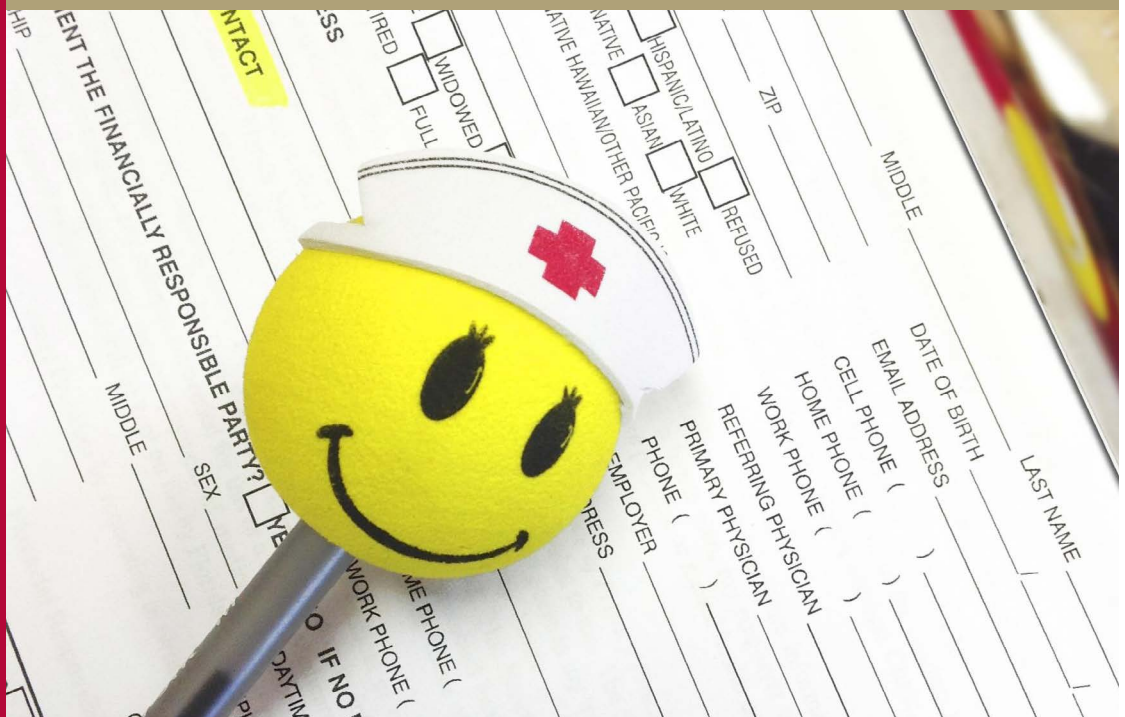
ELECTION DAY IS TUESDAY, NOVEMBER 4, 2014!

More information on the State General & Referendum Election and the Special Municipal Election (including a list of polling places) can be found on the City of Lewiston's website at: <http://www.lewistonmaine.gov/index.aspx?nid=117>

Have questions? Contact Kristen Cloutier at x6202.

**"Ah, September!
You are the
doorway to the
season that
awakens my soul...
but I must confess
that I love you only
because you are
a prelude to my
beloved October."**

**- Peggy Toney
Horton**



Getting Quality Care

Ken Emerson, Senior Director of Human Resources Operations and Benefits

Having a primary health care provider who manages your care can help you stay healthy and recover faster if you become sick. You can ensure you get quality care by participating in decisions that affect you.

Your Health Care IQ (Involvement Quotient)

Check the statements that apply to you. How involved are you in your own care?

- I have selected a primary health care provider to help manage my health needs.
- I understand my health plan benefits.
- I take an active role in my health care decisions by asking questions and discussing treatment options, screening needs and lifestyle choices.
- I am learning more about my health with the help of my health care provider.
- I follow a schedule of routine tests I need.
- I maintain a file of my health history.
- I know where to get urgent care other than a hospital emergency room.

These steps can help put you in charge of your health care in partnership with your health care providers.

TIP: *Become familiar with your health plan benefits before you need care.*



September Recyclable of the Month: The New Commons Mug

We are working our way to 50% recycling here at Bates! This month's focus is on the new recyclable Commons mugs. Remember to empty them when you're finished, and toss them in a blue bin!

When to Seek Medical Care



With self care you can manage most of your health concerns. But make an appointment with your health care provider if you have unusual symptoms, such as:

- Painful or difficult urination
- Hoarseness or sore throat
- Insomnia or fatigue
- Dizzy spells or blackouts
- Unexplained lumps, sores or swelling
- Unexplained weight loss or gain
- Unexplained skin rash or itching
- Frequent or unusual headache
- Persistent nausea or indigestion
- Persistent diarrhea or constipation

In addition, have your provider evaluate any symptom that becomes severe or interferes with your daily routine for more than a few days.

When to Get Emergency Care

Know the conditions that are considered threatening to life or limb. Get to the nearest emergency room (ER) if you have:

- Chest pain lasting more than 2 minutes
- Sudden blackouts or unconsciousness
- Convulsions or shock
- Uncontrollable bleeding
- Inability to move or speak
- Breathing problems or choking
- Broken bones
- Poisoning
- Back, head or eye injury
- Severe pain or burn
- Drug reaction or overdose
- Injury from attack by a person or an animal



Note: ER waiting times can be long; care is provided in order of urgency.

Saving Health Care Dollars

By staying aware of how to stretch health care dollars, you can help ensure continuing quality care several ways:



FOLLOW your health care provider's directions to the letter. If you don't, you risk having to restart your treatment or a return to the hospital.

ASK questions. Make sure you understand treatment options, instructions and medications before you leave your provider's office.

GET medical advice from your provider by telephone or email when possible to avoid nonrequired office visits.

KNOW your financial obligations. Most health plans require that you pay a portion of the charges, in the form of deductibles, co-payments or coverage limitations. Use benefits wisely to save on your out-of-pocket costs.

USE one pharmacy to help track your prescriptions.

TAKE your medication as directed. Know why you need it, when and how to take it, potential side effects, and if it interacts with other drugs or supplements you use.

Once your provider has diagnosed your health condition and prescribed a care plan, its success depends largely on you. Whether it is taking medicine correctly, losing weight or watching for symptoms, you are the one in charge.

This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making significant changes to diet or exercise, consult your health care provider. © 2014 Oakstone Publishing, LLC. All rights reserved. **Personal Best® ... A Learning Solution powered by Oakstone®.** All rights reserved. Physician review: ?? BHW46121

The Healthwise Consumer

How to Navigate the Health Care System





Getting Quality Care

Having a primary health care provider who manages your care can help you stay healthy and recover faster if you become sick. You can ensure you get quality care by participating in decisions that affect you.

Your Health Care IQ (Involvement Quotient)

Check the statements that apply to you. How involved are you in your own care?

- ☐ I have selected 1 primary health care provider to help manage my health needs.
- ☐ I understand my health plan benefits.
- ☐ I take an active role in my health care decisions by asking questions and discussing treatment options, screening needs and lifestyle choices.
- ☐ I am learning more about my health with the help of my health care provider.
- ☐ I follow a schedule of routine tests I need.
- ☐ I maintain a file of my health history.
- ☐ I know where to get urgent care other than a hospital emergency room.

These steps can help put you in charge of your health care in partnership with your health care providers.

Tip>> Become familiar with your health plan benefits before you need care.

Doctor, Can We Talk?

Studies suggest you might heal better or stay healthier if you feel at ease and communicate well with your health care provider. Your primary health care provider is usually a physician or nurse practitioner who manages your care and works with you to make your primary medical decisions. Chances are you work well with your provider if you can answer “yes” to these situations:

YES NO

- ☐ ☐ Your health care provider listens closely, invites questions and explains thoroughly without rushing.
- ☐ ☐ Your provider routinely reviews all your medicines, including any over-the-counter drugs and supplements you use.
- ☐ ☐ Your provider treats you, not just your symptoms, by emphasizing the importance of positive health habits, including exercise, nutrition, stress management, and avoiding smoking and excess alcohol.
- ☐ ☐ Your provider is reachable by phone and email.



Preventive Screenings

Routine tests can help detect medical problems early when they are easier to treat. The average healthy person needs tests for blood pressure, cholesterol, diabetes, colorectal cancer, prostate (for men), and vision, hearing, dental and skin checks. Women also need Pap smears, pelvic and breast exams, and mammograms.

Your provider can determine a screening schedule based on your needs. Your provider can also monitor your immunization status and recommend vaccinations.

Medical Tests

X-rays, blood tests, stress tests — when your health care provider prescribes a medical test, talk about the pros, cons and alternatives.

Ask these questions:

- Why is this test necessary?
- How will it change the treatment or outcome?
- How much does it cost?
- Does it have any health risks?



My Primary Care Physician is:

Location:

Phone Number:

Date of my next scheduled annual exam:

Time: _____ a.m. / p.m.



Well-Being Tip:

Get enough rest, eat right and exercise to help maintain your strength. If you smoke, quit, avoid exposure to colds and flu, and wash your hands often.

New Faculty and Staff Members

Alero Akporiaye
Visiting Assistant Professor
Politics

Akornefa Akyea
Admission Counselor
Admission

Louise Brogan
Writing Specialist in Sciences
Writing at Bates

Daniel Brown
Electrician
Facility Services

David Buckwald
Director of Admission
Admission

Claudia Calhoun
Visiting Assistant Professor
Rhetoric

Hilary Christensen
Visiting Assistant Professor
Geology

Mark Clements
Assistant Football Coach
Athletics

Julisa De Los Santos
Assistant Dean
Intercultural Education

Carolyn Dekker
Visiting Assistant Professor
Environmental Studies

Andriel Doolittle
Assistant Rowing Coach
Athletics

Nancy Duran
Lecturer
Spanish

Allyson Eller
Visiting Assistant Professor
Biology

Ashley Evans
Security Officer
Security

Nathan Faries
Lecturer
Asian Studies

Qiu Meng Fogarty
Coordinator of Student Activities & Leadership Development
Dean of Student's Office

Jennifer Foley
Assoc Director for Gift Planning
Advancement

Matthew Franks
Visiting Assistant Professor
English

Kristy Gagne
Administrative Asst to Dean & Residence Life Office
Dean of Student's Office

Megan Goodwin
Post Doc Fellow in Humanities
Dean of the Faculty's Office

Bruce Hall
Network Administrator
ILS

Susan Harrison
Leadership Gifts Officer
Advancement

John Harvey
Annual Giving Coordinator-BOLD
Advancement

Brett Huggett
Assistant Professor
Biology

Aaron Johnson
Visiting Assistant Professor
Music

Ture Johnson
Catering Delivery Attendant
Dining Services

Claire Kershko
Spec Projects & Administrative Asst
President's Office

Colleen Laird
Visiting Assistant Professor
Asian Studies

Deacon Lasagna
Dining/Catering Delivery Attendant
Dining Services

Yinxing Liu
Postdoc Fellow/Lecturer
Asian Studies

Adrian Lopes
Visiting Assistant Professor
Economics

Joshua Lord
Visiting Assistant Professor
Biology

Timothy Lyle
Visiting Assistant Professor
English

Mahamed Mahamud
2nd Cook
Dining Services

Emily Marshall
Lecturer
Economics

Joshua McIntosh
VP for Student Affairs & Dean of Students
Dean of Student's Office

Martin Montgomery
Visiting Assistant Professor
Math

Alexandria Mucci
Program Coordinator
Intercultural Education

Elizabeth Nutting
Postdoc Fellow
Classical and Medieval Studies

Zane Omohundro
Stock Assistant
College Store

Katharine Ott
Assistant Professor
Math

Mark Owens
Visiting Assistant Professor
Politics

Jeffrey Paller
Lecturer
Politics

Jessica Perez
Asst Dean of Students—
Student Transition & Success
Dean of Student's Office

Kristina Powell
Assoc Director of Multicultural Alumni and Parent Engagement
Advancement

Alicia Rea
Annual Giving Coordinator-Students
Advancement

Blake Reilly
Coordinator of Residence Life & Programming
Dean of Student's Office

Brittany Reynolds
Library Assistant-Public Services
ILS

Mark Richter
Admission Counselor
Admission

Jeremy Riordan
Technology Support Specialist
ILS

Genevieve Robert
Assistant Professor
Geology

Michael Rocque
Assistant Professor
Sociology

Ian Saxine
Visiting Instructor
History

Kelly Stone
Assistant to the AVP and Chief Diversity Officer
Equity and Diversity Resources

Matthew Thomas
Technology Support Specialist
ILS



Fitness Schedule September-December '14

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
6-8am	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)
8am	Boot Camp w/ Mike 8-9am (Merrill)		Boot Camp w/ Mike 8-9am (Merrill)	Yoga w/ Lydia 8- 9am (Dance Studio)	Boot Camp w/ Mike 8-9am (Merrill)
11am		Water Aerobics 11- 11:45am (Pool)	Water Zumba 11- 11:45am (Pool)	Water Aerobics 11- 11:45am (Pool)	Water Zumba 11- 11:45am (Pool)
12pm	Tone and Tighten w/ Johanne 12-1 (Merrill) Boot Camp w/ Mike 12-1pm (Merrill)	Yoga w/ Lydia 12-1 (Dance Studio) Jump Rope w/ Jan 1:10-1:30pm (Merrill)	Tone and Tighten w/ Johanne (Merrill) 12-1pm Yoga w/ Heidi 12- 1pm (Skelton) Boot Camp w/ Mike 12-1pm (Merrill)	Zumba w/ Cynthia 12-1pm (Merrill) Jump Rope w/ Jan 1:10-1:30pm (Merrill)	Tone and Tighten w/ Jen 12-1 (Merrill) Boot Camp w/ Mike 12-1pm (Merrill)
4-45pm		Qi Gong w/ Don 4:45- 5:45pm (Muskie)	Yoga w/ Gabrielle 4:45-5:45pm (Muskie) *No Class 9/24*		

Classes are open to all Bates employees, spouses and dependants. No need to sign up, just show up! Questions? Contact Mike Milliken (753-6936 or mmillike@bates.edu)

Employee Assistance Program (EAP)
Every employee at Bates, and anyone significant in their lives, is eligible to use the services of the EAP.

The EAP offers three basic types of service:

- ◆ up to six, in-person counseling sessions per person/per situation at no cost to you,
- ◆ unlimited 24/7 telephone counseling, and
- ◆ a host of free materials and information through the EAP website: www.lifebalance.net (user id: bates, password: bwell)

What can the EAP Help With?

- ◆ Grief and loss
- ◆ Family issues
- ◆ Mental and emotional stressors
- ◆ Anxiety
- ◆ Legal issues



Call EAP toll free 1-877-259-3785 or visit the website: www.lifebalance.net
User id: bates password: bwell

Shaping up with Fit Bit

Here are some stats from 2014's activity tracking program called "Shape Up"

Together, Bates employees, spouses and dependents have enough to steps to circumnavigate the globe 5.2 times around.

We have lost 340 LBS (or about equal to the weight of 17 bobcats)

We have totaled about 17,000 hours of exercise!

Interested in learning more about the fitbit? Follow this link for a more detailed article:

<https://gallery.mailchimp.com/b6ce76c53d7ea0e16eebecb65/files/279957a4-c0f6-4c37-91c8-72e1c2378518.pdf>

How do I earn a fitbit? All Bates employees, spouses and partners are eligible to earn one. All you need to do is create a profile on Shape Up's website. The url is www.members.shapeup.com

Be sure to select "Bates" as your company



Everybody Has a Story:

Nick O'Brien,

By Amie Parker, Employment Manager, Human Resources

It's not often that a member of the Communications team gets to be on the other side of a story. Nick O'Brien is the Digital Communications Lead in the Bates Communications Office. He's frequently the "voice" on the other end of the WebTeam emails and is a great contact to have if you manage any of the Bates webpages.

Nick grew up in Kingston, RI and after spending time recovering from a childhood illness that resulted in his missing a year of high school, he attended the University of Rhode Island. At URI, he majored in philosophy and minored in women's studies—a supporter of the liberal arts long before he came to Bates! He indicates that he originally studied philosophy in search of answers to some of his questions about life, not as a means to find a career. He took one class in women's studies and discovered that women's studies is much like philosophy, but from the female perspective; a view he believes provides a different lens on the world. He points to his liberal arts education as tremendous value to him in that it is within that framework that he developed his fundamental thinking and learning skills.

One thing that stands out about Nick is that he has diverse interests. He spends his days breathing technology, has a love of the great thinkers, and is also committed to a healthy lifestyle, of which fitness is an important component. He competes in triathlons and endurance events, once competing in a twelve-hour two-person relay race with a friend. Together, they ran a 5k loop for twelve hours, completing a combined 80.4 miles, and setting a course record. He enjoys the movement, a passion he has developed out of a desire to reaffirm that he is no longer sick.

When he's not running in circles or through the woods, he enjoys traveling and enjoying the different perspectives he gains by visiting other cultures. He would like to explore the possibility of someday living in the Philippines, a country he found to be the most culturally authentic, the least influenced by western capitalism. He has great admiration for the idea that the people of the Philippines are happy for each other when something good happens to others and that they are seemingly "happy where they are."

Nick's love of Bates has developed out of the sense that we are all "collectively working towards educating the next generation of socially conscious leaders." Each and every one of us.

**"Isn't it nice
to think that
tomorrow is a
new day with no
mistakes in it yet?"**

- L.M. Montgomery

Congratulations to Dan Howaniec, Office Services, the winner of the BCSA Balloon Raffle!

