

NDMU HR Newsletter

June 2018

Make the Most Out of Your Employee Benefits

Different portals for different needs:

mycigna.com - Look for doctors/dentists, compare pricing (where you get services affects the price!), view claims, and more!

www.e-nva.com - Look for providers in your area

www.mywealthcareonline.com/PlanSource - Submit claims for your flexible spending account or health savings account, and check balances

www.plansource.com/login - Find all of your benefits here along with educational videos and information on all of our benefits

Please help us welcome...

Harold Goodwin, Grounds Supervisor

Natalina Roko, Instruction and Support
Services SharePoint Developer

Healthy Recipe of the Month:

Watermelon Gazpacho



Click [here](#) for the recipe.

SUMMER DRESS

Summer is beginning to heat up, and we will be instituting our Summer Dress Code. From May 22nd to August 17th, employees may dress in business casual clothing. However, all supervisors reserve the right to request more professional dress if there is a special event or if they feel that your attire is inappropriate. Please remember that we are all professionals and business casual dress means your clothing must be workplace appropriate.

Some examples of appropriate dress include:

- Casual pants (e.g. khakis, "Dockers", Capri's)
- Casual dresses, or skirts
- Casual blouses, polo or golf style shirts
- Dress sandals, loafers or deck shoes

Some examples of inappropriate dress include:

- Strapless or spaghetti strap dresses
- Mini skirts
- Denim (of any color)
- Halter, tank or tube tops or midriffs
- T-shirts or sweatshirts – no NDMU T-shirts
- Shorts of any length
- Bib overalls
- Sweatpants or athletic suits
- Spandex pants or form-fitting stirrup pants or leggings
- Flip flops, beach/pool shoes, sneakers

Cigna Wellness Webcast of the Month:

Experiencing Mindfulness: How Can It Help?

Bringing a mindful awareness to yourself and the world around you holds many benefits. Learn how it works and try it for yourself.

Click [here](#) to sign up for the seminar.



June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
4 Monday Mile Club 11:30am Personal Training 12-1pm	5 YogaWorks 12-1pm*	6 Personal Training 12-1pm	7 YogaWorks 12-1pm*	8 Personal Training 12-1pm	9
11 Monday Mile Club 11:30am Personal Training 12-1pm	12 YogaWorks 12-1pm*	13 Personal Training 12-1pm	14 YogaWorks 12-1pm*	15 Personal Training 12-1pm	16
18 Monday Mile Club 11:30am Personal Training 12-1pm	19 YogaWorks 12-1pm\$	20 Personal Training 12-1pm	21 YogaWorks 12-1pm\$	22 Personal Training 12-1pm	23
25 Monday Mile Club 11:30am Personal Training 12-1pm	26 YogaWorks 12-1pm\$	27 Personal Training 12-1pm	28 YogaWorks 12-1pm\$	29 Personal Training 12-1pm	30
Class Locations	Monday Mile Club Registrar	YogaWorks *Dance Studio SDoyle Formal	Personal Training MBK Fitness Center	For Class Updates @NDMUCampusRec Twitter and Instagram	

June Birthdays! Happy Birthday to you...

- 5th Cleo Margetas, Registrar's Office
- 6th Margaret Purpura, A Child's Place
- 8th Suzan Harkness, Academic Affairs
- 9th Cecelia Crowell, A Child's Place
- 10th Irena Fedorovsky, Psychology Department
- 14th Rachel Camponeschi, Marketing
- 15th Jaclyn Whitley, School of Pharmacy
- 17th LaReine-Marie Mosely, Religious Studies Department
- 19th Jennifer Bailey, School of Pharmacy
- 20th Paul Kulishek, Engineering Maintenance
- 20th Varvara Sheliga, Information Technology
- 23rd Caroline Mahle, Business/Economics Department
- 27th Amber Renaud, School of Nursing
- 29th David Morrocco, School of Education
- 30th Mary Priebe, Career Center

June Is Alzheimer's & Brain Awareness Month


ALZHEIMER'S DISEASE IS THE

6TH leading cause of death in the United States

16.1 MILLION AMERICANS provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated **18.4 BILLION HOURS** of care valued at over **\$232 BILLION**

Between 2000 and 2015 deaths from heart disease have decreased

11% 

while deaths from Alzheimer's disease have increased

 **123%**



1 IN 3

seniors dies with Alzheimer's or another dementia

It kills more than breast cancer and prostate cancer

COMBINED

EARLY AND ACCURATE DIAGNOSIS COULD SAVE UP TO

\$7.9 TRILLION in medical and care costs

IN 2018, Alzheimer's and other dementias will cost the nation **\$277 BILLION**

BY 2050, these costs could rise as high as

\$1.1 TRILLION



5.7 MILLION

Americans are living with Alzheimer's

BY 2050, this number is projected to rise to nearly

14 MILLION

EVERY 65 SECONDS someone in the United States develops the disease



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.™

VitaMin

Vital health information in a minute



Beat the heat summer quiz

Summertime is a great time to get outdoors and enjoy the sunshine. But dehydration and sunburn can quickly spoil the fun if you're not careful. Test your sun smarts and learn a few new tricks for a safe summer.

True or False?

1. You can get a sunburn through a window or sunroof.
 2. All sunglasses offer the same UV protection for your eyes.
 3. Dozens of prescription and over-the-counter medicines cause sun sensitivity.
 4. Being thirsty is the only sign of dehydration.
 5. You should take a water break every 20 minutes when exercising.
 6. Drinking coffee dehydrates your body more than alcohol.
-
1. **True.** UVA rays can get through glass. Remember to apply sunscreen when you're hitting the road or sitting by a sunny window indoors.¹
 2. **False.** Not all sunglasses offer the same protection against harmful rays. Choose sunglasses that block 100% of UVA and UVB rays.²
 3. **True.** Certain antibiotics, antidepressants, acne medications, cholesterol drugs, pain relievers and other medicines don't mix well with a dose of UV light. You can check for warnings about sun sensitivity on the bottle. Better yet, ask your doctor if your medications can make you more sensitive to the sun.³
 4. **False.** Thirst is the most obvious sign of dehydration. If your urine color is deep yellow or amber, you may be dehydrated. Other signs include fatigue, dizziness and confusion.⁴
 5. **True.** Drink water before, during and after exercise. When exercising in hot and humid weather, you can get dehydrated in as little as 30 minutes.⁴
 6. **False.** Alcoholic beverages have a dehydrating effect on your body. While caffeinated beverages such as coffee make you urinate more, they offer some hydration due to water content.⁴

Sources:

1. WebMD. "Sun Myths and Facts Quiz." <http://www.webmd.com/beauty/rm-quiz-sun-myths-facts> (last reviewed/updated August 19, 2015)
2. American Academy of Ophthalmology. "How to Choose the Best Sunglasses." <https://www.aaopt.org/eye-health/tips-prevention/top-sunglasses-tips> (last reviewed/updated May 1, 2015)
3. WebMD. "Sun-Sensitizing Drugs." <http://www.webmd.com/skin-problems-and-treatments/sun-sensitizing-drugs#2> (last reviewed/updated August 26, 2016)
4. WebMD. "Water Quiz: How Much Do You Know About Hydration?" <http://www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration> (last reviewed/updated July 8, 2016)

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.



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