

FALL SCHEDULE

CAMPUS SAFETY OVERVIEW

REGISTER

October 3 10–11:15 am Hammond, Ellis White
Michael Cloutier, Chief University Police

An overview of the University Police Department and a stronger understanding of campus safety efforts at Fitchburg State University along with information regarding personal safety offerings.

ARE YOU FINANCIALLY HEALTHY? Lunch & Learn (lunch provided)

REGISTER

October 22 11 am–12 pm Hammond S08
Brandon Williams, Metro@Work Relationship Manager

True financial health is based on four key components: Spend, Save, Borrow and Plan. You'll also get a chance to confidentially determine your own Financial Health Score and learn the steps you can take to improve that score.

SOCIAL SECURITY

REGISTER

November 4 2:00 pm *Virtual/Hammond 214
Amy Thebado, District Manager & Norma Izquierdo, Technical Expert, Social Security Administration

How does social security benefits impact state employees due to no contributions being deducted while working for the Commonwealth (windfall and government offset). Questions on what happens when you retire and want to start claiming (depending if you have contributed in the past). Turning 65 medicare impact.

PRE-RETIREMENT PLANNING

REGISTER

November 6 3:00 pm *Virtual/Hammond 314
Paula Daddona, Assistant Director of Communications & Member Outreach, State Retirement Board

It is never too early to start planning for retirement. Learn more about preparing for retirement and better understand the options available.

SIGN-UP TODAY

Depending on your browser you may need to download this PDF and open it in Adobe Acrobat to use the registration links. Or use the [HR/Payroll Event Calendar](#). Click each to sign-up for as many as you wish.

FALCON VIBES

WALKING WEDNESDAYS

Every Wed. 12:15 pm Front of Dupont

Starts 9/18 - 11/20 - take a break, enjoy some fresh air, chat with colleagues & get your steps in. Select a half mile route or a mile.

BIRTHDAY CELEBRATION

**September 30 3:00 pm Lisciotti Pavilion
(Science Complex)**

Birthday Celebration for June, July, August & September Employees.

SPREAD THE FALCON SPIRIT

Every Friday

Wear Fitchburg State attire to show your Falcon Spirit.

ENJOY HOLMES DINING

Visit the President's Office in Sanders Administration to receive your Fitchburg State University cup. Bring it to Holmes Dining Hall for a **FREE hot or cold beverage** (one per day).

Faculty and Staff may enjoy one \$5 meal each day at Holmes Dining Hall.

Thank you President Hodge and Chartwells!

* These sessions will be virtual however, rooms have been reserved for employees who would prefer to participate as a group or do not have a private space to join the session.

CULTURAL COMPETENCY



Earn the Foundations in Cultural Competency digital badge by attending two or more qualifying Professional Development Sessions in the Diversity, Equity, Inclusion, and Belonging (DEIB) Track this year.

Participants will be asked to demonstrate competence in the related awareness, knowledge, and skills foundational to a successful teaching and learning environment by completing an online assessment. Let everyone know you care about belonging and believe developing cultural competence is a lifelong endeavor.

GET UP! RADICAL ACCEPTANCE & SPARKLY EVERYTHING REGISTER

October 8 11 am–12 pm Hammond, Ellis White
Maria Millagros, class of 2001, author & motivational speaker

A sense of belonging begins with oneself. Maria will empower participants to find their why, practice intentionality, own their happiness, honor their feelings, and live in the present moment. Maria kicks off the University's Belonging Campaign with this 45 minute keynote presentation and follow up conversation/brain-pick. Books on sale following the presentation.

STARTING AN AFFINITY NETWORK REGISTER

October 29 3:30 pm *Virtual/Sanders 104B
Lower Conference Room
Rebecca Newell, Director of Title IX & Equal Opportunity

In an effort to support the University's commitment to diversity and inclusion in the workplace, Human Resources will provide guidance in forming and supporting affinity groups. An affinity group represents the interests and concerns of traditionally underrepresented populations and/or protected classes of people. They also help others understand those interests and concerns by sponsoring programs and events shared with the broader community. Official affinity groups will receive a small start-up budget generously supported by the University Innovation Fund.

PEDAGOGY OF REAL TALK (PRT) REGISTER (Vulnerability and Connection with students and colleagues)

November 13 3:00 pm *Virtual/Hammond G19
Kayla Caron, Registrar and Dean of Enrollment and Jeffrey Tejada, Director, International Admissions and Compliance at Middlesex Community College

Join this session to dig into this method for building bonds and connections with students. Learn how to use your own personal experiences and benefit from the presenter's expertise on social inequality to reach our diverse student body through vulnerability and "real talk". After viewing a Ted Talk presented by Dr. Paul Hernandez, discuss practical strategies for implementation and assessment with practitioners who have employed this pedagogy outside of the classroom.

Building Awareness & Practical Strategies for SUPPORTING NEURO DIVERGENT FAMILY AND FRIENDS REGISTER

November 19 10:00 am Hammond 314
Laura Walters, Mass4You

This session aims to provide participants with valuable insights and practical strategies for fostering understanding and supporting neurodivergent individuals, particularly family and friends. Laura has 20 years' of experience as an educator and counselor running a private practice & presenting on various mental health topics.

HR NEWS

HR/Payroll Event Calendar
Belonging Campaign Website

HR/Payroll Services provides Notary Services. Please email humanresources@fitchburgstate.edu to schedule an appointment.

SIGN-UP TODAY

Depending on your browser you may need to download this PDF and open it in Adobe Acrobat to use the registration links. Or use the **HR/Payroll Event Calendar**. Click each to sign-up for as many as you wish.