



HEALTH MATTERS

MONEY MATTERS

COMMUNITY MATTERS

NOVEMBER: STAY WELL THIS WINTER

HEALTH MATTERS

FREE FLU SHOTS: Your best shot for avoiding influenza

Tuesday, November 4, 12:00 - 3:30 pm
Wednesday, November 5, 10:00 - 1:30 pm

Tuesday, November 11, 12:00 - 3:30pm
Wednesday, November 12, 10:00 - 1:30pm

Location: Kimmel Center, Room 405

By Appointment Only

To register for free flu shots on campus on: **November 4, November 5, November 11, November 12, and December 3, and December 4** [click here](#)

Once again, NYU is offering **FREE** flu shots to current employees and one adult member of your household, whether it's a spouse, partner, parent, or another family member who lives with you. It can even be your child's nanny. Influenza season most often peaks in January or February or later so getting the shot before the flu season is in full force gives the body a chance to build up immunity to the virus.

MONEY MATTERS

Mortgage Options for the First Time Home Buyer

Monday, November 17, 12:30 pm - 1:30 pm Location: Kimmel Center, Room 909
No registration required. Spaces are limited.

When it comes to your finances, something as important as your mortgage should not be taken lightly. In this interactive workshop, explanation of various loans, income, underwriting, closing costs and credit reports are covered for the first time home buyer.

Presented by the NYU Federal Credit Union.

NYU Tuition Remission

Tuesday, November 18, 12:30 pm - 1:30 pm Location: Kimmel Center, Room 912
No registration required. Spaces are limited.

Tuition Remission is a valuable benefit offered to all full-time, benefit-eligible employees, their spouses or registered domestic partners, and their dependent children. Learn how to access the tuition remission benefit for yourself and your eligible dependents. This program will provide valuable information about eligibility, how to find information and process tuition remission online, how to manage the approval process, and the tax implications of using Tuition Remission.

Presented by Carrie Lee, Sr. Benefits Specialist from the NYU Benefits Office



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Basics of Investing

Wednesday, November 19, 12:30 pm - 1:30 pm Location: Kimmel Center, Room 909

No registration required. Spaces are limited.

This workshop will help you develop an investment strategy with Vanguard's five steps to educated investing. Also included for discussion will be Vanguard's asset allocation methodology and building a strong foundation with investment principles.

Presented by The Vanguard Group

NYU Retirement Plan

Thursday, November 20, 12:30 pm - 1:30 pm Location: Kimmel Center, Room 909

No registration required. Spaces are limited.

Do you have questions about the NYU 403(b) tax deferred Retirement Plan? A Benefits Specialist from the Benefits Office will explain eligibility, changing contributions, changing investment allocations, and an overview of when you can receive money from the plans.

Presented by Tammy Calicchio, Benefits Specialist from the Benefits Office.

Meeting Financial Challenges at Mid-Career

Monday, November 24, 12:30 pm - 1:30 pm Location: Kimmel Center, Room 909

No registration required. Spaces are limited.

This seminar reviews and answers questions such as: Am I saving enough to reach my goals, should I change my investment mix, and importance of organizing personal financial information.

Presented by TIAA-CREF Individual & Institutional Services, LLC.

COMMUNITY MATTERS

Make the Most of Your Retirement Years

Effective planning for retirement not only involves setting financial goals, but also being prepared for changes in lifestyle. This video will explore ways to make your retirement years happy, healthy, active, and meaningful. To access this webinar, go to www.myliferesource.com log in with access code-FTN59 or your Username and Password, click on "My Page" on the Navigation Bar, "My Videos" and click on "Make the Most of Your Retirement Years." **Available on-line at myliferesource.com until November 30, 2008.**

18th Annual NYU CB2 Children's Halloween Parade

Friday, October 31, beginning at 3 p.m.

Gather at Washington Square Arch

More information is available [here](#).

This year's 18th Annual NYU and CB2 Children's Halloween Parade is going to be even bigger and better than previous years! Bring your children to the Washington Square Arch at 3:00PM and join them as they parade around the park led by a 200 piece marching band. Following the parade, each participant will receive a sustainable NYU goody bags and enjoy a ride on a Ferris Wheel, carousel, and more. Theatrical and dance performers will be on hand for the enjoyment of all.

NYU Family Care is one of the proud sponsors of this event.



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ABC's of Advocacy: How to be Your Child's Best Advocate

Thursday, November 6, 12:00 - 1:00 pm Location: Kimmel Center, Room 909

Register [here](#).

Join us as experts from the Institute for Learning and Academic Achievement of the NYU Child Care Study Center help families prepare for upcoming parent-teacher conferences. The hour long session, combining lecture and discussion, focuses on how parents and teachers can collaborate on behalf of a child with learning or attention difficulties. Discussion topics include determining a child's eligibility for in-class and related services as well as appropriate school and class placements. There will be ample time for questions and answers.

This program is sponsored by the NYU Family Care.

Intellectual Development in Young Children

Tuesday, November 11, 1:00 - 2:00 pm Location: Kimmel Center, Room 905

Register [here](#).

Join us as Patti Wollman Summers, early childhood educator and educational consultant with Smart City Kids, provides a brief overview of brain development and explores how all areas of growth – social, emotional, physical and psychological – affect the growth of the brain. Learn how to use this information to play with your pre-school aged child and stimulate his/her intelligence and well-being.

This program is sponsored by the NYU Family Care.

Legal Issues in Aging

Tuesday, November 18, 1:00 - 2:00 pm Location: Kimmel Center, Room 905

Register [here](#).

As we and other loved ones age it is important to understand, discuss, and prepare for a number of legal and financial issues. Planning for the future is your best protection. Join elder law attorney Bernie Krooks, Esq., partner in the law firm Littman Krooks and past President of the National Academy of Elder Law Attorneys, to learn how to protect your hard-earned savings, ways to get the most affordable care, and steps to make your wishes known about health care planning and end of life decision-making. Ample time will be allotted for questions and answers.

This program is sponsored by the NYU Family Care.

Coming in December...

- >> Flu Shots for employee and a household member
- >> NYU Retiree Benefits
- >> Seminar on Wise Investing

If you have any questions, please contact us at LiveSmart@nyu.edu