Mobile Apps for Fidelity and TIAA-CREF

Fidelity and TIAA-CREF offer smartphone applications that allow IU employees to access and monitor their personal retirement accounts. Using their secure login, employees can view account balances, investment performance, and more.

**NetBenefits for Fidelity Account Holders**

- Fidelity offers an app designed for iPad, iPhone, iPod touch, Android and Windows 8 phones.
- Blackberry and other PDA users can access their account information via Fidelity’s Web browser interface at [fidelity.mobi](http://fidelity.mobi).

**TIAA-CREF Savings Simplifier for TIAA-CREF Account Holders**

- TIAA-CREF offers an app designed for the iPhone.
- A mobile site that works for both iPhone and Android is available at [mobile.tiaa-cref.org](http://mobile.tiaa-cref.org).

TRIVIA

1. In which country is the world’s tallest structure?
   - a) US
   - b) Poland
   - c) England
   - d) China

2. In which country is a casket never carried out the door of a house?
   - a) Scotland
   - b) Sweden
   - c) Uruguay
   - d) Ireland

3. Where was the toothbrush invented?
   - a) England
   - b) Japan
   - c) China
   - d) Sweden

4. What ancient people played with hula hoops?
   - a) Chinese
   - b) Japanese
   - c) Egyptians
   - d) Thai

Answers on page 4
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<tr>
<td>Susanna Harvey</td>
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<td>Paul Foltz</td>
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<td>Virginia Heidemann</td>
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<td>Lee Streby</td>
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<td>Joel Langston</td>
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<td>Brenda Beatty</td>
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<td>Cathy Buckman</td>
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<td>Jason Sykes</td>
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<td>Mikel Waymouth</td>
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<td>Pam Mendenhall</td>
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<td>Kevin Neese</td>
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<td>Charles Douglas</td>
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<td>Daniel Sprunger</td>
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<td>Karl Stetler</td>
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<td>Karen White</td>
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AFTERNOON MISTAKES THAT PILE ON THE POUNDS

From:  health.com  Written by:  Jenny Sugar

You do all the right things in the morning to prevent weight gain like eating a healthy breakfast, but if you want to keep those extra pounds from squeezing their way under your jeans, here are some things to avoid in the afternoon.

**An afternoon mini meal:** Having a snack between lunch and dinner is a great way to keep energy levels going strong through your nine-to-fiver. It will also keep hunger at bay, which will prevent you from craving and then devouring an enormous dinner. Remember that a snack is just that — a snack — not a small meal. Nosh on a little something that contains 150 calories or fewer.

**Skipping the gym:** Whether you’re too tired after lunch to work out or you can’t fit it in your busy work schedule, that’s 300 calories or more that you’re not burning. If afternoon gym dates often don’t pan out, make time before work instead so you can get it done and not have to worry about squeezing it in later.

**Hitting the coffee shop:** Temptation is a wicked thing when it comes to weight loss, so if you have a hard time passing up that new whipped cream coffee drink drizzled with chocolate syrup and a freshly baked treat to go along with it, it’s best to steer clear of the cafe. If you can’t live without your caffeinated afternoon pick-me-up, make coffee at work or have your coworker pick up a cup of straight-up, low-cal coffee for you.

**Celebrating yet another office birthday:** You don’t want to be a party pooper and pass up the sprinkly-topped buttercream cupcakes or the homemade cheesecake brownies, but if you work in a larger office with celebrations every week, those calories add up. Noshing on special treats also makes you crave them more, which can start a bad habit of eating cookies and candy every afternoon. Do enjoy these sweets every once in a while, but be mindful of how much you’re celebrating.

**Hitting the office kitchen:** It’s very thoughtful of your office to keeps its kitchen stocked with Twizzlers, cans of Coke, and huge tubs of animal crackers, but not for the health-conscious. It’s hard not to grab something that’s staring back at you, so avoid the office kitchen if you know you can’t help yourself to free edibles. Keep snacks and meals in a lunch box with an ice pack at your desk so you don’t need to use the office fridge.

For more articles and information please visit:  http://www.health.com/health/
IU South Bend Human Resources Website

The Human Resources webpage can serve as your gateway to information on a variety of topics and services. If you click on “Employee Resources” on the left hand side of the page you will see the following categories: Affirmative Actions, Benefits, Child Development Center, Personnel Policies and Student Activities Center. When you visit each page you will get an overview of the category and a link or links to more information on each topic. Click here to see what is available to you: https://www.iusb.edu/human-resources/employee-resources/affirmative-action.php

SUMMER VEGETABLE SPAGHETTI

Serves 9 (1 c. of spaghetti and ¾ c. vegetables)

2 c. small yellow onions, cut in eights
2 c. chopped, peeled, fresh ripe tomatoes
2 c. thinly sliced yellow and green squash
1½ c. cut fresh green beans
2/3 c. water
2 T. minced fresh parsley
1 clove garlic, minced
½ t. chili powder
¼ t. salt
Black pepper to taste
1 can (6 oz.) tomato paste
1 lb. uncooked spaghetti
½ c. grated parmesan cheese

Combine first 10 ingredients in large saucepan; cook for 10 minutes then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.

Cook spaghetti in unsalted water according to package directions.

Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.

Per serving:
Calories 279, Total fat 3 g
Saturated fat 1 g, Cholesterol 4 mg
Sodium 173 mg

For more recipes like this one please visit: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/recipes.htm

TRIVIA ANSWERS

1. b) Poland – The Warszawa Radio Mast is 2,436 feet tall
2. a) Scotland – According to Scottish custom, a casket should not be carried out the door of the house because Scots believe a ghost can reenter the way it left. They make a hole in the wall to remove the casket.
3. c) China – The toothbrush was invented in 1498.
4. c) Egyptians – Ancient Egyptians made hula hoops out of grape vines.

eDOC Tips

The employee NAME field in HRMS should contain the full LEGAL name, matching the Social Security card. The legal name is used for reporting W-2 information and Social Security wages. When characters, nicknames, etc. are added to the name, many times the record will be dropped from the file and require manual intervention.

Please do not add any symbols to the name field when you are processing eDocs.
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Your HR Department now has a Facebook page. Please take the time to visit our page, “like” it, share it with your friends and visit often. Here is the link:

VISIT US ON PINTEREST AND TWITTER TOO!

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South Bend Campus
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https://www.iusb.edu/human-resources/

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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.