



## Office of Human Resources Newsletter

December 2017 Edition

### Healthy Campus Wellness Program



#### Healthy Eating During the Holidays

*In partnership with Sodexo & TCNJ Auxiliary Services*

The holidays are here and it's a wonderful time to give thanks, spread cheer, and enjoy time with loved ones. Special gatherings filled with appealing foods paired with the colder weather can make it more challenging to maintain a healthy lifestyle. Follow these tips to beat the temptation and feel great throughout the holiday season!

Never arrive hungry – Don't skip meals to "save up" for a big holiday feast. Enjoy a balanced meal before heading out to avoid overeating and feeling uncomfortably full.

Pace yourself – Take time to enjoy your meal! Eat slowly and appreciate all the wonderful food on your plate. It takes 20 minutes for your brain to catch up to your stomach, so wait a bit before going up for seconds.

Balance your plate – Fill your plate with foods from a variety of food groups- vegetables, whole grains, protein, fruits, and dairy. All food groups are important and offer unique benefits!

Be smart with dessert – There are many ways to navigate the dessert table. Choosing fruit is

always a great option! If you'd like something more indulgent, treat yourself to a reasonable sized serving. Taking very small servings of a couple different desserts is a good way to try a variety without over-indulging.

Bring the healthy dish – Offer to bring a healthy appetizer, side dish, or dessert to the gathering. Vegetables and dip, fruit salad, whole grain crackers with cheese, mixed salads, roasted vegetables, and lighter desserts are all easy ideas!

Focus on your company – The holidays are an opportunity to spend time with people we love and many who we may not see often. Focus more on this valuable time and less on the food that will be served.

Stay active – Taking a walk before or after your holiday gatherings is a great way to relax or spend time with company. Too cold outside? Go "mall-walking" and get some holiday shopping done at the same time!

#### 2018 Benefit Plan Year

Changes made during open enrollment will take effect on January 1, 2018.

Effective January 1<sup>st</sup>, OptumRx will become the prescription drug carrier for the state of New Jersey. You should have received notice from OptumRX at home explaining the process to transition current prescriptions to the new carrier. Your prescription drug plan identification



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cards will be sent to you within the next three weeks. To learn more, you may click here:

[Welcome to OptumRx](#)

### Did You Know

#### Retirement Planning: “Catch Up”

Each day, many of us attempt to catch up with someone or something. And, as you get closer to retirement, you may think about retirement as a deadline. Are you on track? Have you saved enough? Are your investments earning enough?

Whether you've saved regularly throughout your career or got a late start thinking about retirement, you might be interested in saving more retirement dollars. PERS, ABP and Police & Firemen's retirement plan participants who are at least 50 years old, or will turn 50 years of age during the 2018 calendar year are eligible to make catch-up contributions to a voluntary retirement plan.

The College of New Jersey offers two voluntary savings plans. In 2018, employees who elect to make catch up contributions may contribute up to an additional \$6,000 over the \$18,500 maximum contribution limit set for under age 50 participants.

Making contributions to the voluntary retirement plan enables you to build your savings for retirement with money before it is

taxed, therefore reducing your taxable income today.

To learn more about voluntary retirement plan catch up contributions, email Cynthia Bishop-Lyons at [lyonsc@tcnj.edu](mailto:lyonsc@tcnj.edu) or Samantha Szakacs at [szakacs@tcnj.edu](mailto:szakacs@tcnj.edu).

#### 2018 Holiday and Energy Leave Schedule

The 2018 holiday and energy holiday schedule has been posted on the HR website: [2018 Schedule](#)

#### Remaining 2017 Paid Time Off

As we come to the end of the calendar year, please remember to schedule your accrued vacation and administrative leave. Information about the leave time policy is here: [Leave Time as we Approach the End of the Year](#)

### Learning & Professional Development

We invite you to check the learning and professional development site in early January 2018 for the updated course calendar and to register for classes.

