


# NEWS YOU CAN USE

## Step Up and Take the Stairs





Step Up Emory is an initiative designed to encourage you to change habits and become active in taking control of your health. The key to success with Step Up Emory is to identify exercise opportunities and promote a healthy lifestyle. April has been identified as ‘Take the Stairs’ month and all Emory employees are encouraged to take the stairs **UP ONE** or **DOWN TWO** floors instead of taking the elevator.

Did you know that taking the stairs even one flight on a regular basis could help you burn calories, lose weight, and improve your cardiovascular health? Taking the stairs has been shown to help improve flexibility of joints and muscles, aid in prevention of osteoporosis, improve mental outlook and help you feel good about yourself.

And, you’ll be doing the environment a favor. Taking the stairs can conserve energy. Who would have thought that, as an employee, we could each make a difference in conserving electricity!



**TAKE THE STAIRS** instead of the elevator when going **UP ONE OR DOWN TWO** floors.

-  **Burn Calories.**
-  **Save Time.**
-  **Conserve Energy.**
-  **Feel Better.**



Help keep you and Emory healthy—start taking the stairs today!

Remember:  
**UP ONE** or  
**DOWN TWO**

*Pictured (clockwise) are Janet Gallo, Marion Dearing, President Wagner and Cynthia Watters. (Photograph provided courtesy of Emory Photography.)*

## Effective Cycling Class



The next effective cycling class at Emory is scheduled for **Saturday, April 14<sup>th</sup>**. Cyclists are also encouraged to attend an Effective Cycling Course conducted by the Atlanta Bicycle Campaign (ABC). The Clifton Corridor Transportation Management Association (CCTMA) will subsidize \$40 for eligible employees/students. Each participant is required to pay a \$20 non-refundable fee (this deposit may be rolled over to another class date if unable to attend due to an emergency). Contact the CCTMA at 404-727-1829 for additional information. Class size is limited. For more information, visit [www.atlantabike.org/](http://www.atlantabike.org/).

## Every “Step” Counts



*Have you gotten your pedometer?*

Wearing your pedometer shows you know about the Step Up Emory program to promote taking the stairs **UP ONE** or **DOWN TWO**.

All faculty and staff are encouraged to take the stairs to burn calories, save time, conserve energy costs, improve fitness, and, best of all, help you feel good about yourself. Look for your closest stairwell and make the stairs part of your daily routine. Remember every “step” counts towards leading a healthy life.

*(If you have not received your pedometer by April 16th, please call FSAP at 404-727-4328.)*

## DESTINATION EMORY

Transportation & Parking Services offers a broad array of commute options for staff, students and visitors to get to the Emory campus and the Clifton Corridor. For information on the variety of commute options available, visit our NEW, interactive Destination Emory site and begin sharing the ride today.

[www.destination.emory.edu](http://www.destination.emory.edu)

## Up Coming Emory Events



### Mail Services Presents: “Mail 101 Seminar”

April 24th, 2:00pm – 3:30pm  
Dobbs University Center  
Winship Ballroom / Room 301

Topics to be covered:

1. New USPS Rate: Get the latest detailed information on the upcoming USPS rate increase.
2. Mail 101: Learn from a USPS Official the specifics of how to correctly and cost effectively send your mail.
3. Emory Mails Services / Fulfillment Services (PBMS): Learn more about Mail Service Fulfillment offerings and ECAP (Emory Copy and Print Services).

Follow the link below to register your attendance at <https://psofthr.cc.emory.edu>. For questions about this training opportunity please contact: David Napier at 404-712-9482 or via email at [dnapier@emory.edu](mailto:dnapier@emory.edu).

Refreshments will be served and a door prize will be given at the end of the meeting (must be present to win).

### “The Carter Book Controversy”

Lecture by Dr. Kenneth W. Stein (William E. Schatten Professor of Contemporary Middle Eastern History, Political Science, and Israeli Studies)

April 5th, 4:30pm  
White Hall 208, Emory University  
Introduction by Emory University President Jim Wagner

President Jimmy Carter’s book *Palestine Peace Not Apartheid* has sparked a fury of debate and prompted Emory Professor Stein to resign as a Fellow of The Carter Center. Professor Stein and others have taken issue with the book’s argument and have alleged use of false and incomplete information. Professor Stein will discuss the book’s contents and their implications, and will field questions from the audience.

For more information, please contact 404-727-2798. The lecture is free and open to the public.

### Reasons for Hope: An Update on Alzheimer’s Research

A Panel Discussion on Recent Developments in the Field of Alzheimer’s Disease

April 26th, 7:00pm - 9:00pm  
School of Nursing  
P01 Auditorium - (Plaza Level)

Topics to be covered:

1. Learn about the most recent developments in Alzheimer’s Research – from basic science discoveries to trials of new treatments and techniques.
2. Have the chance to ask the experts questions about Alzheimer’s Research.

Sponsored by:

Emory University Alzheimer’s Disease Research Center  
Alzheimer’s Association, Georgia Chapter  
Yerkes National Primate Research Center  
Nell Hodgson Woodruff School of Nursing

Please direct all inquires to 404-727-6924. This event and parking are free of charge.

## Are you missing out on a great deal?

You may be if you are an eligible employee not taking full advantage of Emory’s 403(b) Retirement Plan. By making a 2% contribution into your Retirement Plan Emory will add an extra 3% in matching contributions as well. This matching contribution is in **addition** to the initial **6% contribution** Emory makes on your behalf! *Think of it as free money.*

Another way to look at it is for every \$1 you put into your Retirement Plan you get a **\$1.50 match** from Emory.

A quick glance at how this works:

Employee contribution from salary	Emory matching contribution* (employee contribution required to receive match)	Emory basic contribution* (employee contribution not required)	Total Emory contribution
0%	0%	6%	6%
1%	1.5%	6%	7.5%
2%	3%	6%	9%

\*See 403(b) Retirement Plan Summary Plan Description (SPD) for eligibility and vesting details.

Contributing less than 2% means you are not receiving the maximum that Emory offers nor earning the additional interest from that money. See the chart below for the impact this could have on you by the time you retire:

No. of yrs. investments are held	Employee contributes \$0 and receives Emory’s 6% basic contribution	Employee contributes 1% and receives Emory’s 1.5% match and 6% basic contribution	Employee contributes 2% and receives Emory’s 3% match and 6% basic contribution
5 yrs.	\$11,116	\$15,748	\$20,379
10 yrs.	\$27,887	\$39,506	\$51,125
20 yrs.	\$88,255	\$125,028	\$161,800
30 yrs.	\$211,066	\$299,010	\$386,954

Graph info assumptions: Employee earning \$30k - Paid bi-weekly—3% annual increase—6% return on investment—All Pre-tax contributions—Account is started \$0

### Need help jump starting your contributions?

Emory would like to offer you help if you aren’t getting all you can out of your 403(b) Retirement Plan. In April, anyone participating in the Plan at the 1% level, or not at all, will receive a special invitation to attend an informational session to learn about the importance of saving and what benefits you may be missing with the Plan.

**Remember** - investment information is always available by signing up for a one-on-one session with any of Emory’s retirement vendors.

Appointments can be scheduled by visiting <http://emory.hr.emory.edu/benefits.nsf> and clicking on the *Retirement Plan* or by calling:

Fidelity: 1-800-642-7131  
TIAA-CREF: 1-800-842-2776  
Vanguard: 1-800-523-1188

Not sure how much a 2% contribution would be from your paycheck? The calculation below can help figure it out:

.02 x \_\_\_\_\_ (total amount of check before any deductions)