

Submitted by: Jessica Clinger

#### back to top

# **TIAA Consultant & Virtual Counseling Sessions**

A TIAA consultant will be conducting virtual retirement counseling sessions on Tuesday, June 30, Thursday, July 9, and Friday, July 24. No matter where you are in life - just getting started or planning for retirement - a session can help you create a plan for your goals; and it is at no additional cost as a part of your retirement plan. To register for one of the sessions, employees should call TIAA at 1.800.732.8353 and remain on the line for assistance; or register at www.TIAA.org/schedulenow.

Submitted by: Kim Wyant

### back to top

### Hugh Woodie Lange, retired Alfred University controller, passes away

Hugh "Woodie" Lange, who enjoyed a 28-year career as controller at Alfred University before retiring in 1998, passed away on Sunday, June 21, at Wentworth Senior Living Facility in Portsmouth, NH, following an extended illness.

A native of Belle Vernon, PA, Woodie earned a bachelor's degree from Allegheny College in Meadville, PA, and an MBA from Carnegie Mellon University in Pittsburgh. After working at the Federal Reserve Bank in Pittsburgh and the business office at Carnegie Mellon, Woodie was appointed to the controller's position at Alfred University in 1970.

Woodie retired from Alfred University in 1998. He loved his home in Alfred, where he raised five children, and remained a close member of the Alfred University community after his retirement. For health reasons, he spent the final years of his life in Portsmouth with his wife of 16 years, Susan "Sue" Clinger Lange.

The family will hold a private ceremony, arranged by the Remick and Gendron Funeral Home.

Link: Complete obituary

Submitted by: Mark Whitehouse

back to top

## Free Breath-Body-Mind classes on Zoom

Breath-Body-Mind combines gentle movements with breathing practices to help alleviate a wide range of physical and psychological challenges including anxiety and depression. These techniques have also proven effective in enhancing concentration, improving performance in athletes, and maintaining general health and well-being in healthy individuals. Weekly classes on Tuesdays 5-6pm

https://alfredu.zoom.us/j... Zoom Meeting ID: 944 1154 2556 Password: 210271

Link: https://www.breath-body-mind.com/

Submitted by: Cecilia Beach

Alfred University | MyAU | Events | BannerWeb | Canvas | News | Enews