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

May Birthdays!

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

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!

In This Issue:

New Employees, and Birthdays .................. 1
Partners in Mission Celebration .................. 2
Employee Assistance, Jury Duty, PTO ......... 3
Wellness and Important Dates .................... 4
Safety Alert, AAUW, Recipes ..................... 5
403(b) Plan Changes .............................. 6
United HealthCare “Real Appeal” Program ... 7

May Birthdays!

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

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!

In This Issue:

New Employees, and Birthdays .................. 1
Partners in Mission Celebration .................. 2
Employee Assistance, Jury Duty, PTO ......... 3
Wellness and Important Dates .................... 4
Safety Alert, AAUW, Recipes ..................... 5
403(b) Plan Changes .............................. 6
United HealthCare “Real Appeal” Program ... 7

May Birthdays!

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

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

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
Mankle 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 FOUNDER
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.

Questions?
Contact ACI Speciality Benefits toll-free at 855-RSL-HELP (855-775-4357) or email rsli@acieap.com
**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.**

---

### 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

---

### Schedule

**Monday**

- NDMU Walks 11:30am
  - Personal Training 12-1pm
  - Spin Class 6pm

**Tuesday**

- YogaWorks 12-1pm

**Wednesday**

- Spin Class 6pm

**Thursday**

- YogaWorks 12-1pm
  - Spin Class 6pm & 7pm

**Friday**

- Personal Training 12-1pm

---

**Class Locations**

- NDMU Walks Registrar
- YogaWorks Dance Studio
- Personal Training MBK Fitness Center
- Spin Class Dance Studio

Visit notredamogators.com/campusrec for more info!
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.

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 Willinghan at jwillinghan1@live.ndm.edu

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
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!**

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 to sign up for either session.
Get everything you need to lose weight and keep it off for free* with Real Appeal.

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.

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

Enroll in this free* weight loss program at success.realappeal.com.

Real People. Real Results. Real Appeal.

Enroll in this free* weight loss program at success.realappeal.com.

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!"

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