JANUARY THAW 2022
Session 1 - How to Motivate Yourself Kindly, with Self-Compassion
10:00 a.m. - 11:00 a.m. with Jane Rauenhorst, Mindfulness Instructor

Often, when we want to make changes in our lives, we try to motivate ourselves with a very familiar inner voice that can be critical, harsh, or judgmental. This commonly-used approach doesn't always work that well and can leave us feeling miserable about ourselves. In this session, WHAM invites you to learn new ways to motivate yourself from a place of kindness, of caring about and for yourself. This shift in perspective is fun to explore and offers new, more viable options for supporting the changes we would like to make in our life.

Session 2 - Minnesota NICE: A Healthcare Fairytale
10:30 a.m. - 11:30 a.m. with Thompson Aderinkomi, Founder & CEO of NICE Healthcare, and a very NICE Nurse Practitioner

Thompson Aderinkomi and NICE Healthcare are changing how we access medical care for ourselves and our loved ones here in Minnesota, and at Macalester. Join us in a conversation with Thompson and a NICE Nurse Practitioner to learn about how NICE started and where it's going, the unique business model that makes it possible, and the appointment process with someone who delivers care. Get all your NICE questions answered!

Session 3 - Winter Wellness Bowl Meal Prep
12:00 p.m. - 1:00 p.m. with Kirsten Madaus, Creator & Chef for FarmFreshFeasts.com

WHAM invites you to learn how to create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer! The instructor will demonstrate a vegetarian black bean, sweet potato and kale bowl, a Korean chicken bowl, and a flexitarian taco tamale bowl. We'll also discuss ways to embellish daily meals with different sauces and toppings.
Session 4 - Introduction to Enneagram
2:00 p.m. - 3:00 p.m. with Chelsea Forbrook, Enneagram Educator and Spiritual Director

WHAM would like to introduce you to the Enneagram, a psychological- spiritual personality typing tool which serves as a map for transformation and growth. Unlike other personality typing systems, the wisdom of the Enneagram does not put you in a box with a label and leave you there. Instead, it shows you the particular box you've been trapped in (aka. your personality) so that you can get out and discover the freedom of your True Self. The Enneagram is dynamic, and points to each type's unique skills and virtues as well as each type's shadow side and habits that continuously get them into trouble. It is a fast-track to self awareness, self compassion, and transformation. I have found no other tool that can so elegantly help people see their patterns and get "un-stuck." Not only is it a tool for greater mental, spiritual, and emotional health, it also leads to greater compassion for others and shines a light on the root of difficulties in our relationships.

Session 5 - Student Health and Wellness: What Do Staff and Faculty Need to Know?
3:00 p.m. - 4:00 p.m. with Jennifer Jacobsen, Executive Director-Hamre Center for Health & Wellness; Audrey Seligman, Health Promotion Specialist; and Cassandra Worner, Health Promotion Specialist

Curious to see a snapshot about our students' health and wellness? In this session, the Health Promotion team will share highlights of what we learned from Macalester's participation in Spring 2021's National College Health Assessment. We'll also have small group discussions related to how this information might affect how staff and faculty interact with our students and strategies to support student well-being (without adding further work to our staff and faculty.)
TUESDAY

JANUARY 11
Session 1 - Whole Foods Plant-Based...What??
9:00 a.m. - 10:00 a.m. with Beth Hillemann, Research and Instruction Librarian

In summer 2021, I joined the WHAM Rooted in Health challenge, more or less on a whim. Five months later, I've completely changed how I eat and how I think about food. I'm not going back. If you're curious about what a whole foods plant-based diet is, or how it might go if you tried it, come and let's talk about it. I've done a lot of research since July, and will share resources and tips. I'd love to hear your stories, too. Maybe we can start a plant-based community at Mac!

Session 2 - Adrenal Health
10:00 a.m. - 11:00 a.m. with Dr. Sara Jean Barrett, Naturopath

Stress impacts all aspects of our health. This class will explore the physical and hormonal response to stress. Learn what key nutrients are needed for healthy adrenal function with Sara Jean Barrett, naturopathic doctor and co-founder of Wellness Minneapolis. Join WHAM for a deep dive into adrenal physiology and discover what you can do to naturally improve your stress response system, build resilience and increase your energy.

Session 3 - Organizing/Downsizing: Where to Begin?
11:00 a.m. - 12:00 p.m. with Jennifer Cofer, Professional Organizer and founder of BlueBirdNestOrganizing.com

Keep, sell, donate, toss? WHAM understands that organizing or downsizing, whether for a move or making do where you are, can be overwhelming. Explore the steps to make your experience easier. Create a plan, determine what to keep, what to sell, where to donate, and more. Uncover the satisfaction of organized living!
Session 4 - Self-Soothing 101: Taking Care of Yourself When Times are Hard
12:00 p.m. - 1:00 p.m. with Dylan Walker, Digital Content Assistant

When you hear "self-soothing," you may imagine babies crying themselves to sleep, or other ways small children calm themselves down. But the ability to comfort yourself during stressful or hard times is important regardless of your age—it is a key part of building resiliency and sustaining yourself through tough times. In this workshop, we will talk about creating a soothing space for yourself at work, "in the moment" ways to self-soothe when you need it, long-term soothing strategies that can increase your overall well-being, and more. Participants will receive a handout afterward of ideas and tips to self-soothe generated during the presentation.

Session 5 - Winter Outdoor Recreation in the Metro
1:00 p.m. - 2:00 p.m. with Heidi Hanson, Outdoor Educator

Winter is here, but that doesn't mean you have to hibernate! Leave that to the bears. The metro is full of fun, family-friendly outdoor activities if you know where to look. WHAM is here to help you get the inside scoop on the best places to hike, skate, ski, and just be outside this winter, as well as where you can find free equipment rentals!
Join us as we open the locked doors of the college's archives and rare books spaces for you to mingle with 9th century manuscript leaves, 21st century artist books, and all the Macalester College year books you can stand! We will share a brief program talking about the current state of the college archives and special collections along with some of our dreams, but most of the time will be a chance for you to spend some time in the spaces, look at samples from our collections, and talk about ways we can collaborate and engage our whole community in building and using these materials.
Session 1 - So What's the Deal with Briggs House?
9:30 a.m. - 10:30 a.m. with Catherine Westby - Manager, Briggs House & President's Home
Have you wanted to reserve event space or guest rooms at Briggs House but don't really know how it all works, or why you can't find it in EMS? This is your opportunity to learn more about this college resource, and understand how it might be able to serve the needs of your department.

Session 2 - Know Your (Fair Use) Rights!
Copyright in the Campus Environment
11:00 a.m. - 12:00 p.m. with Ginny Moran, Librarian and Copyright Specialist
Can we show this film in our student org meeting? Can we share copies of these poems in our community event? What images can I use on our department t-shirt? Can we play this music at Reunion? In this session, we will address these questions and more, demystifying copyright and fair use outside of the traditional classroom environment. I'll also share information about institutional licensing through the library for streaming services, and other campus resources for your events and projects.

Session 3 - Social Security, Retirement, and You
12:00 p.m. - 1:00 p.m. with Brian Rudolph from the Social Security Administration, featuring Mark Greene from TIAA
Do you hope to retire one day? Maybe one day soon?? Then you need to hear this.

We're going to go over all things Social Security: How to estimate your monthly benefit; how your age at retirement changes things; how Medicare comes into play; and more. We'll learn how to enroll and access online resources. You can ask Social Security questions throughout the session, and a TIAA retirement specialist will also be in attendance to offer expertise. This session is geared towards people 50+ in age, though folx of all ages are invited to attend. We encourage you to create your My Social Security online account before the session at ssa.gov/myaccount.
Session 4 - Supercharge Collaboration with Google Groups & Spaces!

1:00 p.m. - 2:00 p.m. with Suzanne Durkacs, ITS

During this session we'll show you how to get the most out of your Google Group and Space. We'll go over how to use a Google Group to manage access to Google Shared drives and calendars. Spaces are a central place where people can share files, assign tasks, and stay connected. This session will help you get started and gain a deeper understanding of how to supercharge collaboration with Groups & Spaces!

Session 5 - This Old (Briggs) House

1:30 pm - 3:30 p.m. with Catherine Westby - Manager, Briggs House & President's Home

Have you ever walked by Briggs House and wondered what it looks like on the inside? Now is your opportunity to come and take a look! Drop by and take a self guided tour, and I'll be available to answer questions that you have about the history of this old House.
THURSDAY
JANUARY 13
Session 1 - LinkedIn Basics for Supervisors
9:30 a.m. - 10:30 a.m. with Jacks
LinkedIn is one of the most basic - and effective - tools for hiring managers, HR departments, and future employees. Yet not everyone is as familiar with it as they could be. We can change that! Join us for this session to gather an understanding of how to network using LinkedIn, find your peers, and connect with potential future applicants. We'll touch on what makes a good profile, what employers/employees are looking for, how to find your peer group, and other highly relevant and helpful topics. Bring your devices, your profiles, and your questions!

Session 2 - What's Your Big Idea? Strategic Planning for the Future of Macalester
10:30 a.m. - 12:00 p.m. with Gabriella Gillespie, Assistant Director of the Macalester Fund; Jennifer Jacobsen, Executive Director-Hamre Center for Health & Wellness; Tam Perlman, Associate Director of Academic Technology Services; and Margaret Smith, Coordinator of Leadership & Transition
Inviting all staff to share their visions of Macalester’s future. There are no limits to this initial gathering phase, just your big ideas. Moderated by the Strategic Plan Staff Champions, who will answer questions and lead brainstorming activities as part of the larger Strategic Plan process.
Session 4 - Staff Affirmative Action Working Group Info Session & Training

2:30 p.m. - 4:00 p.m. with Jaclyn Howard and Marjorie Trueblood

The Staff Affirmative Action Working Group is a cadre of people who are specially trained to work hand-in-hand with our Talent Acquisition Manager and hiring managers as they go through the recruiting and hiring process. Their role is to ensure Macalester is following a fair and equitable hiring process, to give all candidates the consideration they deserve, and to prioritize equality in Macalester's hiring process. We invite all staff who may be interested in serving on the Staff Affirmative Action Working Group to join us to get an idea of the role and the work.
Session 1 - Drop In Workshop: 2-Factor Authentication for 1600Grand & Google
9:00 a.m. - 11:00 a.m. with Suzanne Durkacs and Kate Moss, Information Technology Services

Get ready to securely log into your Macalester account with 2 things: 1) something you know (your password) and 2) something you have (your phone). Join this online workshop to get help from ITS setting up your 2-factor authentication for 1600grand and Google. Feel free to drop in as your schedule allows. Setting up two factor authentication should take about 10 - 15 minutes, and we'll be here ready to help!

Session 2 - Unpacking the Competition
11:15 a.m. - 12:15 p.m. with Katie Reed, Research Associate (Admissions & Financial Aid); and joined by leadership from Admissions & Financial Aid

In this session we'll review data from the National Student Clearinghouse, which reveals the institutions chosen by our non-enrolling admitted students. We'll also review some data from our Admitted Student Review, which is an annual survey of our admitted students (both enrolling and non-enrolling). We'll discuss trends in where our non-enrolling students end up attending, and we'll also explore admitted students' top reasons for choosing (or not choosing) Macalester. Leadership from Admissions and Financial Aid will be present for a Q&A discussion during the second half of the session.
Session 3 - HLWhaat?: How well are we serving our missions? The relationship between planning, assessment, accreditation, & YOU

12:30 p.m. - 1:30 p.m. with Bethany Miller, Director of Institutional Research and Assessment; Nancy Bostrom, Associate Director of Assessment; and Adam Johnson, Associate Director of Institutional Research

The Office of Institutional Research and Assessment (IR&A) collaborates with campus partners to provide actionable feedback for improving educational experiences and outcomes for all students at Mac. This information is also a key component of accreditation, including regular reporting we do to the Higher Learning Commission (HLC).

What’s your individual role in accreditation? How does your department contribute to Macalester’s accreditation story and to student success overall? And, how do we hold ourselves accountable to the goals we’ve set (or plan to set) for our institution over the next 3-5 years? We’ll provide a big picture intro to accreditation, how the process works at Mac, how this ties into strategic planning, and how you can contribute.

Session 4 - "But, I want to keep that:" Downsizing and Other Challenges with Aging Parents

1:45 p.m. - 2:45 pm with Dave Collins, Research & Instruction Librarian

Bring your stories and questions--this will be a roundtable format discussion looking at joys (there are some) and challenges of shifting into a parenting responsibility with your parents. I am not an expert, but have recently done a lot of this with parents living 1000 miles away. The session will go where the conversation leads us, but guessing we will cover downsizing, assisted living, and maybe the healthcare industrial complex.
THANK YOU

TO ALL OF OUR PRESENTERS, COLLABORATORS, AND ATTENDEES,
THANKS FOR MAKING JANUARY THAW 2022 SUCH A WONDERFUL EXPERIENCE