Welcome to IU South Bend

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

Talandra Neff  Director of Student Teaching and Clinical Practice, School of Education

Nori Drach  Admissions Counselor

People Trivia

1. This woman, whose husband was the President of the United States, died in 1982 at the age of 97 years old. What was her name?

2. The witty former Presidential candidate Adlai Stevenson once said, "A politician is a statesman who approaches every question with an open ..." what?

3. If a diamond is the hardest known substance, what is used to cut diamonds?

4. When this person visited San Francisco for one day in September of 1987, it cost the city over $1 million. Who was this visitor?

5. Born in Texas in 1934, this popular American television and film comedienne and singer became, in 1981, the first person to win a libel suit against the sleazy tabloid National Enquirer?

Answers on Page 2.

2015 OPEN ENROLLMENT MEETINGS

DATE: Friday, November 7
TIME: 10:00 – 11:30 &
       1:00 – 2:30
PLACE: Education and Arts Lecture Hall 1011

Special Attention Needed for Open Enrollment 2015

The Open Enrollment web pages are now available at hr.iu.edu/benefits/open enroll/index.html

Open Enrollment materials are especially important this year for these reasons:

Do you have a Chase HSA? In 2015, a new Health Savings Account (HSA) administered through Nyhart will replace the current Chase HSA arrangements.

All HSA account holders need to re-enroll in the new HSA in order to have HSA contributions in 2015.

Open Enrollment materials will describe options for transferring current Chase HSA balances to the new HSA.

As in past years, the Tobacco-free Incentive and the Tax Saver Benefit plan require enrollment each year.

For assistance or additional questions, email enews@iu.edu.
**NOVEMBER ANNIVERSARIES**

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<th>NAME</th>
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<tbody>
<tr>
<td>Trisha Joy</td>
<td>2</td>
<td>Tracy White</td>
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<td>Susan Lee</td>
<td>3</td>
<td>Laurie Bergeson</td>
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<td>Jeffery Beyer</td>
<td>4</td>
<td>Margie Andert</td>
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<td>Gary Bragg</td>
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<td>Edwin Garcia, Jr.</td>
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<td>Sylvia Detwiler</td>
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<td>Susan Szczyplka</td>
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<td>Ryan Gruenewald</td>
<td>4</td>
<td>Gary Browning</td>
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<td>Marisa Clingenpeel</td>
<td>5</td>
<td>Cheryl Stuart</td>
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**IUSB CAMPUS One-on-One Retirement Planning Counseling**

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<thead>
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<th>Building or Room</th>
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<tr>
<td>December 18</td>
<td>Admin Bldg, Room 243C</td>
<td>9:00 a.m. – 4:00 p.m.</td>
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<td>January 22</td>
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<td>February 10</td>
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Please visit [http://www1.tiaa-cref.org/tcm/indiana/index.htm](http://www1.tiaa-cref.org/tcm/indiana/index.htm)
or call 800-732-8353

**Fidelity Visits**

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<td>9:00 a.m. – 4:00 p.m.</td>
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<td>January 13</td>
<td>Admin Bldg, Room 243C</td>
<td>9:00 a.m. – 4:00 p.m.</td>
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Please visit [http://plan.fidelity.com/indiana](http://plan.fidelity.com/indiana)
Or call 800-642-7131

**PEOPLE TRIVIA ANSWERS**

1. Bess Truman
2. Mouth
3. Diamond
4. The Pope
5. Carol Burnett
25 Healthy Eating Tips for Thanksgiving

It's easy to get overwhelmed by the sheer volume of delicious (and fat-filled) holiday foods. So how do you enjoy yourself without completely sabotaging your diet? Follow these diet and nutrition tips to cut calories without depriving yourself of a true Thanksgiving feast.

MAIN DISHES:

1. **Dark Meat is OK**: Dark meat has slightly more calories than white meat, but it also has more vitamins and minerals. Cut calories by not eating the skin.

2. **Skip the Skin**: Whether you eat white or dark meat, be sure to go skinless. Just one ounce of skin contains 80 calories and 2 grams of fat!

3. **Try a Nontraditional Pick**: Pork roast often includes both the fatty and lean parts of the meat, but it's made with herbs and spices (not brown sugar and butter) and has little added fat.

4. **Refrain from Red Meat**: Eeek! Red meat is one of the fattiest proteins. Be sure to trim it before you dig in, and serve yourself portions that are approximately the size of your palm.

5. **Sneaky Calorie Cutter**: Swap dark meat for light meat and you save 30 calories.

6. **Go Easy on Gravy**: Roasted turkey is a smart bet for your holiday dinner. Just don't get crazy with the gravy – it'll cost you about 20 calories per ounce.

7. **Forgo Fried**: Loading fried chicken on your plate won't give you much room for sides. One serving has close to 500 calories and half your daily intake of saturated fat.

DESSERTS

1. **Try Plain Pie**: Skip the a la mode pie and save 250 calories.

2. **Makeover Mincemeat Pie**: Nuts and dried fruit can make for a calorie-packed end to your meal, but using these ingredients means you're cutting down on fat-filled chocolate and butter.

3. **Go Half and Half**: Pecan pie is nowhere close to being diet-friendly, but it's impossible to pass up, so take half a slice of this and half a slice of pumpkin pie to minimize your diet indiscretions.

4. **Pumpkin Is Perfect**: Canned pumpkin makes a guilt-free filling, even if you add in brown sugar and heavy cream. Enjoy this without busting your buttons.

SIDE DISHES

8. **Sinful Sides**: With a deadly combo of cheese, sour cream, and butter, au gratin potatoes are a dish best eaten in moderation. Using low-fat cheese and cream helps, too.

9. **Bypass Baked Beans**: Beans are an amazing source of fiber and iron. Unfortunately, this casserole is full of brown sugar, molasses, and honey. Leave the bacon off your plate and save 42 calories.

10. **Ignore Biscuits**: Homemade biscuits often contain whole milk and butter, which give them their fluffy texture. They're dense in calories, so you're better off with cornbread.

11. **Steamed = Slim**: Steamed broccoli is a slim side. Just don't ruin it by slathering it with fat-filled cheese sauce.

12. **Go Butter-Free**: Cornbread, a true Thanksgiving staple, is hard to avoid. Eat it plain -- without the pat of butter -- and cut 30 calories.

(continued on page 4)
**25 Healthy Eating Tips for Thanksgiving**

(continued from page 3)

13. **Fresh is Best:** The canned variety of cranberry sauce can be packed with sugars and additives, but homemade versions made with fresh cranberries can be a healthy topping. Either way, it won’t wreck your diet.

14. **Slim Down Creamed Spinach:** By itself, spinach is one of the most nutritious veggies. Add in butter and cream, and you do more diet damage. If you’re looking for a low-cal swap, try using reduced-fat cream cheese instead of whipping cream.

15. **Banish the Bread Basket:** Why waste the extra calories? Have one more spoonful of your holiday favorite instead of a plain dinner roll.

16. **Go Green!** Without the cream, butter, and cheese in green bean casserole, these veggies are an excellent choice. Add some flavor with garlic, lemon juice, or a sprinkle of Parmesan.

17. **Boost Flavor Naturally:** Mashed potatoes vary greatly from recipe to recipe. Cut down on calories by adding low-fat milk, herbs, and garlic, and cutting down on butter and cream.

18. **Pass Up Pumpkin Bread:** Though pumpkin is rich in vision-boosting vitamin A, pumpkin bread contains a ton of sugar and fat. You’re better off with a side of sweet potatoes.

19. **Stockpile Brussels Sprouts:** Sprouts are nutritional powerhouses, packed with vitamins K and C. With a little olive oil and herbs, they make a healthy side.

20. **Portion Out Sweet Potatoes:** Though sweet potato casserole can be loaded up with sugar, sweet potatoes are naturally rich in fiber, which may keep you full longer. Keep your serving to a 1/2 cup.

21. **Stuff the Stuffing:** Piled with croutons and loaded with sodium-filled broth, this dish is a serious diet pitfall. Lighten it up by using turkey sausage, packing it with onions and mushrooms for flavor, and adding low-sodium broth.

For more tips and information please visit: [http://health.howstuffworks.com/wellness/food-nutrition/healthy-eating](http://health.howstuffworks.com/wellness/food-nutrition/healthy-eating)

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**Leftover Turkey Cheesecake**

Serves 6

**Ingredients:**
- 1 c. leftover stuffing
- 1 T. leftover turkey gravy
- 4 oz. cream cheese. Softened
- 4 oz. ricotta cheese
- 2 eggs
- 3 T. leftover turkey gravy
- 1 ½ c. leftover turkey (white and/or dark meat) diced
- 1 c. cranberry sauce

**Directions:**
Preheat oven to 350°

Combine stuffing and 1 T. gravy in a bowl. Press the stuffing into a 9 inch pie pan. Press the stuffing into a 9 inch pie pan.

Beat the cream cheese, ricotta cheese, eggs and 3 T. gravy with an electric mixer in a large bowl, until smooth. Fold in the diced turkey. Spoon the filling into the pie pan. Bake in a preheated oven for 35 minutes. Remove from oven and cover the top of the cheesecake with the cranberry sauce.

**Nutrition:**
- Calories: 309
- Cholesterol: 124 mg
- Fiber: 1.6 mg
- Sodium: 368 mg
- Carbs: 26.7 g
- Fat: 14.7 g
- Protein: 17.2 g

For more recipes visit: [http://allrecipes.com/recipes/main.aspx](http://allrecipes.com/recipes/main.aspx)
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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.