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TODAY	TOMORROW	WEDNESDAY
	4:00 1/15/13 M/W Basketball HOME vs. Canton - 4 & 6pm	

Your Paycheck will be Affected: New Social Security Rates in Effect

The Temporary Payroll Tax Cut of the last two years that reduced the Social Security payroll tax rate by 2% officially ended Dec. 31, 2012. The new tax tables were not available in our Banner system in time to impact our first 2013 paycheck dated Jan. 4.

What this means is that in your next paycheck (Jan. 18) you will see a reduction in your net pay with the return to the 6.2% rate retroactive to Jan. 1, 2013.

Future paychecks will have the 2013 Social Security deduction rate of 6.2%.

Submitted by: Kathy Costello

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January 2013 Master Card Mandatory Training

The training schedule has been set for the new Master Card Program. The mandatory training will be for cardholders as well as card reviewers (anyone that logs into the paymentnet website).

Attendance to the training is required before a credit card will be given and for access to the new MasterCard website.

Cardholders are required to turn in their current Visa cards at the training session they attend.

The trainings will take place in the Olin Building, room 214.

The dates are: Jan. 14 - 18, 10 a.m.-noon OR 1 - 3 p.m. each day. Please note, there are two sessions offered each day for you to choose the best time for you.

Please email pecksm@alfred.edu with the date that you will be attending the MasterCard training session.

Submitted by: Susan Peck

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Registration for MasterCard Training Mandatory

You **MUST** register to attend one of the training sessions below. There are only a number of spaces available at each session. Attendance is required before a credit card will be given and for access to the new MasterCard website.

The mandatory training is for cardholders as well as card reviewers (anyone that logged into the paymentnet website).

Cardholders are **REQUIRED** to turn in their current Visa cards at the training session they attend.

The trainings will take place in the Olin Building, room 214.

The dates are: Jan. 14 - 18, 10 a.m.-noon OR 1 - 3 p.m. each day. Please note, there are two sessions offered each day for you to choose the best time for you.

Please email pecksm@alfred.edu with the date that you will be attending the MasterCard training session.

Please disregard this message if you have already registered for a session.

Submitted by: Susan Peck

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Online Suicide Prevention Training

The Alfred University Wellness Center is pleased to announce that it has received a grant for a limited number of licenses for QPR (Question, Persuade, Refer), gatekeeper training for suicide prevention.

QPR is a relatively simple, common-sense method for identifying and responding to students at risk for suicide. As we are a small institution that prides itself in individualized care for students, they will often come to staff members, faculty, friends, and other community members with personal concerns, which may include thoughts about suicide. Responding appropriately to these students can save someone's life.

Please consider completing this training in the next week or so. It is delivered online and takes about an hour to complete (see below for instructions). Upon completion, you will receive a certificate of completion and links to other suicide prevention resources.

The log in/account creation interface can be found here: <http://www.qprtraining.co...>

Your organizational code is: AUWC

Simply enter the organizational code and click submit. On the next page, the program will ask for name and email address. Once entered, an account will be created for you.

If you have any questions, please do not hesitate to contact me or any of the Counseling Services staff.

Link: <http://www.qprtraining.com/setup.php>

Submitted by: Steve Byrne

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Flu Season

Flu season is in full swing and, unfortunately, most of us know someone who has had the Flu already this year. Here are some prevention tips from the CDC to help you stay healthy:

Get the Flu vaccine.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it, don't recycle and re-use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, limit contact with others as much as possible to keep from infecting them.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

For more information go to www.cdc.gov/flu or www.flu.gov

Submitted by: Amber Hardy

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Orthopedic Clinic @ Wellness Center

Bart Spratt from Westfall Sports Medicine will be coming to Health Services on Wednesday, Jan. 30, 2013 1:30 to 4:30p.m. Please call 607-871-2400 for an appointment, insurance can be billed

Submitted by: Rene Richardson

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New Hire December 2012

Jennifer K. Baker, secretary/archives assistant, Herrick Memorial Library

Submitted by: Deborah Clark

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