



Eugene Education Association

2815 Coburg Road • Eugene, OR 97408 • Phone 541-345-0338

4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Julie Wenzl • 541-790-7682 • November 10, 2011 • Issue Number 257

FLEXIBLE SPENDING ACCOUNT REIMBURSEMENT DEADLINE

If you had a Flexible Spending Account set up during the previous FSA plan year for unreimbursed health-related expenses or dependent care expenses, please remember that all expenses must have been incurred between January 1 and September 30, 2011 to be eligible for reimbursement.

In order to claim the money you set aside, you'll need to complete a "Request for Reimbursement" form and submit it to Manley Services along with the appropriate documentation. You can contact Manley Services for the form or you can download it from the web:

http://manleyserv.com/pdfs/102_RFR.pdf

The deadline for reimbursement requests for the previous plan year is December 31, 2011. If you have questions, please call Manley Services customer service at 541-485-7488.

The current FSA plan year began October 1, 2011 and runs through September 30, 2012. Your next opportunity to sign up for an FSA plan will be during the next open enrollment period, August 15 – September 15, 2012.

RIVALS FOR LIFE!

Do you bleed green or orange? The Lane Blood Center is looking for all Die Hard Ducks and Beaver Believers to participate in the 10th Annual Civil War Blood Drive. The drive began November 3rd and runs through the 19th. You can donate blood anywhere in the state of Oregon during the Civil War Blood Drive and vote for your favorite team to take the trophy. All registering donors can also enter to win a pair of tickets to the Civil War football game at Autzen Stadium on Saturday, November 26th.

To be eligible to donate you must be in general

good health, weigh at least 110 pounds, be at least 16 years old, and have eaten a meal with protein within 4 hours of your donation.

For more information or to find a Civil War Blood Drive location near you, visit

<http://www.civilwarblooddrive.com/index.html>

The Ducks took home the trophy in 2010, but in this game, the real winners are hospital patients who need blood.

PERSONAL LEAVE RELIEF FUND AND SICK LEAVE BANK

The Eugene Education Association manages two charitable banks for EEA bargaining unit members: the Personal Leave Relief Fund (PLRF) and the Sick Leave Bank (SLB). Both banks are voluntary programs.

Once you donate a day to the PLRF you are not required to donate again unless you access days from the fund. During the fall PLRF enrollment period (August 30 – September 30, 2011), 22 members donated for the first time, 13 members donated a second day, 3 members donated a third day and one member donated her fourth day. Thank you PLRF donors!

In order to maintain an active membership in the SLB, you must donate one day every two years. During the SLB fall enrollment period (August 30 – October 31, 2011), 181 licensed employees made a donation of one or two days, 4 of them for the first time. One donor donated the maximum allowed (16 hours) despite fact that he works less than 1.0 FTE. There will be a second SLB enrollment period this school year from February 1 – April 6, 2012, and e-mail reminders will be sent at that time. Thank you SLB donors!

If you'd like more information on either of these programs, you can find detailed information on the EEA website: <http://www.eugea.org/>. From the

home page, pull down the Member Area menu to read the guidelines of either bank or to access forms.

If you are planning to retire this year and have a great deal of leave accumulated that you will not use, please consider a donation to one or both of these banks.

CHECK YOUR PAY STUB!

The new insurance rates that took effect October 1, 2011 are reflected in your 10/31/11 pay stub. Under the Pre-Tax Deductions section, you should see your monthly insurance premium as well as any money you deposit into a Flexible Spending Account. If you deposit money into a Tax Sheltered Annuity, you will also see that amount. In the After-Tax Deductions, you'll see the premiums for any optional life insurance you have purchased. Please take a few minutes to verify that your deductions are correct.

You can access your wage statement at the following link: <http://www.atsprintfreedom.com> or by clicking the My Pay Stub link on the Employee Resources page of the 4j website.

Once you have reached the Print Freedom site:

- 1 Enter **Eugene4J** for the Access ID
- 2 Enter your six-digit **Employee Number** for the User Name
- 3 Enter your **password**

If you are a first time user, your default password is the last 4 digits of your Social Security number. (You will be directed to a change password screen to set up your permanent password.) If you are not a first time user, your password is whatever you changed it to at the time of your initial login.

Once you have logged in, select *MyPayStub* to view your pay stub. Remember that your document password for the Adobe Acrobat screen will always be the last 4 digits of your Social Security number.

If you have any questions, please e-mail mypaystub@4j.lane.edu.

BRUSSELS SPROUTS

According to a 2008 survey, Brussels sprouts are the most hated vegetable among adults (kids hate eggplant even more). However, Brussels sprouts

are rich in lutein and vitamins C and K and only have about 60 calories per cooked cup, so they can't be all bad!

Good sprouts can be fabulous, but it's true that Brussels sprouts can taste bitter. To improve your odds of a bitter free batch, buy dark, tightly closed sprouts about an inch in diameter with no yellowing or brown spots, use them within a day or two, and don't overcook them.

If you're looking for an alternative to that green bean dish at Thanksgiving, you might try Brussels sprouts using one of these methods from the October 2011 issue of *Nutrition Action Healthletter*:

- Toss 1 pound of Brussels sprouts with 2 tablespoons of extra virgin olive oil and 1/8 teaspoon of kosher salt, and roast them at 425° until well browned, about 35 – 40 minutes.
- Cut 1 pound of Brussels sprouts in half lengthwise and steam them until they're bright green and tender (about 5 minutes), then drizzle with mustard sauce (whisk together 2 tablespoons extra virgin olive oil, 2 tablespoons orange juice, 1 tablespoon country Dijon mustard, and 1 tablespoon lemon juice).
- Sauté 1 pound of sliced sprouts and 3 sliced shallots in a non-stick skillet in 2 tablespoons extra virgin olive oil until lightly browned and tender.

While Brussels sprouts may never be as popular as broccoli or carrots, they really can be delicious. I served roasted sprouts last Thanksgiving and there were none leftover!

WEIGHT WATCHERS

Speaking of Thanksgiving, remember that dependents covered on an OEBB plan are now eligible for Weight Watchers as part of their medical benefit. (Age restrictions may apply.)

Call Weight Watchers on the OEBB-dedicated line (1-866-531-8170) to ask questions or get started. You can also visit OEBB's Weight Watchers FAQ page for more details:

<http://www.oregon.gov/OHA/OEBB/FAQWW.shtml>