

Aging Diseases Series

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

The following topics will be discussed:

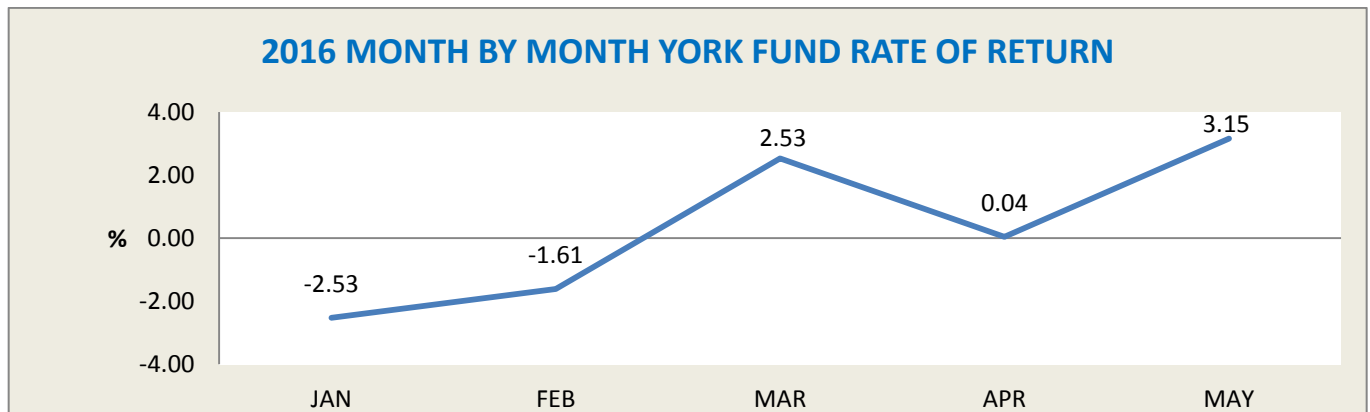
- The role of skeletal muscle in regulating blood glucose homeostasis
- The impact of physical inactivity/disuse on skeletal muscle mass and the development of type 2 diabetes
- Exercise and nutritional interventions to combat type 2 diabetes
- Mini biography

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.

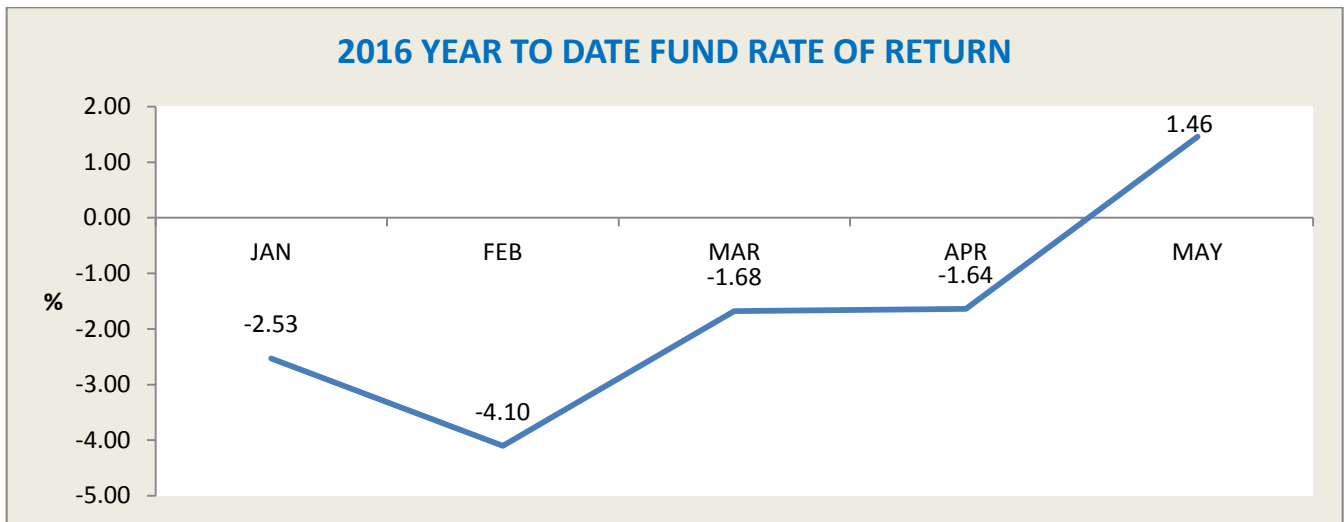
The York University Pension Plan

The return for the month of May 2016 was 3.15%.



The year to date return as of May 2016 is 1.46%.

The annualized year to date return to the end of May 2016 is 3.50%.



In each issue of the P&B Times we publish the most recent rates of return. If you are interested in more detailed investment information please access the Pension Newsletter. This information is available on the York Website, by searching ***Pension Newsletter***.

What does locked-in pension funds mean and what are the advantages?

From time-to-time we are asked “What are the benefits of a locked-in pension account if the funds are not accessible?” Locked-in pension funds are not accessible in cash or available to transfer out of the York University Pension Plan prior to termination, retirement or death. Pension legislation restricts the cash-out of pension benefits in an effort to ensure that members of a pension plan have an income for life.

Our Tracking Tool

The Pension & Benefits Office uses a tracking system to keep track of all phone calls, appointment details, emails, leaves etc. This information is shared by all members of the Pension & Benefits team. This ensures we know what your needs are and you are provided with accurate information. This tracking tool ensures all members of the team are aware of any situation that involves the Pension & Benefits office.

Methods of Payment

The Pension & Benefits Office does not keep cash on hand. All pension benefits paid from the York University Pension Plan are done so through our Custodian CIBC Mellon.

Unfortunately, our office does not accept cash, electronic transfers, credit cards or debit as a method of payment if you wish to maintain benefit coverage or pension contributions while on an unpaid leave. Our acceptable methods of payment are cheques, certified cheques or money orders.

Our Commitment to You

The Pension & Benefits Office strives to provide quick efficient service to all of our plan members, active, deferred or retired. Requests are processed in the order they are received. We do occasionally receive urgent requests and in some cases we are able to accommodate such requests. Please keep in mind this cannot be done in all cases. Please familiarize yourself with our service standards to ensure you receive information in a timely matter which meets your personal needs.

Pension & Benefits Office Customer Service Standards

Event	Due date for ETF
Leave of Absence	Four weeks before leave commences
Retirement	Three months before retirement date
Sabbatical	Three months before sabbatical commences

Request	Timeline for Pension & Benefits Action
Responding to emails	Three business days
Pension & Benefits Updates i.e. beneficiary, dependent or benefit changes	Forms must be received by end of day Thursday in order for information to be sent to Sun Life each Monday morning – Sun Life will update your record, where applicable by end of day Wednesday
Pension & Benefits Updates i.e. beneficiary, dependent or	Five business days from receipt of fully completed application
Letter of Confirmation i.e. Benefit coverage confirmation	Ten business days
Responding to Letters from external	Fifteen business days
Family Law Value Applications	Sixty days from when completed application is received

Pension & Benefits Office Summer Hours

For Fridays from June 1 up to and including Labour Day weekend the phones will be answered until 3:00 pm.

Possible Postal Disruption

It is more important than ever to register for direct deposit and paperless statements through mysunlife.ca

This summer, there is a possibility of a disruption to postal services.

If you submit claims and receive reimbursements and statements by mail this could mean significant delays in submitting claims, getting reimbursed and generally keeping "in touch" with your benefits.

Makesure you are able to claim, get reimbursed and "keep in touch" with your benefits online by following these steps today.

Step 1: Are you registered on mysunlife.ca?

If not, go to mysunlife.ca and choose Register now to sign up today.

Step 2: Have you signed up for direct deposit and paperless statements?

From the Home page click on My Claims and under **Take me to** click on Direct Deposit. Provide or verify your banking information is up-to-date, and make sure you register for paperless statements while you are there!

Questions

Please contact Sun Life's Customer Care Centre at 1-800-361-6212, Monday-Friday: 8am-8pm ET.

Reminders...

Retiree benefit Booklets

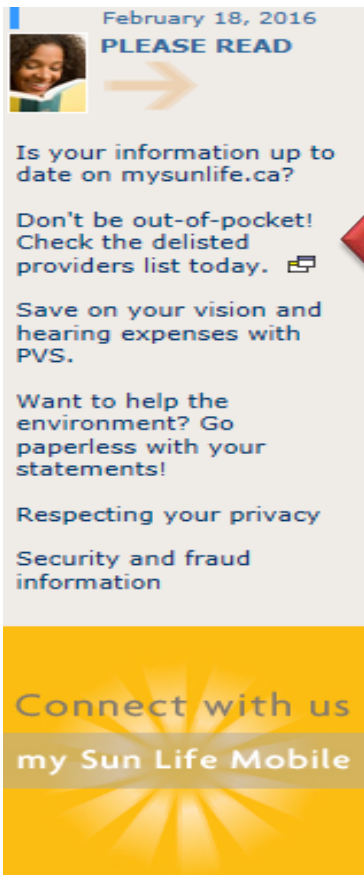
Retiree benefit booklets are available at <http://retire.info.yorku.ca/>

Active benefit booklets

Active employees are able to 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.
