



News You Can Use

STAFF FEST 2009

Welcome to Staff Fest 2009

This is the time of year when we take a break from our busy work schedules to recognize the hard work and dedication of our employees. Staff Fest 2009 will have a few new changes supported by the wonderful old standards including the Fun Run/Walk, Volleyball Tournament, music and the opportunity to help our surrounding community.

STAFF FEST 2009 INFORMATION

Staff Fest this year will take on a slightly different feel due to the current economic situation. The time of the main event has changed to 1 PM – 3 PM and we will be serving refreshments (popcorn, ice cream, frozen fruit bars and assorted beverages) in lieu of a full lunch. Emory’s leadership supports Staff Fest as a way to recognize staff for their contributions throughout the year. So, please plan on attending and participating in the Fun Run/Fun Walk in the morning, the Volleyball Tournament, Emory Information Central or just dancing as the DJ spins his records. It will be a fun opportunity to connect with friends and enjoy a spring afternoon on the Quad.

EMORY INFORMATION CENTRAL

Staff Fest 2009 will provide an opportunity for you to learn more about Emory University through Emory Information Central. Here you can get information on how to get more involved at Emory and in the community, how to get discounts at Emory’s fitness centers, how to save money through Sparkfly, and so much more. Visit the website starting May 4th for a complete listing of participating groups – www.emory.edu/staff_fest.

FUN RUN/FUN WALK



Join your co-workers May 15th, and Walk or Run in the kickoff event for Staff Fest 2009. Participants will meet at the Clifton Road entrance to Lullwater Park. The two-mile run starts at 10 AM, with the one-mile walk following at 10:30 AM. Register online at www.emory.edu/staff_fest for this event.

VOLLEYBALL TOURNAMENT

Are you and your co-workers competitive in nature? If so, GREAT. Due to the high interest in the Volleyball Tournament, we can now accommodate 20 teams as there will be two (2) courts. Refereed games will take place from 11 AM until 2 PM. To register, please have your Team Captain visit www.emory.edu/staff_fest. Please note: Only one (1) registration per team. All Team Captains must ensure at least 6 players are participating at all times during each of the games or forfeit.



SERVICING THE COMMUNITY

Would you like to make a difference in somebody else’s life? If so, bring your non-perishable food items to Staff Fest 2009 and donate them to the Atlanta Community Food Bank (ACFB). Barrels will be set-up through out the Quad on May 15th only – to collect your items. *(These barrels are for food collection only, please throw your trash and recyclable material in the appropriately marked containers on the Quad.)*



Below is a list of the items the ACFB currently needs, but donations are not limited to the items below:

- | | |
|------------------------------------|---------------------------------------|
| <i>Peanut Butter</i> | <i>Canned Tuna</i> |
| <i>Canned Beans</i> | <i>Canned Soups, Stews and Pastas</i> |
| <i>100% Fruit Juice</i> | <i>Canned Fruits and Vegetables</i> |
| <i>Macaroni and Cheese Dinners</i> | <i>Whole Grain, Low Sugar Cereals</i> |

If you would like more information on other ways you can help, visit www.acfb.org.

The Emory Employee Council will also be sponsoring a School Supply Drive during Staff Fest 2009.

“In these tough economic times, we are providing the Emory community a way to help the greater Atlanta Community by collecting school supplies for local school children in summer school programs. Please be sure to bring your items to Employee Council table on the Quad.”

— Employee Council President, Matt Engelhardt



Staff Fest 2009

Friday, May 15
1 PM – 3 PM

On The Quad

Rain location
DUC Lower Terrace
Refreshments Only

Have you lost your New Year’s resolve? Is your “get up and go” gone?

It’s time to... Step UP & Move!

Move More - Have Fun - Get Fit

With Spring here, now is the perfect time to commit or recommit to a healthier lifestyle, which includes incorporating exercise into your routine.

Step UP Emory, along with the Blomeyer Health Fitness Center, the Student Activity & Academic Center at Clairmont and Woodruff PE Center, invites you to **Step UP & MOVE!** Here’s your chance to find ways to move more, have fun and get fit. Learn how you can make exercise fun AND effective.

When most people think of cardio exercise, they think of running or jogging. But there are other activities that can count toward your daily dose of movement. Finding an activity you enjoy will increase your chances of sustaining it over a longer period of time.

If you are not sure which exercise is right for you, visit one of the numerous **Step UP & MOVE** demonstrations and classes to help you decide. Demos and classes will be offered by all three fitness facilities **April 23 – May 13**. For a list of classes, dates and times go to www.stepup.emory.edu.

Employees will also be eligible to win a free three-month membership at one of Emory’s gym affiliates during the **Step UP & MOVE** campaign.

Moving more may help you shed a few pounds, but there are other benefits besides weight loss. According to the American Diabetes Association, benefits of exercise include:

- The lowering of blood glucose, blood pressure and bad cholesterol (LDL);
- The raising of good cholesterol (HDL);
- Strengthening of muscles and bones;
- Reductions in risks for other serious medical conditions; and
- Stress relief.

Learn more about **Step UP & MOVE** by visiting the Step UP Emory website at www.stepup.emory.edu.



News You Can Use

Emory WorkLife Resource Center is officially online... www.worklife.emory.edu

The Emory WorkLife Resource Center is now open! The Center, a resource to all Emory faculty, staff and graduate students, is based in the 1599 Clifton Building *but* works wherever you do.



WorkLife Resource Center Quick Facts:

- The Center's goal is to provide employees with a virtual, one stop location for work-life programs and services, help strengthen work life at Emory, understand the needs of the campus and build new programs as they relate to work-life.
- Available online anytime – www.worklife.emory.edu
- Website provides a one-stop shop for:
 - o Dependent Care (including child and elder care)
 - o Workplace Flexibility
 - o Financial Programs
 - o Health & Wellness
 - o Time Off
 - o Faculty Life Course
- Professional Staff:
 - o **John Kosky**
Associate Director, Emory WorkLife Resource Center & Compensation
 - o **Audrey Adelson**
Dependent Care Program Specialist
 - o **Aaronnette Jackson**
Human Resources Associate
- Developed in response to the 2008 WorkLife Task Force recommendations.
- The WorkLife Resource Center staff can be contacted at worklife@emory.edu.
- To learn more about the Emory WorkLife Resource Center, visit the website (www.worklife.emory.edu), visit their table during Staff Fest 2009 or attend one of their workshops this summer.

Over the past few months, the staff of the Emory WorkLife Resource Center has worked to build the infrastructure of Emory's work-life programs and services. The WorkLife Resource Center website is a great tool to learn more about these programs and services, including the new Emory Child Care Network, a program designed to offer discounts and priority admissions on child care services throughout metro Atlanta for faculty, staff, and graduate students of Emory. Other resources include workshops to help employees manage common child and elder care issues such as easy access to day- and elder-care facilities.

The Center's website also houses resources regarding Workplace Flexibility, including Emory's Alternative Work Arrangement (AWA) policies and tools that provide managers and staff with guidance and coaching on various AWA issues or practices. The website provides flexible and consistent discussion and assessment of AWA options across varied office environments. It also provides an archive of AWA success stories to serve as examples for supervisors and employees.

For information on child and elder care resources, contact Audrey Adelson. For information on other work-life programs, including Alternative Work Arrangements, contact John Kosky. Both can be reached at worklife@emory.edu.

The Cost of Health Care

As health care costs continue to see a double-digit increase nationally, employers are keeping a watchful eye on how their health care dollars are spent – Emory is no exception. Below are some quick facts about the cost of health care from both a national and Emory perspective.

National Costs*

- In 2008, health care spending in the United States reached \$2.4 trillion, which is 4.3 times the amount spent on national defense.
- The United States will spend 17 percent of its gross domestic product (GDP) on health care.
- Health insurance expenses are the fastest growing cost component for employers.

Emory Costs**

- From 2003 to 2008, Emory medical plans costs have risen 70% with Emory absorbing approximately 82% of the premium costs while trying to keep employee premium increases to a minimum (averaging less than 5% per year).
- In 2008 Emory's overall medical plan costs were \$140.4 million, which was a 15% or \$18.2 million increase from 2007.
 - o 5% of the cost increase was due to membership growth (includes new employees, increase in family size and new enrollments of current employees).
 - o 10% of the cost increase was due to medical trends – the largest being a 40% increase in high cost claims (claims of \$75,000 or more).
- The \$140.4 million dollars spent in 2008 covered health related costs for 18,768 participating employees and 17,806 eligible family members.

We are providing this data so that you are informed of Emory's medical plan costs. Emory will continue to provide plans that are affordable for employees and competitive across the Higher Education and Healthcare industries.

*Data is taken from the National Coalition of Health Care website, www.nchc.org/facts/cost.shtml.
**Data includes both Emory University and Emory Healthcare numbers.

Key Changes to Cliff Shuttle Service (Spring 2009)

Transportation and Parking Services (TPS) is focused on providing faculty, staff, students, patients and visitors with safe, reliable, and efficient transportation services. Periodically shuttle routes and service levels are reviewed and adjusted; however, more significant changes are planned this spring after a careful review of ridership utilization and due to the new economic realities, which have resulted in fewer resources overall for transportation services. These changes may include a reduction of service frequency, or the elimination of select shuttle routes where similar alternative routing exists. In some cases, schedule frequency will be increased.

All route and schedule changes are outlined in detail at www.transportation.emory.edu.

Shuttle changes effective May 18, 2009:

- Northlake Park-and-Ride/North DeKalb Park-and-Ride
- South DeKalb Park and Ride
- A Route (Wesley Woods, Woodruff Circle)
- D Route (Peavine, Druid Hills Campus Circulation)
- Evening Campus Circulation Consolidation (Peavine, Clairmont, Woodruff Circle)
- CCTMA (Downtown Decatur, Clifton Corridor, Woodruff Circle)

Shuttle changes Effective June 1, 2009:

- Grady (Emory University Hospital, Grady)
- B Route (Briarcliff, Campus Crossing, Woodruff Circle)

Emory remains committed to providing quality shuttle services as effectively and efficiently as possible. For faculty, staff, and students who want to save money on commuting and wish to choose a more environmentally friendly option for their commute, Cliff shuttles continue to be a great commute option.



Activate Your Sparkfly Card!

The new discount website, www.sparkfly.com, delivers a world of saving on all the things you love. To activate your card visit www.sparkfly.com and click 'Activate Card'.

Then enter the 16-digit number from the front of your card and proceed with your registration. Need a card? Please call or e-mail Sparkfly customer care, 1800-687-2359 or customercare@sparkfly.com.



Managing Financial Stress - FSAP Webcast

Increasingly, there is more concern, anxiety and fear related to the current changes in our economy. Financial stress can have a significant impact on our mental health and well being.

The staff of FSAP recently conducted a webcast covering these topics and provided tips on managing your financial stress. To view the webcast or the accompanying powerpoint presentation, go to www.fsap.emory.edu.