



## PLEASE WELCOME OUR NEWEST CNU COLLEAGUES TO CAMPUS!

*Back row, left to right; **Karl Anderson**, Information Technology; **David Dayton**, Dining Services (Regattas); **Jonathan Manget**, Scheduling, Events and Conferences Services; **Celeste Essink**, Ferguson Center for the Arts; **Kevin McCann**, Plant Operations; **Matt Zywna**, Information Technology. *Front row, left to right; **Tim Presnell**, Housing; **Sarah Price**, Human Resources Student Intern; **Brenda Staton**, Dining Services (Commons); **Helen Burnside**, Catering; **Jessena Robinson**, Provost Office; **Enjoli Hughes**, Parking and Transportation.**



## OPEN ENROLLMENT UPDATE

The General Assembly was not able to pass a budget during their regular session. Consequently, Open Enrollment for health benefits and flexible reimbursement accounts is delayed.

**New Open Enrollment Dates are May 1 - May 25, 2012**

During this time, you will be able to enroll in a health plan and/or a flexible reimbursement account, change your health plan, add/or remove dependents, or waive state health coverage with an effective date of July 1, 2012. Information on premium and plan changes will be sent to you by email soon, posted on the DHRM website and mailed to your home addresses the week of April 23.

## GREAT NEWS FOR EMPLOYEES - THERE ARE HEALTH CARE OPTIONS!

Effective July 1, employees and non-Medicare eligible group members will be able to choose COVA Care or COVA Connect. Both plans will be available statewide and may be elected during Open Enrollment. Previously, health care plans were determined based on zip code. We'll update you as we receive information on costs, etc.

## LEGAL RESOURCES UPDATE

Legal Resources has changed Open Enrollment dates to coincide with the State's new timeline. The new Open Enrollment period to join Legal Resources is now from May 1 to May 22, 2012. Please contact Stacey Foshee in Human Resources at 594-7145.



**TRAINING & DEVELOPMENT OPPORTUNITIES**  
For the Week of April 16 through April 20  
(All classes will be held in the Office of Human Resources)



Registration for classes is easy! Call 594-7145 or email [hr@cnu.edu](mailto:hr@cnu.edu).

**UNDERSTANDING THE EMPLOYEE GRIEVANCE AND DISCIPLINE PROCESS**

Tuesday, April 17th: 10:00am - 11:00am Presented by Milton Brooks, Asst. Director of HR

**UNDERSTANDING OUR RESPONSE TO STRESS**

Tuesday, April 17th: 12:05pm -12:55pm Presented by Optima EAP

**UNDERSTANDING CLASSIFIED LEAVE**

Wednesday, April 18th: 10:00am - 11:00am Presented by Brittney Shivers, HR

**COMPLYING WITH THE DEPT. OF HOMELAND SECURITY I-9 FORM REQUIREMENTS**

Wednesday, April 18: 2:30pm - 4:00pm Presented by Emily Slicer-Smith, HR

To read a detailed description of each of the classes mentioned above, please visit our web site at <http://www.cnu.edu/hr/cnucomm/training/index.asp>.

**PLEASE NOTE!!** **Google Sites** and **Google APPS** computer classes, originally scheduled for Thursday, April 19th, have been cancelled and will be rescheduled at a later date. **Open Enrollment** classes scheduled for April 19 and April 24 will also be rescheduled in order to coincide with the delayed Open Enrollment timeframe of May 1 through May 25. Please check future HR newsletters for new dates and times of these classes.



**CNU, LET'S LIGHTEN UP!**

As shared on the CommonHealth Wellness website, there is a huge amount of scientific research pointing to foods and habits that make for good health. In an ideal universe, that's good news.

Everyone knows that if we exercise and eat right, we give our bodies what they need to work at their best. Sounds simple, right? Sometimes though, it's challenging to make healthy decisions and too much information can make eating well seem complicated. Real life happens, and in the rush to satisfy daily hunger and desires, we may succumb to less-than-healthy choices.

Just because we don't live in an ideal world, doesn't mean that we don't need to do our best to take care of ourselves. Find just one small way that you can make a positive change - it can have a big impact. Instead of focusing on depriving yourself of forbidden foods, focus more on adding healthy habits and foods into your lifestyle such as simply drinking more water. If you don't like plain water, try adding a splash of juice or flavored tea.

Isn't it time that you made a change for the better? To learn other ways to become a healthier you and to sign up for the *Lighten Up! Challenge*, visit CommonHealth's, [Lighten Up!](#) page.