



HR Notes

ASU DEPARTMENT OF HUMAN RESOURCES

July 2011

In this Issue

- Annual Open Enrollment 2
- National Ice Cream Month..... 3
- Recipe 3
- UV Safety Month 4
- ASU Discount 4
- New to ASU 5
- ASU Employee Birthdays 5

Benefits Fair July 14, 2011

All faculty and staff employees are invited to attend Angelo State University’s annual **Benefits and Open Enrollment Fair** on Thursday, July 14, from 1-3 p.m. (come and go) hosted by the Office of Human Resources. The fair will be located in the Nasworthy Suite, Room 203/204 of the Houston Harte University Center.

Insurance and retirement representatives will be presenting information on services, benefits and plans. We are looking forward to a fun, interactive event filled with LOTS of information on benefit services and upcoming changes for the new plan year 2011-12.

Don’t miss this opportunity to hear information about your insurance and retirement plans! Representatives from the following companies will be present:

- Texa\$aver
- Fidelity
- TIAA-CREF
- ING
- Valic

- Blue Cross Blue Shield
- Scott & White
- Caremark
- Dearborn National



Annual Open Enrollment

July 11 – Aug. 5

Annual Enrollment for Plan Year 2012 is July 11 through Aug. 5. During this time, you can change your benefits and enroll eligible dependents in coverage, effective Sept. 1. You will receive more information in the mail. See the [Annual Enrollment event schedule](#) for more information.

You do not need to contact ERS or fill out a form, unless you want to stop or change your coverage.

Call the ERS Annual Enrollment Hotline at 866-399-6908 for more information.

Evidence of Insurability Applications

Fort Dearborn Life Insurance Company (also known as Dearborn National) is now accepting [Evidence of Insurability \(EOI\) applications](#) for Plan Year 2012 coverage. Applications must be postmarked by **Aug. 5**.

Clarification on Coverage of Children to Age 26

On Sept. 1, the Affordable Care Act (ACA) will raise the age for children's health insurance eligibility in the Texas Employees Group Benefits Program (GBP) to age 26, regardless of marital status. However, the ACA will not change children's eligibility for GBP dental coverage and dependent term life insurance.

Senate Bill (SB) 1664 will allow unmarried children to be covered in GBP dental insurance and dependent term life insurance until age 26, starting Sept. 1. The

state law did not change to give married children eligibility for dental and dependent term life insurance.

Newly Eligible for the GBP on Sept. 1

Certain children will be newly eligible for the GBP on Sept. 1, due to changes in children's insurance eligibility in accordance with the ACA provisions and SB 1664, including:

- Married children who are under age 26 and were previously dropped from coverage because they got married.

These children can re-enroll in GBP health coverage during this year's Annual Enrollment without EOI. They are not eligible to enroll in GBP dental or dependent term life insurance if they are still married. Spouses of these children are not eligible for GBP coverage as dependents. Members may enroll grandchildren if they meet the definition of an eligible dependent.

- Unmarried children who are under age 26 and were previously dropped from coverage due to turning age 25.

These children can re-enroll in GBP health, dental and dependent term life insurance during this year's Annual Enrollment. They will not need EOI approval to enroll in

health, dental or dependent term life insurance during Annual Enrollment.

- Unmarried children who turn 25 in August.

We will not automatically drop these children from GBP coverage. They will not need EOI approval if they want to add dependent term life insurance during Annual Enrollment.

When will they become ineligible?

- Beginning Sept. 1, eligible children will remain covered by health insurance until the member drops the child or the child turns 26, whichever occurs first.
- Beginning Sept. 1, eligible children will remain covered by dental insurance and dependent term life insurance until the member drops the child, the child gets married or the child turns 26, whichever occurs first.

Not Newly Eligible for the GBP on Sept. 1

Unmarried children can enroll in or continue health, dental and dependent term life insurance through age 26. However, unmarried children currently enrolled in GBP health and/or dental who are not age 25 on Sept. 1 are not newly eligible and will need EOI approval to enroll in dependent term life insurance.

July is National Ice Cream Month

Ronald Reagan designated July as **National Ice Cream Month** in 1984. He also appointed the third Sunday in July as *National Ice Cream Day*. Reagan recognized the popularity of ice cream in the U.S. (90 percent of the nation's population consumes ice cream) and stated that these two events should be observed with "appropriate ceremonies and activities."



Recipe – Toasted Coconut & Almond Ice Cream

8 servings, 1/2 cup each (1 quart)

Ingredients

- 1 1/2 teaspoons unflavored gelatin
- 1 tablespoon water
- 3 cups low-fat milk, divided
- 3 large egg yolks
- 1 14-ounce can nonfat sweetened condensed milk
- 1 vanilla bean
- 1/2 cup toasted coconut flakes
- 1/2 cup chopped toasted almonds

Preparation

1. Sprinkle gelatin over water in a small bowl; let stand,

stirring once or twice, while you make the base for the ice cream.

2. Pour 1 1/2 cups milk into a large saucepan. Cut vanilla bean in half lengthwise; scrape the seeds into the milk and add the pod.
3. Heat the milk mixture over medium heat until steaming. Whisk egg yolks and condensed milk in a medium bowl. Gradually pour in the hot milk, whisking until blended. Return the mixture to the pan and cook over medium heat, stirring with a wooden spoon, until the back of the spoon is lightly coated (3-5 minutes). Do not bring to a

boil, or the custard will curdle.

4. Strain the custard through a fine-mesh sieve into a clean large bowl. Add the softened gelatin and whisk until melted. Whisk in the remaining 1 1/2 cups milk. Cover and refrigerate until chilled, at least 2 hours.
5. Whisk the ice cream mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. During the last 5 minutes of freezing, add coconut flakes and almonds to the ice cream maker. If necessary, place the ice cream in the freezer to firm up before serving.

July Health Awareness – UV Safety Month

Employee Discounts

Take Action!

Take simple steps to prevent skin cancer.

Stay in the shade between 10 a.m. and 4 p.m.

The sun's rays are the strongest from mid-morning to late afternoon. Try to stay out of the sun during these hours.

Use sunscreen with SPF 15 or higher.

Use sunscreen with both UVA and UVB protection. To get the most protection:

- Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds.
- Plan ahead – put sunscreen on 30 minutes before you go outside.
- Be sure to use enough sunscreen (a handful).
- If you wear very light clothing, put sunscreen on under your clothes.
- Put on more sunscreen every few hours and after you swim or sweat.

Cover up with long sleeves, a hat and sunglasses.

Wear a long-sleeved shirt and long pants or a long skirt. A hat with a wide brim can protect your face and neck.

The skin around your eyes is very sensitive. Wear wrap-around sunglasses to protect your eyes and your skin from sun damage.

Check your skin once every month.

Check your whole body once a month. Pick a day and mark it on

your calendar so you do not forget.

Use mirrors.

The best place to do a skin self-exam is in a well-lit room in front of a mirror. The best time is right after a shower or bath.

Examine your skin from head to toe. Use a hand mirror to check hard-to-see areas like your back.

[Follow these step-by-step instructions on how to do a skin self-exam.](#)

Look for changes.

- Learn where your birthmarks, spots and moles are and what they usually look and feel like. [Use this chart to keep track of your self-exams \[PDF - 846 KB\]](#).
- Check the growths on your skin for changes in size, shape, color or feel.
- Check for anything new – a sore that does not heal, a mole that bleeds or any new growths.

If you find any changes, see a doctor.

See a doctor or nurse right away if you find any changes that worry you. Most changes are harmless, but only a doctor or nurse can tell you for sure.



Carino's Italian coupon for:

\$3 off Lunch Entrée
and
\$5 off Dinner Entrée

Offer expires 7/29/11

Available for pickup in the HR Office, East Annex building



Manuel Zamora – Center for
Security Studies



Baranowski, Walter

Beck, Brian

Begil, Henry

Belden, Cynthia

Brasher, Linda

Brooks, Shonda

Burkhalter, Johnny

Cole, Lauren

Collins, Christopher

Corases, Clinton

Covington, Sandra

Dalrymple, Terence

Dawson, Mona

Dierschke, Patrick

Doll, William

Drost, Tonya

Elrod, Monica

Ewert, Rex

Ford, Roger

Fuson, Frankie

Gabriel, Gary

Greenwald, Beverly

Hairrell, Lisa

Hart, Tara

Harvey, Robyn

Hernandez, Christopher

Hite, Kelsey

Hoelscher, Keith

Ivey, Roy

Kang, Mun-Gu

Larson, Mary

Lynch, Jean

Marsh, David

McGaughey, Cheryl

Musgrove, Laurence

Pepper, Margaret

Purkiss, Christine

Rike, Fred

Rosipal, David

Russell, Connie

Schkade, Gregory

Schkade, Stephen

Serrano, Gabriela

Sleutel, Martha

Smith, Terry

Spraggins, Cynthia

Stephens, Jennifer

Sunderman, Norman

Taylor, Betty

Tinney, Wesley

Weeaks, Cynthia

Whitaker, Jeromey

