

# hospital times



## FAIR PROVIDES EMPLOYEES WITH A PASSPORT TO WELLNESS

Get your "Passport to Wellness" as employees are invited to visit with North Kansas City Hospital departments and partners to learn about their health. As an Employer of Choice, the Hospital strives to provide employees with opportunities to lead healthy lives. The Wellness Fair, from 7 am to 1 pm on Tuesday, July 20, in Prairie View, is a benefit that offers health awareness and tips.



Activities at the fair include: vitamin D and bone density screenings for \$15 each, mammography scheduling with Women's Imaging at the Hospital's Northland Women's Center, peak flow meter readings with Respiratory Therapy, blood pressure checks, vision screenings and enrollment in the Journey Through Diabetes Program. Attendees will also have the opportunity to ask an NKCH dietitian questions about shaking the salt habit and sign up for the 2011 Kansas City Corporate Challenge. Also in attendance to answer questions will be representatives from the American Diabetes Association, American Heart Association, Covera, ING Retirement Planning Services, National Council on Alcohol and Drug Dependency, New Directions Behavioral Health, Synergy, The Family Conservancy and United Way 2-1-1.

Register early for a bone density scan by calling Paula Nigro at ext. 2593. The Wellness Fair will allow employees to earn a \$100 rebate on their health plan by becoming a Healthy Lifestyle Challenge member and completing the assessment.

"We strive for vendors to provide the latest information to maintain the quality of life we all deserve," says Paula Nigro, wellness coordinator. "I would love for everyone to come to the fair and get their assessments or re-assessments done so we can perform our jobs to the highest level." *Pillar: Employer of Choice*

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\*PAYDAYS

JULY 11, 1-3PM

NorthCare Hospice House  
Community Event

Located near Employee Health.

JULY 15, 10AM-2PM

Blood Pressure Screening

Pavilion Lobby.

JULY 15, 11:30AM-1PM

Senior Lunch and Learn

Stay Active by Volunteering features lunch, blood pressure screening and prizes. Call ext. 1688 to register.

Prairie View

JULY 16, 7PM-JULY 17 7AM

Relay for Life

Registration begins at 7 pm. Contact Terrie Pierce for more information at ext. 4842, Oak Park High School.

JULY 20, 7AM-1PM

Wellness Fair

Register for a bone density screening by calling Paula Nigro at ext. 2593, Prairie View.



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## NEW RETIREMENT SAVINGS OPPORTUNITY FOR EMPLOYEES

North Kansas City Hospital is now offering a new savings option for employees with its addition of the Roth 403(b) retirement savings plan. This option differs from a traditional 403(b) in that it is subject to upfront income tax withholding, however, distributions may be tax-free. Currently, with a traditional 403(b), contributions are taken pre-tax, but distributions are subject to income tax based on ordinary income tax rates of the year the money is dispersed.

Benefits of using the Roth 403(b) will be seen mostly at retirement. Withdrawals meeting qualified distribution rules can be tax-free. Those stipulations include a five-year holding period and either reaching age 59 1/2, becoming disabled, or in the case of your death, distribution will be made to your beneficiary. Withdrawal limitations include a severance of employment; financial hardship, though financial hardship does not always qualify; death; disability or reaching age 59 1/2.

You can continue to contribute to a traditional 403(b), rollover to the Roth 403(b), or contribute to a combination of the two. However, combined contributions cannot exceed \$16,500, plus \$5,500 if you are over age 50, plus \$3,000 if you are eligible for a 15-year service increase. In essence, you can defer taxes on more money using a Roth 403(b).

There are several factors to consider in deciding if Roth 403(b) is right for you. Determine whether you prefer to pay taxes now and receive your savings tax-free or enjoy the tax benefit now and pay income taxes on the savings when they are withdrawn. Verify if you can afford to reduce your income now, and make up for additional loss caused by taxes, to contribute the same amount to a Roth 403(b) that you would to a traditional 403(b). For more information contact the Hospital's ING representative at (913) 661-3755. *Pillar: Employer of Choice*

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## DIFFERENCE MAKERS

**SENIOR LUNCH AND LEARNS** provides seniors with a luncheon and an opportunity to learn about the Hospital and community services. July's Lunch and Learn features guest speaker Brenda Belongy, Volunteer Services coordinator, on Thursday, July 15, from 11:30 am to 1 pm, in Prairie View. Call ext. 1688 to register.

**ESCALATORS IN THE PAVILION WILL BE OUT OF SERVICE** for two weeks to allow for annual maintenance and cleaning. One or both of the units will not be functioning as Plant Operations tears down, cleans and lubricates the escalator, replaces the hand rails and modifies the drive train.

**GO GREEN TIP:** Buy souvenirs from local manufacturers when vacationing. You will help support the economy of the place you're visiting, save energy used to ship souvenirs and the souvenir will have more sentimental value.