

April Office of the Month: *Campus Recreation*



Left to right: Robin Shook, Kathy Bulen, Mark Witthaus, Sue Limestall, Dan Zimmer, Ruthie Kempf, and Danny McDowell.

The Office of Campus Recreation, located on the second floor of the Student Recreation Center, may not be familiar to everyone on campus. However, many people at Truman (students, staff, and faculty) benefit from its efforts, whether they take part in University Wellness programs, participate in intramural sports, attend classes and programs offered at the Center, or just drop by for an occasional workout.

Sue Limestall is the Director of Campus Recreation. She is responsible for making sure that everyone has access to information, equipment, and facilities for developing healthy lifestyles. She carefully monitors participation in current programs and evaluates new proposals, procuring and allocating resources in an efficient manner. Robin Shook is the Fitness/Wellness Director. His responsibilities include organizing popular instructional programs such as yoga, jazz dance, martial arts, and aerobics. Another popular program provides individualized exercise programs for patrons. Dan Zimmer is the Director of Intramural Recreational Sports. He coordinates various sports and activities, promotes and organizes sign-ups, and schedules games and tournaments. He is assisted by student employees Rebecca Dunlap and Mark Witthaus, among others.

Ruthie Kempf is the Custodian. Ruthie's efforts keep the Recreation Center clean and organized, helping to make patrons' visits pleasant. Danny McDowell, Building Manager, is responsible for overall coordination and management of building systems operations. His duties range from custodial to repair of fitness equipment. As Secretary, Kathy Bulen handles a wide range of office tasks and assists in coordinating the student workers who help keep the Center running smoothly.

Everyone in the Office of Campus Recreation encourages you to make health, fitness, and recreation top priorities, and hopes you find your exercise enjoyable!

Since October 1996, the Staff Recognition Committee has recognized 55 offices/departments on campus as "Office of the Month" for the role they play in helping Truman State University achieve our mission. This program will conclude in May. If you think that your area has not been recognized, please contact Maureen at x7298.

University Bulletin Board



Mail Merge Workshop

Monday, May 21

3:30 p.m.

Violette Hall 1220

Please RSVP to x4031 by May 15.

Seating is limited to 28 people.



The Index Calls

Wednesday, May 2

1:30 - 3:00 p.m.

Governors' Room, SUB

(Both are Staff Development Programs.)

Hats Off



Award Winners

The Staff Recognition Committee has announced recipients of the Hats Off award. The award recipients are:

Teresa Kelly
Public Safety

David Cameron
Physical Plant

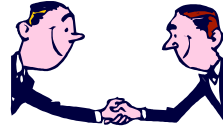
The Hats Off award is presented to University staff members who go *above and beyond* in an area of service.

To nominate a staff member, submit a completed nomination form to Human Resources, MC 106. Nomination forms are available in Human Resources or on the web at:

www2.truman.edu/businessoffice/humanresources.html



Meet Our New Employees!



Wayne Chipman
Advancement

Wayne began his position as Director of Major and Planned Gifts on April 9. He previously worked at Drury University in Springfield, Mo. Wayne has a Bachelor of Arts in Economics from Drury, and a Master of Business Administration and Juris Doctor from Washburn University. He is married to Stephanie Chipman.



Sheila Coonfield
Residential Living

Sheila began her position as Secretary on February 14. She previously worked at Wire Rope Corporation as a Purchasing Manager and Inventory Control and Machine Shop Supervisor and at Floor Mart as a sales representative. Sheila is married to Alan (a KCOM employee) and has three children: Tim (wife-Kristy), Melissa, and Daniel. She also has a granddaughter, Ashley. She enjoys sports, cooking, baking, church activities, and spending time with family.



Christina Davis
Student Health Center

Christina began her position as Registered Nurse on April 2. She has a Bachelor of Science in Nursing from Truman, and was previously employed as a R.N. on the Rehab Unit at Northeast Regional and as a student nurse at the Student Health Center. Christina is married to Eric, a teacher at Schuyler County Middle School. She

enjoys working with people, jogging, reading, spending time with family and friends, and the nursing profession.



Lori Allen
Library

Lori began her position as Interlibrary Loan Assistant on March 1. She previously worked for MU Libraries at University of Missouri-Columbia for five years. Lori grew up in Queen City and is a graduate of Columbia College. She enjoys reading, walking, and spending time with family and friends.



Julie Mitchell
University Career Center

Julie began her position as Secretary on January 8. She previously worked for the Tech Prep/STC Office at Moberly Area Community College. Julie has an Associate Degree in Business and Office, and she is married to Ja, a Computer Science major at Truman.



Kathy Bulen
Student Recreation Center

Kathy began her position as Secretary on March 12. She previously worked as a secretary at Northeast Regional Health and Fitness Center. Kathy is married to Jay (Fine Arts faculty) and has two children, David (13) and Joy (11). Her hobbies include sports, fitness, cultural events, and entertaining. A native of Ecuador, she especially enjoys sharing her heritage and participating in international events.

Benefits Notes from Bev

Tracking a Health Insurance Claim Online

First Health, the third party administrator for MSU Consortium, now has a new claim service available through the Internet. You can view your own claim's status to find out if the claim has been received, if it has been processed, if it is in the process of being taken care of, or if the claim is pending. Here is how you use this new service:

- Go to the MSU Consortium web page at **www.msuconsortium.org**
- Click on the words on the home page "Claims Status" (*You may need to scroll down the page.*)
- Enter MSUC as the login.
- Click on the "My First Health" title.
- Follow on-screen steps to establish a password. (*A password will be mailed to you. You will not be able to review claims until you receive it.*)
- Further instructions are on this page.

Physician office visits will have a \$15 co-payment

In the past, physician office visits have been applied to the deductible and included a twenty percent co-payment once the deductible was met. Now as a participating physician, the office visit will have a simple \$15 co-payment. The \$15 will not be applied toward any deductible. All labs, x-ray, and other diagnostic studies during the office visit will be subject to the deductible and co-payment.

Contraceptives Now Covered

Effective February 1, 2001, the MSU Consortium health plan covers contraceptives. The next time you fill or refill a prescription, use your Health and Drug card at a participating pharmacy and you will pay only a portion of the drug's cost. You will also be able to use the mail order program, which may save you money by ordering a three-month supply. If you filled a prescription for this medication since February 1, 2001, you may mail a copy of the pharmacy receipt or other proof from the pharmacy including date of the prescription filling and the cost to MSU Consortium at 10920 Ambassador Drive, Suite 100, Kansas City, MO 64153. You will be reimbursed less your co-payment amount.

Mail Order No Longer Mandatory

Express Scripts, the MSU Consortium pharmacy benefit manager, has reported that participants in the health plan would have saved \$50,000 if they had used the mail order program during one year. Although a few drugs may cost less at a retail pharmacy, savings are usually greater when mail order is used. The reason for this is the ingredient costs are discounted and there is only one filling charge for a three-month supply versus three filling charges for three, one-month prescriptions. Using the mail order drug program for maintenance drugs is not mandatory, however it could save you money.

Summer Address Changes

If you are going to have an address change for the summer, please contact the Benefits Office at x7480.



Jane Smith Address

Jane Smith, Library-Special Collections, will be undergoing a bone marrow transplant in early May. If you would like to offer her encouragement, mail can be sent to:

Mary Jane Smith
Siteman Cancer Center
Barnes-Jewish Hospital
1 Barnes-Jewish Hospital Plaza
St. Louis, MO 63110

FYI

Sources is now on-line...

Sources is now available on the web at **www2.truman.edu/~lenah/april2001.pdf**
Please visit the on-line Sources and let us know what you think of this version. Email responses to Lena at lenah@truman.edu.

Building Coordinators...

All Building Coordinators have been provided with a basic First Aid Kit. You may contact the Building Coordinator in your area to find out where the kit is located. For a complete list of building coordinators on campus, visit www2.truman.edu/police/bdgcld.htm.

May is National Osteoporosis Month

The Clinical Diagnostic Services of Northeast Regional Medical Center will conduct a heel scan clinic for Truman faculty and staff.

Wednesday, May 9

9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m.

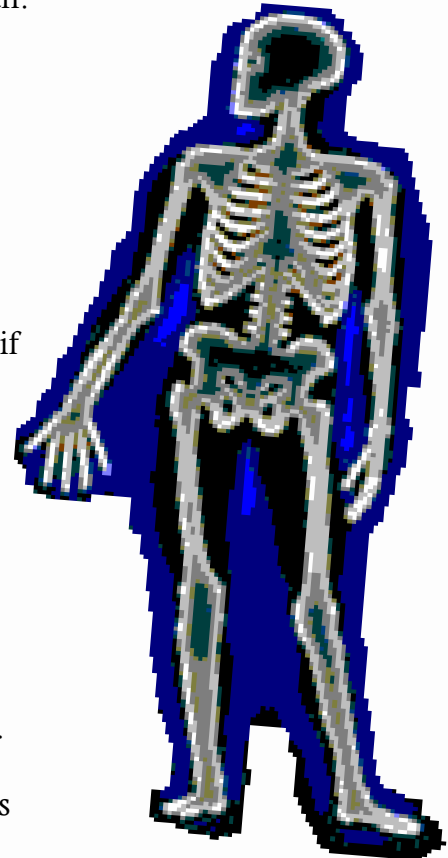
Student Health Clinic

A ten minute appointment is required.

To schedule an appointment, contact Lena at x4031.

Early diagnosis of osteoporosis (bone loss) can enhance your opportunity for a healthy, active life in the future. To determine if you are at risk for osteoporosis, you can have a bone mineral density (BMD) screening. It is a simple procedure where the individual sits in a chair while placing their heel in a scanner. (Socks or stocking may remain in place.) The screening takes approximately three minutes. The technician will review the results with you, but you will be encouraged to share the results with your personal physician. Depending on your results, your physician may suggest additional testing, preventative, or corrective measures.

The screening is provided by the University Wellness Program. If you had a heel scan last year and received an acceptable score, you do not need to repeat the scan this year. Please reserve spaces for those who have not yet received a heel scan.



Osteoporosis Risk Factors:

- Family history of osteoporosis
- Diet low in calcium
- Advanced age
- Female
- Postmenopause
- Thin, small-boned frame
- Abnormal absence of menstrual periods
- Anorexia nervosa or bulimia
- Use of certain medications, such as corticosteroids
- Certain anti-inflammatory medications, such as prednisone
- Inactive lifestyle
- Cigarette smoking
- Excessive alcohol consumption
- Low testosterone levels in males

Caucasian or Asian, although African Americans and Hispanic Americans are also at risk