LE MOYNE

SPIRIT. INQUIRY. LEADERSHIP. JESUIT.

OFFICE OF HUMAN RESOURCES

Open Enrollment

All enrollment forms must be returned to HR by **3pm on Friday, November 9th**; this is the only time period you can make changes to certain benefits. Review the attached **BenefitsGuide** for more information on your benefits.

Important changes for 2013:
1. About a 6% increase in premiums for the health insurance plans
2. Max. contribution for the Flexible Spending Healthcare Acct will decrease to $2,500.

TIAA-CREF Plan Enhancements

Enhancements to the Retirement plan will be effective January 3, 2013.
Now's a great time to get more information and guidance on investing for your retirement needs. Here's how to get started…attend a one-on-one Counseling Session with a TIAA-CREF Financial Consultant:

Tuesday, January 29, 2013
Wednesday, January 30, 2013
Thursday, January 31, 2013
Tuesday, February 5, 2013
Wednesday, February 6, 2013

Contact TIAA-CREF at 800 732-8353 or visit www.tiaa-cref.org/moc to schedule an appt

United Way Campaign

The 2012 United Way **campaign will end on Nov. 16.** There will be a weekly drawing for a parking pass that will be valid for Lot F for one month. Make your pledges early so that you will be eligible for our weekly drawings and the United Way's Step Up Challenge Sweepstakes!

A gift of any size can mean so much to those who receive it. For every dollar that is given to the United Way, 90 cents goes directly to programs and services. Many funded agencies are able to use United Way dollars as a local match for state and federal grants. Please consider donating today!

Taking a Quarter Turn

The next Wellness Session will be held on **Tuesday, November 13th 12:30-1:30pm** in the Bernat Special Events Room. Anne Kearney, LCSW-R, Director of the Wellness Center for Health & Counseling will present on unlocking or strengthening your creative ability to reframe a stressful situation. The session is free and open to all Le Moyne employees. RSVP here.

November 2012

1. Open Enrollment – **Nov 9th deadline**
2. TIAA-CREF Plan Enhancements
3. United Way Campaign
4. Taking a Quarter Turn
5. American Diabetes Month

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Congratulations
Service Milestones

1 year: Mary Cotter, Megan Lampman, Darshini Roopnarine
25 years: Sophie Harris

Welcome

October 22, 2012
Carrie McMahon '10 MS Ed '12, Enrollment/Scheduling Coordinator
November 12, 2012
Joanne Capella, Programmer/Analyst

Congratulations
United Way Parking Pass

Donna Benz is our first parking pass winner! Thank you for your donation!

TIAA-CREF 1-on-1

Thursday, November 15th

Please call 1-800-732-8353 to schedule an appointment

American Diabetes Month

Is diabetes and control of the disease a mystery to you? Diabetes can be a difficult disease to manage since, in many cases, it involves significant lifestyle changes, particularly around activity and eating habits. Visit www.excellus.com/members and click on Health & Wellness for information on High Blood Pressure and 6000+ other health topics.