



Thank you to all who participated in the holiday party survey! Your input helps Campus Services to make positive changes and provide the events and resources Campus Services folks want.

56% of participants expressed a preference for departmental parties, while 44% indicated a desire for divisional parties. Although there is a slight majority favoring departmental parties, the relatively close percentages highlight a strong interest in both options. We acknowledge the desire to continue with departmental parties and are open to considering accommodations for both preferences in the future.



## Event Corner

Event	Date, Time, and Location	Details
February Lunch and Learn	<u>Tuesday, February 13</u> 12 pm to 1 pm Goldstein 105, Occom Commons 6 pm to 7 pm, McKenzie Room 203	Black History Month: A Guide to Being a Supportive Ally to the Black Community
Start of Culture and Employee Belonging Survey	<u>Tuesday, March 5</u>	Have your voice heard. Help CS create a work environment that works for you! Watch for an announcement next week!
March Town Hall	<u>Tuesday, March 12</u> 1 pm to 2:30 pm 53 Commons, North Dining Room 10 pm to 11:30 pm 53 Commons, North Dining Room	Come find out more about divisional changes and new initiatives. A great chance to meet new folks and enjoy the food and fun. Information Tables, Fruit Crisp Bar, Games, Prizes, Swag, Raffles Win a delivered lunch for your team!
March Lunch and Learn	<u>Thursday, March 21</u> 12 pm to 1 pm Goldstein 105, Occom Commons 6 pm to 7 pm, McKenzie Room 203	International Womxn's Month: A Platform for Celebrating Femininity, Addressing its Challenges, and Building a Supportive Community

# THANK YOU

"Just wanted to say thank you so very much for helping to get the floor in 155 clean this morning! It looked amazing in time for the event and the PI for the project was very pleased and relieved. Thanks so much to you and your team for the quick response; we are very grateful.

Cheers!"

Molly Dunn, Manager, Building Engagement & Operations, Irving Center

Team:

- Mike Slicer
- Steve Place
- Brad Frederick
- Cody Perkins
- Craig Lund
- Eric Magurk
- Crystal Kerin-Herrick
- Paul Brunetto

## Welcome to Campus Services

### Doug Cosentino



#### New Director of Grounds Services

Doug joins us on February 1st from Colby College, Waterville, ME where he is the Grounds Supervisor and Landscape Manager.

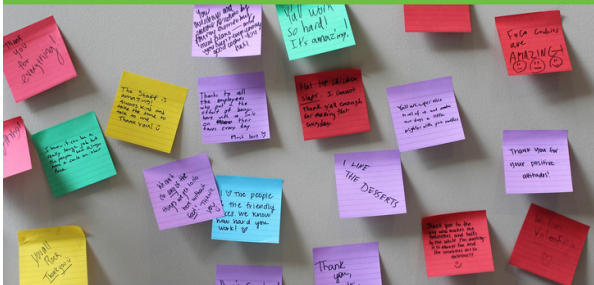
Helping others keep up with current industry practice, Doug serves as President of NNECERAPPA which provides educational opportunities for Physical Plant/Facilities workers in NH, VT, and ME.

Outside of work Doug rebuilds classic jeeps and works endlessly on renovating his farmhouse. He volunteers as a coach in softball, baseball, and basketball. Doug joins us in Hanover with his wife, two daughters and one son!

## DINING PRIDE

Leave a Post-It note thanking your Dining professional

Thank you for allowing us to serve you!



Please Remember to Thank your Dining Professional on Monday, February 5th or Tuesday, February 6th!



## February 5th through the 9th is Pride in Foodservice Week.

Please take a moment to celebrate and acknowledge our amazing dining staff.

Thank you to Dartmouth Dining for your extraordinary effort in keeping the Dartmouth community fed and nourished.

# Feeling stressed, anxious, or just have the winter blues?

## Check out these Dartmouth resources!

There are a variety of virtual behavioral health programs available through Cigna (you must be enrolled in one of Dartmouth's medical plans to access these), including:

- **MDLive:** provides a virtual visit via video or phone with a licensed therapist or psychiatrist for anxiety, depression, stress, relationship issues and more; schedule visit times that work for you, including evenings and weekends. Plus, have prescriptions sent to your local pharmacy, if appropriate.
- **Headspace Care:** Chat with a trained behavioral health coach via text 24/7/365 and receive unlimited confidential support and guidance to help you with goals, relationships, sleep, productivity, confidence, grief, self-esteem, and more; for additional support, talk to a licensed therapist or psychiatrist via video.

To learn more about all of the virtual resources available through Cigna, including any associated costs, log into [www.mycigna.com](http://www.mycigna.com), click on Talk to a Doctor, and Counseling.

### Available to All Dartmouth Employees even those not enrolled in a Cigna medical plan:

All employees, as well as anyone who lives with you, can receive up to 8 free confidential counseling sessions per issue per year through our Faculty/Employee Assistance Program. Meet with the on-campus counselor, Chris Henderson, or a community provider. Call 844.216.8308, open 24/7. Learn more at the [F/EAP page](#).

Check out additional resources to support your emotional well-being at the [Wellness Emotional Well-being page](#).

[Courtney Rotchford](#) is the Dartmouth Program Manager for Health Promotion and Wellness

## Brain Teaser

### Last Week's Brain Teaser

What is unique about this number:

8,549,176,320

This number uses all numbers from 0 to 9 and they are in alphabetical order.

### Winners

Christopher Lord	Gregory Davini
Harini Vasantharaj	Carl Longshore
Eric Platt	Kristopher Allen
Tom Garrity	Peter Thurston
Deborah Scanlon	

Correct answers received a \$10 gift card to Ramuntos.

New Brain Teasers will be on hold for a while.  
Thank you to all who have participated in the fun!

Brought to you by the  
Culture of Caring Committee

# CEB in Your Corner

## RESPECT



With the new month comes a fresh focus on our core values. This month, we're proud to announce our second principle of the month: **RESPECT**. Throughout February, we'll be rolling out practical tools dedicated to fostering respect in the workplace. Let's start with grounding everyone in what respect is. Respect is the foundation of any healthy relationship or environment. It's about recognizing the inherent worth and dignity of every individual, regardless of differences in opinions, backgrounds, or roles. Respect means actively listening, acknowledging others' viewpoints, and treating everyone with fairness and courtesy. It's about fostering an atmosphere where everyone feels seen, heard, and appreciated.

### Leadership Corner

Lead with empathy and integrity. Your team will respect and trust you more when they feel understood, valued, and considered. **CONSISTENCY** is key.

How can you demonstrate honesty and fairness this month? #LeadershipTip

### Interested in strengthening your respect muscle?

#### Here are some practical steps to consider:

- **Active Listening:** Practice truly listening to others without interrupting or formulating your response while they speak. Show genuine interest in their perspective.
- **Open-mindedness:** Be receptive to different ideas, opinions, and backgrounds. Embrace diversity and seek to learn from others' viewpoints.
- **Boundaries:** Respect others' boundaries and personal space. Be mindful of their comfort levels and preferences.
- **Gratitude:** Show appreciation for others' contributions, whether big or small. Acknowledge their efforts and express gratitude for their impact.



Hello, I'm Ymani Hawkins (she/her), your new Director of Culture and Employee Belonging. My mission is to ensure that all employees at CS feel a strong sense of belonging and have a safe space to discuss cultural challenges, seek guidance, and contribute to fostering a culture aligned with our 7 Principles. I'm hosting trial office hours to provide an opportunity for discussions on any pertinent issues related to culture, belonging, and psychological safety at CS. I encourage you to make use of this opportunity. For inquiries or to schedule a meeting outside of these hours, please feel free to email me at [ymani.s.hawkins@darmouth.edu](mailto:ymani.s.hawkins@darmouth.edu).

**Updated office hours and locations, are posted on the monitors and Campus Services slides.**