

February

THINK SPRING!

Winter blues getting you down? Wish there was some way to bring spring a little early? Well you're in luck! It's time for the American Cancer Society's Daffodil Days! You can see Joanne Bucceri, Nancy Kujawinski, Janet Laboda, Kathy DeSante, Robin Westcott, or Melissa Lesniewski if you would like to place an order!

**Upcoming GUSSA Events!**

Women's History Month Tea	March 11, 2008
GUSSA Meeting	April 8, 2008
GUSSA Meeting	May 13, 2008
GUSSA Summer Picnic	June 10, 2008

GUSSA

RANDOM ACTS OF KINDNESS WEEK

Show your kindness the week of February 11–18, 2008!

Sunday, February 10:

Busy Person's Retreat, for more information or to register, please contact the Chaplain's Office x 7434

Monday, February 11:

Stop by the Random Acts of Kindness table in the Waldron Campus Center between 11:00 a.m. and 1:00 p.m. and create a valentine!

Tuesday, February 12:

Random treats sponsored by the Waldron Campus Center and

Help to "Fill the Mill" on Saturday, February 9 at 1:00p.m. as the Women's Basketball team takes on Wayne State University. This special event will honor breast cancer survivors and raise Breast Cancer awareness. All funds raised will benefit the Erie Unit of the American Cancer Society's Making Strides Against Breast Cancer. Plan to purchase your Think Pink t-shirt in advance at

Gannon Clubs and Organizations between 11:00 a.m. and 1:00 p.m.

Wednesday, February 13:

Norwegian Hearts from 12:00 p.m. and 1:00 p.m. Bring a brown bag lunch, explore Norwegian culture and make both Norwegian heart-shaped woven baskets and bake up Norwegian sour cream waffles in Zurn 341A!

Thursday, February 14:

Gathering in Praise "Diversity" 11:00 a.m. at Mary, Seat of Wisdom Chapel with a complimentary lunch to follow!

THINK PINK !

the Waldron campus center or by contacting Lisa Wenner at extension 7414. this event is a great way to support our young women on campus!!

Mrs. Lynn Lewis of the Small Development Center is also selling "Think Pink" candles! These candles smell like mango sangria and are in a 13 oz jar! Not only will this benefit Breast Cancer, it

Friday, February 15:

Random treats sponsored by GUSSA!

Saturday, February 16:

Habitat Build Day. Contact Gretchen Fairley at x 7345 or email fairley002@gannon.edu to participate.

All week long, Women's Leadership will be collecting gently used clothing. If you can't bring them to the Ice Cream Social, you can drop them off to Katie Bailey in Palumbo Center 129, Bridget Hammar at the Gitnik Manse, or to Arlene Montevecchio in Keim Commons.

is the perfect gift for Valentines Day or Mothers Day! If you are interested in buying a candle or two, please contact Lynn Lewis at 871-7719!



*Massage Therapists—
Myosage massage
therapists will give
shoulder and neck
massages at your
work site by
appointment!*



GUSSA MEETING - February 12, 2008 - Founder's Room

Why should you attend the meeting this month?

Lunch will be served! The executive board will be making home-made soup! Three different types of soup to choose from! Drinks and bread will be supplied! Desserts are welcomed!



All you get the first look at all of the Relay for Life Baskets!

We will also have reports on the Christmas party, "GUSSA on the Go", the clothing drive, and other new topics.

We will also discuss donating to "Get REC'd" and daffodils for the Soldier's & Sailor's Home.

And don't forget to bring your dollar for the 50/50 drawing!

If you haven't turned in your money for the Romolo's Chocolate fund raiser, please do so at this meeting.



EMPLOYEE WELLNESS REWARDS PROGRAM 2008

Participate in Lifestyle Improvement Programs and Accumulate Points Toward Rewards!

This program is available to full-time, benefit eligible employees. Points are accumulated toward wellness rewards on a calendar year basis beginning with the Spring 2008 semester and running through the end of the Fall

2008 semester. A statement from your physician's office will validate an annual physical. In addition to points awarded by attending Gannon's JumpStart programs, you may also earn points by attending off-campus Highmark programs. Verification of attendance may be submitted to the Human Resources Department for Credit.

Calendar Year Points Earned:

100 \$25.00—50.00

150 \$50.00—75.00

200 \$75.00—100.00

Points are awarded accordingly.

SPRING SEMESTER 2008 Wellness Programs

Group Programs:

- Gannon Striders
- HOPE (Highmark Osteoporosis Prevention Education)
- Clear the Air!
- Weight Watchers

Directed Individualized Programs:

- Reach for the Book: Organizational meeting
- Diabetes Prevention and Education
- Highmark-Self Directed Programs

Wellness at Lunch Presentations:

- Your Highmark Website
- Stress Relief
- Progressive Eats