Press In Print

News and information from the President's Office assembled by Dale Galusha and Gina Duncan

Fun Time at Wahooz!

This last Thursday was our annual summer event at Wahooz. We had a wonderful time spending the evening together, playing miniature golf, racing go-karts, or just sitting down and visiting with friends. Our brave leader even ventured out into the ropes course!

Thank you to the Social Committee for putting this together! And here are some pictures (thank you to our official paparazzi, Josie, for sharing some of her pictures).















































From Your HR Department

Retirement Auto-escalation

On July 1, your retirement contribution will automatically increase by 1% unless you contribute 15% or more already. This increase will be reflected on your July 12 paycheck. If you choose not to participate in the autoescalation, you have until June 30 to opt-out.

To change your contribution rate or opt out:

- You will need to Log on to <u>www.empowermyretirement.com</u> with your username and password.
- Choose Account at the top of the page
- Choose Contributions under the Adventist Retirement Plan Menu
- Select Edit to change your contribution rate

If you have any questions, please contact HR

Deadline...Tracking Your Wellness Points!

Accelerate plan members—You have until July 31, 2023, to track 10,000 wellness points to qualify for the Accelerate Plan in 2024.

You can log previous points back seven days on your phone and 14 days on a personal computer.

Log on to www.ascendtowholeness.org and click -Healthcare—Wellness Portal—Login, points, assessment, and check the points tracker—You can even download the app for easy tracking.

If you have trouble navigating the new platform, visit

https://virginpulse.zendesk.com/hc/en-us or ask Kelly Lewis in HR.

