



## Fall 2011

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### Letter from the PEA President

As your Professional Employee Association (PEA) President, I would like to thank you for all the hard work that sometimes feels as if it goes unnoticed or unappreciated. I know that many of you have been asked to take on more responsibilities in your jobs simply because USU has been affected by lagging economy. One way in particular that we as an association have been able to recognize you for your hard work is through our Professional Employee of the Quarter award. If you know someone who would benefit from this award, I would invite you to [nominate](#) them.

I would also like to thank all for you for your continued support as the PEA continues to support the educational goals of this university. I am happy to report that this past August we raised \$450 through our 2<sup>nd</sup> Annual USU Swim Night for the CEA/PEA scholarship funds. This has been a great benefit to our staff and their children as they attend USU. Since its inception, the PEA has been able to offer over \$50,000 in scholarships to you and your children. I would invite you to go to our [website](#) to see the many lives that you have affected by supporting events like the USU Swim night and through your payroll deductions.

I know that it is because of you that USU is the best university with which to be associated. If you have any ideas on how we can improve the PEA and USU, please feel free to contact me at [bill.jr@usu.edu](mailto:bill.jr@usu.edu).

*Bill Jensen – PEA President*

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### Benefits Advisory Committee

In April this year the university gave each benefit eligible employee a \$600 wellness dividend. Part of the reason that this money was available was because many employees have responded to the encouragement to participate in good nutrition and fitness activities.

A benefit that is available to all employees to help us maintain good nutrition and fitness habits is the Health Advocate's "Wellness and Healthcare Help Program." The wellness program features a personal wellness coach to help you set — and stick with — your personal health goals. It also includes a full range of online health tools that can help you better manage your health.

You can sign up by going to <https://portal.healthadvocate.com/en/>. Don't wait, it will do you good.

*Steve Mecham – Benefits Advisory Committee*

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### State Legislative Committee

Dear Professional Employees,

Our Legislative Committee is growing and we would like you to join us as we work to represent our salary and benefit issues for the Professional Employee Association with our university and state representatives. It is vital that we improve and continue to develop those

lines of communication within our university, with our university leaders, and state representatives. Now is the time to fortify ourselves as a staff association! We need to be vigilant in every opportunity that we have with our university leaders and our state legislation to ensure the strength of our staff at our institution.

We need your help! Our association's goals will only be accomplished and become successful with your assistance.

If you feel strongly about any of the above mentioned issues or any others that exist and/or would like to see how the state legislature works, please volunteer! Your efforts are welcomed and needed! Become part of the Legislative Committee by contacting me directly.

Thank you for all the great things you do for USU!

*Danene Dustin – Legislative Committee*

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## PEA Employee of the Quarter

**We have EXCELLENT employees at USU – please nominate one of them for the Professional Employee of the Quarter!**

-Call for Nominations-

Please consider nominating a deserving individual for Professional Employee of the Quarter. Fill out the nomination form, write a letter of recommendation, and submit both to Melanie Ivans at [melanie.ivans@usu.edu](mailto:melanie.ivans@usu.edu). You can find the nomination form and details at the PEA website:

<http://www.usu.edu/pea/htm/professional-relations>

*Melanie Ivans – Professional Relations*

## Be Well News

The first session of some of our classes are over. However, session #2 will be starting the week of October 31st! We encourage you to come try a class out! Visit [this webpage](#) for a brief description of the classes we offer.

Our 3rd Annual Holiday Challenge will be starting up November 14th!! Watch for your post card in the mail for details!

Want to know your overall fitness level? Come get a fitness assessment! They take about 30 minutes and employees will receive a free t-shirt and either a free Be Well Breakfast or a free 15 minute chair massage! Who can pass that up?! (Contact [dayna.barrett@usu.edu](mailto:dayna.barrett@usu.edu) or [jenn.bing@aggiemail.usu.edu](mailto:jenn.bing@aggiemail.usu.edu) for an appointment.)

USU Employee Wellness encourages every employee to “Know Your Numbers.” Make an appointment today at the [Employee Be Well Clinic](#).

Need help from a health coach? Go online and take their online health risk assessment through [Health Advocate](#) and then sign up to work with a coach. Within 15 minutes, you can find out your risks for up to 13 conditions, and learn how to take simple steps to reduce your risk.

USU Wellness needs you! Become a [Wellness Ambassador](#).

*Danya Barrett - Be Well*

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For questions and/or comments concerning this newsletter, please contact [carl.ellsworth@usu.edu](mailto:carl.ellsworth@usu.edu).