

Aging Diseases Series

Hearing Loss – Tuesday April 19, 2016 12 pm – 1 pm. Senate Chamber – Ross 940N

Presenter: Maria Michaelides, M.C.I.Sc., Reg. CASLPO

Maria became an Audiologist in 2000 and is committed to helping people with hearing loss improve their quality of life, build confidence and effectively manage stress. She has taken professional development courses in Life Coaching, Auditory Skills Development, Cognitive Behavioural Therapy, and Motivational Interviewing. In addition to aural rehabilitation, she has expertise in workplace assessment and accommodation and is one of the few staff at the Canadian Hearing Society trained by the Sunnybrook Cochlear Implant team on auditory training and communication therapy. Maria has a B.A. (Hons.) in Kinesiology and Health Science from York University and a Master of Clinical Science from the University of Western Ontario. She is an avid gardener and enjoys spending quality time with her family and friends.

Osteoporosis – Tuesday May 3, 2016 12 pm – 1 pm. Senate Chamber – Ross 940N

- Bone Basics
- Fracture and Risk assessment
- Nutrition
- Exercise and Movement
- Medication Options
- Falls and Broken Bones

Presenter: Libby McHardy-Hall

Libby is a volunteer speaker for Osteoporosis Canada. As the result of a diagnosis as moderate risk for osteoporosis eight years ago she developed a keen interest in osteoporosis prevention and has been volunteering with Osteoporosis Canada as a speaker for the past four years. Now retired, her professional career was in sales and marketing in the medical diagnostic industry with a strong research affiliation. Osteoporosis Canada provides excellent on-going training and support to over 1,000 volunteers across Canada.

Osteoporosis Canada, a registered charity, is the only national organization serving people who have, or are at risk for, osteoporosis. The organization works to educate, empower and support individuals and communities in the risk-reduction and treatment of osteoporosis.

Alzheimers and Dementia Tuesday June 14, 2016 12 pm – 1 pm. Senate Chamber – Ross 940N

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access some of the services offered by the Alzheimer Society of Toronto

Presenter: Katie Doran is a Public Education Coordinator with the Alzheimer Society of Toronto. She provides education and training sessions for the public and healthcare professionals in order to raise awareness in our community.

Diabetes – Tuesday June 28, 2016 12 pm to 1 pm Senate Chamber – Ross 940N

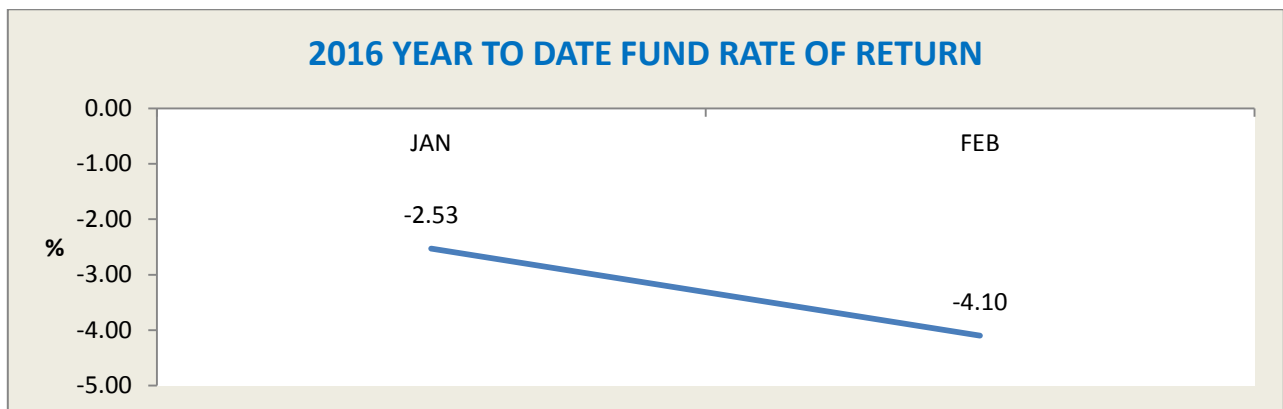
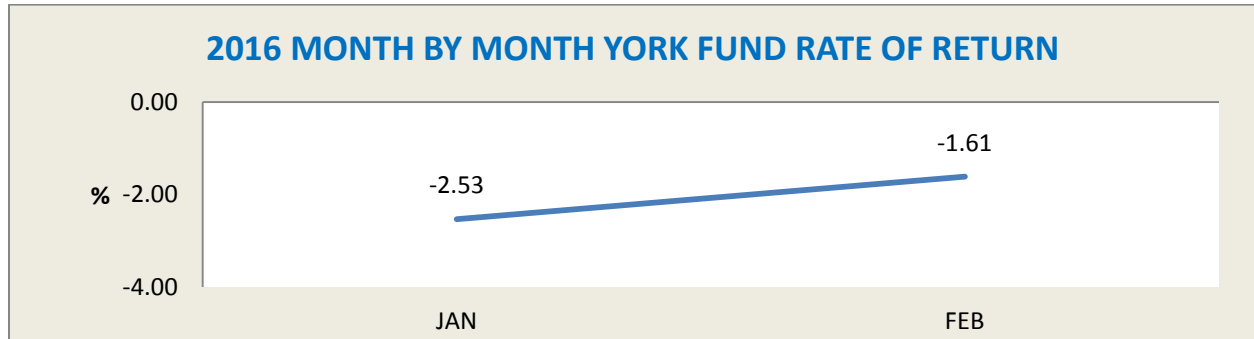
- The role of skeletal muscle in regulating blood glucose homeostasis
- The impact of physical inactivity/disuse on skeletal muscle mass and the development of type 2 diabetes
- Exercise and nutritional interventions to combat type 2 diabetes
- Mini biography

Presenter: Chris McGlory, Postdoctoral Research Fellow, Dept. of Kinesiology, McMaster University

Chris completed his Undergraduate and Masters degrees in Exercise Physiology at Liverpool John Moore's University in the U.K. In 2011 he then went to the University of Stirling, Scotland, where he examined the influence of n-3 PUFA supplementation on muscle protein turnover and protein kinase signaling under the supervision of Prof. Kevin Tipton. He is now a Postdoctoral Fellow working with Prof. Stuart Phillips at McMaster University studying how physical inactivity and skeletal muscle disuse impact human health.

The York University Pension Plan

The return for the month of February was -1.61%.



The year to date return as of February is -4.10%.

The annualized year to date return to the end of February is -24.62%.

Reminders...

Retiree benefit Booklets

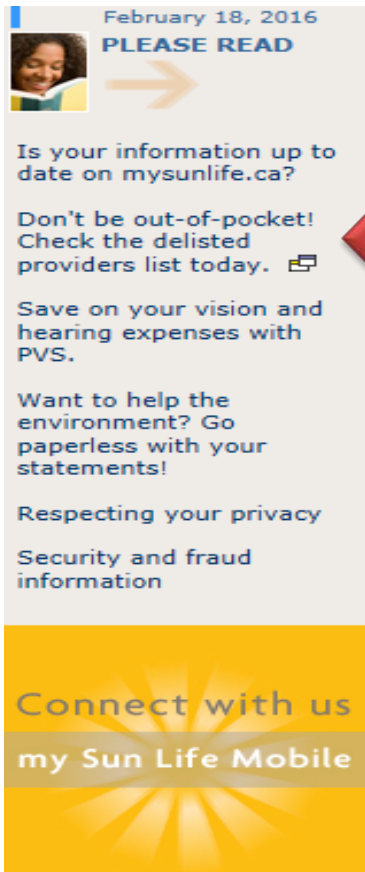
Retiree benefit booklets are available at <http://retire.info.yorku.ca/>

Active benefit booklets

If you are an active employee please access your benefit booklet by logging into yu link. You will need passport York log in credentials to access yu link.

For information on your particular benefit coverage please refer to these booklets or the Sun Life member website www.sunlife.ca/member

Before using services or obtaining supplies please check the **delisted providers** on the Sun Life Website to ensure your claims will be adjudicated.



When accessing the Sun Life Member website, you will notice a panel on the left side with "PLEASE READ" notices. You need to check the delisted providers before using a provider you are unfamiliar with.



Contact List

For	Contact
Address changes for active employees	Employee Records, Human Resources
Employment letter	E-mail request to cogsweb@yorku.ca (Payroll, Human Resources)
T4's for active employment	Payroll, Human Resources 416-736-2100 extension 55552
Benefit /claim denial questions (health, dental, vision)	Sun Life 1-800-361-6212 – policy or contract ID is 014098
Courses covered by Tuition Fee Waiver	Student Financial Services http://sfs.yorku.ca/fees/waivers/
Personal Expense Reimbursement (PER)	Finance Department 416-736-5661
Vacation, Sick or personal credit questions	Your management supervisor, collective agreement or Standard Operating Procedures
Retiree questions regarding your T4A, pension payment, taxes and changes in banking information	CIBC Mellon 1-800-565-0479 extension 0
Your RRSP limit	Your income tax assessment or Canada Revenue Agency 1-800-267-6999
Termination, Death or Retirement Estimates	You have access to the Retirement Planner found at: http://www.yorku.ca/hr/services/employees/yurp.html
Alumni and Employee perks	Go to: http://alumniandfriends.yorku.ca/benefits/alumni-benefits-services/
Investment advice	Seek out a qualified financial advisor

How to contact the Pension & Benefits office:

Email us at askpb@yorku.ca

Call us at 416-736-2100 extension 27572 between 9:00 am and 4:00 pm Monday to Friday

- For Fridays from June 1 up to and including Labour Day weekend the phones will be answered until 3:00
- **Have your employee ID number available when you call as we document each conversation**

Here are some websites you can access to gain more information:

- Sun Life's Plan Member Services: sunlife.ca/member
- York's Retirement Services: retire.info.yorku.ca
- York's HR Self Service – for pay advice, direct deposit, dependent and beneficiary information etc. : hrselfserve.yorku.ca

This newsletter is designed to present York employees, former employees and retirees with useful general information pertaining to their pension & benefits. Please keep in mind that as this newsletter is distributed to different groups with different entitlements, all articles may not pertain to you and your situation. In the event the information contained herein conflicts with the applicable contract, collective agreement, policy or guideline, the terms of the contract, collective agreement, policy or guideline will prevail.
