

LINDENWOOD
UNIVERSITY

DIGEST

EMPLOYEE NEWSLETTER



August 28, 2024

CAMPUS-WIDE NEWS BROUGHT STRAIGHT TO YOUR INBOX.

GOOD MORNING

LINDENWOOD LIONS!

Schedule Your Health Screenings

It's time to schedule your biometric screening appointment! Log into [myHealthCheck360](#) to get started. Employees wishing to maintain or earn the wellness rate on the medical plan for 2025 must complete a biometric screening, health survey, and achieve at least 750 lifestyle rewards. New employees hired in 2024 are exempt from the points requirement

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but must screen and take the survey to earn the wellness rate for 2025.

[Join](#)
[LindenConnect](#)

Lindenwood will host screenings in AB Leadership Room, October 8-10 from 7-11:30 a.m. Please reserve your appointment by September 17 if you wish to screen on campus. You can also complete your health screening at a LabCorp near you. Walk-in clinics will be available to utilize August 26-November 8. Employees must schedule an appointment through HealthCheck360 to be seen at LabCorp.



Questions? Please contact HealthCheck360 [by email](#) or call (866) 511-0360 or email. You can also reach out to Director of Benefits [Jessica Bucci](#).



Welcome to the 2024-25 academic year! It is wonderful to have students back on campus and see many faculty and staff during move-in and NSO. I'm introducing *Porter's Post-Its*, quick updates I will share throughout the year, here in the Digest. On Monday, I enjoyed greeting students as they made their way to class. Tomorrow, I'll be giving welcome remarks at the MOACAC College Connection Conference on campus then heading to Kansas City to cheer on our football team against Kansas. If you're not able to join in person, cheer on the Lions on [ESPN+](#). With the early close Friday, and offices closed Monday, I wish you a restful Labor Day weekend.

Employee Meal Plans



All faculty, staff, and adjunct instructors can now purchase Employee Meal Plans to be used at Sodexo dining halls, convenience stores, and vending machines that accept dining dollars. These locations include Starbucks, Chick-fil-A, Qdoba, Pizza Hut, and the Lion's Pride Market. There are two meal plan options available to employees.

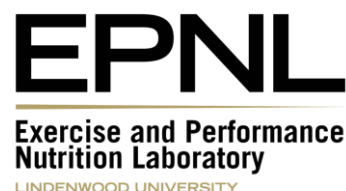
- **Option 1 – Cost \$250.** Includes \$250 in dining dollars to be used at any Sodexo location plus 16 bonus meals that can be used at Evans Commons
- **Option 2 – Cost \$100.** Includes \$100 in dining dollars to be used at any Sodexo location plus 5 bonus meals that can be used at Evans Commons

Employees interested in purchasing a meal plan will need to submit a request within Workday. From the search bar, employees can type in Create Request and then select Lindenwood Employee Meal Plan for the request type. All meal plans purchased are non-refundable and the total cost will be deducted from the employee's next paycheck. Employees can only purchase one employee meal plan at a time, however, multiple meal plans can be purchased throughout the year.

Reference the [Employee Meal Plan policy](#) for full details and important information.

Faculty, Staff, and Families Needed for Research Study

Lindenwood's Exercise and Performance Nutrition Laboratory seeks healthy non-gamers or gaming beginners, ages 18-40, for a 6-week study on paraxanthine and phosphatidylserine's effects on gaming performance, cognition, sleep quality, and stress. Participants will attend three visits (one 3-hour, two 2-hour) in which they will play a video game for a total of 120 minutes and complete electronic questionnaires and cognitive tasks while wearing a heart rate monitor. There is no cost to participate and cash compensation (\$250) will be provided. Adherence to a prescribed pattern of supplementation and study visits is required. [Check your eligibility](#) or [email the EPNL](#) for more information.





Next Week's Digest

Submissions for the September 4 Digest are due Tuesday, September 3 by noon. This is an adjustment to the regular Monday 5 p.m. deadline as a result of offices being closed Monday for Labor Day. Submissions can be entered through the [Project Request Form](#) as a Communications and Public Relations request.

Alpha Chi Sponsorship Opportunity



Alpha Chi
National College Honor Society

Would you like to help students become members of the [Alpha Chi National College Honor Society](#)? Alpha Chi invites the top 10% of undergraduate juniors and seniors, as well as graduate students, to membership and offers opportunities for distinction with awards, publications, and scholarships. Lindenwood's [Missouri Pi](#) chapter is looking for silent sponsors to assist deserving students with part or all of the lifetime membership fee of \$75. While this may not seem much for a lifetime of benefits, some invited students, particularly undergraduates, are not able to afford it. We have a silent donation program where you can contribute all or part of the \$75 to either an invited student of your choice or to the general pool of invitees to be distributed based on student need. If you'd like to become a silent sponsor, please email [Justine Pas](#).

Marketing Project Request Form Announcement

The Marketing department has temporarily suspended requests for Creative and Design and Photo/Video services through the Project Request Form, effective through November 1. This decision comes in response to an overwhelming volume of requests received from stakeholders across campus. The [Project Request Form](#) remains open for Website and Digital, Communications and Public Relations, and Social Media requests.

The goal during this period is to address existing requests and realign our priorities to support university admissions. Upon reopening requests for Creative and Design and Photo/Video in November, the team's focus will heavily be in support of attracting and engaging prospective students. If you have any questions, please contact the [Marketing department](#) directly.

Q2 Moments

I appreciate Director, Faculty Development and Professor, Geography **Dr. Meri Marsh** allowing me to participate in the RISE mini-institute this summer, even though I missed the deadline by a few days. She even let me participate in the session I most wanted to join, and made sure to have my dietary restrictions accommodated for the occasion. I am really excited to know that Meri is our new Faculty Development Director!

At move-in day on August 20, Enrollment Representative **Trenece Crawford**, Financial Aid Advisor **Elsa Garcia Colon**, and Student Accounts Representative **Sharon White** stayed well past closing time to assist two students with getting cleared to move-in. They did not rush the students, they coached them through what needed to be done, and had casual, fun conversation with them as they waited. They provided true Q2 service on what can be a stressful, bittersweet day for some!

On behalf of PCBE, I wanted to extend my heartfelt thanks to Professor, Management **Dr. Renee Porter** for her thoughtful gesture of tidying up our shared space and providing fruit/supplies in the break room. Renee's support and attention to our well-being are truly appreciated. It's wonderful to see how she is not only encouraging us to tackle our goals with enthusiasm but also ensuring we have the healthy nutrition to sustain us through the challenges ahead. Renee, thanks for fostering such a positive atmosphere! You rock!

A big thank you to the **Information Technology department**! This week, they came out en masse at the first-year student days, illustrating how Lindenwood employees put our Values Into Practice. They put our students first by connecting with each student and ensuring their technology needs were met. They showed grit by finding ways each day to minimize queue times, doing what is

right by working together to be sure our first-year students' first impressions of Lindenwood are outstanding.

[Submit Your Q2 Moments](#)

LINDENWOOD

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LEARNING ACADEMY

Open Instructional Design Office Hours

August 29, Noon-1 p.m.

Lindenwood Learning Academy, LARC 009 and Online

Join the Learning Design and Technology team for open instructional design office hours. This time is for anyone who teaches within the Lindenwood community to discuss relevant issues in instructional design. The time is yours! You tell us how you'd like to participate. Some examples could include:

- You'd like to re-work an assignment or aspects of it and want a brainstorming partner.
- You want to try something new, but you're not sure how to "make it work" in Canvas.
- You've got questions about a Canvas feature.
- You want to share some ideas that have worked for you with your colleagues.

This session does not have a planned agenda; it is intended for you to bring your own questions and discussion items. You do not need to stay the whole time; you are welcome to come and go at any point during the hour.

[Register](#)

Book-Based Professional Learning Communities (PLC)

September 3, 2:30-3:30 p.m.

Young Hall Auditorium

These are an opportunity for faculty, adjuncts, and staff to engage in meaningful dialogue and strategy sharing around issues relevant to student success both in and outside of the classroom; they will meet 4-5 times during the semester.

The titles proposed cover various topics, some not exclusively related to teaching:

Relationship Rich Education by Peter Felten and Leo Lambert (faculty/staff); *Mind over Monsters* by Sara Rose Cavanaugh (faculty/staff); *The Wisdom of the Bullfrog* by Admiral William H. McRaven (faculty/staff); *Distracted* by James Lang (faculty); and *Grading for Growth* by David Clark and Robert Talbot (faculty).

This is an invitation only session. All participants have received registration confirmation emails. If you believe you should be involved in this PLC, please contact the [Lindenwood Learning Academy](#) before the Kickoff Meeting.

[Register](#)

New Discussions in Canvas

September 4, 2-3 p.m.

Online

Over the summer, Canvas released an update that made dramatic changes to discussions. Join the Learning Design and Technology team to learn more about the update, its features, and how you can leverage the new design in your course.

[Register](#)



HOLIDAY HOURS

LARC/LIBRARY SERVICES

Adjusted for Labor Day Weekend

- Wednesday-Thursday: 8 a.m.-10 p.m.
- Friday: 8 a.m.-3 p.m.
- Saturday-Monday: Closed
- Tuesday: 8 a.m.-10 p.m.

EVANS COMMONS REC CENTER

Adjusted for Labor Day Weekend

- Wednesday-Friday: 6 a.m.-9 p.m.
- Saturday-Sunday: 11 a.m.-4 p.m.
- Monday: Closed
- Tuesday: 6 a.m.-9 p.m.

LU BOX OFFICE

Adjusted for Labor Day Weekend

- Wednesday-Thursday: Noon-4 p.m.
- Friday: Noon-3 p.m.
- Saturday-Monday: Closed
- Tuesday: Noon-4 p.m.

STARBUCKS

Adjusted for Labor Day Weekend

- Wednesday-Friday: 7:30 a.m.-3 p.m.
- Saturday-Monday: Closed
- Tuesday: 7:30 a.m.-3 p.m.

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