

Aging Diseases Series

Alzheimer 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.

The following topics will be discussed:

- 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 - 1 pm Senate Chamber – Ross 940N

The following topics will be discussed:

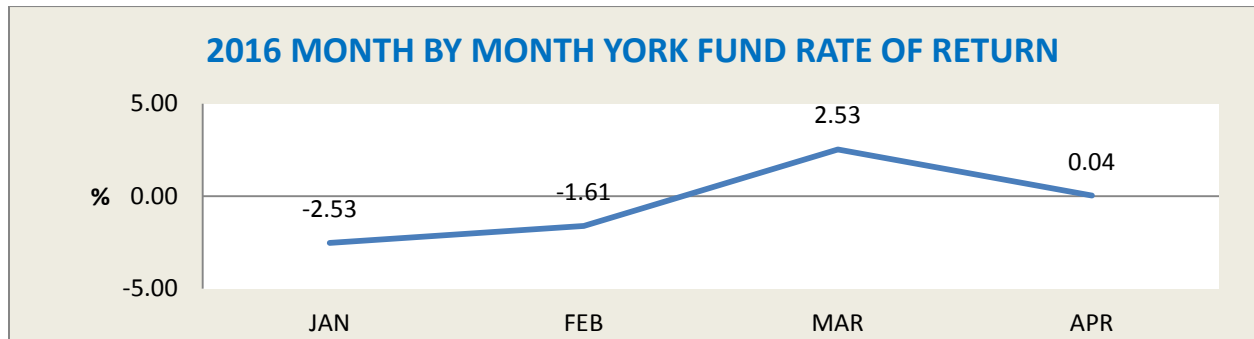
- The role of skeletal muscle in regulating blood glucose homeostasis
- The impact of physical inactivity/disuse on skeletal muscle mass and the development of type 2 diabetes
- Exercise and nutritional interventions to combat type 2 diabetes
- Mini biography

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

Chris completed his Undergraduate and kinase signaling under the supervision of Prof. Kevin Tipton. He is now a Postdoctoral Fellow working with Prof. Stuart 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 Phillips at McMaster University studying how physical inactivity and skeletal muscle disuse impact human health.

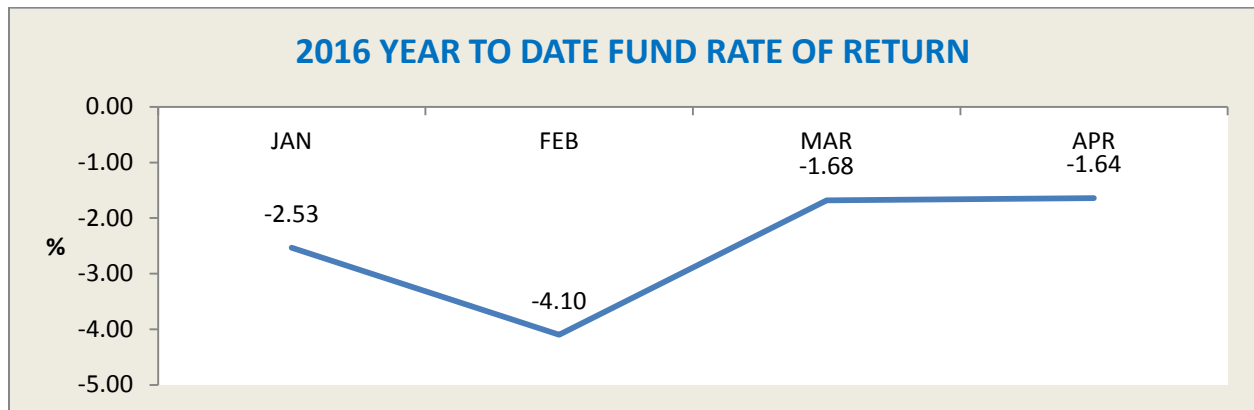
The York University Pension Plan

The return for the month of April 2016 was 0.04%.



The year to date return as of April 2016 is -1.64%.

The annualized year to date return to the end of April 2016 is -4.93%.



Customer Service

Customer Service is the act of taking care of the customer's needs by providing and delivering professional, helpful, high quality service and assistance before, during, and after the customer's requirements are met.

Your Pension & Benefits Team is here to help answer your pension or benefits questions. We too are employees of York University and understand that at times situations are frustrating and we would like to help. We may need to direct you to Sun Life, to ensure you receive prompt accurate information regarding your benefit needs.

If you are expecting a baby and you want to confirm if personal items and equipment are covered, Sun Life is the source for information.

If you are going on vacation and you want to confirm if you have medical coverage, we are the source for information.

If you have been injured and you want to know if your plan covers physiotherapy, give Sun Life a call and they will confirm your coverage and amount of coverage. You may also access benefit information through the Sun Life member website at www.sunlife.ca/member

Benefit Claims Status

If you have submitted a claim to Sun Life and you would like an update on the status, please contact Sun Life directly. Your claims information is private and confidential. The Pension & Benefits Office does not have the details of your submitted claims. You can contact a Sun Life Representative at 1-800-361-6212 or log into the Sun Life member website at www.sunlife.ca/member

Pension Statements

Our regulatory obligation is to provide pension statements by June 30th. Your pension statements were made available to you earlier this month. Please review the information on your statement and contact us as soon as possible if there is a change to your mailing or email address. You may contact us by email at askpb@yorku.ca or call (416) 736-2100 extension 27572.

Your pension plan statement is available through the Retirement Planner. If this is the first time you are accessing the system or have forgotten your password please follow these instructions.

Go into the planner and type your employee number where applicable and then click on forgot password. You will receive an e-mail from askpb to the e-mail address we have on file. You may need to check your junk mail as at times it goes there. Then go in again, type your employee number and type the password. You cannot copy and paste. The password is also case sensitive.

The planner is available at <http://retire.info.yorku.ca/second-page/retirement-planner/>

You may need to copy and paste the link into your internet browser.

Family Law Valuation Requests

You may recall that the government implemented a change in 2012 as to how family law valuations (marriage breakdown) were to be calculated. There are prescribed forms and processes that must be followed. For more information regarding family law valuations you may access the Financial Services Commission of Ontario (FSCO) website at <http://www.fSCO.gov.on.ca/en/pensions/Family-Law/Pages/familylawforms.aspx>

The government prescribes the maximum amount we are able to charge for each calculation is \$800. While some of the calculations are straightforward there are others that are complex and very labour intensive. Prior to June 1, 2016 we were charging \$400 for the first calculation and \$800 for each additional calculation. Effective June 1, 2016 any family law valuation request received, regardless of the actual date of marriage breakdown the cost will be \$800 per calculation.

Reminders...

Retiree benefit Booklets

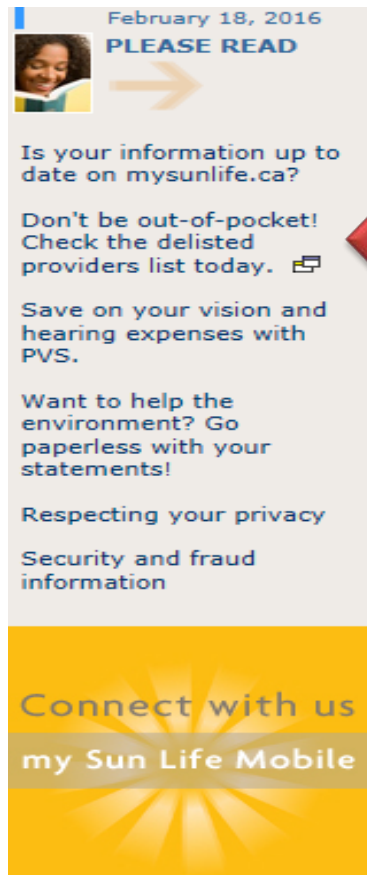
Retiree benefit booklets are available at <http://retire.info.yorku.ca/>

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 employees	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	Contact 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 all conversations**

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.
