

URI Informed

THE URI EMPLOYEES' NEWSLETTER

Vol. 31 Issue 3

SUMMER 2023

Rhody Outpost-Need Doesn't Take a Vacation

by Kristen Curry

Rhody Outpost is open to serve students at the University of Rhode Island who are experiencing basic needs insecurity. The Outpost is open all summer.

During the school year, Rhody Outpost serves approximately 80 students each week. Last week, 56 students visited the Outpost, and its empty shelves are in need of restocking.

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.

Unfortunately, donations to the pantry drop significantly during the summer.

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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.

Thank you for your help!

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

NO RAM HUNGRY: Donations are needed for URI's Rhody Outpost this summer, as need doesn't go on vacation.

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,
Kingston Campus
or contact us by e-mail at:
NGillespie@uri.edu

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.

Rhody Outpost...continued from page 1

“Food security is a different challenge in the summer,” says Barbara Sweeney, food security outreach coordinator, as dining halls are open for very limited hours. Many students who live on campus during the summer reside in apartment-style dorms with kitchens. If they don’t have transportation to a grocery store, it can be difficult to acquire food. The Outpost also welcomes international graduate students living on or around campus over the summer, and students and athletes working or training on campus.

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.)

Staff are asked to help fill the shelves this summer and to share information about the ongoing need in their departments and with other URI friends and supporters.

“Community support is what keeps the Outpost going,” says Sweeney.

She says that every academic college and many departments and offices around URI support the Outpost, with special recognition going to Rebecca Brown in the College of the Environment and Life Sciences who oversees URI’s Agronomy Farm. Brown and her students donate hundreds of pounds of fresh produce from spring through fall for the Outpost.

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.

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

Learn more about Rhody Outpost or reach out to Barbara Sweeney, 401-874-5633 or barbara_sweeney@uri.edu, with questions. Follow at [@urifoodsecurity](https://www.instagram.com/urifoodsecurity) anytime.

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Washington County Fair

F A M I L I E S Z F O O D
 A L I P C O N T E S T S N
 R L C V Y A W D I M L R O
 M A E X H I B T S L K E M
 E G C E P R O D U C E N H
 R E R L H Q U P O B E N C
 S S E E O W R T O O Z I I
 E D A E S O S O F W A W R
 Z I M R T E T I D F G M C
 I K V C V H F Q R T A P I
 R X A I S H A J K R M N S
 P R L S E S R O H O E U U
 T S U G U A C P I E S F M

- | | | |
|-----------------|---------------|------------------|
| 1. All Ages | 10. FFA | 19. Music |
| 2. August | 11. Food | 20. Pies |
| 3. Booths | 12. Fun | 21. Prizes |
| 4. Contests | 13. Games | 22. Produce |
| 5. Crafts | 14. Horses | 23. Richmond |
| 6. Exhibits | 15. Ice Cream | 24. Tractor Pull |
| 7. Families | 16. Kids | 25. Winners |
| 8. Farmers | 17. Livestock | |
| 9. Ferris Wheel | 18. Midway | |

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 _____

Lunch and Learn Program on Aging Well a Success!

by Lou Ann Diomandes

What are the key ingredients for maintaining your health as you get older? This was the question explored by the first-ever Lunch and Learn Program on Aging Well at the URI Memorial Union on Wednesday, June 7th.

Sponsored by the Age Friendly University Committee, the Osher Lifelong Learning Institute (OLLI), the Program in Gerontology, and the Office of Human Resources, the group of over a dozen participants from offices and departments across the campus viewed and discussed the findings of the Blue Zones research project, sponsored by National Geographic, and presented by Dan Buettner in his Ted Talk, "How to Live to be 100."

Doing well as we get older depends on some simple things that we can all do to maintain ourselves and our health. The group discussed the importance of integrating physical activity into your daily routine, eating a healthier diet, creating social support, finding meaning in life, and dealing with stress ~ all while enjoying our beautiful campus.

URI became an Age Friendly University (AFU) in 2018, part of a global network of universities pledged to transforming their campuses to integrate older adults into all aspects of the academic community. The URI AFU Committee launched the Lunch and Learn series to offer campus-wide opportunities to learn more about the experience of aging and its implications for us individually and as a community.

Future topics under consideration for the Fall, 2023 series include: (1) ageism and how to confront it, (2), intergenerational discussions between young and old, (3) considering the psychological and social aspects of transitioning into retirement, and (4) walking club to meet others and be healthy.

So, this is where you come in; we are looking for your ideas to make our campus thrive and be enriched by including all who have put so many years in at this University. What would you like to see? All ideas will be open for discussion. Please send your suggestions for future topics to: Lou Ann Diomandes, Idiomandes@uri.edu

If you know of an expert that could present at a future session, please let us know. So keep an eye out for future community announcements regarding our next session, we want to see your smiling faces at the table!

Those wanting more information about the overall AFU Lunch and Learn program should contact Phil Clark at aging@uri.edu.



URInformed is now on the Web
at

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

**Browse the current issue of
URInformed**

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...

Seiji Abe (Kingston Library), Isaac Agbemafle (Nutrition & Food Sciences), Mehrshad Amini (Civil&EnvironmentalEngineering), Rachel Ansong (African& Afro-American Studies), Bethania Badeau (Special PgmforTalent Developmt), Dhvani Badwaik (Business Instruction), Jordon Bosse (Nursing Instruction), Amy Broemmel (CEPS Dean's Office), Nolan Brown (GSO Marine Office), Cruz Bueno (Economics), Ronald Catchings (GSO Marine Office), Matthew Cavaco (GSO Marine Office), Che-Wei Chang (Ocean Engineering), James Chille (Dean Environment& Life Science), Jana Cochran (CELS Academic Unit 2), Jessica Coccozza (Dean Nursing), Amanda Crego-Emley (Kingston Library), Benjamin Dahrooge (Computer Science), Lucas Dewitt (Student Involvement), Jeana diNatale (Human Resource Administration), Dexter Echard (Landscape & Grounds Maintenance), J. Nicholas Fisk (CELS Academic Unit 3), Brennan Fleming (Athletics Strength Condition), Kelum Gajamannage (Mathematics), Lucas Ginsberg (Chemistry), Kelsey Giusti (Landscape & Grounds Maintenance), Jean Gordon (Communicative Disorders), Kyuhyun Han (History), Daniel Kelley (School of Education), Jessie Kenyon (Communications & Marketing), Sungho Kim (Elec, Computer & Bio Engr), Bradford Knight (Ocean Engineering), Janet Kong-Chow (English), Susie LaChapelle (Dean Arts & Sciences), Christopher Lavan (Online Learning & Teaching), Darko Ljubic (Chemical Engineering), Andrew Maddock (Info Tech Services), Jason Mallette (Enroll-

ment Services), Steven Marstjepovic (CELS Student Affairs), Brittany Martin (Criminology & Criminal Justice), Casey McGregor (Hum Development & Family Studies), Silvana Melo (Univ Coll for Academic Success), Adam Moore (School of Education), Frank Mullins (Business Instruction), Mateja Nenadovic (CELS Academic Unit 2), Katerina O'Dell (Enrollment Services), Andrea Paiva (Psychology), Justin Parent (Psychology), Kara Pavone (Nursing Instruction), Meghan Pettini (Dean Pharmacy), Sarah Pucino (Communications & Marketing), Jamie Puleo (CELS Academic Unit 3), Bianca Ross (CELS Academic Unit 2), Claire Ross (Languages), Kenna Rubin (GSO Dean), Catherine Scott (Communications & Marketing), Luzi Shi (Criminology & Criminal Justice), Andrew Single (CELS Academic Unit 2), Kayla Soares (Languages), Rosetta Spino (Biomedical & Pharmaceutical Sc), Genvieve-Ashley Spitale (Faculty Senate), Molly Sullivan (Civil&EnvironmentalEngineering), Christopher Urban (Psychology), Camilo Villouta (CELS Academic Unit 1), Luis Viquez (Music), Shaun Wallace (Computer Science), Paul Woelmer (Athletics Strength Condition), Haihan Yu (Computer Science), Gavin Zeitz (CELS Academic Unit 1), Jacquelyn Zerba (Human Resource Administration), Jueman Zhang (Journalism), Hui Zhou (CELS Academic Unit 2)

... and Say Goodbye to ...

Charlotte Anderson (Dining Cafe Operations), Daniel Apodaca (Athletics Strength Condition), Patricia Beaudoin (GSO Research), Christopher Boylston (CELS Academic Unit 2), Ashon Bradford (Dean Health Sciences), Alessandro Carpin (Languages), Clarissa Cavarsan Muller (Ryan Institute Neuroscience), John Cooper (Men's Football), Alessandra D'Angelo (GSO Research), Doris DeSouza (Dining Board Operations), Kadambari Devarajan (CELS Academic Unit 2), Lisa Fiorio (Financial Strategy & Planning), Monica Gallego (Languages), Brian Gerber (CELS Academic Unit 2), Nicole Gildersleeve (Human Resource Administration), Carolyn Glandorf (Women's Rowing),

continued on page 6

Comings and Goings...continued from page 5

Dallas Gomes (GSO Marine Office), Maya Gonzalez (Gender and Women's Studies), Hector Gonzalez (Enrollment Services), George Grandolfi (Dean Pharmacy), David Greenway (Business Instruction), Ai Chang Guo (Languages), Allison Hall (Counseling Center), Lisa Heidenthal (Online Learning & Teaching), Lori Herz (CEPS Strategic Initiatives), Claire Hodson (GSO Coastal Resources Center), Alexandra Hooks (CELS Academic Unit 3), Sara Horstmann (Public Safety), Sara Hunt (Enrollment Services), Karen Jennings Mathis (Nursing Instruction), Peter Krafka (Univ Coll for Academic Success), Jonathan Kroll (Instruction Support), Karina Lammert (Languages), Gabrielle Lemire (Pharmacy Practice), Jennifer Mammen (Nursing Instruction), Odile Mattiauda (Languages), Ryan McCloskey (Men's Basketball), Irene McIvor Mason (Hum Development & Family Studies), Heather McNair (GSO Research), Luis Medina (Enrollment Services), Jerrica Men (Human Resource Administration), Frankie Minor (VP Student Affairs), Brandi Misiaszek (CELS Academic Unit 1), Julianne Muller (CELS Academic Unit 2), Theodore Myatt (Research Office), Kevin Myette (Shepard's Security), Mafalda Nula (Languages), Michelle Palmer (Nursing Instruction), Robyn Perry (Nutrition & Food Sciences), Andrew Presley (CELS Academic Unit 3), Abigail Rider (Vice Pres for Admin & Finance), Christopher Riel (Dean Pharmacy), Giovanni Riello (Men's Soccer), Chelsea Riordan (Writing & Rhetoric), Stacey Rippetoe (Women's Rowing), Alana Russell (CELS Academic Unit 1), Kandice Salomone (Univ Coll for Academic Success), Zachary Scott (CELS Academic Unit 2), Thomas Sharland (Mathematics), Dawn Shearrow (Business Instruction), Anon Srikiatkachorn (CELS Academic Unit 3), Sydney Sweck (CELS Academic Unit 3), Cynthia Taylor (Sociology & Anthropology), Valerie Villucci (Women's Tennis), Shannon Wesson (CELS Academic Unit 2), Thomas Wicker (GSO Marine Office), Sarah Wicker (GSO Marine Office), Sandra Wilk (Public Safety), Zoe Wilkinson Saldana (Data Spark), Mark Zabicki Jr. (Athletics Strength Condition), Amanda Zelazo (CEPS Dean's Office), Xiaoshun Zeng (History)

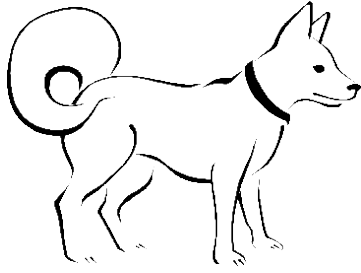
... and Best Wishes To Those Who Retired

Vicki Ansley (Property & Support Services), Katharine Beagan (State Crime Lab), Donna Charron (Human Resource Administration), Shaw Chen (Dean Business), Catherine Curtin-Miller (Dean Pharmacy), William Euler (Chemistry), David Faust (Psychology), Paul Florin (Psychology), Arthur Gold (CELS Academic Unit 2), William Green (CELS Academic Unit 1), Sau-Lon Hu (Ocean Engineering), Dana Kovarsky (Communicative Disorders), Joanne Lawrence (Faculty Senate), Joanne Lynch (Undergraduate Admissions), Celia MacDonnell (Pharmacy Practice), Leslie Mahler (Communicative Disorders), Diane Martins (Nursing Instruction), M Peter Nightingale (Physics), Victoria Perrotta (General Accounting), Robert Thompson (CELS Academic Unit 2), Stuart Westin (Business Instruction)

In Memoriam

- ❖ Stanley Barnett, Professor Emeritus, Chemical Engineering
- ❖ David Maslyn, Professor Emeritus, Dean of University Libraries
- ❖ James Prochaska, Professor Emeritus, Psychology, Director, Cancer Prevention Center
- ❖ Thomas Reilly, Deputy Administrator, Dining Services
- ❖ David Tarasevich, Groundskeeper, Landscape & Grounds
- ❖ George Veyera, Professor Emeritus, Associate Dean, Engineering, Chair, Civil & Environmental Engineering





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



"His Royal Highness" **Spencer** was rescued from the Potter League. He's a 14yr old Beagle/Chihuahua mix. He loves to cuddle under the covers and use his nose to search for his hidden treats. **Donna Raboin, URI Foundation & Alumni Engagement**



Cook's Corner

Share your favorite recipes in the Cook's Corner

Pineapple-Black Bean Guacamole

Prep Time: 15 mins, Chill Time: 2 hrs

Total Time: 2 hrs 15 mins

Yield: 2 1/3 cups total

Ingredients:

- Nonstick cooking spray
- 2 medium avocados, halved, seeded, and peeled
- ¼ cup bottled green salsa (salsa verde)
- 1 tablespoon sour cream
- ½ cup finely chopped fresh pineapple or canned crushed pineapple, drained
- ½ cup canned black beans, rinsed and drained
- 1 fresh jalapeño chile pepper, seeded and minced*
- 2 tablespoon finely chopped red onion
- 2 tablespoon chopped fresh cilantro
- 1 tablespoon minced garlic
- 1 tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ cup shredded Monterey jack cheese
- Fresh cilantro (optional)
- Tortilla chips (optional)

Directions:

1). In a large bowl mash avocados. Stir in salsa and sour cream until combined. Stir in pineapple, beans, jalapeño, onion, cilantro, garlic, lime juice, salt, and cumin.

2). Cover and chill for 2 hours or until ready to serve. Sprinkle with Monterey Jack cheese. If desired, sprinkle with cilantro and serve with tortilla chips.

*Tip: Because chile peppers contain volatile oils that can burn skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands touch the peppers, wash hands and nails well with soap and warm water.

--from BHG Test Kitchen

Secret Deviled Eggs

Vegetarian — No Cook

Time: 15 minutes, Yield: 12 servings

Ingredients:

- 6 large eggs, hard-boiled
- 4 tablespoons goat cheese, crumbled and divided
- 3 tablespoons pecans, finely chopped and divided
- 3 tablespoons mayonnaise
- 2 tablespoons celery, finely chopped
- 2 tablespoons mango chutney
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions:

- 1). Cut the eggs in half lengthwise.
- 2). Transfer the yolks to a small bowl, setting the egg whites aside.
- 3). Mash the egg yolks.
- 4). Add 3 tablespoons of the goat cheese, 2 tablespoons of the pecans, the mayonnaise, the celery, the chutney, the salt, and the pepper, mixing well.
- 5). Stuff the egg whites with the egg yolk mixture.
- 6). Sprinkle with the remaining goat cheese and the pecans.
- 7). Serve.

--from Cooking Professionally



URInformed Word Search Winner

Congratulations to **Dan Taylor, Housing and Residential Life!**

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

Check out the Word Search on page 3!

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The URI Employees' Newsletter
73 Upper College Road, Kingston Campus

