



Office of Human Resources Newsletter

June 2018 Edition

Farewell, President R. Barbara Gitenstein



June marks the end of an era as Dr. R. Barbara Gitenstein bids farewell to TCNJ after 19 years as the College's first woman president.

Under Dr. Gitenstein's leadership, TCNJ realized higher on-time student graduation rates, alumni giving that has nearly doubled, increased federal funding and a stronger commitment to inclusion and diversity among faculty and staff.

The impact of Dr. Gitenstein's legacy will be foundational for future generations of students, faculty and staff, alike.

Tips for a Happy, Healthy and Beneficial BBQ Season

As summer approaches, and Memorial Day has passed, we have officially entered BBQ Season! Summer time usually brings non-stop celebration with graduations, vacations, weddings, and fun in the sun. During the BBQ

season, we can often find ourselves over-eating foods high in sodium and saturated fat, and low in vital nutrients.



Consider these tips this summer to make your next BBQ *beneficial* for your health!

- Summer social events can often go from all day to all night. Do not forget to check in with yourself while you are eating. Eat mindfully.
- Build your menu around fruits and vegetables.
- Cut back on the added salt and sugar! Grilling as a method of cooking will add flavor enhancing juices on its own.
- Choose lean protein. Choose ground meats that are low in fat, such as ground turkey or beef that is 90% fat-free or lower.
- Consider adding healthy fats into the mix! Try adding feta and olives to extra-lean ground turkey for Mediterranean burgers, or fresh avocado on an extra-lean beef burger for a Mexican twist.

Try this Healthy Summer Recipe!

[Grilled Shrimp and Melon Salad Recipe](#)

Summer Staff Outings

In keeping with TCNJ's tradition during the summer, each department has an opportunity to



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schedule a staff picnic or outing between the hours of noon and 4:30 p.m. All summer outings

are required to be scheduled by August 17th.

Offices that wish to have some great summer fun and dining here at TCNJ, may review the summer catering calendar, available at [TCNJ Dining](#).

Be sure to coordinate phone coverage for your office during a scheduled outing. Make arrangements with an alternate office for coverage and send an email to hr@tcnj.edu with the date your office will be closed.

TCNJ Is A Honey Brook Organic Farm Drop Off Location

Starting this month, Honey Brook Organic Farm will be delivering Boxed Shares of the Community Supported Agriculture program to TCNJ! The drop off will be at the Administrative Services Building in front of the Human Resources entrance every Thursday from 3:00pm – 7:00pm. Boxed Share members receive an assortment of seasonal, fresh vegetables, fruits and herbs during the harvest season in exchange for a membership fee. The farm's produce is grown on certified organic fields in central NJ. Pick your own privileges for a share of

crops. To sign up, please visit: <http://honeybrookorganicfarm.com/boxed-shares>

Learning & Professional Development

For the second year, HR will host a Summer Learning Series. The seminars will be led and facilitated by Penn Medicine Princeton Health counselors, practitioners and experts in their respective fields.

June 20, 2018 – Dealing With Difficult People

June 27, 2018 – Knowing Your Personality Style

July 12, 2018 – Encouraging Positive Behaviors

July 18, 2018 – Why Kids Do What They Do & How Parents Respond

Click here for the [Summer Series Survey](#) to confirm your attendance at one or more session(s).

Energy Program Extended Work Day

On Monday, July 9th, we will begin the extended work day program. Employees will work an extended schedule Monday through Thursday and will have Friday off for six consecutive weeks. An extended day would typically be eight hours and forty-five minutes for employees on a 35 hour per week work schedule and 10 hours per day for employees on a 40 hour per week work schedule.