

LE MOYNE

SPIRIT. INQUIRY. LEADERSHIP. JESUIT.

OFFICE OF HUMAN RESOURCES



July CHALLENGE!

Mindfulness

Take a moment each day recognize and be mindful of what you have and the beauty that surrounds you. Share your thoughts/realizations [Tweet](#)

[#WellnessChallenge](#)

Happy Summer!

July 2013

1. July Wellness CHALLENGE
2. Symphoria's Summer Perfs
3. TIAA-CREF Fee Disclosure
4. NYS Fair Tickets
4. UV Safety Month

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Symphoria's Summer Performances

Two members of Le Moyne's music program will be featured as part of [Symphoria's performances this summer](#).

Travis Newton, director of the College's Music and Arts Administration program, will be conducting the group for its four performances. **Jocelyn Rauch**, assistant director of music, will also be the featured vocalist at all four concerts. She will join the orchestra, singing the Oscar-winning song "Skyfall" by Adele, and featured in the latest Bond film of the same name. Newton did the arrangement of "Skyfall," which originally premiered (sung by Jocelyn) during the Le Moyne Chamber Orchestra's concert "A Night at the Oscars."

TIAA-CREF Fee Disclosure & SMM

Please review the attached 2012 TIAA-CREF Fee Disclosure & Summary Materials Modification (SMM)

NYS Fair Tickets!

Available in the Office of Human Resources (GH 209E)...

...now through Wednesday, August 21st at the discounted price of \$6!

- Children 12 years and under are admitted for free every day!
- Seniors 60 years and over will pay not gate fee on Aug 26 and Aug 27!
- Students 16 years and under receive free admission on Friday, Aug 30!

Check or cash ONLY

Congratulations Service Milestones

15 years: [Kim Pratt](#), [Richard Davidson](#)

10 years: [Linda LeMura](#), [Mary Springston](#)

5 years: Fred Pestello, [Carly Colbert](#)

1 year: [Amelia Hoffman](#), [Bethany Griffith](#), [Jocelyn Rauch](#), [Matthew Dowell](#), [Stacey Banfield-Hardaway](#), [Cindy Procopio](#), [Elizabeth Mercer](#)

Welcome

July 2013

- John Dolan**, vp of enr mgmt
- Christopher Jones**, dean of A&S
- Peter Killian**, avp of marketing & communications
- Bennie Williams**, area director

TIAA-CREF 1-on-1

July 30th in Grewen 102A

Call 1-800-732-8353, login at www.tiaa-cref.org/moc to schedule an appt

UV Safety Month

You may be soaking in the benefits of the sun (increased metabolism, boosted immune system, stress reduction, improved mood), but the sun can hurt your body. Practice healthy sun habits:

- be especially careful during 10am-2pm when UV rays are the strongest
- wear a hat
- use a chemical free sunscreen (chemicals in traditional sunscreens can potentially lead to cancer)
- drink lots of water