

Maintaining Balance FAQs

Where can I find out about physical fitness opportunities?

Check the Employee Wellness Offerings website (web.wpi.edu/offices/hr/wellness.html), and watch for email from Human Resources. HR distributes information about noontime yoga and aerobics classes, basketball and running groups, Weight Watchers, a parenting exchange group, and more. The WPI Sports & Recreation Center is available at no cost to employees. Discounted memberships are also available to WPI employees at Worcester Fitness. See also Prof. Jeanine Skorinko's *Worcester/WPI Fitness Guide* for details and insider's tips later in this section.

What is available at WPI's Sports & Recreation Center and how can I make use of it?

This facility includes an aquatic center, dance studio, fitness center (cardio equipment and weights), basketball, racquetball, and squash courts, and an indoor track. WPI community members must submit a membership application and liability waiver before using the facilities. Hours of operation and membership handbook can be found at wpi.edu/student-experience/sports-recreation/sports-recreation-center.

What is there to do in and around Worcester?

The City of Worcester maintains a website (www.worcestermass.org) that includes listings of restaurants and coffee houses, places of worship, museums & galleries, music & theatre events, a cultural calendar of events throughout Central Massachusetts, and more.

Worcester Magazine is a free, independent weekly newspaper and events calendar that includes reviews, local happenings, and insight into local politics. You can usually find stacks in the Rubin Campus Center.

Is there a way to get recommendations for things like doctors, day care, and other service providers?

potpourri@wpi.edu is a distribution list for messages that may be of interest to campus employees, but aren't directly related to our work. Messages may include items for sale or items wanted; inquiry or availability of rental housing or homes for sale; tickets for sporting and other entertainment events; solicitation of recommendations for doctors, dentists, child care providers, roofers, plumbers, house painters, etc.

An incomplete but often helpful archive of previous potpourri summaries of recommended service providers can be found at wiki.wpi.edu/potpourri/.

I'm getting flooded by email—how do I get off the potpourri list?

If you want to opt out of receiving potpourri messages, you can do so at www.wpi.edu/+standinglist. An alternative is to set up a filter in your email system to direct potpourri messages to a separate folder, if you want to skim them occasionally.

Does WPI provide childcare?

WPI has an arrangement with First Friends, an early care and educational center for infants, toddlers, and preschool children conveniently located within walking distance of WPI in the First Baptist Church at the corner of Salisbury Street and Park Avenue. First Friends reserves

a certain number of spots for children of WPI community members. If First Friends is full or if you do not want to utilize it for any reason, the potpourri distribution list (see above) is an option for getting recommendations from the WPI community.

What are WPI's policies for parental leave and stopping the tenure clock?

WPI's Parental Leave Policy can be found on the Human Resources website in the Benefits and Policy Manual (web.wpi.edu/offices/hr/timeof97.html). Paid leaves of different length are given to primary caregivers and non-primary caregivers. Faculty members will also be granted a stoppage in their tenure clock if they notify the Provost about the arrival of a child. The details of this policy are described in Part 2, Section 1 (Policies Regarding the Status of Faculty) of the Faculty Handbook, which is linked on the faculty governance website: web.wpi.edu/Campus/Faculty/. Finally, beyond the normal employee parental leave, faculty members with particular types of appointments can negotiate further full-time or part-time leave for child rearing or other personal or family circumstances.