Optimal Health Initiative

Relax with On-Site Massage
Come join Sarah Stevens, nationally certified massage therapist, for a 15 minute massage.
Sarah’s massage combines deep tissue, myofascial release, and thai stretching. Each session will take you to a relaxed place where mind, body, and spirit become one.

Date: Tuesday, July 18
Time - 10 to 2
Location - Mitchell Green Lounge
15 Minutes - $15
Call Eileen Fahey at x5064 to register.

More information about HealthReach

Middlebury College has arranged to provide a specialized health education and support program for the participants in our medical plan. As described in a recent issue of Midd Points, the HealthReach program gives you personal assistance to help understand and manage specific medical conditions or minimize potential side effects of prescription drugs.

This program does not make decisions for you. Rather, information, clarification, advocacy and support are provided to empower you to make health care decisions that are right for you.

HealthReach services are confidential and are provided without cost to participants in the College's medical plan. Each HealthReach Care Manager is a Registered Nurse, with special training to help participants regain or maintain their optimal health. The support of a HealthReach Care Manager ensures that you will never need to make a confusing medical choice alone or uninformed. The HealthReach nurses can: help you make informed choices for yourself; be more confident in your health-related decisions; avoid developing future complications; feel better and have less discomfort; and can have a positive financial impact on both you and the College's medical plan since healthier participants incur fewer expenses.

Human Resources recently received an e-mail from an employee who had been contacted by a HealthCare Strategies HealthReach Coordinator:

Dear Cheryl,

You may remember that we spoke about two weeks ago about the HealthReach Program as I had been contacted by them through the college. I spoke with an RN just last week and just wanted you to know what a positive experience it was. The RN was very knowledgeable about the topic we were discussing and offered me much insight as well as options that could be looked into. She also brought up questions that I did not think to ask my health professional and just gave me another avenue to explore. Although I was a bit hesitant to begin with, I am delighted to have been selected to be part of the program.

Just thought maybe you would appreciate the positive feedback. I really had my doubts, as you probably heard in my voice, although I really wanted to make sure the program was legitimate, and after talking with the RN, I am so glad I was chosen to take part in it.

Thank you,

Sincerely,

(Name Withheld)

The HealthReach service is provided through HealthCare Strategies, Inc. of Columbia, Maryland. HealthCare Strategies has more than 20 years of experience in providing patient information to promote positive, healthy lifestyles. We are pleased to be working with this organization to improve the health and welfare of our health plan participants.

We urge you to take full advantage of the services offered to you by the HealthReach nurses of HealthCare Strategies. If you have any questions about this program, please contact Loretta Lee or Cheryl Mullins at x5465.

Human Resources • Service Building, 2nd floor • (802) 443-5465 • hr@middlebury.edu

Midd Points is published approximately twice per month by Human Resources for the faculty and staff of Middlebury College. The issue schedule and deadlines are listed on the Human Resources Web site. Midd Points is mailed without charge to regular full time and part-time employees. Midd Points is Human Resources’ primary communication vehicle on policy changes, upcoming events, news, and other items of interest to employees. Entities outside the campus may not advertise in Midd Points. Classified ads and articles may be submitted by employees, students, and alumni only via Outlook to Midd Points Editor or via campus mail to Midd Points Editor, HR, Service Building.
A Conversation with Alan MacVey:

Alan MacVey, a California native and Stanford grad, must like the change of pace that Vermont summers offer. He’s been bringing his wife, Carol, also a Bread Loaf faculty member, to Breadloaf for the last 30 years. His daughter Joy, now 20, has been coming here all of her life. Alan, who works during the academic year at the University of Iowa, was recently inducted into the 25-Year Club.

What brought you to Middlebury?

I was hired -- out of the blue -- to teach acting and directing at the Bread Loaf School of English in 1976. I wasn’t even a faculty member at a college yet -- I was only a second year graduate student at the Yale School of Drama. The offer was a surprise -- I’d never heard of Bread Loaf -- and it changed my life in many ways.

What do you like doing in your free time?

I play tennis and squash, and tend a large garden (set of gardens, really) in Iowa.

What special talents do you have?

Well, I’m a theatre director -- that’s what I do at Bread Loaf (that and teach). It’s my primary occupation. I also compose music for plays. I’ve been a department chair for 15 years at Iowa and for 10 years at Princeton before that, so I guess that’s a talent. On occasion can hit a pretty decent forehand in tennis.

What have you enjoyed most over the years at Middlebury?

I’ve been lucky in that the College has supported the Acting Ensemble, an Equity theater company which I founded, for twenty years. I’ve had the pleasure of working with three presidents, and with two outstanding directors of the School of English. They have given me a great deal of support and I have appreciated it enormously.

What would you consider as one or some of the most notable changes at Middlebury?

I can only speak for Bread Loaf, which has changed a great deal since 1976. At that time there was only the Vermont campus, and enrollment was starting to dip. Paul Cubeta established the Oxford campus, and then Jim Maddox established campuses in New Mexico, Alaska, and now Asheville. In the past all students came to Vermont but now they go to all campuses. The change is very deep. It offers students an extraordinary opportunity to study in many places. Two of the other major changes were the introduction (and success) of both the Writing Program and the Acting Ensemble. Bread Loaf is wired now and everyone is in touch with the outside world -- and yet it’s still the same old place in many important ways: beautiful and intense.

What advice do you have for those who look at 25-Year Club members in awe?

Any sense of awe is misplaced, of course. All we did was keep at it, one year at a time. All of us grew older at the same rate. Twenty five years (30 for me) sneak up on you.

Do you have any fun memories or experiences at Middlebury that you would like to share?

About twenty years ago at 11:30 at night Jim Maddox, then a faculty member and now director of the School of English, led a line of faculty and actors, acting like elephants blowing their trunks, across the field and into Treman Cottage where Dick Broadhead, now president of Duke, was studying. In they went, and out the other door, honking and blowing their trunks, across the field and into the introduction (and success) of both the Writing Program and the Acting Ensemble. Bread Loaf is wired now and everyone is in touch with the outside world -- and yet it’s still the same old place in many important ways: beautiful and intense.

Do you have any exciting plans for the next 25 years?

I have a few years left to add to the arts at the University of Iowa and at Bread Loaf. Then I plan to travel, volunteer my services in an area other than Theatre, and truly take the time to meditate.

~Nora Huth

Cell Phone Use While Driving

We have all seen motorists driving and talking on a cell phone at the same time. This unsafe behavior is contributing to the accident rate in the US every year. Cars are safer; roads are safer, but drivers are not. Are you one of these drivers? Middlebury College policy prohibits the use of cell phones by the driver of a vehicle being used on College business. This policy covers both College and personal vehicles while on College Business.

We suggest that you following these safe practices while driving:

1. Make necessary calls before driving.
2. Use the cell phone mailbox to avoid the temptation to pick up the calls while driving.
3. Check messages and return calls at parking lots, rest stops, or other off-road areas.
4. Hands-free cell phones require the same safety restrictions as handheld phones.

In the event of an accident it is easy to prove if you were on the phone around that time. The driver and employer may be found liable if the employee was found to be on the phone at the time of the accident.

(Excerpts from Compliance Magazine -- June 2006)
Know Your Benefits - Travel Assistance

Recently all benefits-eligible employees were mailed information on a Worldwide emergency travel assistance service provided to them free of charge.

What is worldwide emergency travel assistance?

Worldwide emergency travel assistance services provide emergency medical assistance to you, your spouse and dependent children traveling to a foreign country or 100 miles or more away from home. Should you become ill or have an accident, with one simple phone call you can access proper medical care anywhere in the world.

Worldwide emergency travel assistance services are provided by Assist America Inc. as part of your UnumProvident insurance.

When you call the Operations Center for assistance, you’re tapping into Assist America, the largest travel assistance program in the nation. With the service, you can get:

- guaranteed hospital admission;
- no maximum limits on covered costs;
- multilingual medical consultants always on call;
- coverage of family vacations and adventure sports;
- no territorial exclusions;
- pre-qualified medical providers throughout the world;
- no exclusions of pre-existing conditions.

UnumProvident’s worldwide emergency travel assistance program includes the following services:

Emergency medical evacuation
If appropriate medical facilities are needed but not available in the location from which you call for travel assistance service, any necessary mode of transportation, equipment, and personnel will be used to evacuate you to the nearest facility for proper care.

Medically supervised repatriation
If you require ongoing medical assistance subsequent to your medical event or upon discharge from the hospital, the travel assistance program will transfer you home or to a rehabilitation facility with a medical or non-medical escort as necessary.

Medical referrals, including consultation and evaluation
Calls to the Operations Centers are triaged by Emergency (911) Dispatch Certified medical personnel and referred to English-speaking doctors and/or hospitals as needed.

Foreign hospital admission guarantee
When traveling outside the U.S., your travel assistance service will guarantee admission for immediate medical treatment by validating your medical insurance or advancing funds to the hospital.

Critical care monitoring
The travel assistance program’s doctors, nurses and medically-trained personnel will immediately assess whether you are receiving proper care and will stay in regular communication with your attending physician and/or hospital. A travel assistance services case manager will relay needed information to your family.

Transportation to join patient
If you are traveling alone and will be hospitalized for more than seven days, free, economy round-trip transportation to your location will be provided to the person of your choice.

Care and transport of unattended minor children
If minor children are left unattended as a result of your medical situation, your children will receive free transportation back to their residence or to a designated family member. If an escort is necessary, one will be provided at no cost.

Prescription replacement assistance
If you require replacement of a prescription medication, your travel assistance service will assist you in replacing that prescription.

Return of mortal remains
If a death should occur while traveling, your travel assistance service will render all possible assistance in the return of mortal remains, including locating a funeral home, preparing the deceased for transport, procuring required documentation, providing necessary shipping container and covering all associated costs.

Legal, interpreter, and emergency trauma counseling referrals
While traveling, you may contact the Operations Center for referral to local, English-speaking attorneys and interpreters. Emergency trauma counselors are provided immediately during a crisis situation. Costs for legal and interpreter services would be your responsibility.

1 Either by validating your medical insurance or advancing funds to the foreign medical facility. You must repay any expenses related to emergency hospital admissions to Assist America Inc., within 45 days.

2 Medical expenses such as prescriptions or physician or facility fees are paid by the employee or the employee’s health insurance.

3 Covered costs include preparation of the body, completion of required documentation, procurement of legal clearances and transportation of remains to the home.

For a complete description of this valuable benefit visit www.unumprovident.com/travelassistance. Your reference number is 01-AA-UN-762490. If you have any questions, please feel free to contact Human Resources at x5465.

(Portions of this article are printed from materials published on UnumProvident’s website.)
Technology Workshops – July/August 2006
Library and Information Services

ALL WORKSHOPS REQUIRE ADVANCE REGISTRATION!

To sign up for workshops of interest please send an email request to: helpdesk@middlebury.edu.

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wed. 7/12</td>
<td>CMS Work Session</td>
<td>3:00 – 4:30 pm</td>
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<tr>
<td>Thu. 7/20</td>
<td>Advanced CMS</td>
<td>1:30 – 3:00 pm</td>
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<tr>
<td>Mon. 7/24</td>
<td>CMS Work Session</td>
<td>3:00 – 4:30 pm</td>
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<tr>
<td>Thurs. 8/3 – 8/17</td>
<td>Becoming Computer Friendly II (3 sessions)</td>
<td>8:30 – 9:30 am</td>
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Fire Extinguisher Training

117 employees attended our annual fire extinguisher training on main campus on July 7th.

The College’s new fire extinguisher training system was introduced this year. The new technology is clean, safe, and economical to use. The system uses propane and water with a computer hand held system that regulates the fire.
Karen Reynolds
Facilities

Amy Buck
Public Safety

Ethan Dick
General Service Worker

Brook Escobedo
Admissions

Wayne Blackmer
Dining Events

Benjamin Wallace
Dining Services

Eric Ambrette
Alumni Relations

Carol Cherhoniak
Health Center

New Employees
Classifieds

Classified ads are free for members of the staff, faculty, student body, and alumni of Middlebury College. Ads must be submitted seven days prior to the publication date. Please send your ads to: Classifieds, Midd Points, HR, Service Building, or via Outlook to: Middpoints

Real Estate

For Sale: Excellent condition 3-4 BR ranch style house in desirable Terrace Heights, Weybridge, 2 baths, 2-car garage on ½ acre. Upstairs 1,600 plus sq. ft. Panton stone fireplace. Front and rear deck/porch. Finished walkout basement with large playroom/living room with Yotul stove, sewing room, bathroom and BR. Recently replaced roof and oil hot water furnace. Only 1.4 miles from downtown Middlebury. $287,000. Call 802-545-2521.

House for Sale: 1,800 sq. ft 3 BR renovated cape on 2 ½ acres in Goshen bordered by the Green Mountain Forest. Country living at its best - just a ½ hour drive from Middlebury. Brook runs length of the property, stone wall, many perennials, and a garden area. Nicely expensed with updated cabinets, mudroom, and a large den/dining room combination with exposed hand-hewn beams. Beautifully painted, huge LR with VT Castings woodstove. $185,000. Contact Laurie at lcorey@middlebury.edu.


For Rent: House for rent starting in September. Adirondack views. Partially furnished. No dogs. $875/mo. not including heat and utilities. E-mail carver@middlebury.edu.

For Rent: Charming guest house in Cornwall, private country setting with pond. 2 BR, 1 bath, W/D, dishwasher, electric heat with wood-burning Vermont Castings stove, garage and plenty of storage space. Only 15 min. bike/ride 5 min. drive to College. No smokers/animals. $900/mo. plus utilities. Contact Tracy Himmel Isham at 462-2028 (thimmeli@middlebury.edu) or Jon Isham at 443-3238 (jisham@middlebury.edu).

Auto/Motorcycle


For Sale: It's Hiking Season! Do you have a pair of feet between sizes 7-8 (women's)? Might those feet be seeking a pair of L.L. Bean Gore-Tex hiking boots with nice thick Vibram soles that have been lovingly broken in for you? For just $20, this dream pair can be yours. Contact kguttent@middlebury.edu; x2024.

For Sale: Expecting a baby or about to become a grandparent? Eventflo Port About 3 Rear Facing Infant Car Seat with extra base; nice condition, blue checked pattern, for babies 5-22 lbs and 19-26 inches, $40; Eventflo Exersaucer; $10; various toys in top condition; adorable baby clothes in great condition. Contact Shannon at x5733 or 388-6852 or snguyen@middlebury.edu.

For Sale: Play Station 1 with 2 controllers and 15 games. Good for someone just getting started with video games. $35 OBO. Mini Chopper child's motorcycle. $350 OBO. Diamondback Viper BMX bicycle. $100 OBO. Contact Taran at 388-0436.

For Sale: Expecting a baby or about to become a grandparent? Eventflo Port About 3 Rear Facing Infant Car Seat with extra base; nice condition, blue checked pattern, for babies 5-22 lbs and 19-26 inches, $40; Eventflo Exersaucer; $10; various toys in top condition; adorable baby clothes in great condition. Contact Shannon at x5733 or 388-6852 or snguyen@middlebury.edu.

Other

For Sale: Ping-pong table with paddles and balls. Folds up for storage. Excellent table, $50. 388-3619.

For Sale: One Tandem Wilderness Systems Kayak. Dark Green. Features comfortable seats and rudder. In like-new condition. A great way to get out on the lakes and have a lot of fun this summer. $650. E-mail: gross@middlebury.edu or call x5353.

For Sale: One Tandem Wilderness Systems Kayak. Dark Green. Features comfortable seats and rudder. In like-new condition. A great way to get out on the lakes and have a lot of fun this summer. $650. E-mail: gross@middlebury.edu or call x5353.

Wanted

Swing Set Wanted: Used wooden swing set with slide. Please call 388-1308.

Housesitting Situation Wanted: Mature, responsible individual full-time student available to housesit. Will care for pets and plants; long or short-term gigs. References available. Call 989-4016 or 462-2191.