

Employee Benefits & Well-Being

Human Resource Services



JUNE NEWSLETTER

In This Issue

- Recommended Screenings For 45 Year Olds
- Sun Protection Tips
- Mental Health Screenings and Treatment
- Save Now for Future Education
- Upcoming Sessions and Webinars You Don't Want to Miss
- Who's Retiring This Month?

Contact Us

If you still have a question after reading this newsletter or visiting our [website](#), please [contact us](#).

Own Your Benefits

Turning Age 45?

The [American Cancer Society](#) recommends those turning age 45 to start screening for colon cancer. Our [self-insured health plans](#) cover a colonoscopy as a preventive service.

Contact your provider to receive guidance on when, and how often you should test based on your family's health history.

Financial Wellness

Save Now for a Child's Tomorrow

School is out for the summer, but not for good? Now is the best time to start saving for your child/ren's future education. Iowa makes it easy with [College Savings Iowa 529](#) plans. These plans provide many [tax benefits](#) and make saving for college easy. You can [open an account](#) in minutes and set-up to contribute monthly or annually. You can help save for a child, grandchild, niece or nephew. "They grow up fast. Plan now for their tomorrow."

My Well-being

Summer Fun Starts with Sun Protection

Protecting our skin from the sun and harmful UV rays is important to reduce the long-term risk of skin cancer and premature aging, and short-term risk of sunburns. It is recommended that sunscreen be applied daily, even when you won't have direct sun exposure. On days when you'll have more direct sun exposure, like on a hot summer day at the pool, be sure to apply a broad spectrum sunscreen every two hours or more often if you are swimming or sweating. Sunglasses, hats, and UV protective clothing is also helpful at protecting more sensitive areas (face/eyes) or more sun exposed areas (shoulders/arms/torso).

Sunscreen has improved over the years, and for those with skin sensitive to chemicals, mineral sunscreens can be a great alternative. Unfortunately, the variety of these sunscreen products can be harder to find in stores and may cost a bit more. This is where the [FSA store](#) can help. They carry many products that you cannot find at local retail stores, and some with added benefits of invisible options (no white residue), tinted creams, and mineral powders. You can use your flex spending funds directly from the FSA store (no waiting on reimbursement) and have items shipped directly to your home address in a few days.

Employee Assistance Program

Talking to Kids About Tragic Events

With the recent tragedy at Robb Elementary School in the media, it can bring up difficult conversations at home. Guidance Resources®, our EAP provider, created a helpful 7-

minute on-demand training: [Talking to Kids About Violent Events with Widespread Media Coverage](#). Do not hesitate to share this resource with others.

What We Don't Talk About

People with mental illness have 2.5 times higher risk of death over the general population. According to the CDC statistics from 2019, death from suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 44.

Just like not all cancer deaths can be prevented, the same is true with mental illness. But early detection and treatment provide the best outcomes. Reaching out for help is a sign of sanity. Your [Employee Assistance Program](#) (EAP) can provide free screenings, resources, and referrals for mental health treatment. As well as six free in person or virtual counseling sessions per issue per year.

If you are in crisis, call the toll-free National Suicide Prevention Lifeline at 800-273-TALK (8255), available 24 hours a day, 7 days a week. It's time we start to focus on screenings for brain health. This can improve the quality of life with treatment and save lives.

Upcoming Events

MY WELL-BEING

Balancing Work and Life

If there never seems to be enough time between work and family to accomplish everything on your to-do lists, you may need to assess your work-life balance. This 17 minute on-demand training provided by your EAP may assist you in staying ahead of work-life challenges and can be accessed at any time. Visit the [Guidance Resources® training webpage](#) to get started.

RETIREMENT READINESS

Social Security and Your Retirement

Plan to attend an informational session on Social Security benefits. Learn how Social Security benefits impact your retirement income, strategies to maximize your benefits, and how to bridge possible income gaps. The forty-five minute session will be presented by Pam Corrick with AIG via Webcast. It will be offered four times on June 21 at 11:30 a.m., 12:30 p.m., 4 p.m., and 7 p.m. Please [register](#) in advance.

RETIREMENT READINESS

Retire from UNI

Human Resource Services will host an informational session on retiring from UNI, for faculty and staff planning to retire soon or in the foreseeable future. Participants will learn guidelines and benefits available at retirement from UNI. This hour-long session will be presented by Therese Callaghan, Employee Well-being Coordinator, via Zoom on June 29 at 10 a.m. Please [register](#) in advance.

Participation in events that occur during scheduled working hours must be approved by your supervisor. Employees on a university-approved leave should contact hqs-leaves@uni.edu for approval. Stay up-to-date with the status of this session by visiting <https://hqs.uni.edu/event-status>. If the status of this session changes you will also be notified by UNI email or campus phone. Individuals needing an accommodation in order to participate in an event, please contact a HRS team member at 319-273-2954, or hqs-benefits@uni.edu, at least one week prior to the event.



TIAA Consultation

TIAA Participants: Schedule a free personalized meeting with a TIAA financial consultant using the [online scheduler](#) or by calling 800-732-8353 (available weekdays from 7 a.m. – 7 p.m. CST).

TIAA June Financial Wellness Webinars

- June 14 | 11 a.m. to 12 p.m. CST
Attention to Detail: Financial Finishing Touches for Women
- June 14 | 2 to 3 p.m. CST
Demonstrating the Value of Responsible Investing
- June 15 | 2 to 3 p.m. CST
At Your Fingertips: Manage Your Money From Wherever You Are
- June 16 | 11 a.m. to 12 p.m. CST
Help Protect You, Your Family, and Your Money
- June 16 | 3 to 4 p.m. CST
Tomorrow in Focus: Saving for Your Ideal Retirement

TIAA webinars are open to all employees. To register: <https://www.tiaa.org/webinars2022>

Times through the webinar link will be shown in Eastern Standard Time.



IPERS June Retirement Webinars

- June 15 | 9 a.m. to 4 p.m. CST
Creating a Secure Retirement
- June 16 | 9 a.m. to 3 p.m. CST
Ready, Set, Retire

IPERS webinars are for state of Iowa employees within five years of retirement and their spouses. To register: <https://ipers.org/members/calendar>

Recognizing Our Retirees

We are thankful for the service of all of UNI's retirees! With their consent we are able to celebrate their years of service and share their information with the entire campus community.

Aricia Beckman

Instructor, Special Education
37 Years of Service, Retiring in June
Aricia.Beckman@uni.edu

Gretta Berghammer

Professor, Theatre
37 Years of Service, Retiring in June
Gretta.Berghammer@uni.edu

Ivonne Cuadra

Assoc Professor, Languages & Literatures
23 Years of Service, Retiring in June
paratusojos@hotmail.com

Dennis E Dahms

Professor, Geography
31 Years of Service, Retiring in June
dennis.dahms@uni.edu

Forrest A Dolgener

Professor, Kinesiology
42 Years of Service, Retiring in June
Forrest.Dolgener@uni.edu

Mary M Donegan-Ritter

Assoc Professor, Curriculum & Instruction
15 Years of Service, Retiring in June
marydr@mchsi.com

Mary S Doyle

Instructor, Teaching
21 Years of Service, Retiring in June
Mary.Doyle@uni.edu

Deborah J Gallagher

Professor, Special Education
30 Years of Service, Retiring in June

Philip D Garvin

Facilities Mechanic III, Dining

Jacqueline C Halbloom

12 Years of Service, Retiring in June
mcphil57@gmail.com

Senior Producer Fine Arts, Broadcasting
Services

23 Years of Service, Retiring in June
jhalbloom@iowapublicradio.org

Karen S Hansen

Secretary III, Management
25 Years of Service, Retiring in June
khia.hansen@gmail.com

Lora L Hickman

Field Experience Administrator, Special
Education
26 Years of Service, Retiring in June
lora.hickman@uni.edu

James E Jurgenson

Professor, Biology
29 Years of Service, Retiring in June
james.jurgenson@uni.edu

Chris E Lukasiewicz

Instructor, Economics
12 Years of Service, Retiring in June
Chris.Lukasiewicz@uni.edu

Annette Lynch

Professor, School of Applied Human
Sciences
30 Years of Service, Retiring in June
Annette.Lynch@uni.edu

Claude L Manning

Custodian II, Custodial Services
12 Years of Service, Retiring in June
clmtramp@yahoo.com

Phil E Maass

Broadcast Operations Coordinator,
Broadcasting Services
27 Years of Service, Retiring in June
pmaass@iowapublicradio.org

Christian W Ogbondah

Professor, Communication & Media
31 Years of Service, Retiring in June
Chris.Ogbondah@uni.edu

John H Owusu

Professor, Geography
21 Years of Service, Retiring in June
j.henry.owusu@uni.edu

Kadiampatti N Rajendran

Assoc Professor, Marketing &
Entrepreneurship
33 Years of Service, Retiring in June
Raj.Rajendran@uni.edu

JoAnn Schnabel

Professor, Art
31 Years of Service, Retiring in June
Joann.Schnabel@uni.edu

Mark A Simmet

Senior Music Producer, Broadcasting
Services
35 Years of Service, Retiring in June

mark.simmet@uni.edu

Jody M Stone

Professor, Teaching
Professor, Chemistry & Biochemistry
43 Years of Service, Retiring in June
Jody.Stone@uni.edu

Stephen W Taft

Assoc Professor, Theatre
21 Years of Service, Retiring in June

Jean Wiesley

Asst Director Administrative Services,
Housing & Dining Administration
20 Years of Service, Retiring in June
jean.wiesley@uni.edu

Anne C Woodrick

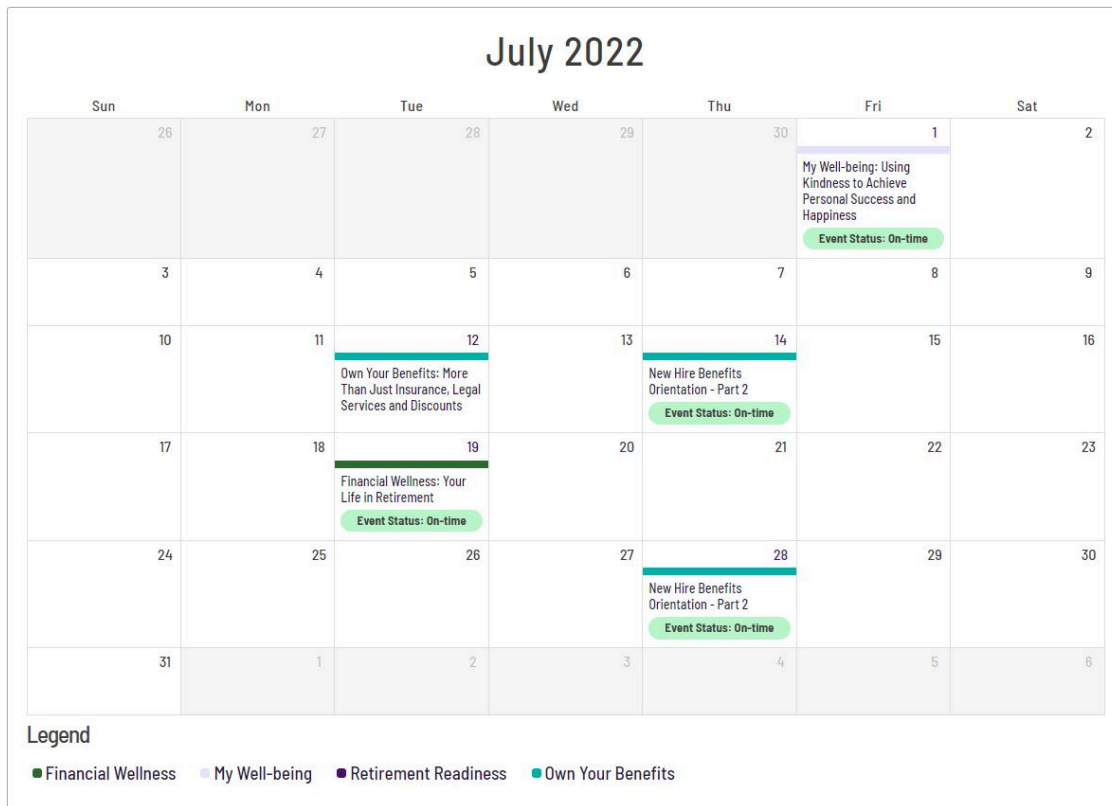
Professor, Sociology, Anthropology &
Criminology
33 Years of Service, Retiring in June

Retirement Readiness

Retirement Benefit Questions? The HRS Benefits Team is Here to Assist!

The Human Resource Services Benefits Team is continuing to help employees with retirement benefit questions. If you plan to retire in 2022 please email hrr-benefits@uni.edu or call 319-273-2423. For additional information on retirement visit [Retire from UNI: Next Steps](#).

Coming In July



Stay Up-to-Date with HRS Events

Plan on attending an upcoming Human Resource Services (HRS) sponsored event? Please visit the HRS event status [webpage](#) to view if the event is on-time, postponed, rescheduled, or canceled. Registered participants will also receive an email from HRS notifying that an event status has changed.

Subscribe to HRS Latest News and Events

Be the first to hear the latest news and events from UNI Human Resource Services including benefits and well-being news. [Subscribe](#) to receive the HRS News emails right to your [uni.edu](#) email account.

Is Your Personal Information Up-to-Date?

To make changes to your office and/or home (confidential) contact information: Login to MyUNiverse > My Page > Update My Personal Information. This information is sent to Human Resource Services and will be updated within four working days.

