

SPIRIT. INQUIRY, LEADERSHIP, TESUIT

OFFICE OF HUMAN RESOURCES

November CHALLENGE!

Take a moment to appreciate what you have and share what you're thankful for: #WellnessChallenge!

proud to be...Tobacco-Free

Le Moyne College is going tobacco-free effective July 1, 2015

The week of November 18th will kick-off the tobacco-free committee's initiatives to get the campus ready to be tobacco-free.

Sign a banner to support the new policy!

- -11/18 & 11/20 atrium outside the Dining Center
- -11/19 outside the Dolphin Den

11/21 Great American Smoke-out is a great day for quitting!

- -stop by the Science Center Atrium or the Dolphin Den for information, to take your first step to quitting, or to support your students, friends, and colleagues!
- *smoking cessation counselors & an Excellus BCBS representative will be on-site

Zombie Smokeout app!

American Cancer Society – guide to quitting, tobacco & cancer, etc.

Thanksgiving break

As an expression of gratitude for the hard work and many contributions of faculty and staff to advance the College and a variety of initiatives, President Pestello has granted an extension of the Thanksgiving holiday by closing offices at noon on Wednesday, Nov. 27. Enjoy the holiday!

Qualified Default Investment Alternative with Auto Enrollment Notice

Le Moyne College implemented a 403 (b) retirement Plan auto enrollment feature for new hires along with a default investment option effective 1/1/2013. As a result of this new feature the College is required by government regulations to provide an annual notice to all full time employees who are eligible for the College's matching contribution of 9.5%.



November 2013

- 1. November Wellness CHALLENGE
- 2. proud to be...Tobacco-Free
- 3. Thanksgiving break
- 4. Qualified Default Investment Alternative with Auto Enroll Notice
- 5. Lung Cancer Awareness Month
- *Follow Le Moyne HR on Twitter
- *Like Le Moyne HR on Facebook

Congratulations Service Milestones

25 years: Betty Schindler
20 years: Fran Adams
10 years: Jeff Samuels
1 year: Joanne Capella

Welcome

November 2013

Beth Richards, asst dir STEP

Susan Torrell-Szarek, assoc dir career advising

TIAA-CREF 1-on-1

Nov 13th, Dec 5th

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

Did you know how your body recovers after quitting....?

2 - 3



-your lung function increases

10 years



-your risk of dying from lung cancer is about half that of a person who is still smoking

Lung Cancer Awareness Month

Lung cancer is the second-most commonly diagnosed cancer in both men and women. However it is still the most common cause of cancer death. Quitting smoking can help to reduce your risk of lung cancer and no time is better than now to take your first steps! Visit the <u>American Lung Association</u> and the <u>American Cancer</u> Society for more information.