IU-SPONSORED RETIREMENT PLAN WITHDRAWALS

The following IU-sponsored retirement plans do not allow in-service withdrawals:

- IU Retirement Plan
- IUSERP
- PERF
- IU Retirement Savings Plan (457b)
- IU TDA for active employees under the age of 59 and a half

To make a withdrawal from the retirement plans a bona fide termination of employment for all lines of employment must be documented in HRMS. After all lines of employment have been termed UHRS provides termination data to PERF, Fidelity and TISS-CREF electronically. Therefore, IU is not required to sign withdrawal forms for any of the vendors.

PERF QUARTERLY STATEMENTS

Effective January 2013, PERF quarterly statements for all PERF members will be provided electronically by way of the PERF online interactive website. This means PERF will not mail hard copy quarterly statements unless the PERF member opts-in to receive a hard copy. Opting in can be done by logging in to the PERF online interactive website or by calling PERF.

TRIVIA

1. The following number has a rather special characteristic. What makes it unique?
   8,549,176,320
2. Rearrange the following letters in three different ways to give three different eight letter words.
   A A E L N P R T
3. Rearrange each of these girls’ names to make a boy’s name.
   DOLLY DIANA IRENE LYNNE
4. A hand of cards consists of one Queen, two Diamonds, three Aces and four Spades. What is the minimum number of cards the hand could contain?

How do I create a my Social Security Online account?

To create an account, you must provide some personal information about yourself and give answers to some questions that only you are likely to know. Next, you create a username and password that you will use to access your online account. This process protects you and keeps your personal Social Security information private.

At each stage of your life, my Social Security is for you. Your personal online my Social Security account is a valuable source of information beginning in your working years and continuing throughout the time you receive Social Security benefits.

Use a my Social Security online account to get your Social Security Statement to review:

- Estimates of your retirement, disability, and survivors benefits;
- Your earnings record; and
- The estimated Social Security and Medicare taxes you’ve paid.

FIDELITY RETIREMENT PLANNING SESSIONS

May 8th
Admin Building Rm 234

Caroline Mason will be here to meet with employees by appointment.

Please contact Fidelity directly at 800-642-7131 or go online at www.fidelity.com/atwork/reservations to secure an appointment time.

Answers on page 3
You’ve heard that exercise keeps your heart healthy. But we want you to understand just how important it can be. Here are just some of the benefits of cardiovascular conditioning.

**Lower blood pressure, increase HDL cholesterol:** Numerous studies have shown that you can significantly affect your blood pressure and HDL by doing cardiovascular exercise.

**Decrease body fat due to utilizing fat as energy:** At mild to moderate intensities of cardio work we actually utilize our fat stores as our fuel source. Shoot for only being able to speak five or six words at a time before you need to take a breath. This should put you in the proper zone to utilize fat.

**Decrease stress reactions and anxiety:** It has not been pinpointed as to why cardiovascular exercise helps with depression and anxiety although multiple studies show better scores on depression and anxiety tests after exercise.

**Increase insulin sensitivity:** Study after study shows us how high numbers of Type II Diabetes Mellitus patients decrease or eliminate their medications altogether by increasing their cardiovascular fitness. One of the side effects of cardiovascular exercise is increasing insulin sensitivity. This is a great example of how exercise can modify a disease.

**Make your heart a better pump:** Cardiovascular exercise not only trains our body to utilize oxygen more effectively, it can also train our heart to become a stronger pump. This allows our hearts to be more efficient at distributing blood to areas of our body whenever they demand it. Remember, our heart is a muscle and it needs to be trained as well.

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**Four Quick Ways to Get in More Exercise**

- Park your car at the far end of the parking lot.
- Spend a few minutes of your lunch break walking around campus.
- Vacuuming briskly can give you a real workout.
- Do you have a dog? Take the dog for a walk on a regular basis. It’s good for both of you!
On Line Application Process (OLA) Tips

For Search and Screen Committee Members and Hiring Officials

If you wish to extend a job opening beyond the initial closing date due to a low number of referred candidates, please send an email to Sara Ermeti, Director, Human Resources and Susan Lee, Director of Affirmative Action and Campus Diversity to request an extension. This request must be made prior to the current deadline for applications.

To expedite the search process and possibly avoid the risk of losing top candidates, it is a good idea to evaluate and tier candidates as they are referred by HR throughout the posting time frame. If this is done on a daily basis you have the potential to move forth with interviews within a day or so of the job closing.

eDoc Tip of the Month

Only ONE transaction can be processed for an individual or position at a time. The eDoc must complete the routing and final approval process before you can process another action on the employee id. This is referred to as subject locking.

TRIVIA ANSWERS

1. It consists of the digits 0 to 9 in alphabetical order.
2. Parental, prenatal and paternal
3. Lloyd Aidan Ernie Lenny
4. Seven

Calories        357  Fat             6.4 g
Cholesterol   11.8 mg  Sodium   795.9 mg
Carbs           59.8 g  Fiber         14.6 g
Protein         17.6 g

For more recipes visit: http://www.sparkrecipes.com/
VISIT OUR FACEBOOK PAGE!

Your HR Department now has a Facebook page. Some of the things we will be posting on the page include job openings and upcoming special events like the Staff Appreciation Day (June 7th). Please take the time to visit our page, like it and share it with your friends. Here is the link:

https://www.facebook.com/IUSBHumanResources

Office of Human Resources

South Bend Campus

Job Line Phone: 574-520-4182
Fax: 574-520-5559
1700 Mishawaka Avenue
South Bend, IN 46615

https://www.iusb.edu/human-resources/

Sara Ermeti - Director, Human Resources
574-520-4398
sermeti@iusb.edu

Judi Poelvoorde - HR Representative/Recruiter
574-520-4850
japoelvo@iusb.edu

Jill Keller – Benefits Counselor
574-520-4358
jikeller@iusb.edu

Jamie Klingerman – HR Assistant Intern
jkklinge@iusb.edu

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.