



NEWSLETTER

PAS CARES: WELL-BEING AND SAFETY

Campus Safety

We all live in a world where incidents can happen at any time. The following are some key terms you should be familiar with.

Shelter in Place is when you are to remain in the building and location that you are in due to an emergency that may be occurring. If outside, seek indoor shelter immediately. Once inside, close all doors and windows. Do not go to your vehicle to leave campus. Teaching or activities within the building may continue if it's safe to do so. You will receive an "all-clear" message via the FDU Alert System when it is safe.

Lockdown is a procedure that is initiated when there is a credible threat (i.e., an active shooter) to student, faculty, and staff safety. A lockdown requires locking doors and windows and barricading yourself to block entry to the area. If a lockdown is ordered, no one will be able to enter or exit the building or area. Resident students should secure their dorm rooms. **Follow Run Hide Fight protocol.** When the FDU alert system sends notification of a lockdown, stay inside the building and room until an all-clear message is sent. If you are in a hallway, seek shelter immediately in the nearest classroom or office.

Evacuation is a procedure where you safely leave the building or area. Once you leave the building, you should go to the designated staging area and remain until you receive instructions from university officials or law enforcement.

Please make sure that you are registered with FDU Alert, so you receive any emergency messages and also download My EOP app onto your cell phone. Remember to view the Run, Hide, Fight video on YouTube, <https://www.youtube.com/watch?v=5VcSweju2D0>

In the event of an emergency, you can always reach Public Safety Headquarters 24 hours a day at Metropolitan Campus 201-692-2222 or Florham Campus 973-443-8888.



TIAA Appointments

TIAA representative, Joe Del Grande, is available to meet with FDU employees to discuss your retirement plans or other financial planning activities. You can find out if you are on track for meeting your retirement goals and to review your current investment allocations.

You may schedule an in-person, one-on-one meeting or a virtual meeting with Joe Del Grande.

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Hackensack, NJ 07601
Tel: 201.498.8306
Email: Joe.DelGrande@tiaa.org



Upcoming Campus Events

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| November 13 - Women's Basketball (Metro) | November 17 - Men's Basketball (Metro) |
| November 14 - Men's Soccer (Metro) | November 22 - Men's Basketball (Metro) |
| November 14 - Women's Basketball (Florham) | November 22 - Women's Basketball (Florham) |
| November 15 - Men's Basketball (Florham) | November 24 - Women's Basketball (Florham) |

Email us exciting news in your area for us to share with the community at pas@fdu.edu.



Nutrition Tips for people on the go

Featuring: **Scott Fisher, MS, RDN, CSCS – Director of the FDU Fitness Center**

Despite many compelling reasons to eat a healthy diet, we often struggle to consistently make the right choices. Here are some tips to help you make improvements to your eating habits and make them last.

- Remember that "Food is Fuel" and think in terms of lifestyle, not diet.
- Don't skip meals, especially breakfast! Eat every 3-4 hours during the day to maintain a steady energy level. If there is more than 4 hours until your next meal, have a healthy snack to keep your energy level up and to avoid getting too hungry.
- Adopt a proactive, not reactive, approach to eating. Fuel your body when you're most active during the day and limit calorie intake during times when you're not very active.
- Use "ChooseMyPlate.gov" as your guide to creating healthy meals!
- Focus on "good" carbs! Fuel up by allocating at least 3/4 of your plate to "nutrient-dense" carbohydrates like healthy cereals, whole grain breads, pasta, rice, legumes, fruits, and vegetables.
- Read food labels and limit intake of unhealthy saturated fats and "added" sugars. (Limit sugar intake to no more than 10 teaspoons per day. Every 4 grams of sugar on the label equals 1 teaspoon of sugar!)
- Limit your consumption of empty-calorie beverages like soda, iced-tea, and so-called "energy" drinks and alcohol. Alcohol has 7 calories per gram which is almost as much as fat!
- Stay inspired by finding, trying, and sharing new, healthy foods and recipes.

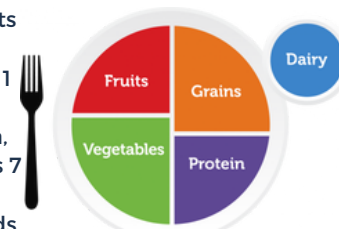


Photo credit: <https://www.myplate.gov/>

Pillar Award Winners



From left: Terry Van Auken, PAS Senator at Large, Florham and Mary Ford

Congratulations to Aurora Bugallo, University Registrar, and Mary Ford, Director of the Freshman Intensive Studies Learning Support Program, on being awarded the prestigious FDU Pillar Award! Their remarkable contributions to Fairleigh Dickinson University have significantly enriched our community and culture. We are proud to celebrate their dedication and impact, which exemplify the spirit of excellence that the Pillar Society honors.

Pantries on campus

FDU's Devils Pantry and Knights Market have been established to support its students by providing essential items at no cost. These pantries are dedicated to offering a variety of crucial items, including non-perishable food, personal hygiene products, books, clothing, bedding, and school supplies. Devils Pantry and Knights Market aims to create a supportive environment where students can access these resources without any financial burden or stigma. For more information visit www.fdu.edu/campuspantries. To make a monetary donation to the pantries, visit <https://connect.fdu.edu/givenow> and select the Student Food Pantry for your respective campus. All monetary donations directly stock the pantry!



*For more details, head to the main PAS site (www.fdu.edu/pas) or email us at pas@fdu.edu.