

Facilities Management News

Vol. 7 Issue 2

May 2011

Facilities Management is on its way through more change. A change that is influenced by changes across the University. Times are exciting and challenging as we look at ways to be more efficient. As examples of the change,

- *Dave McAtee has purchased a small (albeit, ugly) cube van for the fleet to replace an aging gas guzzler. Ray Madej is leading a team looking at ways to conserve gasoline.*
- *Mary Duda is at the helm developing a carbon action plan that will reduce the amount of carbon generated by the University. She is being aided by a class convened by Dr Jay Leichter.*
- *Maria Jerrell and Pete Maas are looking at ways to make the recycling program more self sustaining. The current program does not pay for itself because the recycle commodity is not worth much to buyers. The Program Prioritization recommendation is to study the recycling operation to find efficiencies and save money in operating the program*
- *Matt McKenzie will be hiring a floor tech for the Harper Center. The position is new and made possible from funds transferred to our budget from Events Management because Facilities Management has agreed to do all the cleansing in the Harper Center. This step removes any question about who should be cleaning during and after events. It also makes us more accountable.*
- *Lou Marcuccio and I will be meeting with the staff in the Cardiac Care Center and in the Skutt Student Center to discuss expanding custodial services to the two areas. Presently, the two entities have responsibility for cleaning their respective buildings. While the quality of cleaning in the buildings is very good, it may be possible to find efficiencies to reduce the cost of cleaning by expanding the role of Facilities Management. This is an initiative identified in Program Prioritization.*
- *Maria Jerrell is writing next years budget given a directive to cut discretionary expenses. Food, catering, and communication are areas where the budget allocation was reduced.*
- *Staffing changes are being considered with an eye to altering the staffing pattern and better utilize the strengths of individuals by creating opportunities.*

Sustainability has become the way we do business. Whether it is LEED education classes by Coale Johnson or Community Garden coordination by John Schwede or bike repair by Dustin Vice. The notion of sustainability should be always with us as we soon will be displaying a sustainability logo on our uniform clothing thanks to Mary Duda and Deb McAtee. The efforts at sustainability through the organization are seen everywhere. Other examples are the never ending efforts to conserve energy with efforts to save watts in the lighting lead by Paul Starr and his team or the continuous monitoring of building steam and chilled water through s daily commissioning process by George Tangeman, Ed Grudle and Pat McAtee. Jessica Heller keeps Creighton in the forefront because of her efforts with others recognize the tree resources on campus through treeCampus USA; now in its third year. Matt McKenzie and the entire custodial team continue to accomplish green cleaning very well even when it requires more elbow grease. Clearly, each of you should be congratulated for your individual sustainability efforts and for the way you work together to make the campus a more sustainable space that influences the culture of the campus constituents.

It seems that this school year went quickly. I applaud you for the good service you delivered. The snow removal process was done very well as an effort to control expenses was augmented by the purchase of a dump truck and a review of the ice melt product to find a better/less expensive product. The energy conservation effort is becoming moiré of a team approach with custodians reporting problems and the building engineers meeting with Energy Management shops daily in a formal way to identify building system problems. Everybody closing windows and turning off lights has been a very positive and noticeable activity. When Matt and I walked through Kiewit Hall recently, I commented that the building was ready for the start of school even though the building had been used intensely for the past school year. Painting has been accomplished all year round in residence halls to keep the buildings looking nice.

Another example of improved service delivery is the fewer phone calls for leaking roofs. So much has changed in how we deliver service and you are recognized for the good you are doing.

Fr Schlegel will soon be departing. He has been very supportive of Facilities Management and the service delivered. Please take the time to wish him well when you meet him on campus. He has certainly wished us well for 11 years as the campus transformed into a beautiful place.

Fr Lannon will be here in July. While we don't know the man we are aware of his reputation as a man who cares about people and has a commitment to delivering quality education. The change to the new leadership will be quick because Fr Lannon is planning for retreats in August to get a full understanding of the operation of Creighton. He is also getting information about Creighton regularly and has occasion to visit campus to learn more. He will not come here as a stranger. Be excited because the change is always invigorating and exciting.

What's ahead?

- *Fun Day is tentatively set for Sept 15*
- *Oct 6 will be a "touch-a-truck" activity where Facilities Management displays its many and varied skills and responsibilities.*
- *Oct 13 is all campus safety awareness fair.*
- *Bryan Burton is leading the Facilities Management safety committee following the successful three year term of Ken Juhl at the committee helm.*
- *Fr Lannon's inauguration will be late September*

Please be mindful of the College World Series. There will be unknown requirements for prompt service to clean and maintain the campus. The event is sure to bring extra parking demands and the street access to the Jelinek Bldg will be more difficult. Don't get upset but rather use the event to be an even greater ambassador for Creighton. Help others enjoy the event.

Writing this article makes me realize the work done well you and Facilities Management is doing. It is with regret that I can't list every activity and recognize more individuals by name. As you continue as ambassadors of Creighton, do your work safely. The jobs you do are not always in a well lighted, dry environment and accidents can happen. Think through the job and do it safely so you can continue without injury. Your safety is important to all of us.

*Thanks, again
Lennis*



**Keep recycling....
It helps everyone!**



Energy Management

George Tangeman

The energy Awareness committee meets in the Alumni Library UP room the first Tuesday of the month at 9:00 a.m. We want to invite anyone interested in energy awareness join us. We tour buildings and go places you would never imagine existed on campus and identify energy savings.

The Facilities Energy Management Department has been busy this summer working to identify new locations for Sensor Switches to control lighting and save energy.

We celebrated Earth Day at the Student Center on April 20th. We had a good turn out with many guest speakers including Robert Byrnes, OPPD, Metro Transit and our very own Ray Madej from Landscape Services, talked about the new Rain Bird watering system. Jessica Heller was there with good information on tree planting and we all got to vote on the tree of the year. We also had a good representation from many of the local bike shops that included bike races called *Green Sprints*.

This year's winner of the Residence Life energy saving contest goes to Davis Square! They used 9,326 KWH less than last year ~ that's a 14.20% reduction. If they can do it we can too. Great Job!

The Energy Management department is currently working with the building Engineers changing the HVAC systems over to cooling. This is a long and tedious job, but we expect it to be done before schools is out.

Pat McAtee has been busy this year up-dating the Controls systems operation hand books. Good job Pat! Ed Grudle has been busy making repairs to the many different HVAC systems on campus, like replacing leaking valves, cleaning coils, adjusting dampers, designing and installing valves and controls for heating systems. All of this work is saving energy. Good job Ed!

News from Father Schlegel



I want to thank the entire campus community, and especially the Strategic Program Prioritization Steering Committee, for the tremendous work that has been done on prioritizing the University's programs.

The Strategic Program Prioritization Report provides the detailed information on the decisions that have been made to date, as well as updates on recommendations that require more information and study. A link to the report is also available on the

Strategic Program Prioritization website. To get to the website, click on the link below and log on to the Creighton University portal with your Blue ID and password.

<https://my.creighton.edu/group/strategic-program-prioritization/welcome>

The commitment of the University faculty and staff has resulted in strategies that position Creighton to improve both academic and nonacademic areas, as we fulfill our core mission of teaching, research and patient care.

Thank you.
John P. Schlegel, S.J.
President

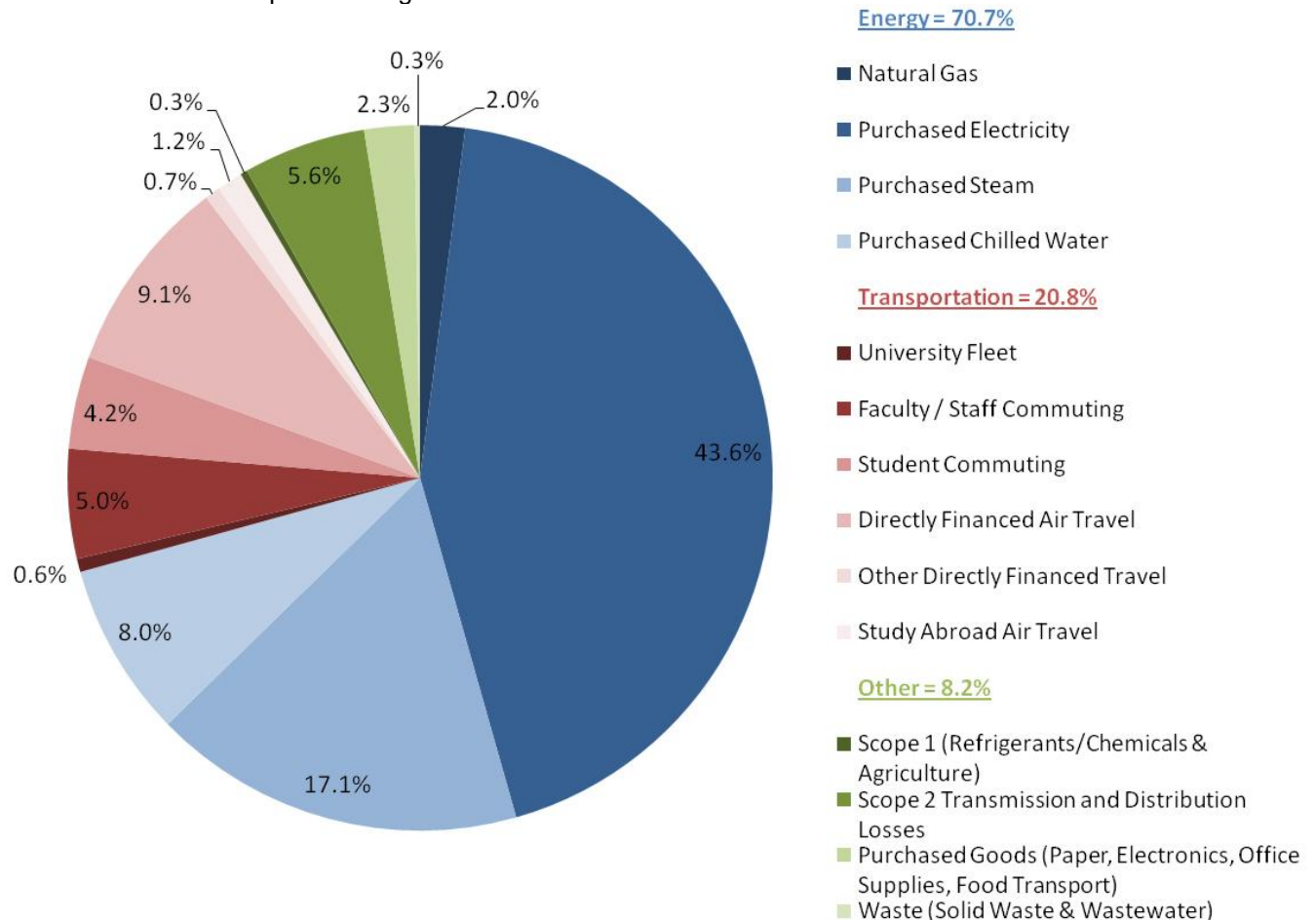


Mary Duda

Creighton's Greenhouse Gas Inventory was completed by the Brendle Group for fiscal year 2009-2010. The Protocol requires the reporting of six different greenhouse gases, which are reduced to the common unit of CO₂e, or carbon dioxide equivalent, due to the varying impacts each of these gases have on the environment.

The total emissions in the Creighton inventory in FY'10 were **88,534 MTCO₂e**. All emissions are categorized into three scopes as defined in the GHG Protocol. The purpose of scopes is to prevent double counting emissions between reporting entities.

Over 95% of the emissions generated at Creighton are indirect (resulting from energy that is purchased by the university but generated elsewhere or emissions that occur outside of the university as a result of the activities or demand generated by the university), with the majority from consuming purchased energy. When considered by sector, **energy consumption** and **transportation** are the primary sources of GHG emissions at the university, with small portions contributed by other sources, such as the embodied emissions in purchased goods.



Creighton's carbon footprint compares favorably to other schools; the university had lower emissions than such schools as the University of Notre Dame, Case Western Reserve University, and Washington University in St. Louis on both a per-student and per-square-foot basis.

For more information: <http://www.creighton.edu/about/sustainability/acupcc/index.php>

This summer eat healthy by growing your OWN vegetables and fruits at...

CREIGHTON'S IGNATIAN GARDEN

Location:

West side of North 18th Street (between Burt & Cuming)

of Plots Available: 24

Plot Size: 6'x12'

Garden Season: April 1st - October 31st

Cost: Only \$20 to lease a plot for one season!



*The American Dietetics Association recommends eating 5+ servings of fruits and vegetables a day for staying healthy, decreasing risk for disease and maintaining a healthy weight.
So why not grow your own?*

Benefits of Having Your Own Garden:

- Less time from harvest to the table (fresher & more nutrients)- commercially grown produce is often harvested before fully mature and can take up to two weeks to reach your table, resulting in degradation of nutrients.
- Control over pesticides and weed management
- Fresher & better tasting produce! Fruits and veggies can be harvested at the peak of maturity/ripeness and will be fresher, easier to access and will taste much better!
- Save money. Produce can get expensive in the stores especially with gas prices.

Did you know?

The average family with a vegetable garden spends just \$70 a year on it and grows an estimated \$600 worth of vegetables!! Just take green beans for example, for every \$1 spent on seeds, you could generate \$75 worth of veggies!

To lease a plot please contact: John Schwede at
johnschwede@creighton.edu or 402-510-2271.

Happy Gardening!





Creighton employee & student gardeners pictured here: Eric Immel, Dillon Miskimins, Mallory McGinnis & Liz Ferguson.

Join us this year to grow a small garden and improve your mental and physical health at the same time. If you don't want to try your own plot, get a group of coworkers or friends together to share the load.



Contact John Schwede with questions and to lease a plot for this garden season.

(402) 510-2271
johnschwede@creighton.edu

Zucchini Chips

¼ cup dry breadcrumbs
¼ cup grated fresh Parmesan cheese
¼ tsp seasoned salt
¼ tsp garlic powder
1/8 tsp freshly ground black pepper
2 Tbsp fat free milk
2 ½ cups (1/4 inch thick) sliced zucchini (about 2 small)
Cooking spray

Preheat oven 425 degrees F. Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk and dredge in breadcrumbs mixture. Place coated slices on an overproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425 degrees for 30 minutes or until browned and crisp. Serve immediately.

Nutrition (3/4 cup): 61 calories, 2 g fat, 3.8 g protein, 7.6 carbs, 1 g fiber, 5 mg cholesterol, 231 mg sodium, 87 mg calcium

Home-grown Salsa

20 medium tomatoes
2 green bell peppers
2 onions
12 jalapeno peppers
1 bunch fresh cilantro
1 whole garlic
6 hot peppers
2 tbsp salt
2 tbsp pepper
¼ cup Tabasco sauce
¼ cup vinegar
1 lime, juice of

Individually chop all the peppers, onions, garlic and cilantro and put them in a large bowl. A food processor is handy but can be done by hand. Stir the remainder of the ingredients together. Refrigerate and serve with fresh veggies or baked chips.



Interested in growing your own food, but don't have the room?

Get a plot on campus for only \$20 and grow your own foods!

Mark your calendars

FUN DAY
Thursday, September 15, 2011
NP Dodge Park

MORE INFORMATION TO FOLLOW....



HR Extra!

Find a Work-Life Balance

In addition to EAP services offered to Creighton employees, Magellan's new Work-Life services help employees deal with the difficulties of balancing professional and personal time. The Advanced Locator tool helps find local resources, offers checklists, articles, webinars, podcasts, interactive health tools and more! It's in one convenient location, the Magellan website.

Prep for Performance Evals

As a manager at Creighton, you should have your one-on-one performance evaluation meetings with all of your direct reports scheduled and completed this month. For more information regarding timelines, tools and tips to completing thorough performance evaluations can be found on the performance management web page.

Take Control of Your Career

Is your resume collecting dust? Time to brush it off and enroll in the next session of **Career Planning at Creighton** with the Career Center's Assoc. Director, Lisa Brockhoff. Session starts May 4th from 12:00-1:00 p.m. and continues four consecutive Wednesdays ending May 25. Intended to help employees assess their strengths, improve their resume & cover letter, learn to network within the University and help to navigate Creighton's job site, this site is mean for everyone!

Qualified Status Change:

Adding or removing a family member to insurance prior to Open Enrollment may be a qualified status change. Changes must be made within **31 days** of the qualifying event, and include a change in:

- legal marital status (marriage, divorce, death)
- number of dependents (birth, adoption, death)
- employment status affecting coverage (new or termination of employment, or change in hours worked by a dependent spouse)
- loss or gaining of other coverage

HR must have documentation to substantiate most coverage changes, but don't wait for documentation to notify us of your change—call HR at (402) 280-4753. To make changes, call the Solution Center at 866-903-8216 or log on to ADP.

Tuition Remission Policy change:

There have been some administrative changes to the Tuition Remission Policy. The Guide to Policies and Procedures will be updated with the new policy after May 2. If you would like to view the updated policy now, click the link below. If you cannot click the link, copy and paste it into a web browser. Please direct your questions to Human Resources.

http://www.creighton.edu/fileadmin/user/AdminFinance/HumanResources/docs/Policies/Tuition_Remission_Policy_2_2_12_FINAL_Revised_Version_4-8-2011_2_.pdf

Happy
Mother's
Day! 

Sunday, May 8



News from Planning and Design: Fran Angeroth

A quick look at a few of the current approved projects:

- Reinert Alumni Library the roofers are still about so look out while you are moving around the outside of the building.
- Brandeis dining hall upgrade the design is completed, the general contractor has been selected – now we wait for school to be out to begin work.
- Design and specification for the Heider Hall safety upgrades are completed and the general contractor has been selected. The work is due to start late May and complete before school starts in the fall.
- Heider Hall will also receive new data wiring in the rooms and overall wireless for the building.
- KFC- spine roof replacement & related repairs – work to begin May 23rd and complete before school starts.
- Skutt Student Center – replace the outside patios in front of 104 and 105. Work to begin May 23rd and finish before school starts.
- Swanson Hall will have a second wireless augmentation in May before IPF moves in.
- Watch out around campus there are five locations receiving concrete repairs.

There are a number of other projects at this time in preliminary discussions, design and estimating, pending approval or scheduled for work at a later date:

- Skutt Student Center – remodel the Creighton Federal Credit Union space
- New turf for the baseball/softball fields
- Heider Hall roof and new deck
- ROTC – new furnaces and A/C units

Thanks to everyone in Facilities Management for your cooperation and sharing of information so vital to the successful completion of the many projects across the campus. We know our work impacts your work but as a team we all can succeed.



to our new employees that joined us during February, March and April

Custodial Services:

- **Maria Arizaga de Gonzalez** worked for FBG before joining us on February 28. Maria is a custodian in Gallagher and Kiewit Halls.
- **Lon Dell McCoy** started as the Lead Custodian in Creighton Hall on March 16. He is single and has a 4 year old daughter, Krai. His hobby is bowling.
- **Roxanna Sanchez de Portillo** works as a custodian in Hixson Lied. She is originally from El Salvador and worked for KB cleaning here in Omaha prior to joining us on March 14.
- **Gwen Barnett** is the new Crew Leader in Swanson/Delgman and started at CU on February 21. She attended MetroTech Community College and enjoys playing cards, listening to music, working out and watching football and baseball. She is single and had 1 son and 2 granddaughters. She has been in the custodial services business for 17 years.

Mechanical Engineering:

- **Gary Johnson** is our newest Engineer, starting on April 27. Gary was the Facility Manager at Kaplan University for the past 14 years. He is married and has 4 children: Jerry (30), Cassie (28), Jason (26), and Preston (11).

Benefits: Faculty and Staff Update ~

In the weeks to come, the University has important operational and financial information to share with faculty and staff. This update focuses on the University's benefit plans.

The University Committee on Benefits analyzed the individual program templates for all major benefit plans. Over a series of meetings, the committee developed recommendations that were forwarded last fall to Dan Burkey, senior vice president for Operations, and the Strategic Program Prioritization Steering Committee for review. The recommendations were then reviewed by the president's Cabinet and an action plan was submitted to the Strategic Program Prioritization Steering Committee. The Steering Committee reviewed the submitted information and made its recommendations to Father Schlegel. These recommendations were again reviewed with the president's Cabinet and the final decisions are reflected below.

The following explains which benefit plans did and did not change:

- Tuition remission for employees was not changed.
- Regarding tuition remission for employee dependents, no changes were made to employee eligibility for years of service or the percentage of tuition benefit received. Dependent eligibility requirements were tightened relative to academic performance and student conduct, and the administrative fee was raised to \$1,250/semester for full-time students.
- No changes were made to the retirement plan; however, the recommendation was made that as soon as financially possible, the University should enhance the benefit by restoring the maximum match level to 8%. This was noted as a high priority.
- The University subsidy for athletic tickets was changed from the 2-for-1 ticket program to a 20% discount on 2 tickets.
- No changes were made to the following benefit plans: Basic Life, Employee Assistance Program, Medical, Dental, Prescription, Flexible Spending Account or Health Savings Account benefits, vacation, sick or holiday benefits, or the wellness program.
- No changes were made to the disability benefit plan; however, it was recommended Creighton consider restructuring and enhancing this benefit in the near future to include a short-term disability benefit.
- The vision benefit plan's University subsidy was modified to 50% and the eyeglass/contact lens benefit was increased. This change was made effective Jan. 1, 2011, and was communicated during the benefits enrollment process last fall.
- An administrative change was made to the partnership between the Creighton University Medical Center Pharmacy and the benefits plan, resulting in a pharmacy benefit plan savings of \$90,000. This adjustment was administrative in nature and does not affect participant benefits.

Prioritizing benefits was a difficult process that included balancing the need for financial savings with understanding faculty and staff participation levels, weighing the importance of each benefit plan, ensuring we stay competitive in our employment offerings to retain faculty and staff, and staying attractive and competitive to employment applicants.

A broader update on the prioritization process will be distributed later this month and an update on the fiscal year 2011-12 budget will follow in early May. If there are specific questions regarding benefit plans, please contact Human Resources.



Do you need a little motivation this summer to get you off the couch? Training for a race or event is a great way to get yourself energized to get moving this summer. Whether you walk, run, or bike, we have a summer training challenge for you! CU Movin'—100 days of running, walking & biking is the summer wellness challenge for all Creighton Employees to keep in shape this summer. This 100 day program starts **June 1st** and runs through **September 8th**. This program is great for those of you interested in participating in a race this summer or fall. The program will lead you right into the Corporate Cup Race on September 18th, where you can be a part of the Creighton team!! But if you are just looking to stay in shape this summer, you can just participate in the program too.

If you sign up for the CU Movin' challenge, you will get a FREE training booklet with 6 training programs for walkers, runners and cyclist (different mileages included). Also included in the book are tips and training recommendations for all levels, nutrition advice, training logs and a few stretching exercises. During the course of the program, participants will be given the opportunity to come to presentations from health professionals on different training topics such as injury prevention, training nutrition and training shoe advice. There will also be a few special group training events like lunch walks/runs followed by a smoothie demonstration.

And of course, don't forget about your chance to win prizes throughout the challenge as well. Participants will be eligible for prizes during the 4 checkpoints where you can log your training progress. All participants that finish the 100 day challenge will receive \$10 in their Wellness Funds.

Get motivated this summer to stay in shape with the **CU Movin'** summer challenge! Sign up starts in May. Keep your eye for more information on registration.

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Announcing New Arrivals ~

♥ Congregations to **But La** and his wife, on the birth of a baby girl, Hkawnring born April 15, weighing 7 lbs.6 oz. But La is a custodian in the Child Development Center and Linn Building. .

♥ **Mu Gay Wah** and her husband recently welcomed a son into their family. MuGay is a custodian in Kiewit/Gallagher Halls.

Why Knowing Your **Blood Pressure** is Important

Unless you know your numbers, you wouldn't have a clue if you were suffering from high blood pressure until it may be too late. Since there are usually no symptoms, many people have high blood pressure for years without knowing it.

Think of a lawn mower engine powering your car. What would happen? The engine would wear down and die because it isn't meant to power an automobile. Well that's similar to the effects of hypertension or high blood pressure. High blood pressure makes the heart work too hard, it's that simple.



Have your blood pressure checked and work together with your health care provider as a team to reduce it if it's high. The great news is that in most cases, you can take control of your blood pressure. Healthy lifestyle behaviors like the ones listed below can help manage and /or prevent the onset of hypertension.

- **Maintain a healthy weight**
- **Be physically active**
- **Avoid salt**
- **Drink alcohol in moderation**
- **If prescribed drugs, take as directed**

Source: National Heart Lung and Blood Institute

Baked Salmon with Spinach & Strawberry Salsa

Ingredients

4 (3-oz) salmon fillets, skin removed	1 jalapeno, seeded and minced
1 teaspoon lemon zest	2 tablespoon chopped fresh mint leaves
1 pound strawberries, diced	2 tablespoon fresh lemon juice, divided
2 kiwifruits, peeled and diced	1 lb baby spinach leaves, rinsed but not dried
1 cucumber, diced	

Method

Preheat oven to 350°F. Place salmon on a baking sheet and sprinkle with lemon zest.

Bake 15 to 18 minutes or until cooked through. Meanwhile, place strawberries, kiwi, cucumber, jalapeño, mint and 1 tablespoon lemon juice in a medium bowl and toss until combined. Set aside. Heat a large, high-sided skillet over medium heat. Add spinach, with water still clinging to leaves, cover and cook 5 minutes or until wilted, stirring occasionally. Stir in remaining lemon juice. Divide spinach among plates. Top with salmon and salsa and serve.

Per serving (about 15-oz): 210 calories (5 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 130mg sodium, 37g total carbohydrate (7g dietary fiber, 5g sugar), 15g protein

Source: wholefoodsmarket.com/recipes





Nebraska...the Home of *What*?

Jessica Heller

What do Kool-Aid, the Vice Grip, the Hallmark Card, Malcolm X, and Arbor Day have in common?

.....They all got their start in Nebraska.

Arbor Day is an observance, celebrated nationwide, that encourages proper planting and care of trees. Founded in 1872 by J. Sterling Morton, journalist and secretary of the Nebraska Territory, Arbor Day is celebrated on the last Friday in April. Morton first proposed his idea for a tree planting holiday in January of 1872, and the first observance was held on April 10th of that year. Prizes were offered to the counties and individuals who properly planted the largest number of trees on that day. It was estimated that more than a million trees were planted in Nebraska on the first Arbor Day.

A hallmark of Morton's advocacy efforts was the way he encouraged participation from civic organizations, schools, and other groups. Each year, there are many actions on the Creighton campus that reflect the spirit of Arbor Day. One unique way that we advocate for trees is with the Campus Tree of the Year Award, held in conjunction with Earth Day and Arbor Day. While superficially a popularity contest, the process of awarding the honor, from nominations to voting, is an exercise in awareness. Participants, by design, must consider what it is about a particular tree that makes it valuable.

On April 29th we will award the third Campus Tree of the Year Award. To learn more about the contest and the winning tree, visit the Committees section of the Facilities Management website and look for the Tree Advisory Committee.



Your Emergency Kit

A storm can leave you stranded without electricity for days. A tornado can leave destruction in its path and you can't evacuate. Do you and your loved ones know what to do if disaster strikes? Be prepared. Keep an emergency preparedness kit in your home and vehicle. **Homeland Security recommends that you include these items in your kit:**

- A 3-day supply of water for hydration and sanitation (1 gallon for each person in your household)
- A 3-day supply of non-perishable food. (Note: pack a can opener if your kit contains canned food.)
- Flashlights with extra batteries.
- Several dust masks to help filter contaminated air.
- Plastic sheeting and duct tape to create a shelter in place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- A battery-powered radio and a NOAA Weather Radio with tone alert and extra batteries.
- Wrench or pliers to turn off utilities.
- Local maps.
- Prescriptions.

Keep this kit in a secure place in your home and make sure that everyone in your household knows where it is located.

May is National Osteoporosis Awareness and Prevention Month

Osteoporosis affects nearly 75 million people. 1 in 3 women over the age of 50 will experience osteoporotic fractures as will 1 in 5 men.

Risk factors for Osteoporosis

- Getting older
- Being small and thin
- Having a family history of osteoporosis
- Taking certain medicines
- Being a white or Asian woman
- Having osteopenia (low bone mass)

The top 3 things you can do to reduce your risk of osteoporosis are consuming an adequate amount of calcium, getting adequate amounts of vitamin D and regular exercise.

Remember: your goal should be to have 7000 points May 31st. Here are different ways to get your points:

- View a Health Education Module
 - Bone Density: A Weapon Against Osteoporosis is available or you can view any health module in the "Education Library" at your SimplyWell home page.
- Participate in our summer wellness challenge CU Movin'! Details coming soon!!
- Going to preventative doctor appointments
- You can also earn points by attending seminars such as the FREE seminar below:
 - Please join Robert R. Recker, M.D., director of the Creighton University Osteoporosis Research Center for a free seminar to learn what you can do to prevent and treat osteoporosis. Dr. Recker is one of the world's foremost experts on osteoporosis has been working in the field for more than 30 years. For more information, you may contact Jennifer Larsen at 402.280.4489.

Saturday, May 14 • 10 a.m.

***Creighton University Medical Center
Becic Dining Room***

Or

Wednesday, May 25 • 6 p.m.

***Harper Center
Billy Blue's Alumni Grill***

Don't forget to enter your points for participating in the Fuel and Daily Weighs 2.0 programs!

These are just a few ways you can take action now to prevent disease tomorrow! If you have questions about this program call 402-280-5721 or email wellness@creighton.edu

SimplyWell is an online CU Wellness Program opportunity available to all benefit-eligible employees of Creighton. Please pass the word to those who may not subscribe to jaynet news or are in this program who may not have received this email. Thanks!

*****BONUS: Those who achieve 7000 points by May 31st will get an extra \$5 to spend in the rewards store!**



DO'S AND DON'TS of SPRING CLEANING

Believe it or not, spring cleaning can be hazardous. Use the following advice to prevent unintentional injuries:



Do wear gloves and safety glasses when working with bleach or other chemicals. One small splash could result in an eye injury or skin burn.



Do open the windows. Choose a well-ventilated area, especially when using bleach or cleaning items with bleach.



Don't leave a bucket or any standing water unattended, and store buckets empty and upside-down, especially when you have young children or pets.



Do remove all expired prescriptions and lock up all other medications.



Do properly dispose of or recycle all household hazardous wastes (HHW) at your local HHW collection site.



Don't mix cleaning products. For example, combining household bleach with common ammonia can produce a toxic gas.



Don't use chairs or boxes to reach higher areas that need to be cleaned. Use a stepladder instead.



Don't use gasoline as a cleaning solvent and never use or store gasoline in your home, even in small quantities.



What you do, do with joy

If you're going to be doing something, do it with joy. Even if it's not normally a joyful activity, you can add your own unique joy to it.

You can always choose to be positive and enthusiastic about life. No person, circumstance, or sequence of events can keep you down.

If you constantly fight against what you're doing, you'll make yourself miserable and you'll destroy your effectiveness. That's certainly not an outcome you would willingly choose.

So choose instead to put your own unique joy into whatever you're doing. Make the experience a positive one just because you can.

Yes, there are plenty of problems and tragedies and no, life is not always pleasant. That's precisely why it's so powerful and important for you to add as much joy as possible to life.

In every activity and in every tiny corner of your world, put a little extra joy. You'll quickly find it makes a big, big difference.

— Ralph Marston