One of the major recommendations of the Task Force on Health & Well-Being was to create a newsletter. We are now beginning our fourth year of publication. The task force also recommended the creation of a broadly representative group to monitor the response to the work of the task force, identify additional steps that would be helpful, and collect further suggestions, questions, and concerns.

This group, known as Healthier Princeton, is coordinated by University Health Services. With this edition of the newsletter we are introducing a new logo and a new name. We hope it captures an ongoing commitment to better health, in its broadest sense, for all members of the Princeton University community.

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**FluFest and Cirque de Santé 2007: FREE Immunization for Students, Faculty, and Staff**

University Health Services invites all members of the Princeton University community to attend FluFest and Cirque de Santé, the ultimate health and wellness celebration. Participants can get a flu shot and stay for health and fitness screenings, free massages and healthy snacks, fitness demonstrations, musical entertainment, raffle drawings, performances by campus groups, and much more!

Flu shots will be available on Tuesday, November 6, and Wednesday, November 7, from 10 a.m. to 8 p.m., AND Monday, November 13, from 8 a.m. to 1 p.m. in the Frist Campus Center Multipurpose Rooms.

Cirque de Santé, the interactive wellness fair, will take place on Tuesday, November 6, and Wednesday, November 7, from 10 a.m. to 6 p.m.

The flu vaccine is available FREE to all faculty, staff, and students ($25 for dependents). No appointments are necessary.

For more information, contact Gina Baral in Health Promotion and Wellness Services at (609) 258-5036 or gbaral@princeton.edu.
Open Enrollment, October 8–26

The annual benefits open enrollment period for the University’s health and welfare plans will run from Monday, October 8, through Friday, October 26. It offers faculty and staff members the opportunity to review their current benefit elections and consider changes to their coverage that will become effective January 1, 2008.

For the 2008 Open Enrollment period, the University will continue to use eBenefits. This online system is available every day from 8 a.m. until midnight and may be accessed from work as well as from home. While faculty and staff members will not be receiving a paper personalized Benefits Enrollment Form with their materials, a paper form may be requested. During the Open Enrollment period, the Benefits Team will be at various locations throughout campus to provide online enrollment assistance.

To review your current benefit elections and covered dependents, if applicable, go to www.princeton.edu/selfservice.

Milestones in Retirement Planning

- 59.5 Withdrawals from retirement plans are no longer subject to the 10% early withdrawal penalty
- 62 Minimum age to receive Social Security income
- 65 Medicare Eligibility age
- 70.5 Age at which you must generally withdraw a minimum amount from retirement plans if you are no longer employed

Contact the Social Security Administration at 800-772-1213 or visit www.ssa.gov to request a current Social Security Statement.

Supplemental Retirement Plan Made Easy

Do you want to save on taxes before year end? Sign up for the Supplemental Retirement Plan, or if you are already a plan participant, increase your deferrals. Contact Elaine Richards at 258-9109 or erichard@princeton.edu in the HR Benefits Office and she will send an e-mail authorizing you to sign up or increase your deferral online. It’s that easy. Don’t wait until April 15, 2008 to do your tax planning for 2007.

Princeton University’s Employee Child Care Assistance Program (ECCAP)

ECCAP is designed to help faculty and staff meet the cost of child care. It is being offered to all benefits-eligible faculty and staff, with pre-kindergarten-aged children who are or will be enrolled in child care and whose total annual household income is less than $130,000. The maximum award for one child is $5,000. An additional $1,000 may be awarded for a second child; the maximum award per family is $6,000. The award may be used to offset the cost of most child care arrangements, from in-home care to licensed day care centers or providers. For more information about this benefit, contact the ECCAP coordinator at 258-9118 or visit www.princeton.edu/hr/worklife/eccap.htm for the program overview and to print out an application.

Did you know?

You can make changes to your personal information online by logging on to the HR Self-Service website. Go to www.princeton.edu/hr, select “Self-Service,” and sign in with your University netID and password to update your personal information.

Outdoor Action’s New Climbing Wall

Open to faculty, staff, and students

After 23 years, Outdoor Action’s (OA) climbing wall at the Armory was retired when the Armory was demolished to make way for the new chemistry building. The University has built a new state-of-the-art climbing wall for OA that opened this month inside the southeast column of the football stadium.

The climbing wall will be open only to students, faculty, and staff of Princeton University and a PUID is required. Children of members of the University community may climb with a parent present. Climbers of all abilities are welcome. Experienced instructors will be on hand to teach skills and assist in solving particular climbing routes. OA will provide a harness and climbing shoes. The climbing wall is open throughout the academic year except during breaks and final exams. Visit the OA website www.princeton.edu/~oa or call the Outdoor Action Office at 258-6230 for open hours, location of the new wall, classes, bouldering competition details, and more information.

OA Day Trips for PU Community

Visit the OA website www.princeton.edu/~oa or call 258-6230 for details on upcoming day trips for hiking, biking, canoeing, and climbing. Faculty, staff, and students are welcome. On Saturday, October 13, join OA for a day of special activities.

- Day hike at the Sourland Mountain Preserve, N.J. (1–5 p.m.)
- Canoeing on Lake Carnegie (1–5 p.m.)
- Kayaking clinics at the lake: 1–2 p.m., 2–3 p.m., 3–4 p.m., 4–5 p.m.
- Bike tour, from Princeton campus to Terhune Orchards (1–5 p.m)
- Climbing wall, extra hours on the wall on that day

There is no charge for any of these activities. Sign up for this or other activities at the OA Trip-Store https://oa2.princeton.edu/tripstore.
Health

Top 3 Reasons to Get Your Flu Vaccine

Protects other people
You should get vaccinated if you live with or care for others who are at high risk of complications from the flu. Getting a flu vaccination yourself can help protect your family members, including seniors and young children.

Prevents severe illness
In the U.S., influenza puts about 200,000 people in the hospital each year. Children younger than two years old are as likely to be hospitalized as adults who are 65 or older.

Prevents influenza-related death
Each year more than 36,000 people in the U.S. die because of the flu—most are 65 or older. More people die from the flu than from any other vaccine-preventable disease.

Still not sure if the flu shot is right for you?
For key facts about the influenza vaccine, visit the Centers for Disease Control and Prevention website at www.cdc.gov/flu/protect/keyfacts.htm.
Source: Centers for Disease Control and Prevention

Diabetes Screening Available at UHS

In recognition of National Diabetes Awareness Month in November, University Health Services is encouraging faculty and staff members to have diabetes screenings.

Screenings are available through University Health Services at a cost of $15 and will include two sessions. Participants will have blood drawn and be tested for cholesterol levels as well as basic kidney and liver function. An Employee Health professional will then conduct a brief physical exam, discuss risk-reduction techniques, and help participants develop customized plans to improve their health. Specialist care will be advised if necessary.

To schedule a diabetes screening, contact Peggy Henke in Employee Health at 258-5035 or phenke@princeton.edu.

Princeton Depression Awareness Program

The Princeton Depression Awareness program is a two-hour training designed to help participants develop the necessary skills to observe students, identify potential symptoms of depression, and engage in conversation with students demonstrating symptoms to encourage them to seek professional support. The training can be tailored depending upon the particular group’s needs and interest. To date, over 300 participants have been trained, including faculty, staff, students, and parents. To schedule a PDAP training for your group, contact Gina Baral at 258-5036 or gbaral@princeton.edu.

Did you know?

Online Alcohol Education for Students and Parents
For the past five years, all entering Princeton students have been expected to complete AlcoholEdu for College, an online, science-based, educational course, before they arrive on campus. It provides information about alcohol and its effects on the body and mind. The goal is to help students make well-informed decisions about alcohol and help them cope with the drinking behavior of their peers. This year Princeton made available a new online resource, AlcoholEdu for Parents, which is designed to support parents’ conversations with their children.

AlcoholEdu is only one of many efforts happening campus-wide to address this challenging issue. For more information about these and other programs, contact Gina Baral at Health Promotion and Wellness Services at 258-5036.

Outdoor Action Classes on CPR and Wilderness First Aid

Outdoor Action is offering one-time sessions of adult CPR courses this fall. The courses are open to the University community and the cost is $25 for students, $35 for faculty/staff, and $20 for OA leaders.

OA also is offering several sections of HEART Wilderness First Aid on various dates during the semester. The seven-part intensive course covers patient examination and evaluation, body systems and anatomy, wound care, splinting, environmental emergencies, and backcountry medicine. Hands-on simulations provide firsthand training in treating patients. The fee is $95 for OA leaders-in-training, $95 for students, and $120 for faculty/staff.

Sign up for either course at the OA TripStore: https://oa2.princeton.edu/tripstore or call the OA office at 258-6230 for more information. Outdoor Action offers a range of other CPR courses for students, faculty, and staff. Departments interested in scheduling courses should contact the OA office at 258-6230.

International Travel Planning

Faculty and staff may schedule a travel planning appointment by calling Employee Health at 258-5035. Please schedule a visit for four to six weeks before the date of travel.

For more information go to the University Health Services website: www.princeton.edu/uhs
Increased Effort for Quality and Sustainability

Over this summer, Dining Services undertook a massive effort to identify what percentage of purchases, measured in pounds, were from local, sustainable, or humanely treated sources using metrics designed by The Food Project in Boston. Princeton is the first university to test the metrics and it offered feedback on the design that will be shared with other institutions in the coming year. The findings show a strong foundation of a commitment to sustainability and reducing the University’s carbon footprint. Dining Services will use the data further to set goals for increasing our purchases in all of these specified areas.

By the Numbers

- **28.8%** percentage of food purchases from July 2006 through June 2007, including baked goods, meat, poultry, dairy, eggs, coffee, seafood, produce, and some staples from local sources:
  - **17.1%** purchases classified as humanely treated, including grass-fed beef, humanely treated chickens, and cage-free eggs
  - **71.0%** local dairy purchases
  - **86.8%** sustainable seafood purchases

For more information go to the Dining Services website: www.princeton.edu/food

Chapel Music

The After Noon organ concert series has begun with some of the finest musicians from across the country playing in the University Chapel on Wednesdays from 12:30 to 1 p.m. throughout the academic year. Take some time out and listen to this extraordinary instrument in the beautiful chapel setting.

Other musical events not to miss are Jazz Vespers on November 7 and January 9 at 8 p.m., with Princeton’s Jazz Ensemble along with the Chapel Choir offering a beautiful evening of sacred music and word in the candlelit Chapel; the Advent Vespers Concert “Magnificat” and selections from “Christmas Oratorio” by Bach on Sunday, December 2, at 2:30 p.m. with the University Chapel Choir with orchestra; and the Candlelight Service of Lessons and Carols with music by the chapel and concert choirs and a cappella groups on December 12 at 7:30 p.m. For a complete listing of chapel music go to www.princeton.edu/~choir.

Hour of Power

An interdenominational Christian service is held on Wednesdays from noon to 1 p.m. for the University community in Murray-Dodge Hall, West Room. A box lunch is provided, however you must RSVP to Joanne Sismondo at sismondo@princeton.edu by Monday evening. For more information, contact Deborah K. Blanks, Associate Dean, Office of Religious Life.

Meditation, Mindfulness, and Stress Management

Throughout the week there are various opportunities to reduce stress, practice mindfulness, and adopt a balanced approach to work and life. The following are ongoing meetings that are open to all on a drop-in basis and some provide lunch. All are welcome. For more information contact the various sponsoring centers.

- **Mondays** noon to 1 p.m. in the International Center. Sponsored by the Counseling Center, the International Center, and the Office of the Vice President for Campus Life.
- **Thursdays** noon to 1 p.m. in Murray-Dodge Hall. Sponsored by the Counseling Center and the Office of Religious Life.
- **Fridays** noon to 1 p.m. in the Women’s Center. Sponsored by the Women’s Center and Frist Campus Center.

For more information go to the Religious Life website: web.princeton.edu/sites/chapel
Winter Holiday Festival at Frist December 14

The Frist Campus Center will host its annual Winter Holiday Festival on Friday, December 14, 2007. Students, faculty, and staff are invited to celebrate the holidays and winter season with live entertainment, holiday film favorites, and other festive activities. For further information, visit the Frist Campus Center website at www.princeton.edu/frist closer to the date of the event.

Richardson Auditorium, Fall 2007

This season, Richardson Auditorium will showcase a variety of Princeton University ensembles within the Department of Music as well as professional orchestras, choirs, and performers. The 2007 fall season includes performances by the Princeton University Orchestra, Chamber Choir, Wind Ensemble, Glee Club, and Jazz Ensemble. The New Jersey Symphony Orchestra, Princeton Pro Musica, Westminster Community Orchestra, Princeton Girlchoir, and the American Boychoir also are scheduled to perform.

For further information, visit the Richardson Auditorium website at www.princeton.edu/richaud or call 258-5000. To buy tickets online, visit www.princeton.edu/utickets. Advanced tickets may be purchased at the Frist Campus Center Ticket Office, Monday through Friday, noon to 6 p.m. The Richardson Ticket Office is only open for walk-up service two hours prior to the start of any ticketed event or performance.

University Ticketing Offers E-newsletter with Updates on Campus Events

University Ticketing offers a monthly e-mail newsletter with updates on campus performances and other events, including details about concerts, theater performances, varsity athletics, and other events sponsored by various departments and organizations.

The e-newsletter will be available during the academic year. To subscribe, visit the University Ticketing website at www.princeton.edu/utickets.

Princeton Farmers Market

Tuesdays through October 23, 11 a.m. to 3 p.m., Firestone Library/Chapel Plaza

Members of the Greening Princeton student organization are hosting a five-week Farmers Market on the Princeton University campus in collaboration with Dining Services, the Office of Community and Regional Affairs, the Office of Sustainability, Building Services, Facilities, Office of the Dean of Undergraduate Students, and the USG Projects Board. This pilot program will support local agriculture and educate students, faculty, and staff about the benefits of sustainably produced foods.

Nutritionist at the Prospect House Tap Room

On Tuesday, October 16, a nutritionist will be onsite in the Tap Room at Prospect House during lunch from 11:45 a.m. to 2 p.m. Handouts and samples of healthy food options will be available.

Campus Shuttle Modifies Routes and Stops

In response to input from the University community, the Blue and Green lines of the Campus Shuttle system have modified and changed some of their routes and stops, effective September 4, 2007. As a direct result of the route modifications, there will be increased frequency to Lot 21, increased frequency along Washington Road, and the addition of Nassau Street as a destination. For further information, including a fall 2007 schedule and revised routes and stops, visit www.princeton.edu/uservices and click on the Campus Shuttles link.

Campus Programs, Lectures, and Performances

The University offers a wealth of programming throughout the year. Most of the programs, lectures, exhibitions, and performances are open to the public and many are free or offered at a reasonable fee. For more information go to the following University websites:

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<tr>
<th>Art Museum</th>
<th>princetonartmuseum.org</th>
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<tr>
<td>Princeton University Libraries</td>
<td>library.princeton.edu/libraries</td>
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<td>Princeton Weekly Bulletin Calendar of Events</td>
<td><a href="http://www.princeton.edu/pr/pweb">www.princeton.edu/pr/pweb</a> (click on current calendar)</td>
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<tr>
<td>Public Events Calendar</td>
<td>calendar.princeton.edu</td>
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<td>Public Lecture Series</td>
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