

JULY 2009

# 2009 Benefit & Health Awareness Fair July 22<sup>nd</sup> @ Harborside from 8 - 5



THE CITY OF FORT MYERS

# EMPLOYEE BENEFIT TIMES

It's all about HEALTH & WELLNESS! The 2009 Benefit Fair is going to be one fantastic event you don't want to miss. This year we have 47 vendors participating. Remember to make arrangements with your supervisor and co-workers to arrange for departmental coverage so that you have ample time to visit all the vendors. Want to schedule a specific time for your health risk assessment, go to:

[www.pickatime.com/client?ven=11602530](http://www.pickatime.com/client?ven=11602530)

**REMINDER: The medical screening for the health risk assessment (HRA) requires a 2 hour fast for best results.**

All of our health care providers will be on hand to answer your questions and provide you with literature in preparation for the up-coming OPEN ENROLLMENT process. Rate sheets for the 2009/2010 plan year will also be available.

Dr. Lacagnina, Medical Director for Lee Physician's Group has helped us arrange for state-of-the-art fitness testing equipment to be on site along with medical professionals to discuss diabetes management, diet and nutrition, weight loss for children, osteoporosis, cardiac care, hypertension and much more.

Suncoast Schools Federal Credit Union and Bank of America will be available for your banking needs. It's never too late to start saving! Our deferred compen-

sation representatives will be on hand to discuss your retirement/investment needs.

Minnesota Life will be available to discuss your family's needs for additional supplemental life insurance.

Local colleges will be available to assist you with planning your on-going educational needs.

Our area wholesale clubs will be offering memberships and renewal specials (you may want to bring your checkbook). New stores are popping up all around us!

The Health and Harmony Center and Reiki for Everyone will be on hand for those of you who enjoy holistic and alternative medicine (yoga, massage therapy, Reiki).

Vision screenings will be available along with balance testing and other health assessments!

Jenny Craig Weight Loss (part of your BC/BS discount program Blue Compliments) will be at the fair with a sampling of their foods.

FREE—parking (main lot), FREE—munchies and refreshments, FREE—chair massage, Reiki treatments, health screenings

**Drawing will be held at the close of the fair. Winners will be notified by phone and prizes can be picked up at HR.**

## OPEN ENROLLMENT SCHEDULE

	<u>MORNING</u>	<u>AFTERNOON</u>
August 3	8:30-11:30 Council Chambers	1-4 Fire Station/Central
August 4	8:00-11:30 Fire Station/Central	1-4 Council Chambers
August 5	8:30-11:30 Council Chambers	1-4 Fire Station/Central
August 6	8:00-11:30 Council Chambers	1-4 Council Chambers
August 7	8:00-4:30 Police	
August 10	8:00-11:30 Council Chambers	1-4 Council Chambers
August 11	8:00-11:30 Council Chambers	1-4 Council Chambers
August 12	8:00-11:30 Human Resources	1-4 Council Chambers
August 13	8:00-12 Council Chambers	1-4 Human Resources
August 14	8:00-11:30 Council Chambers	1-4 Council Chambers

Closed for lunch from 12-1 daily

**DEADLINE TO FILE ANY CHANGES FOR OPEN ENROLLMENT IS 4:30 p.m. AUGUST 14<sup>th</sup>**

If you will be on vacation during these two weeks, please make special arrangements to process your open enrollment changes with Connie Gleason or Cindy McCullough. Benefit changes will be effective October 1, 2009 and your September 10<sup>th</sup> paycheck will reflect new deductions.

**LITERATURE REGARDING NEW RATES FOR THE 2009/2010 PLAN YEAR WILL BE AVAILABLE TO YOU AT THE BENEFIT FAIR.**

# PAYROLL INFORMATION UPDATE

## Paycheck Calculations

Did you know there are free tools to help figure your paycheck to calculate changes such as benefits, deductions, deferred compensation savings, or tax status?

Go to **GOOGLE** and search: **Paycheck Calculators** to access an array of websites that offer this this type of benefit software.

Some of the most popular paycheck calculator websites include:

[www.paycheckcity.com](http://www.paycheckcity.com) or  
[www.payroll-taxes.com](http://www.payroll-taxes.com)

*Denise Murphy*

Denise Murphy, Payroll Manager

### **Some Employees May Want to Adjust Their W-4's**

The Internal Revenue Service released new withholding tables incorporating the new Making Work Pay credit, one of the key tax provisions included in the American Recovery and Reinvestment Act of 2009. The City of Fort Myers posted these tables on the paycheck dated 02/26/09. An announcement that was posted on 3/6/09 from The American Payroll Association stated that some employees may want to adjust their W4. This bulletin is posted on the CityLink website for your convenience. You are encouraged to read this bulletin to determine if your taxes are being "under withheld".

You can visit [www.irs.gov](http://www.irs.gov) for further information. The tables are published in Publication 15-T, New Wage Withholding and Advance Earned Income Credit Payment Tables (For Wages Paid Through December 2009). Please contact your personal tax accountant for any questions concerning what changes or adjustments you may

## FIVE COMMON HEADACHE TRIGGERS

**STRESS**—Frayed nerves are a frequent cause of "tension" headaches and may also trigger migraines. **Suggestion**, take 30 minutes a day to daydream, meditate or just relax.

**DIET**—Certain foods contain substances that can trigger headache pain. Examples are caffeine, red wine, processed meats, chocolate, cheese, citrus fruits, lentils, snow peas and monosodium glutamate (MSG). **Suggestion**, if you know these or other foods bother you, try to avoid them.

**SITTING**—Staying seated for long periods, especially if you're on the phone or computer and hunched over for extended periods, can tighten muscles and lead to tension headaches. **Suggestion**, shift positions, stretch once an hour, stand during a phone conversation, take a short walk during lunch.

**SLEEP**—Too little or, surprisingly, even too much sleep can bring on headaches. **Suggestion**, control your body's internal "clock" by going to bed and getting up at the same time each day—even when you are not working.

**EYESTRAIN**—Focusing on one object for a long time (i.e. computer screen) can cause temporary head pain. **Suggestion**, take occasional "eye breaks" by looking out a window and relaxing your eyes.



TOP HEALTH (Health Promotion and Wellness Newsletter)

## PENSION CORNER

Our 457 deferred compensation representatives will be in Human Resources on the following dates. Please call to schedule your confidential appointment.

**ICMA-RC, Gabriel Alba**  
866-822-3634  
July 11th from 10 a.m.—1 p.m.

Nationwide Retirement Solutions, Ron LeClair  
239-594-8931  
July 7th from 9—11 a.m.

## BENEFIT STAFF MEMBERS

Benefits Manager  
Connie Gleason 321-7067

Insurance Coordinator  
Cindy McCullough 321-7068

Pension Plan Manager  
Debra Emerson 321-7076