

LE MOYNE

SPIRIT. INQUIRY. LEADERSHIP. JESUIT.

OFFICE OF HUMAN RESOURCES



February CHALLENGE!

Take time for yourself. Just 30 seconds of focused breathing will make a difference in your overall health. Spend a couple minutes a day on the exercises below. [#WellnessChallenge!](#)

Wage Acknowledgment Notice

- [Exempt](#) (salaried employees) and;
- [Non-exempt](#) (hourly employees)

Please click the appropriate link above to log-in with your Le Moyne username and password. Verify your salary and your name, and click "Submit" in the upper left-hand corner.

AMERICA SAVES WEEK

FEBRUARY 24 – MARCH 1, 2014

...is a time to review your finances, decide what you want to save for, and set up a system that will allow you to save automatically. That's why the America Saves Week theme is **Set a Goal. Make a Plan. Save Automatically.**

Did you know that only 1/2 of Americans report having good savings habits? Even if you are already saving, it's good to take a look at your goals and decide if you can save more or start a new savings goal.

[Take Action to Improve your Financial Situation](#)

Exercises at your Desk

Help keep your mind and body flexible.

Begin seated, lengthen through your spine, relax the head, neck and shoulders as you **exhale** and follow the breath as you move with each of the exercises:

*Neck Rolls, Shoulder Rolls, Spinal Waves, Standing Forward Bend (exercise sheet attached)

Fitness Classes & Rec Center

[Fitness classes](#) are in full swing – try a couple out! Prefer to go it alone? The rec center has an indoor track, pool, treadmills, ellipticals, bikes, free weights and more!

[Sign-up](#) for the *Dolphins Live Well* newsletter.

February 2014

1. Wage Acknowledgment Notice
2. America Saves Week!
3. Exercises at your Desk
4. Fitness Classes & Rec Center
5. American Heart Health Month

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Congratulations Service Milestones

25 years: [Kathy Gervasi](#)

10 years: [LaRae Martin-Coore](#)

1 year: [Katie Young](#)

Welcome

February 2014

-**Thomas Babcock '09**, asst dir of planned giving

-**John Fontana**, dir – arrupe

program social ethics for business

-**Aaron O'Neil '02**, utility person

TIAA-CREF 1-on-1

Feb 12th, Feb 27th, March 18th

Call 1-800-732-8353 or login at

www.tiaa-cref.org/moc to schedule an appt

American Heart Health Month

Article/video: [Yoga & Ayurveda's View of Heart Disease](#).

A heart-healthy lifestyle is important for everyone, not just for people with existing health problems. It can help you keep your heart and blood vessels healthy. If you already have heart or blood vessel problems such as **↑cholesterol** or **↑blood pressure**, a healthy lifestyle can help you manage those problems. These healthy habits include **not smoking, eating a balanced diet, exercising regularly, maintaining a healthy weight, and getting the screening tests you need**. Visit Excellus's [Health and Wellness](#) website for information about Heart Health and 6000+ other health topics.