

NDMU HR Newsletter

March 2018

 **A HEALTHY
CHOICE
DESERVES
A HEALTHY
DISCOUNT** 

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Offered by Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates.

March is Workplace Eye Health and Safety Month

Before you think that this topic does not apply to you, think again. Each day, over 2,000 Americans suffer an eye injury. This means that almost one million Americans have experienced some vision loss due to eye injury, which has resulted in more than \$300 million in lost work time, medical expenses and workman's compensation.

There are some ways to prevent computer vision syndrome and keep your eyes feeling comfortable:

- 1. Reposition your screen.** Adjust your screen to be at a right angle away from any direct light source. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.
- 2. Remember the 20-20-20 rule.** This rule reminds you that every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.
- 3. Don't forget to blink.** While it may sound ridiculous, write yourself a note and place it on your monitor. Write "Blink Often" or any other message that will remind you to regularly close your eyes to keep them from getting dried out.
- 4. Use artificial tears.** Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable.
- 5. Drink water.** Adequate hydration can make a big difference, especially during the winter months when heaters and furnaces can make the air particularly dry.
- 6. Schedule regular comprehensive eye exams.** Nothing can replace the importance of having an eye exam by a licensed ophthalmologist at regular intervals. If you have any concerns about your vision or experience any changes with your eyesight, do not delay in making an appointment.



PARADE DAY: SUNDAY, MARCH 11

Baltimore's St. Patrick Parade is truly the jewel in Maryland's emerald crown. For more than 60 years, thousands of spectators from the region have crowded the streets and sidewalks of downtown Baltimore and the famous Inner Harbor to watch thousands more march and celebrate Irish culture, music, song, and dance.

[Learn more about the parade](#)



HEALTHY GATOR



DEPARTMENT OF ATHLETICS AND
CAMPUS RECREATION

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	2 Personal Training 12-1pm	3 SPIN 6pm
5 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	6 YogaWorks 12-1pm	7 Personal Training 12-1pm SPIN 6pm	8 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	9 Personal Training 12-1pm	10
12 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	13 YogaWorks 12-1pm	14 Personal Training 12-1pm SPIN 6pm	15 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	16 Personal Training 12-1pm	17
19 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	20 YogaWorks 12-1pm	21 Personal Training 12-1pm Pure Barre 12pm (MBKDS) SPIN 6pm	22 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	23 Personal Training 12-1pm	24
26 ←	27	28 NO CLASSES SPRING BREAK	29 →	30	

Please help us welcome...

Michael Golze, Summer Program & Events Manager

Anne Des Marais, Administrative Assistant for Enrollment Management

Daryl Paunil, Director of Facilities Management

Nusrat Sharmin, Student Information Services and Systems Database Business Analyst

Did you know NDMU has a walking club for all employees *and* students?

Come join the Monday Mile Club every Monday at 11:30am in front of the Registrar's Office. After walking for 30 minutes, all participants are able to buy lunch at Doyle Dining Hall for only \$4!

Have you started your 403b account? The 2% match started in January 2018! Don't miss out! Contact us for more details.



FREE Pure Barre classes at NDMU

12:00-12:50 p.m. in the Dance Studio

January 31st
February 28th
March 21st
April 18th
May 9th

Instructor:
Ellen O'Brien

Contact:
Stephanie at schervenkov@ndm.edu



Pure Barre Roland Park
667-209-1087 | rolandpark@purebarre.com | www.purebarre.com/md-rolandpark



March Birthdays!

- 1st Stephanie Chervenkov, Human Resources
- 2nd Jennifer Kerr, Biology Department
- 3rd Kenneth Robinson, Public Safety
- 4th Amy Provan, Counseling Center
Justin Queen, Public Safety
- 5th Jane Balkam, School of Nursing
- 7th Renee Bostic, Athletics Department
Margaret Ellen Mahoney, SSND, English Department
Aliza Ross, Alumni Relations
- 8th Madelyn Ball, School of Education
Gregory FitzGerald, President's Office
Michael Jacquet, Public Safety
- 10th Wayne Bark, School of Education
Jennifer Gordon, School of Arts Sciences and Business
Evelyn Spratt, School of Education
- 14th Nancy Carroll, Information Technology
- 15th Charmaine Hood, Business Office
- 16th Joan Sattler, School of Education
- 17th Christa De Kleine, School of Education
- 19th Tiffany Bailey, Student Life
Kyongil Yoon, Computer Studies
- 20th Catherine Cheeseboro, President's Office
William Davis, English Department
- 22nd Samantha Mielke, Admissions
- 23rd Jenna Hoffman, School of Nursing
- 27th Charles Buehrle, Math/Physics
Marc Irving, Public Safety
- 28th Shawn Newsome, Conference Services
- 29th Flora Valencia, Classical/ Modern Languages
- 30th Linda Stilling, SSND, International Programs
- 31st Shannon Raum, Human Resources



PARTNERS IN MISSION

President Marylou Yam cordially invites you to a Eucharistic Liturgy followed by a Recognition Celebration and Dessert Reception celebrating all Partners in Mission marking anniversaries of service.

Thursday, May 10, 2018

10:30 a.m. Eucharistic Liturgy
Marikle Chapel of the Annunciation
All are invited to attend.

1 p.m. Recognition Celebration & Dessert Reception
Doyle Formal Lounge
All are invited to attend.



"IN UNITY IS OUR STRENGTH."
BLESSED THERESA, SSND FOUNDRESS



Healthy Meal of the Month:

Food Network Kitchen's Low-Cal Fettuccine Alfredo



Click [here](#) for the recipe.



EYEvisorSM

Wellness Management

Are SMARTPHONES Bad for Your Eyes?

You probably have looked at your smartphone multiple times already today which places visual demands on your eyes. What's the problem with that? According to a study found in the *Journal of Optometry and Vision Science*, people may hold their mobile devices too close, causing the eyes to constantly refocus and reposition to process the text and graphics. Overtime this process changes your contact lens and eyeglasses prescriptions. Optometrists recommend that mobile device users hold the device a foot away.



Here are a few other tips to avoid eyestrain while using your smartphone:

- Use the audio feature to speak out your text or directions request instead of typing it
- Use a bigger font
- Use the magnify or zoom option when reading
- Blink regularly to keep your eyes moist and avoid dry eye (a condition where you don't have enough tears to lubricate and nourish the eye)

This newsletter is for informational purposes only. Speak to your Eye Care Professional about questions you may have about your eye health.

Resources & References

Journal of Optometry and Vision Science, July 2011, Vol. 88, Issue 7, pgs. 789-794
http://journals.lww.com/optvissci/Fulltext/2011/07000/Paraxial_Analysis_of_the_Depth_of_Field_of_a.4.aspx

Let the experts at
Financial Dimensions, Inc.
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A subsidiary of First Financial
 Federal Credit Union



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- Silver Dollar members (age 62 and over) receive an additional 10% tax preparation discount
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- All tax returns are **CPA reviewed** and signed

Call 410.427.8967 to schedule an appointment.
 Visit www.firstfinancial.org for membership information.

Tax Preparation Fees*

Federal Forms, Schedules & Worksheets

1040	Federal Return	\$105
A	Itemized Deductions	\$35
B	Interest & Dividends	\$25
C	Self-employment	\$75
D	Sale of Securities	\$40
E	Rental Income (per property)	\$50
EIC	Earned Income Credit	\$40
SE	Self-employment Tax	\$15
1040ES	Estimated Tax Projection Vouchers	\$25
2106	Employee Business Expenses	\$20
2441	Childcare Expenses	\$20
4562	Depreciation	\$25
5695	Residential Energy Credits	\$30
8283	Noncash Contributions	\$25
8829	Home Office	\$75
8863	Educational Credits	\$50
	Federal Schedules and Worksheets (each)	\$5 and up
	W-2 & 1099 (each)	\$5
	Stock, Bond & Mutual Fund Sales (each)	\$5

Maryland Forms & Worksheets

502	Maryland Return	\$80
502CR	Personal Tax Credits	\$20
502D	Estimated Tax Projection Vouchers	\$25
	MD Schedules and Worksheets (each)	\$5 and up

Miscellaneous

Scanning & Documentation Fee	\$15 - \$50
All Other States	\$95
Research Fee	\$125/hr.
Rerun Fee	\$25
Postage & Handling	Regular \$7.50 Express \$15

Business Returns \$375 and up
 Corporate, Partnership, LLC, Estate and Trust

Tax Preparation Hours:

Monday - Wednesday: 9:00 a.m. - 4:30 p.m.

Thursday: 9:00 a.m. - 7:00 p.m.

Friday: 9:00 a.m. - 4:30 p.m.

Saturday and other evening hours
 by appointment only.

Individual tax returns are due by April 16, 2018.

>> RECEIVE A \$50 DISCOUNT FOR REFERRING A NEW CLIENT <<

*Fees listed are for First Financial members. Non-members, please add 15%. For all other forms/schedules not listed, call for the price. Rates quoted as of 12/2017.



Vital health information in a minute

20 foods that promote digestive health

Your stomach doesn't feel good. Was it something you ate? Or maybe something you *didn't* eat? Find out what's missing from your diet so you can help keep your gut healthy.

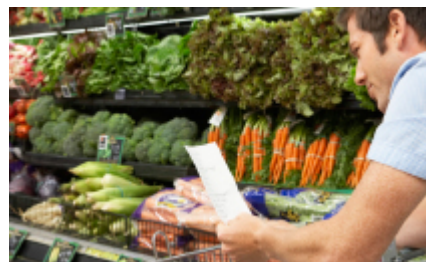
Here's a shopping list for foods that help your digestive health.¹

High-fiber fruits and vegetables

- Apples
- Asparagus
- Avocados
- Bananas
- Carrots
- Pears
- Peas
- Prunes
- Squash

Probiotics

- Kefir
- Miso soup
- Raw sauerkraut
- Yogurt



Whole grains, legumes and seeds

- Brown rice
- Chia seeds
- Dried beans
- Flaxseeds
- Lentils
- Multigrain breads
- Oatmeal



The probiotics in yogurt help promote healthy levels of good bacteria in your belly. Try this recipe for [Orange, Pumpkin Seed and Smoked Almond Granola with Greek Yogurt](#).