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
Maricle 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

Cigna Wellness Webcast of the Month:

A Fresh Look at Healthy Eating
Good health doesn’t happen magically. Our choices matter. Review ten key ways to build a solid foundation for wellness.

Click here to sign up for the seminar.

Healthy Meal of the Month:

Greek Salad Nachos

Click here for the recipe.
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April Birthdays! Happy Birthday to you...

3rd James Scheckells, Public Safety
6th Bethany Ford, School of Pharmacy
6th Joann Southerly, Enrollment Technology
7th Kyle Vamplew, Building Maintenance
9th Elizabeth Brussard, Psychology
10th Anne Wozniak, Communications
13th Leon Carter, Public Safety
13th Lisa Pallett, School of Education
13th Christopher Rhodovia, School of Education
15th David Rhodes, Enrollment Management
16th Sue Parks, Business Office
17th Nicole Coughlan, School of Pharmacy
18th Ademar Bechtold, Business & Economics
18th Alexandra Chaillou, Math/Physics
20th Laura Sebastianelli, Renaissance Institute
21st Daniel Warrenfeltz, Public Safety
22nd Maricka Oglesby, Institutional Advancement
24th Felicia Cadden, Annual Giving
24th Kevin Raines, Art Department
26th Barbara Morris, Business Office
28th Melissa Albright, Business Office
29th Eric Queen, Engineering Maintenance
EMBRACE YOUR VOICE

HOW YOU TALK ABOUT SEXUAL VIOLENCE MATTERS.
The things you say every day send a message about your beliefs and values. When you stand up for survivors of sexual violence, you send a powerful message that you believe and support them.

WHAT INFLUENCES YOUR BELIEFS ABOUT SEXUAL VIOLENCE?
• Your ideas about sexual violence — including portrayals of what a victim looks like, who perpetrates sexual assault, and more — might be informed by TV shows, movies, news reporting, and other forms of media.
• The reality is that sexual assault in the media is often inaccurate and doesn’t tell the whole story.
• Reflect on where you’ve seen sexual violence shown or talked about. How might that have impacted your views or led to assumptions you make about sexual assault?

HOW YOUR WORDS AFFECT OTHERS
• Chances are someone you know is a survivor of sexual violence. They might not have told anyone out of fear of being blamed or judged.
• If someone in your life is considering sharing something personal with you, they are likely listening to your opinions or attitudes for clues on how you will respond.
• A comment or joke based on assumptions or stereotypes might not seem like a big deal, but it could make someone feel unsafe about sharing personal or painful things with you.

For example: “I could never tell her what happened to me. She said if victims of sexual assault don’t go to the police, then it wasn’t serious.”

WHAT CAN YOU DO?
• Don’t wait for a critical moment to say the right things. The words you choose every day communicate your values.
• When you hear comments that blame victims or make light of sexual violence, speak up so others know you don’t agree. Even if you don’t have a perfect response, this shows you do not believe in stereotypes, you believe survivors, and you’re a safe person to talk to.

For example: “That commercial made me uncomfortable. I don’t know exactly why, but I think everyone should be treated with respect.” or, “I don’t think that’s true – I believe people when they say that someone has hurt them.”

YOU CAN BECOME AN AGENT OF CHANGE
• Our words shape the world around us.
• Whether you are showing your support for a survivor or helping someone better understand these issues, your voice is powerful and necessary in this conversation.
Save money on health care

Savvy shoppers know how to get the best deals when buying a new phone, booking a flight or using coupons at the store. Health care is another big expense you might target for trimming costs, but it’s more complicated. There are multiple layers to peel back to understand the costs and find ways to save money. Here are some ways you can get started.

**Make the most of your health insurance.** Find out what’s covered before you need to use it. Also be sure to find doctors in your plan’s network, and ask for medications covered on your plan’s list of approved drugs. If you’re unsure about coverage, call your insurance carrier for more information.

**Ask questions in the doctor’s office.** Learn more before moving forward with tests or treatments. It’s okay to ask your provider if a test is necessary. Don’t hesitate to let your doctor know if you’ve had the same test already with another provider. Be sure to ask your provider if there’s a generic version of the medication you’ve been prescribed.

**Compare the cost of care.** Ask how much a specific service, test or treatment will cost. This is particularly important if you have a high-deductible plan where you pay a significant amount for your health care out of pocket.

**Take advantage of preventive care.** See your health care provider for regular health screenings and vaccines. Doing so can help keep illness at bay or catch a problem at its earliest, most treatable and least expensive stage.

**Shop around for prescription drugs.** The prices for certain drugs may be higher or lower at different pharmacies. If you have a health plan, you will usually have lower out-of-pocket costs if you use a pharmacy in your plan’s network. Also, using generic medications instead of brand-name drugs (when available) can help you save money.

**Get your care at the right place.** You can save time and money by choosing the right level of care for your situation. For serious medical issues that are not a true emergency (not life-threatening), consider using an urgent care facility. For minor issues, see if your primary care provider is available or consider using a convenience care clinic. If you have a health plan, you may also have access to telehealth services which can be an affordable alternative when your doctor isn’t available.

**Use 24-hour health information services.** Take advantage of this service if it’s available to you. With one easy phone call, you can talk to an experienced nurse who can help you decide whether your condition warrants a trip to the doctor’s office or emergency room. If it’s something you can take care of yourself, the nurse can give you recommendations over the phone.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.

Cigna.

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1Annual percentage rate (APR) based on product, vehicle model year, credit score, loan amount, loan to value, and term. Rate shown includes 5-Star Member discount. Rates, terms and conditions are subject to change without notice. Maximum loan to value 125%. Eligible on model years 2015 and newer. Motorcycles excluded.