Faculty & Staff Open Enrollment is November 1-30

Annual open enrollment begins November 1 and runs through November 30. This is your once-a-year opportunity to make changes to your PEBB benefits. All changes made during open enrollment are effective January 1, 2019.

- Find open enrollment information including new rates through the HCA PEBB website (www.hca.wa.gov/pebb)
- Make medical and dental changes online via MyAccount (www.hca.wa.gov/pebb, click on blue "Public employees" box, click on green "My Account" button)
- Enroll or re-enroll in the Medical Flexible Spending Arrangement (FSA) and/or Dependent Care Assistance Program (DCAP) online through the Navia Benefit Solutions website (pebb.naviabenefits.com)

The Benefits Fair will be held Friday afternoon, November 9, 12:30 – 3:00 PM, in the SURC Ballroom. Plan representatives will be present to answer questions and flu shots will be available while supplies last.
Welcome and Goodbye

Thad Brewer............Custodial Services
Erin Cone......Undergraduate Research
Tricia Duncan.........Financial Aid
Julia Felici..............Financial Aid
Katherine Gaer-Carlton....Testing Services
Kristi Gladen......Auxiliary Computing Services
Amy Jenkins...........World Languages
Masey Kalalau........Public Affairs
John Kaylor............Enterprise Application Service
Jennifer Knight......University Centers
Michael Marchand...Networks & Operations
Monica Medrano......University Centers
Nathaniel Nickel.......Associate Provost
Richard Olson.........Networks & Operations
Elliott Reid...............Wildcat Shop
Rosanna Roberts.....Custodial Services
Ryka Russell........Custodial Services
Andrew Sill...........Custodial Services
Dayna Stuart.........Disability Services
Nathaniel Wallace II.......Testing Services
Lin Wan......Student Med &Counseling Clinic
Kaleena Wilson..........Associate Provost
Francine Dondji........Financial Aid
Patrick Ferrell.............Mechanical Shop
Mauricio Gonzalez.....Contracts & Procurement
Rhonda McKinney....Student Med &Counseling Clinic
Janet Noyes.....Student Med &Counseling Clinic
Lindsey Wisniewski....University Advancement
Are you still smoking? You probably already know that cigarettes are bad for your health, but they can be hard to give up. Ask your doctor to recommend a quit-smoking technique that will work for you. You can try nicotine replacement gum, patches, or lozenges. Counseling is also available. Whatever method you try, stick with it. You mad add years to your life, and save thousands of dollars you would have spent on tobacco.

For more wellness tips visit EAP at www.FirstChoiceEAP.com username: cwu
Safety, Safety, Safety!

Last weekend we “fell back” and got an extra hour of sleep Saturday night. But Monday morning we found ourselves driving to and from work in the dark. According to the National Safety Council, several factors make night driving more dangerous including poor night vision, loss of depth perception, inability to distinguish colors, reduced peripheral vision, and the glare of oncoming headlights. In addition, fatigue and people driving while under the influence of drugs or alcohol also make night driving more dangerous.

Popular Mechanics offers tips such as making sure your headlights are properly aimed, cleaning your windshield (inside and out) and review mirrors to help reduce glare, using fog lights, and dimming your instrument panel lights to help yourself.

And while it’s sad but true, our night vision gets worse as we get older, so it’s important to get your vision checked regularly.

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Do you have an awesome co-worker, someone overdue for a little recognition? Of course you do!

Nominate them for Employee of the Month!

For classified staff, nomination info here: cwu.edu/employee-council/

For exempt staff nominations, go to: cwu.edu/exempt-association/

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November holidays are right around the corner. Ensure all time worked and absences are entered in a timely manner to allow for supervisor approval and corrections if needed. Late entries may not be processed as Payroll Services will have a shorter processing window for the 11/1-11/15/2018 pay period.

If you are a supervisor and plan to be out of the office, please delegate to someone at your level and above.

Contact Payroll for assistance at 963-2221.