



# HR Newsletter

## MAY 2019

### Please Help Us Welcome Our New Partners in Mission:

Nate Ayres, *engineering electrician*  
Joe Johnson, *general ledger & student servicing manager*  
Trevor Ebert, *program coordinator, alum relations*

### Did You Know ...

Felicia John is now the *Interim Director of Housing and Residence Life!* Stop by her new office, Theresa Hall 023, to congratulate her.

Spring has sprung and our Community has welcomed **5 babies** so far this year!

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### May Birthdays!

1st	Evan Todd, marketing communications	18th	Jennifer Pohler, data processing center
2nd	Debra Franklin, school of arts, sciences & business	20th	Maeve O’Donovan, philosophy department
	Julius Trimbach, facilities management	21st	Marc Bright, facilities management
4th	Anne Lin, school of pharmacy		Mike Hardy, facilities management
7th	Marrisia Moore, biology department		Susanna Price, registrar’s office
8th	Jennifer Erdman, history/political science department	22nd	Christine Skibinski, school of pharmacy
	Ken Sossa, biology department	25th	Therese Marie Dougherty, SSND, classical & modern foreign language dept.
	Jennifer Wester, art department		
9th	Danielle Gendin, business office	26th	Brandy Garlic, student life
	Eileen O’Dea, SSND, president’s office	27th	Marci Leadbeter, women’s college admissions
	Linda Stevens, information technology		Paul Weldon, biology department
10th	Alan Jones, career center	29th	Regine Beliard, school of pharmacy
12th	Juliann Dupuis, school of education		Amy Rohrs, school of nursing
13th	Rodnita Davis, school of nursing	30th	Rhonda Gerding, business office
16th	Jennifer Archibald, data processing center	31st	Andrea Gauld, school of pharmacy
	Angelo Letizia, school of education		Jazmin Turner, school of pharmacy
	Marleen Thornton, school of nursing		

## 2019 Celebrants

### Jubilarian—70 Years

Kathleen Feeley, SSND

### 40 Years

Helen Burkins, business office

### 30 Years

William Davis, English department

Melissa Falen, school of education

### 25 Years

Mary Alice Adams, business office

Warren Szelistowski, information tech.

Paul Weldon, biology department

### 20 Years

Maeve O'Donovan, philosophy dept.

Joan Sattler, school of education

Varvara Sheliga, information technology

### 15 Years

Dawn Bradshaw, president's office

Jocelyn McKeon, chemistry department

Desiree Melton, philosophy department

Charles Wilson Jr., public safety

### 10 Years

Payal Agarwal, school of pharmacy

Gilda Anroman, school of pharmacy

Larry Beyer, business & economics department

Asish Dutta, school of pharmacy

Crissa Holder Smith, faculty resource center

Maria Mouratidis, psychology department

Lisa Pallett, school of education

Angela Simmons, school of education

Angela Snyder, school of education



### **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 9, 2019**

**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

*All are invited to attend.*



**"IN UNITY IS OUR STRENGTH."**

BLESSED THERESA, SSND FOUNDRESS



### 5 Years

Rachel Burk, classical & modern foreign languages

Scott Class, school of pharmacy

Janice Dixon, a child's place

Gail Donahue, school of education

Cheri Johns, athletics

Kelley Kilduff, institutional advancement

Marci Leadbeter, women's college

Anne Malone, advancement services

Stephen Marshall, information technology

La-Reine Marie Mosely, religious studies dept.

Jessie Sell, academic support

Jonathan Thigpen, school of pharmacy

Marylou Yam, president

Rebecca Zordan, biology department

## Got Jury Duty?

Don't lose that summons notice!

HR needs a stamped copy of your jury notice to validate your timesheet!



### Have you taken advantage of the Employee Assistance Program?

The EAP is a confidential, prepaid by your employer, results-oriented service with resources designed to address everyday problems.

#### *These resources include:*

- ◆ assessment, referral, and brief sessions with a qualified mental health professional;
- ◆ unlimited child care, elder care, and pet care referrals;
- ◆ unlimited telephonic financial and legal assistance;
- ◆ identity theft resources;
- ◆ education and scholarships referrals;
- ◆ enhanced consultation, referrals and resources regarding any personal service;
- ◆ and much more.

#### Logging in to myACIonline for the first time is easy!

1. Go to <http://rsli.acieap.com> and click "Log in to myACIonline"
2. Create a new account by clicking "Get Started" and our company code is RSLI859
3. Complete your profile and sign in to start accessing benefits immediately.

**Ahh, Summertime, when the living is easy... Planning some vacation time this summer?**

#### **Friendly reminders:**

1. Check your PTO balance—your allotment should last you until the end of December
2. Be conscious of your department's busy season and consult your coworkers so the office has coverage.
3. Try to get as much done before you go and leave a list of outstanding tasks your coworkers may encounter while you're out—that way you won't have anything to worry about while you relax on the beach!



#### **Questions?**

Contact ACI Speciality Benefits  
toll-free at  
855-RSL-HELP (855-775-4357)  
or email [rsli@acieap.com](mailto:rsli@acieap.com)



# HEALTHY GATOR



For Class Updates @NDMUCampusRec  
Twitter and Instagram

DEPARTMENT OF ATHLETICS AND  
CAMPUS RECREATION

## May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Personal Training 12-1pm
6 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	7 YogaWorks 12-1pm	8 Spin Class 6pm	9 YogaWorks 12-1pm Spin Class 6pm & 7pm	10 Personal Training 12-1pm
13 NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm	14 YogaWorks 12-1pm	15 Spin Class 6pm	16 YogaWorks 12-1pm Spin Class 6pm & 7pm	17 Personal Training 12-1pm
20 Wellness Class Break	21 Wellness Class Break	22 Wellness Class Break	23 Wellness Class Break	24 Wellness Class Break
27 Wellness Class Break	28 Wellness Class Break	29 Wellness Class Break	30 Wellness Class Break	31 Wellness Class Break

Class Locations      NDMU Walks Registrar      YogaWorks Dance Studio      Personal Training MBK Fitness Center      Spin Class Dance Studio      Visit [notredamegators.com/campusrec](http://notredamegators.com/campusrec) for more info!

### Important Dates

- May 9 — Partners in Mission Celebration
- May 10 — Applications for Summer Tuition Remission DUE
- May 17 — Spring Wellness classes end
- May 20-24 — 403b Meetings All Week
- May 23 — Customer Service Training—to register, email [sraum1@ndm.edu](mailto:sraum1@ndm.edu)

### What is Blood Pressure?

#### When should you be concerned?

Watch this quick [Brain Shark](#) video from United HealthCare to learn about blood pressure, high blood pressure, your risk factors and what you can do to minimize your risk.

### Let's D.A.S.H.

What is DASH? It stands for Dietary Approaches to Stop Hypertension

Watch this quick [Brain Shark](#) video from United HealthCare to learn how you can easily create a heart healthy eating plan!

*UHC—Surrounding our members with empowerment and support whenever they need it.*

## SAFETY ALERT

*Please remember to lock your office doors!* We are a very trusting community, and unfortunately, criminals are taking advantage of that. Please be mindful of your surroundings and make sure your valuables are always secured before leaving your office, even for just a moment.

## Smooth moves!



### Dreamy creamy

- + 100 percent orange juice
- + Fat-free or low-fat vanilla frozen yogurt
- + Orange sections (no peel or seeds)
- + Ice



### Spicy gazpacho

- + Low-sodium tomato juice
- + 1 small frozen tomato (freeze in a plastic bag)
- + Cilantro
- + Garlic
- + Lime juice
- + Cumin
- + Hot sauce or crushed red pepper to taste



### Monkey business

- + Fat-free or low-fat milk
- + Frozen bananas (sliced)
- + Creamy peanut butter
- + Cinnamon
- + Vanilla



## Have You Heard?

**There's an awesome NEW group on campus and EVERYONE can join!**

The American Association of University Women (AAUW) is open to ALL Students, Faculty, Staff and Alumnae!

### What is AAUW?

AAUW is the nation's leading voice promoting equity and education for women and girls.

### Why Join AAUW?

This group aims to provide women the resources to succeed in life through events on wage negotiation, work/life crossover, financial security, 2-minute advocacy and more!

### How to Join AAUW?

Email NDMU Chapter President Jessie Willingham at [jwillingham1@live.ndm.edu](mailto:jwillingham1@live.ndm.edu)

## Changes to your 403(b) Retirement Plan!

NDMU has partnered with Asset Strategy to provide you individual consultations and investment advice!

**Who is Asset Strategy?** They have been a trusted consultant on the University's endowment portfolio for over 15 years. In 2016, Asset Strategy became the fiduciary on our retirement plans—meaning they assist with selecting and monitoring our investments options.

**NOW they also provide participant services at no additional cost to you!**

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NDMU and Asset Strategy are pleased to introduce  
*NEW Target Date Models!*

**What is a model?** It's a specific combination of investment options selected from the retirement program's investment menu. This mix of investment options adjusts automatically as you age.

Don't know where your money is invested?  
Need to know if you're ready for retirement?  
Just have general questions?

You're in luck! Asset Strategy will be here on **May 21st and 23rd** to provide lunch-n-learn sessions on these new investment options and they can answer any questions you may have! Email [sraum1@ndm.edu](mailto:sraum1@ndm.edu) to sign up for either session.

# Get everything you need to lose weight and keep it off for free,\* with Real Appeal.<sup>SM</sup>

Thank you for being a UnitedHealthcare® member. We are excited to offer Real Appeal, a free\* digital weight loss program. Spark your transformation by signing up today at [success.realappeal.com](http://success.realappeal.com).



On average, most participants lose 10 pounds after attending just 4 online classes.



Enroll in this free\* weight loss program at [success.realappeal.com](http://success.realappeal.com).

\*The Real Appeal program is provided at no additional cost to you as part of your benefit plan.



## Real People. Real Results. Real Appeal.



Dave L.  
Age 47

*"I'm stronger. I have a lot more energy. Thank you, Real Appeal."*



Tashawna O.  
Age 37

*"This is no diet — this is not a gimmick. I feel great!"*

Enroll in this free\* weight loss program at [success.realappeal.com](http://success.realappeal.com).

Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Facebook.com/UnitedHealthcare Twitter.com/UHC Instagram.com/UnitedHealthcare YouTube.com/UnitedHealthcare

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