

## What You Need to Know

### TIAA and the Market

Have the recent trends of the market caused you anxiety or worry? If so, you're not alone. TIAA is here to help you navigate through market turbulence, and offer guidance to help you stay focused on your long-term financial goals. [Visit TIAA's website](#) for more information and resources. If this topic is causing you stress, anxiety, or worry, and you need additional support, reach out to [Employee & Family Resources](#), our [EAP vendor](#).

### Wellmark Connect

Wellmark recently launched [Wellmark Connect](#) for those enrolled in one of UNI's self-insured health plans, and this is a benefit you are going to want to take advantage of. Wellmark Connect is a one stop shop for health content, podcasts, videos, habit-tracking tools and more, all on a personalized digital platform. Log into your [Wellmark account](#) today to see what Wellmark Connect has to offer you.

## Upcoming Sessions

<b>4</b> June	<b>WeightWatchers: Fats &amp; Sodium: Smarter Swaps</b> Wednesday • 7 p.m.	<a href="#">Add to Calendar</a>
<b>6</b> June	<b>Weekly Campus Walk</b> Friday • noon	
<b>13</b> June	<b>Weekly Campus Walk</b> Friday • noon	
<b>20</b> June	<b>Weekly Campus Walk</b> Friday • noon	
<b>27</b> June	<b>Weekly Campus Walk</b> Friday • noon	
<b>1</b> July	<b>Benefits Refresher</b> Tuesday • 9 a.m.	<a href="#">Register Now</a>

All HRS Events



## Retirement Webinars

<b>11</b> June	<b>IPERS: Creating a Secure Retirement</b> Wednesday • 9 a.m. - 3:30 p.m.	<a href="#">Register Now</a>
<b>11</b> June	<b>TIAA: Set Your Retirement Date: Understand the Factors to Get You to Your Goal</b> Wednesday • 11 a.m.	<a href="#">Register Now</a>
<b>26</b> June	<b>TIAA: How Longevity Affects Financial Planning and Family Caregiving</b> Thursday • 2 p.m.	<a href="#">Register Now</a>

## Did You Know?

### Summer and Sun Protection

With the official start of summer quickly approaching we are spending more time outdoors. Spending more time outside is great for our physical and mental health, but also comes with risks. Too much exposure to UV light can increase your risk of developing skin cancer or cataracts. Although the sunshine feels great, don't forget to keep your skin protected. It is recommended to use sunscreen daily, even when you won't have direct sun exposure. However, on days when you'll have more direct sun exposure, be sure to apply a broad spectrum sunscreen every two hours, or more often if you are swimming or sweating. You can also increase your protection with shade, clothing, and sunglasses. Visit the [CDC's website](#) for more information.

### Flexible Spending Accounts (FSA)

Summer is a great time to remind those who have elected a FSA that it can be used on many over-the-counter items. Sunscreen and over-the-counter allergy medications are eligible for reimbursement. For a listing of [eligible expenses](#), as well as [over-the-counter eligible expenses](#), visit the [FSA website](#).

For those who utilize a dependent care flexible spending account, many summer camps can be paid for with dependent care FSA contributions. Please see the [Dependent Care FSA eligible expenses](#) listing for a complete listing of options.

### Save Now for a Child's Tomorrow

Although school is out for the summer, you should still be thinking ahead for the child(ren) in your life. Planning their future is easy with [College Savings Iowa 529 plans](#). Plans are easy to set-up and provide many [tax benefits](#). While a pre-tax payroll deduction is not an option for this great savings plan, you can set-up a direct deposit through payroll for funds to go into your 529 plan.

Savings can be used for:

- K-12 Tuition
- Apprenticeships & Trades
- College & University Tuition
- Supplies & Equipment
- Room & Board
- Computers & Internet



### Monthly Motivator

The [June monthly motivator](#), from Employee & Family Resources (EFR), is reminding us how important water consumption, sleep, and physical activity is when it comes to our energy levels. These three things are vital to our well-being, so challenge yourself this month by meeting three goals set by EFR.

## Recognizing Our Retirees

<b>Kathleen Boyd</b> Custodian I, Custodial Services 26 Years of Service, Retiring in June	<b>Jennifer Cooley</b> Interim Dean and Professor, Academic Affairs 26 Years of Service, Retiring in June <a href="#">Jennifer.Cooley@uni.edu</a>
<b>Robin Darland</b> Library Assistant III, Library 19 Years of Service, Retiring in June <a href="#">flowerfarmerforever@gmail.com</a>	<b>Robert Dise</b> Associate Professor, History 33 Years of Service, Retiring in June <a href="#">Robert.Dise@uni.edu</a>
<b>Michelle Galanits</b> Clerk III, Student Accessibility Services 25 Years of Service, Retired in May	<b>Randy Grabowski</b> Professor, School of Music 39 Years of Service, Retiring in June
<b>Robin Guy</b> Professor, School of Music 35 Years of Service, Retiring in June <a href="#">Robin.Guy@uni.edu</a>	<b>Carolyn Hildebrandt</b> Professor, Psychology & Social Work 31 Years of Service, Retiring in June
<b>Elana Joram</b> Professor, Educational Psychology, Foundations, and Leadership Studies 30 Years of Service, Retiring in June <a href="#">Elana.Joram@uni.edu</a>	<b>Mary McDade</b> Instructional Faculty, Biology 35 Years of Service, Retiring in June <a href="#">Mary.McDade@uni.edu</a>
<b>Terri Metzger</b> Custodian I, Custodial Services 14 Years of Service, Retiring in June	<b>Chris Neuhaus</b> Instruction and Liaison Librarian and Associate Professor, Library 31 Years of Service, Retiring in June <a href="#">Chris.Neuhaus@uni.edu</a>

**Jonathan Schwabe**  
Professor, School of Music  
33 Years of Service, Retiring in June

## Retirement Readiness

The Human Resource Services Benefits Team is here to help employees with retirement benefit questions. If you plan to retire please email [hrs-benefits@uni.edu](#) or call 319-273-2423. For additional information on retirement, visit [Retire from UNI: Next Steps](#).