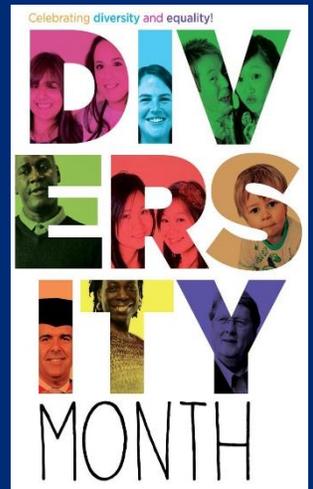


CELEBRATE DIVERSITY MONTH



April is *Celebrate Diversity* month. This is an opportunity for all of us to celebrate what makes each individual unique and our different perspectives, cultures, and lifestyles. Click [here](#) to view the University statement on Diversity and Inclusion.

Here are a few suggestions on what you can do to Celebrate Diversity this month!

- Explore music of a different culture
- Visit an art exhibit or a museum dedicated to other cultures
- Learn about traditional celebrations or stories of other cultures
- Volunteer with an organization promoting diversity and inclusion
- Learn (or begin learning) another language

BUILD A BETTER BRAIN WITH EXERCISE

COMMONHEALTH WEEKLY WELLNOTE

There are many physical benefits to regular exercise, but more and more studies are showing that there are also mental benefits. Moving more on a daily basis can help improve our attention, memory, and thinking. Click [here](#) to review the full Weekly Wellnote.

WEEKLY CHALLENGE

Boost your mood with music! Listening to music can help shift your mood and energy. Create a positive and uplifting songs playlist to enjoy!

SUPPLEMENTAL RETIREMENT ACCOUNTS

Employees contributing to a 403(b) supplemental retirement account with TIAA, Valic, MetLife or Lincoln and/or the ICMA-RC 457 Deferred Compensation Plan are eligible to defer \$19,000 in pre-tax money per calendar year into the 403(b) and \$19,000 pre-tax money into the 457 Deferred Compensation Plan. Employees age 50 and older are eligible to defer \$25,000 per calendar year into their 403(b) and/or the 457 plan.

Employees wishing to make an increase to their 403(b) Salary Reduction for TIAA, VALIC, Lincoln or MetLife should complete a [Salary Reduction Agreement Form](#) and return it to Human Resources.

Please remember that the 403(b) forms go through a third party vendor, Fringe Benefit Management Company (FBMC) and will be processed based on the date received in HR. The deadlines for receipt of the information by our third party vendor is based on payroll processing, which can be found on the Department of Accounts website under the [2019 TPA Calendar](#).



REMINDER

For those being honored at the Recognition and Service Awards or invited to attend, the deadline to **RSVP is April 17th** to the Office of Human Resources.

We hope to see you there!

Open Enrollment for Health Insurance Plans and Flexible Spending Accounts is fast approaching!

Open enrollment occurs May 1st through May 15th.

ERS TRAINING

Need assistance with the Employee Resource System? Human Resources is facilitating training for new and current resource providers to review responsibilities and procedures for the Employee Resource System.

Wednesday, April 17th

10am-11am

HR First Floor Training Room

To register, contact Human Resources at 4-7145.