T R I V I A

1. Which three Presidents died on the Fourth of July?
2. Who was the oldest signer of The Declaration of Independence?
3. How many people signed the Declaration of Independence on July 4th?
4. What American President was famous for playing golf every Fourth of July?
5. What modern First Lady wore a bejeweled American Flag in her lapel every Fourth of July? Hillary Clinton, Jackie Kennedy, Nancy Reagan or Barbara Bush?

Welcome to IU South Bend

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

Dr. Terry Allison  Chancellor
Dr. Marvin Lynn  Dean, Department of Education
Dr. Mario Ortiz  Dean, College of Health Sciences
Christy Caughie  Biology/Chemistry Dept.
Scott Cooper  Men’s Head Basketball Coach
Coleen Hawkins  Chancellor’s Office

Answers on page 4

New Health Care Transparency Tool: Register Today

Indiana University has contracted with Castlight Health to provide a new Transparency tool for employees and their adult family members enrolled in IU-sponsored medical plans. To register please go to https://us.castlighthealth.com/registration/identify_your_self. Click on the Register button and enter your first name, last name, and 10-digit employee ID, including the leading zeros. Enter an email address (personal or IU) and password to create a personal account.

For an overview of Castlight and a brief explanation of the services via screen shots please follow this link: http://www.indiana.edu/~uhrs/benefits/pubs/misc/castlight_guide.pdf

The Transparency tool is personalized to each member. When it shows the price for a service, it is based on the contracted price negotiated by the medical plan, as well as the member’s deductible status. Members can navigate the Castlight Transparency website, download the Castlight mobile app, or call Castlight’s customer service line for assistance.

- Search for a primary care physician for any family member and find provider profile information, the provider’s gender, where they went to medical school, how long they have been practicing, and if they are accepting new patients.
- Estimate personalized costs for medical services based on the medical plan and amount of deductible that has been met.
- Look up prior medical claims by reviewing past spending for healthcare, and see annual deductible balances.
- Compare in-network doctors, facilities, and medical services based on prices and patient reviews.
- Receive helpful tips about ways to reduce medical bills while locating high-quality care.
- Get an electronic medical plan ID card and find other resources on a smartphone by using the Castlight Health mobile app.
## JULY ANNIVERSARIES

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<th>NAME</th>
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<td>Alex Blatt</td>
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<td>Auxiliary Support Services</td>
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<td>Jennalee Friant</td>
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<td>Donald Holst</td>
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<td>Sara Lowe</td>
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<td>Cynthia Gehring</td>
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<td>Catherine Coleman</td>
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<td>Nancy Plennert</td>
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Seven Super Steps to Safe Food In the Summer

During warm weather, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

1. Wash, wash, wash your hands. Always wash your hands with warm water and soap for at least 20 seconds before and after handling food. Sing “Row, Row, Row Your Boat” twice to get a sense of how long you should wash.

2. Marinating Mandate. Always marinate food in the refrigerator. Don’t use sauce that was used to marinate raw meat or poultry on cooked food. Reserve a portion of the unused marinade to use as sauce.

3. Hot, hot, hot. When grilling foods, preheat the coals on your grill for 20 – 30 minutes, or until the coals are lightly coated with ash.

4. Temperature gauge. Use a food thermometer to ensure the food reaches a safe internal temperature.

5. Where’s the beef, chicken and fish? Hamburgers should be cooked to 150°F, while large cuts of beef such as roasts and steaks may be cooked to 145°F for medium rare or to 160°F for medium. Poultry must reach a temperature of 165°F. Fish should be opaque and flake easily.

6. Stay away from the same old plate. When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot water and soap first. And in hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator.

7. Icebox etiquette. A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun. Keep drinks in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays closed.

For more information about food safety please visit: http://www.fightbac.org/safe-food-handling/safety-in-all-seasons/136-seven-super-steps-to-safe-food-in-the-summer-

More questions or concerns contact:

- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-674-6854. TTY 1-800-256-7072
- The Fight BAC! Website at: http://www.fightbac.org/
- Gateway to Government Food Safety Information at: http://www.foodsafety.gov/
IU South Bend Human Resources Website

While you are on the HR web page if you click on the link below you will be taken to the page dealing with employee performance evaluation.


On this page you can read the memo from 2008 explaining the new form that was adopted to better engage the employee in the performance evaluation process.

Not sure where to start? Just click on the "Guidelines for Completing Evaluation" pdf for help.

Once you are ready you can download the evaluation form.

Maybe you have someone new who was not involved in the goal setting the prior year, or there was a change in leadership and neither you nor the employee can locate the goals; then you need to check out the Transitional Evaluation Form. Be certain to check with Sara Ermeti to confirm this is the form you should use for your situation.

TRIVIA ANSWERS

2. Benjamin Franklin at age 70.
3. Just two. Fifty signed on August 2, 1776.
4. Dwight D. Eisenhower
5. Jackie Kennedy

BLACK BEAN AND HOMINY SUCCOTASH WITH BARBECUED PORTABELLO MUSHROOMS

2 T. canola oil
6 large portobello mushroom caps, gills removed
1 med. zucchini, cut in half lengthwise
1 small red bell pepper, cut into quarters
2 ears of corn, husked
¼ c. cider vinegar
2 t. light brown sugar
1 t. smoked or hot paprika
¾ t. salt, divided
1 15 oz. can black beans, rinsed
1 15 oz. can hominy, rinsed
1 10 oz. package frozen lima beans, cooked according to package directions
6 t. prepared barbecue sauce
6 t. toasted, salted pepitas (optional)

1. Prepare grill to medium-high
2. Brush tops of mushroom caps and both sides of zucchini and bell pepper with oil. Grill along with corn, turning occasionally, until tender and lightly charred on all sides. Five to six minutes for mushrooms, zucchini and bell pepper and 8 – 10 minutes for the corn.
3. Whisk vinegar, brown sugar, paprika and ¼ t. salt in a large skillet. Add the grilled mushroom caps and turn to coat. Bring to a boil over medium heat. Remove the pan from the heat. Transfer the mushrooms to a cutting board.
4. Cut corn kernels off the cobs and cut the zucchini and bell peppers into ¾ inch pieces. Add to the marinade in the pan along with black beans, hominy and the remaining ½ t. salt. Return the pan to medium heat and cook, stirring until the succotash is heated through, 3 to 5 minutes.
5. Slice the mushroom caps and serve on top of the succotash. Garnish with a dollop of barbecue sauce and pepitas (if using).

http://www.eatingwell.com/ for more recipes
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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.