

URI Informed

THE URI EMPLOYEES' NEWSLETTER

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FALL 2023

URI Custodians Win State Employee Step Up Challenges

by Dave Lavallee

University of Rhode Island custodians Christine Sinodinos, Shawn Winn, Derek Coia, Angela O'Donnell, and Gwendolyn Pugh make a pact to walk every day year round – even in the rain and snow.

But it's more than just a commitment to physical activity. For the fivesome, it's about being the best and most dedicated walkers among all state workers.

The group has won four of the last five Step Up Challenges, a Rewards for Wellness program of Blue Cross and Blue Shield of Rhode Island, the insurance provider for the University and state employees.

The routes vary depending on team members' schedules and availability, but generally the walkers record between 15,000 and 30,000 steps per day.

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URI custodians and champion walkers are from left, Derek Coia, Angela O'Donnell, Christine Sinodinos, Gwendolyn Pugh, and Shawn Winn.

URI photo by Michael Salerno.

THE
UNIVERSITY
OF RHODE ISLAND

THINK BIG  WE DOSM



URInformed

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If you have a suggestion for an article about a co-worker or colleague, or perhaps information about an event, or simply have an interest in being involved with the newsletter, you may send your request to:

URInformed, 73 Upper College Road,
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or contact us by e-mail at:
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The editorial board reserves the right to select the material printed and to edit it to conform to space restrictions.

Please get involved! This is your newsletter and we need your support to make it work.

URI is an equal opportunity employer committed to the principles of affirmative action and values diversity.

Step Up Challenge...continued from page 1

Blue Cross wellness activities help employees save money on their medical co-shares by providing up to \$500 in co-share credit incentives. The credits will get delivered in employee paychecks during the first half of 2024. Employees have the option to choose the activities in which they'd like to participate to reach their goals. Some of the event options are The Step Up Challenge, Wellbeats, and the Wellness Fair.

Sinodinos of Richmond; Winn of Narragansett; Coia of Warwick; O'Donnell of Carolina; and Pugh of Ashaway participate in the Step Up Challenge to strengthen their physical and mental health.

The program is aimed at helping Rhode Island state employees increase their physical activity in a friendly competition, through which members team up with a local Blue Cross and

Blue Shield of Rhode Island location to track steps and other physical activities. Whoever signs up gets \$25 co-share credit.

The team has won the last four out of five competitions, dating back to November 2022, when it was known as "URI A Team." Its most recent top finish occurred in August 2023 with a new handle, "URI Move On Up To The East Side." The team changes its name for each contest. When the Rhody janitors won in April, they were the "URI Red Hot Chili Steppers Team," and in June they were known as "URI Ease On Down The Road Team."

They smile and laugh as they pass the president's chickens on their daily walks. The group agreed that team captain Sinodinos has the competitive mindset that motivates her fellow members to strive for the best. She is always looking to win the competitions.

"I feel it keeps us healthy mentally and physically, and keeps us in a positive mindset," Sinodinos said.

"It's an excellent commitment to their health," said Dawn Smith, employee benefits specialist for URI's Office of Human Resource Administration. "Our walkers do an outstanding job bringing health and wellness awareness to URI employees. This is great recognition for URI's health and wellness commitments."

Benjamin Smith, a senior sports media and public relations major at the University of Rhode Island and an intern in the Department of Communications and Marketing, wrote this press release.



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University of Rhode Island to Introduce New Fall Commencement Celebration

The ceremony, planned for Dec. 16 at the Ryan Center, will celebrate graduates who complete degree requirements during the fall semester.

by Dawn Bergantino

The University of Rhode Island is introducing a new fall commencement ceremony to celebrate undergraduate and graduate students who complete their degree requirements during the fall semester.

The 2023 fall ceremony will be held Dec. 16 at 10 a.m. at the Ryan Center on the Kingston Campus.

“We are excited to introduce this new tradition at the University of Rhode Island,” said President Marc Parlange. “For many of our recent graduates who completed their studies during the fall, it has been difficult to return to campus for the spring commencement ceremony. This new ceremony provides an opportunity for us to celebrate with them as a community.”

The new celebration does not replace the University’s spring commencement, traditionally held in May, but, rather, introduces an additional ceremony to the annual commencement calendar. The occasion will feature one unified ceremony recognizing both undergraduate and graduate degree candidates.

More than 800 students are expected to complete degree requirements during the current fall semester. Many of those graduates will be employed or in graduate school at the time of

the spring ceremony and may not have the flexibility to return to Kingston for the May event. On average, more than 90 percent of URI graduates are employed or pursuing graduate studies within six months of their URI graduation, according to a survey of recent graduates. By introducing a fall commencement, the University is providing a more immediate opportunity for graduates and families to celebrate their achievement.

The new ceremony is the result of conversations with recent graduates and current students who expressed interest in a December celebration. “We spoke with many current and former students,” Parlange noted. “And there was great excitement at the prospect of a fall ceremony.”

Graduates who participate in the fall ceremony may also return in May to participate in the spring ceremony.

Students should apply for graduation through their degree-granting college and work with their academic advisor as needed. Students who apply for graduation will receive additional information about how to participate in the December ceremony.



Rhody Outpost: Donations needed Great Holiday Giving Opportunity

Rhody Outpost is open to serve students at the University of Rhode Island who are experiencing basic needs insecurity. Rhody Outpost serves approximately 80 students each week.

Basic needs insecurity is a real challenge on college campuses today. It's estimated that up to 30% of college students are affected by food insecurity in the United States. The Rhody Outpost food pantry was created to help address this issue at URI.

The pantry provides food and other items at no charge to students and is managed by the Dean of Students Office with staffing by student and community volunteers. The pantry serves all URI students who are food and/or housing insecure and need help making ends meet.

Rhody Outpost is in need of the following items:

rice, cooking oil, pasta, ramen, chickpeas, snacks (chips, crackers, cookies), nuts, peanut butter, jelly, tuna fish, sardines, macaroni and cheese, canned tomatoes (crushed, diced, sauce, etc.), liquid hand soap, dish soap, laundry detergent, and toothpaste.

Gift cards to local grocery/drugstores are also always welcome, as are donations directly to Rhody Outpost or via the URI Foundation & Alumni Foundation. (Donors can also give to the URIFAE Students First Fund, and type "Rhody Outpost" in the memo line).

RHODY OUTPOST FOOD PANTRY
#NoRamHungry

CAN YOU HELP?

Rhody Outpost is in need of the following items:

- Rice
- Cooking Oil
- Pasta
- Ramen
- Chick Peas
- Snacks (chips, crackers, cookies)
- Nuts
- Peanut Butter
- Jelly
- Tuna
- Sardines
- Mac 'n' Cheese
- Canned Tomatoes (crushed, diced, sauce, etc.)
- Liquid Hand Soap
- Dish Soap
- Laundry Detergent
- Toothpaste

Donations can be dropped off at the Dining Services warehouse between 8 a.m. and 3 p.m. or left in the shed outside of St. Augustine's Church on Lower College Road anytime.

Rhody Outpost needs your donations all year long—school year and summer, too! During the school year, we serve approximately 80 students each week and 50 students a week in the summer.

Rhody Outpost is open to serve students experiencing basic needs insecurity.

Learn more: uri.edu/rhody-outpost

THE UNIVERSITY OF RHODE ISLAND

Thank you for your help!

Rhody Outpost is located at the Dining Services Warehouse, 10 Tootell Road, in Kingston, between Flagg Road and West Alumni Avenue, with the pantry open for pickup on Fridays from 3 to 5:30 p.m. (except holidays), or by appointment.

URInformed is now on the Web
at

<http://web.uri.edu/urinformed/>

Browse the current issue of
URInformed



World Traveling



H	A	T	L	Z	H	S	I	N	A	P	S	A
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| 1. Argentina | 10. Ghana | 19. Mexico |
| 2. Asia | 11. Heritage | 20. Paris |
| 3. Australia | 12. Hong Kong | 21. Philippines |
| 4. Canada | 13. India | 22. Portugal |
| 5. Cuba | 14. Italy | 23. Spanish |
| 6. Dominican Rep | 15. Iran | 24. Thailand |
| 7. England | 16. Journeys | 25. Vietnam |
| 8. Fiji | 17. Korean | |
| 9. German | 18. Languages | |

DIRECTIONS: The object is to find the 25 hidden words within the grid. Words can be found horizontally, vertically, diagonally, backwards or forwards. Return the completed wordsearch to Shawn Marie Simmons, Provost Office, Green Hall, Room 109. Please include your name, address and e-mail with your entry. A drawing of all correct entries will determine the winner. A URI prize will be given to the winning entry.

The winner will be announced in the next issue of URInformed. Good Luck!

Name _____ Dept. _____

Campus Address _____

Phone Ext. _____ E-mail _____

Personnel Script

Job Opportunities

The classified and non-classified application process is now automated so that you can apply on-line for positions here at the University. You will also be able to review the status of your application during the recruitment process, update your on-line application, and apply for positions that become available in the future. For the job opportunities visit:

<https://jobs.uri.edu>

We Welcome the Following People to our Community...

Isaac Agbemafle (Nutrition & Food Sciences), Kevin Agostinucci (Ryan Institute Neuroscience), Preston Anderson (Dining Board Operations), Xaalyn Barr (Dining Board Operations), Mark Bennison (Dining Board Operations), Julia Bingham (GSO Coastal Resources Center), Kevin Biondolillo (Counseling Center), Julie Bosland (CELS Academic Unit 1), Carol Brakenwagen (Kingston Library), Jonas Brobeck (Women's Tennis), Elizabeth Buchanan (Research Office), Curiney Cain (Dining Board Operations), Deborah Cancelliri (Dining Board Operations), Che-Wei Chang (Ocean Engineering), Elijah Cole (Dining Board Operations), Victoria Constantin (Women's Softball), Thomas Cooley (HRL Business Operations), Dana Crandall (CELS Academic Unit 1), Benjamin Craven (Dining Board Operations), Anthony Dattorro (GSO Computer/Copy Center), Joshua Di Iorio (Dining Board Operations), Kevin Di Iorio (Dining Board Operations), Caroline Duane (Chemical Engineering), Willow Dunster (CELS Academic Unit 3), Laura Eldridge (Writing & Rhetoric), Rachel Fagan (Dining Board Operations), Fabian Fischer (Biomedical & Pharmaceutical Sc), Lori Fournier (Health Services), Anabelle Gibson (Undergraduate Admissions), Melissa Gonsalves (GSO Marine Technicians), Chandler Graves (Men's Basketball), India Hareld Stanton (Enrollment Services), Stephanie Harris (Dining Cafe Operations), James Hayes (GSO Maintenance), Matthew Hoffman (HRL Residential Education), Robert Holden (Dining Board Operations), David Jenkins

(Recreational Services), Alexandra Johnson (CELS Academic Unit 1), Jill Jolicoeur (Labor Research Center), Fred Jones (GSO Marine Office), Shantan Kommera (Financial Strategy & Planning), Pattie LaBelle (Dining Board Operations), Daniel Lemay (Dining Board Operations), Zachuary Levesque (Dining Board Operations), Xingbo Liu (Dining Board Operations), Darko Ljubic (Chemical Engineering), Michael Marzilli (Payroll Office), Caitlin Massey (Undergraduate Admissions), William Massey (Health Services), Emmanuel Michaca (Global Initiatives), Jasmine Miranda-Avalos (Univ Coll for Academic Success), Ann Marie Moore (Property & Support Services), Shannon Murphy (CELS Academic Unit 1), Rachael Musch (Health Education), Henry Nguyen (Dining Board Operations), Eileen O'Brien Sweeney (Facilities), Joseph O'Rourke (Research Purchasing), Wilfredo Ortiz Beriguete (Police), Daniel Padilla Morales (HRL Residential Education), Ivy Pain (Dining Cafe Operations), Hannah Petit (CELS Academic Unit 1), Nahendra Pierre (HRL Business Operations), Robin Plaziak (Enrollment Services), Caitlin Randall (CELS Academic Unit 3), Kathleen Randall (Univ Coll for Academic Success), Jill Rasmussen (Info Tech Services), Chelsea Riordan (Writing & Rhetoric), Chelsea Riordan (Writing & Rhetoric), Benjamin Robbins (Dean Environ-

... and Say Goodbye to ...

Alicia Bordeleau (Dining Cafe Operations), Danielle Butler (Kingston Library), Alexandra Frey (Dining Board Operations), Daniel Gish (GSO Marine Office), Adrianna Grassley (Dining Board Operations), Peter Harrington (General Counsel), Derek Hogan (Dining Board Operations), Xiaoyan Hu (Languages), Jason Huffine (Dining Board Operations), Christopher Levesque (Dining Board Operations), Wendy Lucht (GSO Dean), Tracey Manni (Communications & Marketing), Charles McGovern (Dean Pharmacy), Kanika Mehrotra (Counseling Center), Emma Paton (CELS Academic Unit 2), Meghan Pettini (Dean Pharmacy), Jie Shen (Biomedical

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In Recognition of 40 Years of Service

Since 2013, the University of Rhode Island has been honoring individuals who have dedicated their work lives to serving URI. Each year, during a formal induction ceremony, the University congratulates and thanks its retiring staff and faculty members who have been employed at the University for 40 years or more. Each new member is recognized and commemorative bricks, engraved with the retiree's name and years of service, are unveiled, and then placed in the patio of the Robert L. Carothers Library and Learning Commons.

Friday, December 1, 2023

Robert J. Higgins Welcome Center, Kingston Campus

2023 Inductees (retired as of December 2022)

Richard Brown, Professor, Chemical Engineer, College of Engineering • 41 years

Patricia Burbank, Professor, Nursing Instruction, College of Nursing • 40 years

Peter Cornillon, Professor, GSO Faculty, Graduate School of Oceanography • 47 years

Deborah Gardiner, Coordinator, Honors Program • 41 years

Thomas Guglielmetti, University Police Corporal • 42 years

Michael Honhart, Professor, History, College of Arts and Sciences • 51 years

Cindy Moreau, Coordinator, Coastal Resource Center, Graduate School of Oceanography • 43 years

Joseph Mulcahey, Coordinator, Fire and Life Safety Operations • 40 years

Gene Pollart, Professor, Music, College of Arts and Sciences • 46 years

Robert Schwegler, Professor, Writing and Rhetoric, College of Arts and Sciences • 44 years

Judith Swift, Director Coastal Institute, Communication Studies, College of Arts and Sciences • 51 years

Joyce Winn, GSO Research, Graduate School of Oceanography • 47 years

Comings and Goings...continued from page 6

& Pharmaceutical Sc), Geoffrey Travers (Dining Board Operations), Carla Vaccaro (Health Services), Alyison White (Dining Board Operations)

... and Best Wishes To Those Who Retired

Ronald Blanchette (Dining Board Operations), Denise Brown (Dean Environment & Life Science), Annette Desilva (GSO Research), Kathleen Doyle (Health Services), Patrick Egan (Info Tech Services), Pamela Jackson (Public Safety Administration), David Lavigne (GSO Housekeeping), Mary Riedford (Research Office), Mary Stanley (Undergraduate Admissions), Robert Sullivan (HRL M&R Facilities)

In Memoriam

- ❖ George Delodzia, Professor, College of Business
- ❖ Artie Martino, Pell Library, GSO



URInformed Word Search Winner

Congratulations to Lori Zito, College of Engineering!

Please contact Shawn Simmons in the Provost's Office (4-4410) to claim your prize.

Check out the Word Search on page 5!



The Pets Corner

Pets Corner Invitation

Send us your favorite photo of you and your pet.

We need a high resolution jpg.

Your name and department

Your pet's name, breed

One or two sentences about your pet.

Maybe the photo will tell us all we need to know.

Contact:

Nancy Gillespie
ngillespie@uri.edu



This is our RemDawg a.k.a Remy. Remy is a 2 year old mixed breed rescued from Kentucky. He is a huge Red Sox fan and loves boating!

-- Susan Wetherell, Office of Capital Projects



Cook's Corner

Share your favorite recipes in the Cook's Corner

Salted Caramel Nuts

Level: Easy

Total Time: 30 mins

Active Time: 20 mins

Yield: 8 cups



Ingredients:

- 1 cup each whole roasted salted cashews, whole large pecan halves, whole unsalted almonds and whole walnut halves (4 cups total)
- 1 1/2 cups sugar
- 2 teaspoons pure vanilla extract
- 2 teaspoons kosher salt
- 1 teaspoon fleur de sel
(Fleur de sel, which means "flower of salt" in French, is an especially valued type of French sea salt known for its smooth flavor and light, crunchy texture. It is expensive).

Directions:

- 1). Preheat the oven to 350 degrees F.
- 2). Combine the nuts on a sheet pan, spread them out and roast them for 7 minutes, until they become fragrant. Set aside to cool.
- 3). After the nuts are cooled, place the sugar and 1/4 cup of water in a medium (10-inch) sauté pan and mix with a fork until all the sugar is moistened. Cook over medium-high heat until the sugar melts; from this point on, don't stir the caramel, swirl the pan! Don't worry, the mixture may look as though it's crystallizing. Continue to cook for 5 to 10 minutes, until the mixture becomes a clear golden brown, swirling the pan constantly at the end. (Careful, the caramel is very hot!) Off the heat, quickly add the vanilla (it will bubble up!) and swirl the pan to combine. Working quickly (the caramel will continue to cook in the pan), add the nuts and the kosher salt and toss with 2 large spoons until the nuts are completely coated.

- 4). Pour the nuts and any extra caramel in the pan onto a sheet pan lined with parchment paper. Spread the nuts out in one layer, pulling them apart with two forks. Sprinkle with the fleur de sel and set aside to cool. When they're completely cooled, carefully break the nuts into large clusters with your hands, trying not to break the nuts too much.

--Recipe Courtesy of Ina Garten
Food Network Magazine

Detox Immune-Boosting Soup

Prep Time: 5 mins, Cook Time: 30 mins

Total Time: 35 mins

Ingredients:

- 2 Tbsp olive oil
- 1 onion, chopped
- 3 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 cup mushrooms, sliced
- 10 cloves garlic, minced
- 8 cups chicken stock
- 2 bay leaves
- 1/2 tsp. turmeric
- 1/2 tsp. crushed red pepper
- 1 1/2 tsp. sea salt
- 1 (15 oz) can chickpeas, drained and rinsed
- 3 cups shredded rotisserie chicken
- 2 cups baby kale leaves

Directions:

- 1). In a large pot or dutch oven, heat oil over medium-high heat and sauté onion, celery and carrots, stirring occasionally, about 5 minutes. Add mushrooms and garlic, cooking another 3 minutes.
- 2). Stir in the chicken stock, bay leaves, turmeric, crushed red pepper, salt and chickpeas; bringing to a boil. Mix in shredded chicken, cover and turn down heat to a simmer for 15 to 20 minutes.
- 3). Add kale, cover and simmer an additional 5 minutes. Discard bay leaves, serve and enjoy!

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