VALENTINE’S TRIVIA

1. The giving of Valentine’s started during which century?
   a. 16th  b. 17th  c. 18th

2. In what year was Valentine’s Day declared an official holiday?
   a. 1492  b. 1537  c. 1649

3. In what year was the St. Valentine’s Day Massacre in Chicago?
   a. 1929  b. 1932  c. 1937

4. About how many roses are sold over the three day period around Valentine’s Day?
   a. 100,000,000  b. 150,000,000  c. 200,000,000

Answers on page 2

24-Hour Nurse Line

866-433-7382

The 24-Hour Nurse Line is a resource for employees and family members who need guidance on non-emergency health questions and concerns. Specially trained IU Health registered nurses will assess your situation and give you the information and support you need to take the right action.

- Participation is voluntary.
- Information you share is confidential and covered by the same state and federal HIPAA privacy guidelines that your physician follows.

To talk with a nurse about a health question or problem you are experiencing, dial 866-433-7382.

The 24-Hour Nurse Line does not replace a doctor’s care and is not designed to address emergency situations. If you have an emergency, call 911.

Examples

- Will my new prescription interact with over-the-counter allergy medicine?
- I stepped on a nail. Will the tetanus shot I got 10 years ago protect me?
- My child has a fever and red, itchy spots. Should I take her to the doctor?
- The tick bite on my leg looks strange. Should I see a doctor?
**FEBRUARY ANNIVERSARIES**

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<td>Moira Dyczko</td>
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<td>Firm Faith Nelson</td>
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<td>John Collmer</td>
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<td>Christine Lass</td>
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<td>Mary Wilham-Countway</td>
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<td>Ashley Zielinski</td>
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<td>Kevin Ahlgrim</td>
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<td>Jim Christ</td>
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<td>Rebecca Rankin</td>
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<td>Jim Hasse</td>
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<td>Marianne Bishop</td>
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<td>Jeff Stahl</td>
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<td>Bruce Bryner</td>
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<td>Deborah Knabe</td>
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<td>Cyndi Lang</td>
<td>33</td>
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<td>Pat Agbetsiafa</td>
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<td>Andrew Walton</td>
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<td>Michelle Morgan-Dufour</td>
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**Investment Counseling Services**

**Fidelity Investments**
February 12, 2014
9:00 a.m. - 4:00 p.m. Admin Building, Room 234

**https://lvs.fidelity.com/mysavingsatwork/fortpros/FITSCoPresenter/Presenter/Controller?pagename=atwork/fort**
Click on Continue button
Select Indiana
Select Indiana University
Select campus
Complete registration information
Select time

Or Call: 1-800-642-7131

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**TIAA-CREF**
February 27, 2014
9:00 a.m. - 4:00 p.m. Admin Building, Room 234

**https://publictools.tiaa-cref.org/public/tools/appmanager/tiaa/tools?_nfpb=true&_pageLabel=advice_and_counseling_page&tc_mcid=dm_adv_ice_04052011**
Click on AT YOUR WORKPLACE
Click on Select button
Select Indiana University
Click on date listed above
Select campus (Under Workplace Location below the calendar)
Select time

Or Call: 1-800-732-8353

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**Trivia Answers**

1. b. 17th century
2. b. 1537
3. a. 1929
4. a. 100,000,000
February is American Heart Month

Every journey begins with one step, whether it’s climbing a mountain or preventing heart disease. This American Heart Month, CDC is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that’s 1 out of every 4 deaths.

The term “heart disease” refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States $312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health.

As you begin your journey to better heart health, keep these things in mind:

- **Don’t become overwhelmed.** Every step brings you closer to a healthier heart.
- **Don’t go it alone.** The journey is more fun when you have company. Ask friends and family to join you.
- **Don’t get discouraged.** You may not be able to take all of the steps at one time. Get a good night’s sleep and do what you can tomorrow.
- **Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol; and high in fiber can help prevent high cholesterol. Limiting **salt or sodium** in your diet also can lower your blood pressure. For more information on healthy diet and nutrition, visit [CDC's Nutrition and Physical Activity Program Web site](https://www.cdc.gov/nutrition) and [ChooseMyPlate.gov](https://www.choosemyplate.gov). (continued on Page 4)
February is American Heart Month

(continued from page 3)

**Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight Web site.

**Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. For more information, see CDC's Nutrition and Physical Activity Program Web site.

**Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at CDC's High Blood Pressure Web site.

**Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see CDC's Smoking & Tobacco Use Web site and Smokefree.gov.

**Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. For more information, visit CDC's Alcohol and Public Health Web site.

**Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. You can find out more from CDC's High Cholesterol Web site.

**Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. Visit CDC's Diabetes Public Health Resource for more information.

**Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

For more information please visit: http://www.cdc.gov/

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**Chili Cheese Stuffed Mushrooms**

**Preparation:**
Preheat the oven to 400°F and line a baking sheet with aluminum foil.

Place the mushrooms with the stem side down on the foil. Lightly spray the mushrooms with cooking spray.

Bake for 10 minutes.

Transfer the baking sheet to a cooling rack. Turn the mushrooms over. Fill each with the chiles. Sprinkle with cheddar cheese.

Bake for 5 minutes or until the cheddar is melted. Remove from oven and let stand for 3 minutes.

1 serving = 3 mushrooms

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Office of Human Resources
South Bend Campus
Job Line Phone: 574-520-4182
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1700 Mishawaka Avenue
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Office of Human Resources
Mission

The Mission of the Human Resources Department is to treat each person as a valued customer while administering consistency in upholding University policies and benefit administration and in turn contributing positively to the success of Indiana University South Bend.