



INFORMATION. TIPS. EVENTS.

UC MATTERS

THE SOURCE

DECEMBER 2016

UC PEOPLE

Andrea O'Brien '10, Adjunct-Guest Lecturer, OT-HPE

By Marissa Filletti '18, PR Intern

Q: Tell me a little about yourself and how you came to hold your position at UC.

A: Before I enrolled in the OT program, I was unsure about what I wanted to do. I already held a bachelor's degree in psychology, but knew I needed to go on. When I started school again, I wasn't sure what I wanted to do with my life. I was working at St. Luke's in

because you could work with so many different patients and in so many different capacities—birth, death, and everything in between. It just seemed like the options were limitless. I ended up pursuing the OT program, and I graduated from UC in 2010. After that, I worked with kids in a school-based setting and then took some time off to be with my kids. Then, I got the opportunity to be a teaching assistant here. I still TA, but had an opportunity to co-teach a class last year, and I really enjoyed it.

Q: As you mentioned, there's such a broad spectrum of careers paths you can take with a degree in occupational therapy. Which area did you decide to focus on? What is your career today?

A: Well, I have a business of my own now, O'Brien Wellness, and I specifically work with people to help

continued on page 4

the pharmacy and I looked into pharmacy school, but I would have had to start as a freshman, which did not appeal to me at that stage in my life. I knew another student in the OT program here at UC, and I really liked the idea of it

"Work on incorporating whatever brings you happiness into your daily life and health will follow."

- Andrea O'Brien



PAGE 2-3
HR Notes



PAGE 5-6
Kudos and
In the News



PAGE 8-9
Around Campus



BACK COVER
Events &
Trainings



UC celebrated International Students Week in November, beginning with the annual flag dedication ceremony. See more photos on page 9.

UTICA
COLLEGE

Never stand still

HR NOTES

Welcome

Morgan Orlandi, *Coordinator of Enrollment Operations, Enrollment Operations*

Brittany Higgins, *Counselor I, Counseling*

Kailea Murray, *Employer Relations Coordinator, Career Services*

New Titles

Marie Hage, *Assistant Director of Admissions, UG Admissions*

Scott Getz, *Director of Infrastructure Services, IITS*

Mariah Kane, *Director of Transfer Services, Registrar*

Retirees:

Mary Anne Hutchinson, *Professor of English*



CONGRATULATIONS!



The Kudos Card program monthly drawing winner is...

Monica Brown-Hodkinson

Congratulations, Monica, and enjoy your \$50 gift certificate to Symeon's Restaurant!

You can access the link below at any time to recognize a colleague for his/her great work:

utica.edu/kudos

"Monica, thanks to your help we had a great week of events and programs. Our first International Education Week could not have happened without you!"

TIPS TO HELP YOU RECORD YOUR TIME CORRECTLY

Benefit-eligible employees may be eligible for holidays and winter break during the month of December.

If you are off these days, please record your time as follows on your web time entry or compensated absence report. For any payroll related questions please feel free to contact the office at x3135 or email: payroll@utica.edu.

Monday, Dec. 26 – College Holiday

Tuesday, Dec. 27 – College Holiday

Wednesday, Dec. 28 – Winter Break

Thursday, Dec. 29 – College Holiday

Friday, Dec. 30 – College Holiday

Employees are reminded to change their voice mail greeting when they will be off for the holidays/winter break. Instructions may be found at www.utica.edu/hr/media/Voicemail%20Instructions.pdf

HAVE A SAFE AND HAPPY HOLIDAY SEASON!

TIAA MEETINGS ON CAMPUS

A TIAA Individual Client Services Consultant will be holding individual meetings on the following dates:

Tuesday, Dec. 13, 2016 In Strebel Student Center, Room 105C from 9:00 a.m. - 5:00 p.m.

Thursday, Jan. 19, 2017 In Strebel Student Center, Room 105C from 9:00 a.m. - 5:00 p.m.

Tuesday, Feb. 14, 2017 In Strebel Student Center, Room 105C from 9:00 a.m. - 5:00 p.m.

Take this opportunity to discuss investment options and your retirement goals. To make an appointment please go to www.tiaa-cref.org/schedulenow and choose "At Your Workplace."

You may also call 1-800-732-8353 to schedule an appointment.

PAYROLL CALENDARS

For a complete listing of 2017 pay dates, employees are encouraged to visit the following web pages:

Exempt/Faculty

[https://www.utica.edu/hr/payroll/SM%20Pay%20Schedule%20for%202017%20\(1\).pdf](https://www.utica.edu/hr/payroll/SM%20Pay%20Schedule%20for%202017%20(1).pdf)

Non Exempt

[https://www.utica.edu/hr/payroll/SCT_pay_schedule_2017%20\(1\).pdf](https://www.utica.edu/hr/payroll/SCT_pay_schedule_2017%20(1).pdf)

Spring Adjunct Pay Dates

<https://www.utica.edu/hr/payroll/Winter-Spring%202017%20payroll%20dates.pdf>

A clip and save will appear in the January 2017 issue.

UNITED WAY 2016

We are pleased to announce that UC has had a successful 2016 United Way campaign. Sixty-nine employees contributed, raising a total of \$10,297!

Declining Balance Cards from Sodexo:

Rick Fenner & Molly Hickey

Parking Spaces:

Karolina Holl & Craig Dewan

Athletic Gear:

Sue Boucher & Stephanie Nesbitt

Blankets from the Bookstore:

Rose Patterson & Camille Scampone

Gift Basket:

Anne Patterson

Paid Day Off:

Shauna Malta

If you are listed above, please contact Adrienne Arnone (x3030) to make arrangements to receive your prizes.

Many thanks to our United Way team leaders and donors. Your generous donations will positively impact the lives of families and individuals in our community!



them with life and stress management. I feel like there is such a need for it now more than ever, especially with social media, because everyone sees these “perfect” lives portrayed online and everyone is constantly comparing themselves to others. So, I work with people on stress management, pulling from my OT background as well as my background in health coaching and psychology. We assess where you are and where you want to be. Then, we break down your goals so that they’re simple and manageable. I think a huge reason that people don’t achieve their goals is because they aren’t realistic and they get overwhelmed and disappointed. People will say to me, “I can’t even begin exercising because I can’t run 10 miles,” and my response to them is that they may never run 10 miles and that’s okay. Maybe walking is going to bring you joy and help you achieve your goals. The whole process is very individualized. I also teach a meditation class called Yoga Nidra. It’s unique because there is actually no movement involved. I think it’s really great for people who find it difficult to meditate because they are too stuck in their own head thinking, “Are my legs the right way? Are my hands the right way?” Yoga Nidra is very guided and it really helps get you centered. It begins with what I call the “superficial layer,” which is designed to help you emotionally and physically with things like pain relief. People who have really gotten into it say that it has helped them find their purpose in life. I taught a six-week course here at UC through the health and wellness program, which I would love to do again in the spring, but I also teach the class regularly at Universal Yoga Center in Washington Mills.

Q: What field experience do you bring into the classroom? How do you think this benefits the students?

A: For the students, I try to pull in a lot of current topics and research that is actually happening in the field. The class that I teach is Human Occupations and I do the online portion of

it. I am able to incorporate my interests and I think it helps to give students a different perspective. They definitely need the clinical experience but I also try to reinforce the person as much as I can because that’s what OT is all about, client-centered. We have to fit into the medical model but that’s not where our heart is and that’s not where our history is. My students ask me questions all the time and I try to be really up front and honest with them about the reality of things. I try to take an official “school” answer and apply it in practical terms. I have also taught a professional roles class, which is a really great class. We talk about cases and break down the official documents associated with them and teach the students how to apply them in a clinical setting. I want my students to see all of the possibilities that this field has to offer them. People automatically think of rehab when they think of OT, and there is really so much beyond that.

Q: What advice would you give someone who wants to work toward a healthier lifestyle in the New Year?

A: Referring back to Yoga Nidra, I think people need to make less external goals and more internal ones. My advice to people would be to stop saying “I want to lose 15 pounds,” but rather, “I want to walk two miles,” making it more of a feeling instead of something external. So many times when people pick their resolutions, they’re so negative. We pick out things that we hate about ourselves or something that society has made us feel inferior about. The best advice I can give to someone is to work on incorporating whatever brings you happiness into your daily life and health will follow. For example, if you hate cooking, which is obviously an important component of a healthy lifestyle, find an alternative. Maybe find a healthy restaurant like CoreLife Eatery, if that fits into your budget. Find and focus on what makes you happy and what makes you feel good inside.

GENESIS GROUP HONORS UC FACULTY, STAFF, PROGRAMS



Utica College faculty, staff and programs were honored at the Genesis Group’s 11th Annual Celebration of Education last month.

Halina Lotyczewski, director of career services; Dr. Curtis Pulliam, professor and chair of chemistry; WPNR Radio Station, advised by Douglas Croft; and the Student Training Program (STEP), monitored by Shelly Nunno-Evans, all received awards for their commitment to students and the community, as part of the Class of 2016 Outstanding Educators and Programs.

Genesis Group Executive Director Ray Durso says that education in the Mohawk Valley Region is a billion dollar industry and should be celebrated.

“This industry employs hundreds of teachers and staff, educates thousands of students and certainly makes a positive impact on our community,” Durso added.

The event took place during American Education Week.

Ronny Bull, assistant professor of computer science, recently had an article published in the "International Journal of Communication Networks and Distributed Systems" in a "Special Issue on Software Defined Networks and Infrastructures, Network Function Virtualisation, Autonomous Systems and Network Management." The article, co-authored with Jeanna N. Matthews, appears in the 2016 Vol. 17 No. 3 issue.

Sherri Cash, associate professor of history, gave a paper, "Teaching The Graduate: Second Wave Feminism, Invisibility, and the Sixties," at the Film & History conference, in Milwaukee, 10/28. **Cash** also served as moderator on the panel "Historical Perspectives on the New York State Constitution," at the Researching New York conference in Albany, 11/19.

Christine Leogrande, director of media relations, gave a presentation for cIcu's Communications and PR Workshop at Rochester Institute of Technology. She spoke about the College's tuition reset, as part of a panel on "Communicating Value and College Cost" with David Lubbell, media relations manager at Hartwick College. 11/29

Nicolas Priore, adjunct instructor of theatre, wrote the play, "Teenie," a dark story of the aftermath of child abuse. "Teenie" was recognized as one of the 12 Best Plays and Playwrights for 2017 by IndieTheatreNow.com.

Juan Thomas, associate professor of Spanish, recently published "El contacto lingüístico en la literatura aljamiada: ¿Dónde está Dios?" (Language contact in aljamiado literature: Where is Dios?) in the Universidad de Navarra's [Pamplona,

Christopher Riddle, associate professor and chair of philosophy and director of the Applied Ethics Institute at Utica College, will release his second book this month. Titled "Human Rights, Disability, and Capabilities," the book is published by Palgrave Macmillan.

One's health, Riddle asserts, has a special moral importance because of the disadvantage one suffers when subjected to an impairment or disabling barrier. In addition, Riddle says that basic human rights exist as a subset of justice-based rights and our society must promote the rights of people with disabilities by endorsing the principles of equality, dignity and autonomy.

Riddle's first book, "Disability and Justice: The Capabilities Approach in Practice," was released in 2014. He specializes in applied ethics and social and political philosophy, focusing mainly on philosophical issues that arise from the experience of disability and the capabilities approach.

Spain] book *Lenguas, lenguaje y lingüística. Contribuciones desde la Lingüística General*.

- **Thomas** also co-edited *Pluricentric languages and non-dominant varieties worldwide*, volume 2. The pluricentricity of Portuguese and Spanish: New concepts and descriptions, published in September by Peter Lang Verlag.
- **Thomas** spoke at the Oneida County Historical Society about his project "Hispanics in Utica." 11/5

UC's Professional Staff Advisory Council (PSAC) collected seven large boxes of food, soap, shampoo, lotion and other toiletries from the campus community for residents of the Hope House in Utica. Derek Pooley, assistant director of residence life and educational initiatives, and Bethany VanBenschoten, assistant director of student activities, said the donated items were greatly appreciated! *Photo at right.*

UC's Residence Hall Association (RHA) was recognized for its participation in a philanthropy project benefitting the Susquehanna Animal Shelter and the Opportunities for Otsego's Head Start Pre-K program. UC's RHA assisted SUNY Oneonta in collecting blankets, towels, cat and dog treats, as well as school supplies for children.



National Collegiate EMS Week

Utica College's Emergency Medical Services organization, UCEMS, celebrated National Collegiate EMS Week. The club of certified EMTs hosted trainings so that students, faculty and staff could get certified in both CPR and administering Narcan Naloxone, an opiate antidote that treats overdoses in emergency situations. 11/18



Utica College's WPNR Radio (90.7 FM) joined Hamilton College's WHCL (88.7 FM), Cazenovia College's WITC (88.9 FM) and Colgate University's WRCU (90.1 FM) in celebrating National College Radio Day. Themed "Igniting the Soul of College Radio," National College Radio Day is celebrated by hundreds of college radio stations across the country in an effort to encourage people outside the college communities to listen to radio programming that is creative and is not encumbered by commercials. The student staff and advisers of the four stations produced special programming for the day. [11/4](#)

- **Christopher Riddle**, associate professor of philosophy and director of the Applied Ethics Institute, was interviewed by *WKTV News Channel 2* about his presentation at the Resource Center for Independent Living (RCIL) "Medical Aid in Dying" Conference. [10/26](#)
- **Austen Givens**, assistant professor of cybersecurity, spoke with *WKTV News Channel 2* about what might constitute a felony offense in the emails of presidential candidate Hillary Clinton housed on her private server. [11/1](#)
- **Juan Thomas**, associate professor of Spanish, was interviewed on *WIBX's* "Keeler in the Morning" along with Tony Colón, president of the Mohawk Valley Latino Association, about the Latino vote in the presidential election. [11/2](#)
- **Douglas Croft**, adviser for WPNR, spoke with *WUTR Eyewitness News* reporter Nichole Todd about National College Radio Day, and a collaborative event held at Colgate University with special programming for the day. [11/3](#)
- **Nathaniel Richmond**, professor of government and politics, spoke with *WIBX News Radio 950AM* morning show host Bill Keeler and the upcoming presidential election. [11/4](#)
- **Luke Perry**, associate professor and chair of government and politics, had a busy election day as a guest on *WIBX News Radio 950AM* in the morning, broadcasting live from the Boulevard Diner, and then providing election analysis on *WKTV News Channel 2* in the evening as results came in, followed by a recap the next day. [11/8-9](#)
- **Nathaniel Richmond**, professor of government and politics, provided post-election analyses on *WIBX News Radio 950 AM's* "First News with Keeler in the Morning." [11/9](#)
- **John Calabrese '90**, member of UC's Board of Trustees and co-owner of Express Employment Professionals, was a guest on *WKTV's NewsTalk* to discuss the food collection for the Veterans' Food Pantry before the UC Men's Hockey game on Saturday. He also discussed UC's designation as both a Purple Heart and Yellow Ribbon campus, indicating the College's willingness to assist veterans. [11/10](#)
- **Daniel Tagliarina**, assistant professor of government and politics, spoke with *WKTV News Channel 2* about the governmental system of checks and balances, as well as what might take place with the Supreme Court following Donald Trump's election. [11/11](#)
- **Luke Perry**, associate professor and chair of government and politics, wrote a column for *The Sunday Observer-Dispatch*, the last in a series, on the results of the presidential election. [11/13](#)
- **Bernard Hyman**, professor of practice in economic crime management, spoke with *WUTQ Talk of the Town's* Dave Coombs and Jay Aiello about UC's events for Fraud Awareness Week, and about steps consumers and businesses could take to keep their personal and financial information cyber-safe. [11/14](#)
- **Christopher Johnson**, dean of international studies, spoke with *WKTV New Channel 2* multimedia journalist **Kevin Montano '15** about the flag presentation ceremony for new international students. [11/14](#)
 - **Johnson** also spoke with *WUTR Eyewitness News* reporter Grace Fernandez about the ceremony and the week's events for international students at UC. [11/14](#)
- *WKTV News Channel 2* multimedia journalist Keith Hunt spoke with **Suzanne Lynch**, professor of practice in economic crime, about a special workshop for business owners, "Fraud Awareness Boot Camp." [11/16](#)
- **Nathaniel Richmond**, professor of government and politics, spoke with Bill Keeler of *WIBX News Radio 950AM* about his thoughts on how President-elect Donald Trump will govern. [11/17](#)
- **Anthony Martino**, director of the Northeast Cybersecurity and Forensics Center (NCFC) at UC, spoke with *WUTR Eyewitness News* reporter Grace Fernandez about safe online shopping on "Cyber Monday." [11/28](#)

A. Criminal justice major Gregory Lewis '17 earned a Purple Heart for his military service and injuries in Afghanistan.

B-C. There was standing room only for the overflow crowd at UC's annual Veterans' Tribute Concert.

D. Harry Slife (center), dean of health professions and education, accepts an award on behalf of UC for "Purple Heart Campus."

E. Honorable Judge Anthony Garramone, veteran and longtime UC adjunct, drops the puck for the Men's Hockey game.



A LETTER FROM THE DIRECTOR OF UTICA FEED OUR VETS PANTRY

To Everyone who made the Veterans Concert possible:

On behalf of the Feed Our Vets pantry, I thank you for your support and donation of over 250 pounds of food. It was a very enjoyable concert, and you folks are a blessing to the pantry and the veterans who gave so much for this country. Keep up the fantastic work.

This is only one of the many events that Utica College has done for us. The football team and hockey team have also supported us with food drives at their games as well as the Veterans Club at UC. God Bless.

In 2013, we gave out 70,541 pounds of food. In 2014, we gave out 98,000 pounds of food and were able to feed 1,900 vets and their families. In 2015, we fed 3,300 vets and their families with a whopping 172,000 pounds of food.

Our needy and hungry vets, their spouses and their children thank you. We look forward to your support in the future and if you would like to tour the pantry and see your donation at work, please give me a call.

Very respectfully,
Joseph P. Ancona

AROUND CAMPUS

A-B. Local businesses and the UC community were invited to attend “Fraud Awareness Boot Camp,” providing advice on how to avoid scams and scammers during the busy holiday shopping season.

11/16

C. Members of the Organization of Justice Studies (OJS) participated in the annual Fall Clean-Up day, helping local elderly residents.



D. Members of OJS visited the Police Academy in Albany. 11/16

E-F. OJS members David Schwab (E) and Joseph Pezzello (F) participated in the OJS-sponsored ride-along program with the Utica Police Department.



A



B



C



D



E



F

A-B: African drumming, dancing, poetry, and delicious food — it was all part of UC's 27th annual Kwanzaa dinner, hosted by the Black Student Union at Utica College. 12/03



G



H

C-H: Utica College hosted its annual International Flag Ceremony to celebrate new students from all over the world. Their home countries' flags were added to the display in the Ellen Knowler Clarke Lounge in Strebel Student Center. 11/14

UPCOMING EVENTS/TRAINING

Please visit utica.edu/hr/training for updates and to register.

For Health and Wellness events, visit utica.edu/hr/wellness

December

12/11/16 Holiday Brunch. Registration required

12/13/16 TIAA Individual Meetings. 9:00-5:00 p.m., Strebel 105C

12/14/16 Board of Trustees' Annual Holiday Party.

3:00 – 5:00 p.m. Library Concourse

12/26/- COLLEGE HOLIDAYS/WINTER BREAK

12/30/16

January

01/02/17 Winter Session (Ground) begins

01/13/17 Winter Session (Ground) ends

01/16/17 On-ground, Online and Hybrid Spring Classes Begin

01/19/17 TIAA Individual Meetings. 9:00-5:00 p.m., Strebel 105C

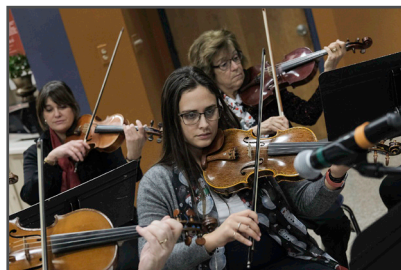
**Monthly Chair Massages can be purchased by appointment,
and are scheduled for the third Friday of every month-
reserve your favorite time!**

**Check out HR's new page for training and development:
utica.edu/hr/trainingopp.cfm**

HOLIDAY DINNER



Many thanks to the students who donated and all the administration, faculty and staff who participated in the annual Holiday Dinner! A total of \$200 was raised, which will benefit the Adopt-A-Classroom project sponsored by the Inter-Greek Council at UC. 12/1



HOLIDAY PARTY



Annual Board of Trustees' Holiday Party

Wednesday, Dec. 14, 2016

3:00 - 5:00 p.m.

Library Concourse

This year, please consider a donation for Spring Farm Cares (please see wish list below). Proceeds from the 50/50 drawing will be combined with the proceeds from the Student Holiday dinner to benefit the Adopt-A-Classroom program for the two 1st grade classrooms at Hughes Elementary School right here in Utica.

Donation Box to Benefit Spring Farm Cares

Spring Farm Cares is a not-for-profit organization that provides and encourages humane treatment for sick, abused, and abandoned animals. Extensive information about the organization's mission and philosophy, and the animals for which it has cared, can be found at www.springfarmcares.org. For this year's holiday party, we are providing the following wish list of items that can be placed in our donation box. Please note that in many cases, the list specifies a particular product or brand.

Bedding (for animal use)

Please note that currently we have enough blankets, sheets, and towels to last us awhile and we are not in need of more at this time.

Animal Supplies

- Cat beds or cat mats cat condos, 1 and 2 stories
- Cardboard cat scratchers
- Dog beds
- Cat and Dog toys - please no rawhide bones or laser toys
- Animal carriers and crates - medium size
- Litter boxes - kitten size, large, and extra-large sizes (no scoops please, we have a ton!)
- Feline Pine cat litter
- Dr. Elsey's Cat Attract cat litter
- Water buckets - for equines and goats
- 30-gallon Rubbermaid totes with lids (we use these for making feral cat shelters)

Food Supplies

(Please note that the following items are very specific.)

- Fancy Feast - Classic or Flaked flavors only please
- Wellness Canned Cat Food - any size or flavor
- Wellness Dry Cat Food
- Purina Naturals Dry Cat Food

Cleaning Supplies

- Dawn Dishwashing Liquid
- Seventh Generation (or other organic) cleaning and paper products.
- Paper towels
- Large black garbage bags
- Bleach
- Non-scented dryer sheets
- Brooms & dustpans
- Swiffer Sweeper Dry Refills
- Scrub brushes
- Glass cleaner
- Plastic spray bottles, trigger style - new only please
- Plastic totes
- Duct tape

*Monetary donations are also greatly appreciated.
Make checks payable to Spring Farm Cares.*