Welcome to IU South Bend

Please join the Office of Human Resources in welcoming our new employees to campus!

Julie Wells  CLAS
Troy Potysman  CHCR

IU Supplemental Retirement Plans

Introduction

Supplemental retirement plans can help employees save more for retirement. These plans are sponsored by IU, but contributions are made by the eligible employee. The advantages of these plans include:

- Contribute money through IU’s payroll on a pre-tax basis.
- Lower current income taxes.
- Systematic retirement savings—contributions are made systematically with IU’s payroll schedule.

IU partners with Fidelity Investments and TIAA-CREF to offer two IU-sponsored plans: the IU Retirement Savings Plan and the IU Tax Deferred Account Plan.

Importance of saving and starting now

The need to save more money for retirement years has never been greater. The rising cost of living, including healthcare expenses and increasing life expectancy, has dramatically increased the amount of savings a person will need during retirement years.

Whether retirement is 30 years away or only a few years away, significant progress can be made toward accumulating more money for retirement years by starting now. Contributing even small amounts to an IU-sponsored supplemental retirement plan can help boost retirement savings.

Coming in April’s newsletter: A brief overview of the IU Retirement Savings Plan

SPRING TIME TRIVIA

1. What is the rainiest city in the US?

2. What is the term for a period of unseasonably cold weather during spring?
   a. Indian winter  b. Dogwood winter  c. Blackberry winter  d. b and c

3. What state has the greatest number of tornadoes on average each year?
   a. Oklahoma  b. Texas  c. Kansas  d. Iowa

4. According to the National Weather Service in what month do the greatest number of violent storms occur?
   a. March  b. April  c. May  d. June

Answers on Page 4
**MARCH ANNIVERSARIES**

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**St. Paddy’s Day Luncheon**

All Bi-Weekly and Professional Staff are invited to a St. Paddy’s Day Luncheon on Monday, March 17, from 11:30am – 1:00pm in the University Grill.

This event is sponsored by both Staff Councils and the cost is only $4.00 per person. The menu features a baked potato bar, with topping choices of bacon, broccoli, cheese, chives, butter, and sour cream. Dessert is included, too. This is an excellent opportunity to come out and mingle with your colleagues across campus on the first day of spring break (yes, spring is truly coming, at least that’s what the calendar says).

Tickets must be purchased in advance no later than Monday, March 10 and can be obtained from the following staff members:

- Kari Andert (SAC 130)
- Diane Banic (NS 418)
- Cathy Dale (NS 244)
- Michelle Hairston (AI 104X)
- Steve Sigety (L003)
- Margie Andert (PTB 150)
- Karen Christopher (DW 2227)
- Peggy Geik (EA 2223)
- Joanne Miller (DW 3115)
- Kayla Wallace (AI 166)

*We hope to see everyone there . . . and wear your green!*

**RETIREMENT PLANNING**

Ann Mahrdt, Retirement Plan Consultant will be on campus, Thursday March 6th. Please call Jill Keller at 4358 to see if there are any appointments available.

Ann can address your questions concerning retirement readiness as well as plan specific questions.
SPRING CLEAN YOUR DIET

By Beth W. Orenstein
Medically reviewed by Pat F. Bass III, MD, MPH

Fruits and vegetables taste best and are the healthiest when just harvested. Find out which spring foods to cook with for a healthy diet of seasonal food.

Spring is a great time to clean up your closets and your diet. As the weather warms and heavy soups, stews and casseroles lose their appeal, start taking advantage of seasonal spring food, especially the fruits and vegetables that are so tasty in the earlier part of the year. It’s easy to follow a healthy diet when you incorporate spring food.

Seasonal Food: What’s in for Spring

Which fruits and vegetables are seasonal? It can vary somewhat from region to region, says Blatner, who is also a spokeswoman for the American Dietetic Association, but among her favorites are:

**Apricots:** Although many people enjoy dried apricots, they are also delicious served fresh, especially when chopped in a salad.

**Asparagus:** When visiting a grocery store in the spring, you’ll likely see displays of asparagus. For a delicious treat, fire up your grill: Spray asparagus spears with a little oil and sprinkle with salt, then grill them over a hot fire for about 5 minutes. It should be brown in spots, but not charred.

**Artichokes:** To prepare and artichoke, tear off the outside leaves. Cut off the stem tips of the leaves and steam them in the microwave; serve drizzled with low-fat Italian dressing. A large artichoke can take about 7 minutes, a small one about 2 – 3 minutes.

**Broccoli:** Always a good choice because it is loaded with antioxidants and is high in fiber. It can be steamed or sautéed, or try it raw in salads or for a crunchy snack.

**Chives:** One of the many seasonal herbs that are especially good in the spring.

**Fennel:** Is available in early spring and also in summer and fall. It has a slight licorice flavor and adds a unique taste and crunch to salads.

**Oranges:** Oranges are a winter fruit but they carry over into spring.

**Spinach:** Try spinach in place of lettuce in sandwiches, on burgers or in salads, or sauté spinach to serve as a side dish or in pasta.

**Strawberries:** Available through early summer, but may be the sweetest in spring.
GIS System User Information

Effective February 17th everyone responsible for using E-Verify to complete I-9’s should now be using the GIS System. Below are two links to assist you in case you have any issues. The first is the webinar training you should have attended and the second link is to a GIS System user manual that you may want to print and/or bookmark for reference.

Webinars

- Form I-9/E-Verify User Training (44 minutes)

GIS System User Manuals

- Form I-9 (PDF)

eDoc Highlights

When processing termination eDocs if the termination date is more than two or three months in the past you may encounter an error and the system will tell you to use a different effective date. If so, use the date generated by the system and in the “Notes” section please put in all the pertinent information (i.e. actual last day worked, effective date of term) and ask that a support document requesting a correction to the data be submitted.

Spring Time Trivia Answers

1. a. Mobile, Alabama
2. d. B and C
3. b. Texas
4. b. April

INGREDIENTS

1 4-5 oz. chicken breast
½ c. barbecue sauce
1 ½ t. extra virgin olive oil
3 T. pizza sauce
1 pizza crust of your choosing
1 c. shredded mozzarella cheese
1 oz. Brie cheese, cut into strips ¼ inch thick
3 T. red onion, diced
3 slices bacon, cooked and diced
1 T. cilantro, chopped

Cut chicken breast into bite size cubes and marinate in ¼ c. barbecue sauce for at least 30 minutes.

Heat 1 ½ t. olive oil in a skillet and sauté chicken until done.

Preheat oven to 450°. Combine ¼ c. barbecue sauce and pizza sauce. Spread evenly over crust.

Spread ¾ c. mozzarella over crust.

Add sliced Brie, chicken, red onion and bacon. Sprinkle remaining mozzarella around center of pizza. Sprinkle cilantro over mozzarella.

Bake for 8 – 10 minutes.
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VISIT US ON PINTEREST AND TWITTER TOO!

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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.