

Update

A BI-COUNTY COMMISSION SERVING MONTGOMERY AND PRINCE GEORGE'S COUNTIES

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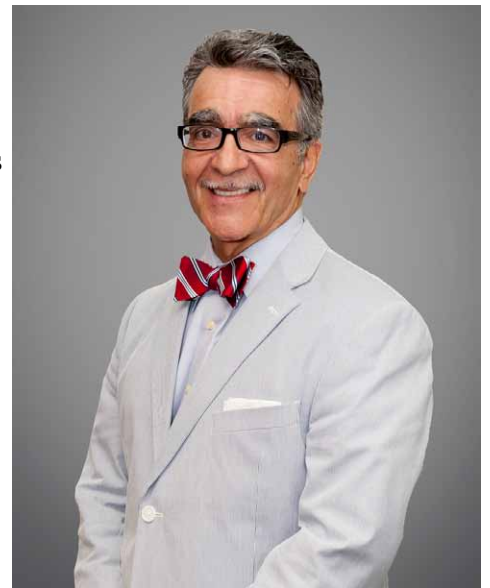
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**The deadline for submissions to
the next issue of Update
is close of business Thursday, September 5.
Thank you!**

M-NCPPC Welcomes Commissioner Manuel R. Geraldo

Update would like to welcome Commissioner **Manuel R. Geraldo**, Esq. who was appointed to the Prince George's County Planning Board and The Maryland-National Capital Park and Planning Commission in July, 2012. Mr. Geraldo is an accomplished legal professional and principal in the law



firm of Robinson & Geraldo, which he organized in 1979. His areas of practice include business litigation, contract dispute, workers compensation, and real estate litigation.

A long-time, committed community activist and volunteer, Mr. Geraldo currently serves as a Director on the Board of the Prince George's County Community Foundation, a Director for the Portuguese American Leadership Council, Director and Vice President of the Pro Bono Resource Center, Board member of the YMCA, and a member of the Maryland Court of Appeals Standing Committee on Pro Bono Service.

Mr. Geraldo is admitted to the Maryland, Pennsylvania, New Jersey, District of Columbia and Virginia Bars. A resident of Fort Washington, Maryland, he is married and has three children, and is fluent in Portuguese and Spanish.

Mr. Geraldo's prior professional positions include Director and General Counsel for the District of Columbia

See Geraldo, page 2

Manuel Geraldo Appointed to the Commission

Geraldo, from page 1

Private Industry Council, litigation and legislative Counsel in the Office of the General Counsel for the U.S. Department of Housing and Urban Development, membership on the Newark Commission on Human Rights, and Executive Director for the Congress of Portuguese Speaking People. Mr. Geraldo was appointed by Governor Martin O'Malley to the Board of Airport Zoning Appeals in 2010 and as Chair of the Board in 2012. He also previously served as a Commissioner on the Washington Suburban Sanitary Commission, including a term as Chair of the Commission.

Welcome, Mr. Geraldo!

Welcome to the Commission

Update welcomes the following employees who joined the ranks of the M-NCPPC in July:



Prince George's County Department of Parks and Recreation
Claudette Brown and Charles Harrison

Montgomery County Department of Parks

Jennifer Miller, William Brown, Haviz Adejo, Kevin Anderson, Heather Dunkin and Denard McNeill

Department of Human Resources and Management

Tiki Spiller, Derrick Peoples and Michael Bolling

The Kronos Upgrade Project Is Underway

The Commission is in the process of upgrading the Kronos Timekeeper System. We are upgrading from Kronos version 5.0 to Kronos version 6.3, the latest release. The upgraded system will be hosted by Kronos Cloud Services.

Why is the Commission upgrading Kronos?

We are upgrading to a newer version of Kronos with some enhanced functionality and the reliability of a fully supported platform by the vendor, Kronos.

Moving to Kronos Cloud Services will also lower the cost of maintaining the Kronos environment, allow the Commission to stay current with future releases/versions, and increase usability by allowing employees to access Kronos anytime/anywhere (such as home, devices with internet connections, etc.).

When will Kronos version 6.3 Go-Live?

Kronos 6.3 is planned to Go-live on Monday, September 10, 2012 (this date has been updated from 8/27/12 due to the progress of the project). *This date may change, depending on the progress of the project, and any changes to the Go-Live date will be communicated accordingly.*

What can I expect during Kronos version 6.3 Go-Live?

- You will receive broadcast notices of Go-live details and timeline
- You will use the same username and password from Kronos 5.0 to log onto Kronos 6.3. If you do not remember your password, please email CAS-Kronos@mnppc.org for assistance.
- During your first logon - you will setup security questions that will enable self-service password reset capabilities. Please click here for details.
- Your Kronos 5.0 desktop shortcut will not work to access Kronos 6.3. Your IT Department may place a shortcut for Kronos 6.3 on your desktop. If not, the production web address for Kronos 6.3 is [HTTPS://MNCPPC.KRONOSHOSTING.COM](https://MNCPPC.KRONOSHOSTING.COM).
- To operate Kronos 6.3, you will need the following installed onto your desktop;
 - Java version 1.6.29 and Adobe Flash 11.
 - Your IT Department will deploy these products on your desktop at work.
- There are no changes in your Department timeline for submitting approved timecards.

See Kronos, page 3

EMPLOYEE NEWS

Update

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

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UPDATE

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Update reserves the right to accept, reject and/or edit any materials submitted for publication.

Kronos Upgrade Status

Kronos, from page 2

What is the biggest difference between the Kronos we use today and the upgraded version of Kronos?

Kronos 6.3 has a new User Interface. The new User Interface is easier to use and allows more capabilities. Click to see differences of Kronos 5.0(old) and Kronos 6.3(new)

Will there be any changes for employees who swipe/punch the Kronos Clocks?

There will not be any changes in how you swipe/punch the Kronos clocks to capture work time.

Employees of Montgomery Parks will be using new Kronos Clocks because the current Kronos clocks in Montgomery Park facilities cannot communicate with the upgraded version of Kronos. The new clocks are smaller and operate the same way as the old clock.

Montgomery Parks career employees will use their Commission ID badge to swipe the new clocks.

Montgomery Parks seasonal employees will be issued new badges to swipe the clocks. Click to see brochure of the new clock!

Employees in Prince George's Parks & Recreation will use the same clocks that are currently installed because the current clocks in Parks & Recreation facilities can communicate with the upgraded version of Kronos.

Prince George's Parks & Recreation will continue to use the same badges to swipe the clocks.

Will I need training

Yes, you may need some guidance on how to navigate the New User Interface. Your department will announce training opportunities sometime during the end of July and the first few weeks in August, look out for these announcements.

A variety of training options will be available, such as webinars, job aids, videos, instructor-led, etc., including Training Aids for

- Employees (who logon)
- Managers
- PayRoll Admins(Admin Sign-off)

Where can you find information about the progress of the Kronos Upgrade Project?

Project related documents:

- Project Timeline
- Project Scope Statement
- Project Team Organizational Chart
- Project Status Reports
 - Status Report - 5/21/12
 - Status Report - 6/21/12
 - Status Report - 7/21/12

Please check http://insite.mncppc/Our_Organization/OCIO/Projects_and_Upgrades/Kronos_Upgrade.html at least once a week for new information! If you have any questions, please contact:
 Project Manager – **Tracey Harris**: tracey.harris@mncppc.org
 Technical Leader - **Olga Volper**: olga.volper@mncppc.org

What new features are in Kronos version 6.3?

Features	Description
New User Interface for Managers & Employees	Provides an Interactive experience with task-oriented widgets - enables employees to complete their most frequent tasks quickly and efficiently
Access Kronos anytime/anywhere	Access Kronos from anywhere or any device that has an internet connection
Carryover Labor Codes	Carryover Labor codes from the previous pay period, no more searching for the same labor codes each pay period
Free text comments	Add a note in free text to further clarify a comment
Export Reports and Genie data to excel or CSV	Export the output of reports and Genies to MS Excel or comma separated formats.
Integration with Excel	Run your favorite report from MS Excel and refresh the data without logging onto Kronos
Workflow Notifications	Be alerted when employees complete their timecards, forgot to punch in/out, submit request for leave, etc.
Streamline Workflows	Easily approve and sign-off on timecards
Self Service password reset	Allows end-users to reset their passwords; eliminating calls to the helpdesk, Manager or Administrator for password assistance
Time-off Request	Electronically submit request for leave, track employees leave frequency and duration

Department Of Parks And Recreation Receives Grants To Support Programs And Services

Kudos and congratulations to staff from the Department of Parks and Recreation, Prince George's County, including **Jeanne Hunter, Stewart Seal, Larry Knowles, Eileen Nivera, Tara Eggleston, Hernan Padilla, Katrina Meadows** and **Rose Colby**, for receiving grant awards totaling more than \$370,000 in the first month of the new fiscal year. Support from state agencies and foundations will provide funds for a variety of programs and services.

- A Maryland State Arts Council awarded to the Arts and Cultural Heritage Division will primarily support artist performance fee for events at the Publick Playhouse, Montpelier Arts Center, and John Addison Concert Hall, and will also be used for festivals, the Choreographers Showcase, Teen Touring Ensembles, Café Groove programs, Shakespeare in the Parks and more.
- Another Maryland Arts Council grant was awarded to Area Operations to help support Area Operations arts programs.
- A Mid Atlantic Arts Foundation grant was awarded to Harmony Hall Arts Center to bring touring artists (The Campbell Brothers) to Prince George's County for a performance next February.
- An award from Maryland Bikeways Program to the Park Planning and Development Division will support planning and design for new way-finding signage along the Anacostia Tributary Trail System in Riverdale, Hyattsville, Bladensburg and College Park.
- A second year grant from USA Swimming Foundation supports the Make a Splash in Schools program, a multi-level learn to swim program for youth. The program teaches water safety, introduces young children to swimming, and supports development of lifelong skills to increase overall health and fitness. During the 2012-2013 school year, this program will expand from 5 to 25 schools and serve more than 1500 elementary school students.
- Through a partnership between the National Recreation and Park Association (NRPA) and the Walmart Foundation, M-NCPPC has been awarded funds to support nutrition programs at Prince George's Parks and Recreation Safe Summer and Kids' Care after-school program sites. M-NCPPC will expand feeding programs to more than 8,000 county youth through this program in partnership with the Capital Area Food Bank
- Share Our Strength, a national nonprofit organization whose goal is to end childhood hunger in America, will support feeding and nutrition programs in Prince George's County. This grant to the Department's Special Programs Division will be used to purchase mobile refrigeration units to keep delivered meals cool and safe for participants at summer playground, Safe Summer, and Kids' Care after-school sites.

Resource Development Manager **Rose Colby** is working with staff to continue to seek additional resources for projects and programs and has recently submitted additional grant applications for more exciting projects.

Area Teens Gain Hands-On Experience in Stream Ecology and Conservation

More than 20 students participating in the Maryland Conservation Jobs Corp program this summer spent an Enrichment Day on Friday, July 20, with Montgomery Parks' Park Planning and Stewardship Division staff to learn about stream ecology, stream monitoring, stormwater pollution, and the impact of human activities on the environment. Students observed an electro-shock fishing demonstration, and participated in a habitat assessment along Sligo Creek.

Inside Parkside headquarters, the students viewed an educational presentation. They also had an opportunity to check out the aquatic laboratory, where they observed multiple fish species and got up close and personal with live benthic macro invertebrates collected from the stream. This enrichment activity provided a unique hands-on educational experience for the students, providing context for the work they have been doing with Parks this summer.



Young volunteers help Park Planning and Stewardship staff with the Sligo Creek habitat assessment.

Montgomery County Planning Board Appoints Planning Department Interim Director



Rose Krasnow, chief of the Montgomery County Planning Department's Area 1 team, was named interim director by the Planning Board in late spring. She was appointed following the departure of Director Rollin Stanley, who resigned in May.

Krasnow has worked at the Planning Department since 2004. For the last year and a half, she has directed the Department's Area 1 team, which crafts master plans and reviews development applications for the inner-ring communities around the Beltway. Before that, Krasnow was chief of the former Development Review Division for six years.

Krasnow is responsible for managing and delivering master plans, and overseeing staff on reviewing development applications and completing the countywide Subdivision Staging Policy and the Zoning Rewrite Project, among other initiatives. She will be the Department's main liaison with the Planning Board, County Council and other county agencies.

Planning Board Chair **Françoise Carrier** said the Board has begun a nationwide search and intends to hire a permanent director sometime in early 2013.

Krasnow, a former three-term mayor of Rockville, has worked in both the public and private sectors. She began her career as a bond trader with Oppenheimer and Co., Inc. in New York City, before moving to the Washington, D.C., area. Her stint as the administrator for a Rockville homeowners association led to her decision to run for the Rockville City Council, where she served two terms before being elected Mayor. She also worked as a senior policy analyst in the Smart Growth area for the National Governors Association in 2002 and 2003.

Prince George's Planner Appointed to State GIS Committee

Update joins in congratulating **Michael Sean**, Geographic Information System administrator in the Prince George's County Planning Department, who was recently appointed by Maryland Governor Martin O'Malley to serve a two-year term on the Maryland Integral Map (MD iMap) Executive Committee.

In this position, Mike will advise Maryland's Geographic Information Officer and state government agencies on building quality interactions with local government GIS resources, and help further the Governor's commitment to embedding technology throughout all levels of government.

"I am excited about being selected because this will give me the opportunity to showcase the great work Prince George's County has developed as well as shape the future GIS direction for the state," said Mike.

Kudos and congratulations on this appointment!

Three times named one of Maryland's Top 100 Women, Krasnow also was honored by the Montgomery County Business and Professional Women's Association in 2000 and was named Citizen of the Year in 2002 by the Rockville Chamber of Commerce.

Krasnow received her bachelor's degree in political science from Washington University and a master's in urban and regional planning from the University of North Carolina-Chapel Hill.

More Publications Awards for Prince George's Planning

The Prince George's County Planning Department recently announced that their Publications and Graphics Section has won two awards for publication excellence in the 2012 APEX Awards.

The twenty-fourth annual awards program drew close to 3,400 entries in 11 major categories. The awards are based on excellence in graphic design, editorial content, and the ability to achieve overall communication excellence.

In the category for Annual Report Design & Layout M-NCPPC received an award for the Approved Bowie State Marc Station Plan, and in the category of One-of-a-Kind Government Publication an award was received for the African-American Historic and Cultural Resources in Prince George's County document. Congratulations go to **Rob Meintjes** for his outstanding work on both of these projects!



The ERS On The Web

The ERS website is intended to provide all ERS members and benefit recipients with current information about the ERS and retirement benefits. The website has been organized in a user-friendly, easy-to-navigate design which has five main categories:

- About ERS contains information related to the history of the ERS, the Board of Trustees and the ERS Staff.
- Member Services contains pertinent information for new hires, actives, those getting ready for retirement and benefit recipients.
- Forms and Publications provides forms for active members and benefit recipients as well as some of the ERS' Fact Sheets. Our publications section features our Annual Reports, Comprehensive Annual Financial Disclosures, the Plan Document and Summary of Plan Descriptions.
- Summary of Plans contains a brief summary of each plan.

Professional Services provides a list of the ERS' consultants, professional service providers and investment managers with information on the ERS' investment performance and investment policy.

Visit us at <http://ers.mncppc.org>.

ERS Condolences

The ERS Board of Trustees and staff would like to extend their deepest sympathies to the family and friends of Sanford E. Wool, who passed away on June 27, 2012. He worked for the Bi-County Legal Department before retiring on October 1, 1984.

ERS Fact

Once you have reached the maximum amount of years of credited service that you can earn for your specific retirement plan, exclusive of sick leave, you are no longer allowed to contribute to the ERS. The ERS will send a notice with detailed information to individuals once they achieve maximum credited service.

Maximum amount of credited service by plan:

Plan A= 40 years; Plan B=35 years; Plan C = 30; Plan D=32

In addition, your high-3 average annual earnings will only include an average of the 3 highest consecutive years during your participation in the plan. If you continue to work beyond the maximum accumulation of credited service, exclusive of sick leave, salaries earned beyond the maximum years of credited service cannot be included in the computation.

Please contact the retirement office at 301-454-1415 if you have any questions about maximum service or any of the retirement plans.

September BOT Meeting



The next ERS Board of Trustees meeting is scheduled for September 4, 2012, 10 a.m., in the ERS/Merit Board Conference Room. For more information, please contact the Retirement Office at 301-454-1415 or visit the ERS website at <http://ers.mncppc.org>.

Annuitant Income Tax Information

If you are a retiree or beneficiary who needs to make changes to your tax information, simply complete the form on your monthly earnings statement, or you may request a form from the ERS. Once completed, forms must be returned to the ERS. Please do not return forms to Northern Trust.

It is beneficial to periodically check your earnings statement to ensure that the withholding amounts are correct and that you are meeting your tax liability. The amount withheld for state taxes should correspond to the state in which you reside. If you move to a different state, you may need to update your tax withholding information. Please consult with your tax advisor or the Internal Revenue Service if you have any questions about your federal and state tax liability, as the ERS staff cannot provide tax advice.

As federal and or state tax laws change, Northern Trust may be required by law to update their tax tables. These updates may sometimes affect your tax withholding amounts, and consequently your net benefit amount. You may have noticed a box that appears on your payment stub each month labeled "Important Notes". On occasion, Northern Trust will put notices to payees in this box, including notices of changes in tax withholding requirements. Please make a practice of checking this box for updates each month, if you do not already do so. Always feel free to contact the ERS if you have any questions.

August 2012 Retirees

Best wishes to Rosemary E. Nichols and Donald E. Saunders. They retired from the Commission effective August 1, 2012.

Montgomery Parks Says Farewell

Division Chief Brian Woodward Retires

After 17 distinguished years with the Maryland-National Capital Park and Planning Commission, Montgomery Parks Division



Chief **Brian Woodward** announced his retirement effective July 1, 2012.

Brian joined the Commission in July 1986, coming aboard as the Administrative Supervisor for the Department. At that time, the operating budget was less than \$20 Million and was still prepared manually. Brian spent the next eight years successfully managing the operating budget and serving as the supervisory backup for the new Management Services Division.

In 1994, Brian left the Commission to pursue another opportunity, but was rehired in April 2003 as the Regional Operations Manager to M-NCPPC. In this role, Brian was responsible for launching and managing SmartParks, a work order management system with inventory database. In 2005, Brian was tapped to serve on Director **Mary Bradford**'s reorganization team. In 2006, he was promoted to Chief of the Horticultural Services Division, and in 2007, Brian asked for the opportunity to head the Park Department's Southern Region. Brian held this position until he retired, inspiring professionalism and excellence from his staff and serving as their biggest cheerleader.

Brian has accepted the position of Director of Recreation and Parks for the City of Annapolis. He goes with the respect and affection of his friends from M-NCPPC. Brian's Retirement Celebration was held July 27, 2012 at Brookside Gardens.

Two Retire From Little Bennett Regional Park

With nearly sixty five years of service between them, **Rosemary Nichols** and **Donald Saunders** will leave big shoes to fill at Little Bennett Regional Park.

After 31 years of service to the Commission, Rosemary Nichols announced her retirement effective August 1, 2012. Rosemary started her career as a Park Maintenance Helper at Shady Grove with the Maintenance and Development Division in 1981. She's is looking forward to spending more time with family, working a part-time job closer to home in Virginia, and when time and money allows, enjoying one of her favorite things: traveling!

After 35 years of service to the Commission, Donald Saunders announced his retirement effective August 1, 2012. Donald started his career as a custodian at Meadowbrook in 1977 and transferred to Shady Grove in 1980. In 1988, Donald became a Park Crew Leader for the next 24 years in the Little Bennett Area, where he has served ever since. Donald is looking forward to improving his horseshoe score and spending more time in the woods hunting.



Montgomery County Parks Planning Supervisor Tanya Schmieler Retires

After 41 years of distinguished service to the Maryland-National Capital Park and Planning Commission, Planning Supervisor **Tanya Schmieler** announced her retirement effective July 1, 2012.

Tanya began work for M-NCPPC as a Planning Assistant in the Research Division, achieving many accomplishments throughout her career, but she is best known for her contributions to the following important plans and initiatives: 2012 Park, Recreation and Open Space (PROS) Plan for Montgomery County, MD; 2005 Land Preservation, Park and Recreation Plan (LPPRP) – A Park, Recreation and Open Space (PROS) Plan for Montgomery County, MD; 2000 Park User Survey; Ballfield Work Group Reports – Phase I and II (1999); Student Survey of Montgomery County Park and Recreation Facilities Summary Report (1999); 1998 Master Plan for Park, Recreation and Open Space; Parks for Tomorrow (1998) and many more contributions.

Update joins with the Department of Parks in Montgomery County in wishing all four all the best. They will be greatly missed by colleagues throughout Montgomery Parks.



Health & Benefits: News You Can Use

Our mission to our customers is to design, develop and administer quality, cost-effective benefit programs responsively, consistently and fairly.

Retirement Education Program

At The Maryland-National Capital Park and Planning Commission, we understand the face of retirement is changing and you may be concerned about some of the big questions in retirement:

- How to plan for retirement;
- Will I have enough money to retire;
- How to prevent running out of money;
- How future health care costs can impact wealth.

Whether your retirement is years away, or right around the corner, it is never too late to start to plan. We are pleased to offer you a program that can help you understand the very complex and important subject of retirement – the MetLife retirewise® program.

You and your spouse or significant other are invited to join MetLife for this informative seminar series where you can learn about key retirement issues and assess your personal situation. You will have access to these valuable resources:

- Four complimentary educational seminars held at Commission sites
- A comprehensive resource workbook with worksheets, homework assignments and exercises
- A complimentary one-on-one consultation with a local MetLife retirewise Specialist

The retirewise seminars will be held at PRA Auditorium in Riverdale and Saddle Brook Police Headquarters in Silver Spring during the month of September as detailed below. You should select the site that is most convenient for you. Please note that the Saddle Brook sessions may be moved to the Montgomery Regional Office. We will notify you if the change is made.

Module 1: Building the Foundation —
09/05/12, 6:00pm to 8:00pm, Saddle Brook or
09/06/12, 6:00pm to 8:00pm, PRA Auditorium

You will envision the retirement you want and how you will finance it based on current and future retirement trends. We will cover some financial basics and budgeting for retirement. You will start to see how what you already have will contribute to the retirement you want.

Module 2: Creating & Protecting Wealth —
09/12/12, 6:00pm to 8:00pm, Saddle Brook or
09/13/12, 6:00pm to 8:00pm, PRA Auditorium

You will begin to look at how to prepare before retirement to generate income during retirement. You will look at investment risk, investment strategies, retirement expenses, and several sources of retirement income.

Module 3: Establishing Your Retirement Income Stream —
09/19/12, 6:00pm to 8:00pm, Saddle Brook or
09/20/12, 6:00pm to 8:00pm, PRA Auditorium

Building on what you have learned so far, you will discover how to structure a retirement income stream to address your retirement wants and needs. We will examine the risks that could impact your retirement funds, how to manage assets to help provide lifelong income and what government programs cover and what they do not cover.

Module 4: Making the Most of What You Have —
09/26/12, 6:00pm to 8:00pm, Saddle Brook or
09/27/12, 6:00pm to 8:00pm, PRA Auditorium

You will review the benefits your employer offers, together with other benefits for a clear understanding of how they fit into your retirement plan. We will look at the basics of estate planning, wills and trusts. And a film made exclusively for retirewise by best-selling author and coach, Richard Leider, will help you reconsider what a satisfying and meaningful retirement looks like for you.

To help you make the most of your retirement you should plan on attending all four seminars!!

For more information about the retirewise program, contact **Paul Brown** in the Health & Benefits office at 301-454-1683.

Register Now! Retirement Education Workshop

As you look forward to retirement, you may have questions about your financial security:

- Am I saving enough?
- How will I pay for retirement healthcare expenses?
- How will I generate enough income during retirement?
- What options are available if my retirement income falls short?

Introducing the retirewise workshop series! Register today: www.metlifelplansmart.com *

Building the retirement you've always dreamed of shouldn't be a mystery—retirewise® can help. As a part of the MetLife PlanSmartSM Financial Education Series, these workshops — and an optional one-on-one consultation—will present a holistic view of key retirement issues. You can:

- Attend a complimentary workshop series
- Receive a comprehensive resource guide
- Schedule an optional one-on-one consultation with a local MetLife retirewise representative

Wed., Sept. 5, 12, 19 & 26

6pm to 7:30pm

12751 Layhill Rd., Silver Spring, MD

Thurs., Sept., 6, 13, 20 & 27

6pm to 7:30pm

6600 Kenilworth Ave., Riverdale, MD

To learn more about these workshops, view an interactive presentation then simply choose from the following options to get information or to enroll

- Visit* www.metlifelplansmart.com
- call 1-866-801-3547

*If you are prompted to enter your employer's name, please enter it as shown here: MNCPPC

Food & Mood: How What You Eat Affects You

Do you find yourself nodding off at work? Perhaps it's not that boring meeting you are attending; it may be what you had for lunch. Or what you didn't have for breakfast. Dietary changes can trigger chemical and physiological changes within the brain that alter our behavior and emotions.

Food Chemistry

An amazing meal can leave you in an amazing mood - really! Certain foods are key components in the making of powerful, mood-altering chemicals in the brain. These chemicals, called neurotransmitters, not only boost your mood but improve sleep, increase pain tolerance, jog your memory and improve performance. Four main food-related chemicals directly affect mood: serotonin, dopamine, nor epinephrine and acetylcholine.

Serotonin is released after eating carbohydrates (sugars and starches). It enhances calmness, improves outlook and lessens depression. Simple carbohydrates, like those found in cookies and candy, increase blood sugar, which causes a quick - but short-lived - burst of energy. For a longer-lasting boost, try switching to complex carbohydrates like whole grains, beans and vegetables.

Dopamine and *Nor epinephrine* are released after eating protein (meats, poultry, dairy and legumes). These chemicals work together to increase energy level and make you more alert. Proteins like chicken or lean beef are easier to digest and better for your heart. Vegetarians can reap the same benefits from items like soy or quinoa, both of which are complete plant proteins.

Acetylcholine is believed to be linked to learning, memory and mood. It is produced from a B vitamin called choline, which is found in wheat germ and eggs. Add wheat germ to your diet by adding it to baked foods or sprinkling over cereal.

Eat Your Way to Happiness
Remember the following suggestions for choosing foods to boost your mood:

- **Eat Regularly.** Skipping meals can cause your blood sugar to crash, leading to feelings of tiredness and crankiness. Try to consume a meal or snack every 4 hours.
- **Carbs Are NOT the Enemy!** Mentioned earlier, your body needs carbohydrates in order to produce the feel-good brain chemical serotonin. Aim for 45 to 65 percent of your daily calories to be carbohydrates.
- **Bulk Up on Omega-3s.** Omega-3 fatty acids, found in salmon, mackerel and other fatty fish, are known to improve mood and memory. Low levels of omega-3's have been associated with depression, pessimism and impulsivity. It is recommended to have at least 2 servings of fatty fish per week. Other sources include flaxseeds, walnuts, canola oil, and omega-3-fortified eggs, margarine or peanut butter.
- **Think Before You Drink.** The liquid portion of your diet affects your mood just as much as the solid foods you eat. For increased energy and overall feeling of well-being, consider making water your primary beverage of choice. The caffeine found in coffee and other drinks can enhance performance in moderate amounts, but too much can cause nervousness, mood swings and anxiety. Stick to 1 or 2 cups of coffee a day. Low-fat or skim milk contains whey protein, which combats stress and enhances memory. Green tea, known for its antioxidant properties, also contains the amino acid theanine, which helps to ease depression and fight stress.

M-NCPPC Claims Administrator Changes to CorVel Corporation

On July 1, 2012, the Commission's Third Party Claims Administrator will change from Gallagher Bassett to CorVel Corporation. CorVel will handle all existing and new workers' compensation, auto, and general liability claims.

Beginning July 1, 2012, CorVel is handling claims. CorVel will be fully staffed on the effective date; they are keeping some incumbent staff, which should make the transition easier. The team concept presently used by Gallagher Bassett will continue.

CorVel will begin issuing checks for existing claims in August. Employees receiving actual checks from Gallagher Bassett, for payment of Workers' Compensation benefits, will receive an advanced check. Benefits that would normally be issued in July will be issued by June 29, 2012. Written notices announcing the changes have been sent to the Workers' Compensation Commission, injured workers, claimant attorneys, and providers.

Several aspects of the program will change and many others will remain the same. Some key information to be aware of are highlighted below:

What changes?

- First Report of Injury (FROI) becomes First Notice of Loss (FNOL).
- CorVel's health care management services, CorCare, replace M Hayes. CoreCare will provide:
 - Nurse triage for all newly reported claims;
 - Utilization and Pre Certification services;
 - Telephonic Case Management, Field Case Management, and Vocational Services.
- The current website, www.mcsip.org, was updated July 1 with necessary revisions, including:
 - User Guide and Tutorial for web reporting
 - Links for Care
 - Organizational Chart
 - Downloads
 - How to
 - FAQ's
- A dedicated fax line for medical treatment authorizations (866)434-0546 is being added.

What doesn't change?

- www.mcsip.org continues to be the main resource for program members and frontline supervisors.
- Toll free number for reporting new losses remains the same, 888-606-2562. The call center is available 24/7.
- Vehicle estimating services will remain the same.

For additional information or questions on the claims process in general, please call the Risk Management and Safety Office at 301-454-1740.

Glover Named to Art Advisory Board

Congratulations go to **Jeannette Glover**, DHRM, who is pleased to announce her appointment to the University of Maryland University College Art Advisory Board. The Board works to expand the visibility, the collections, scholarships and funding for the Arts Program.

Do you have personal news to share? Recently married? Engaged? Had a baby? Won an award? Has anything happened in your Division/Department lately that you think is newsworthy?

Let *Update* know and we'll consider it for an upcoming edition of our monthly employee newsletter. Deadline for submissions for the upcoming issue is noon, Thursday, August .

Please send your notice to:

Update.editor@mncppc.org
301-454-1718 (fax)
Update Editor, 4th floor, EOB (interoffice mail)

OR
jim.adams@mncppc.org

We're looking forward to hearing from you!
Thanks for your assistance!

Museum Surpasses 10,000 Visitors

Historic Surratt House Museum had its best year yet with attendance going over the 10,000 mark for the fiscal year. Registrations in the visitors' sign-in book show tourists from across the U.S., Canada, and several foreign countries. We are especially pleased that over 2000 of the people reached were school children and day camps.

Museum staff are currently working with the screenwriter and producers of a National Geographic Channel movie for an upcoming production on the assassination of President Lincoln – which, of course, is the main focus of the work at Surratt House.

Health and Wellness Committee Competition Awards Celebration ***June 20, 2012 at Bladensburg Waterfront Park***

The Health and Wellness Committee hosted a luncheon to celebrate winners of Employee Wellness Competitions, including Scan It, Step To It, and Weight Loss. The afternoon began with a lunch from Maryland Country Caterers, included personal testimonials from the competitions, and ended with a pontoon boat ride to the National Arboretum.

Overall, the afternoon was a great success. Everyone enjoyed themselves despite the 97 degree heat and gave some great recommendations for the next round of Employee Wellness Competitions.

Right and below, M-NCPPC staff enjoy good food and friendship at the Health and Wellness Committee Competition Awards Celebration.



In a personal testimonial from Harold MacNaught, he stated that in "January 2010 [he] started on a quest for health" and signed up for the Scan It Competition to help him get into a schedule of working out. Since starting to work out, Harold has been awarded first place in the 2011 and 2012 Scan It Competitions, works out 5 days a week, and uses competition as a motivator. Harold's ultimate goal is to "stay alive, eat more cheese, and drink more wine."



Jeannette Dixon's inspiration came from her coworkers when she began working at Publick Playhouse. Jeannette grew up in the South, so her eating habits were very different from her coworkers who were eating very healthy. In time, Jeannette starting eating healthier due to her new environment and was on the winning team of the 2012 Weight Loss Competition.

Employees' Job Opportunity Bulletin

The Commission is seeking highly qualified applicants to fill the following positions.

This bulletin provides information about available positions on **8/1/12**. For updated and more detailed information, such as work locations, job requirements, etc., please visit our website at www.mncppc.org/jobs or call (301) 454-1411. Please note the closing date and time on the posted announcement.

Typing Test: Applicants for the Park Police Communications Technician positions are required to pass the Critical assessment which includes a typing test.

For specific locations and qualifications of advertised positions, please visit www.mncppc.org/jobs/

Unique Positions

Adapted Aquatics Coordinator – Continuous
\$47,535-\$81,342
(14271, Grade H)

Area Specialist – Closes 8/5/12
\$53,835-\$92,300
(10330, Grade I)

Arts & Cultural Heritage Division Chief – Continuous
\$75,036-\$128,399
(10138-2012, Grade K)

Budget Administrator/Management – Continuous
\$58,835-\$92,300
(13640, Grade I)

Grant Coordinator and Writer – Closes 8/8/12
\$25.00 - \$27.00 hourly
(14224, Term Contract)

IT Support Specialist II – Continuous
\$47,528-\$81,120
(12519, Grade H)

Lead Park Police Communications Technician – Continuous
\$41,932-\$71,750
(11479, Grade G)

Museum Director - Continuous
\$53,834-\$92,300
(10167, Grade I)

Park Management Technician – Closes 8/21/12
\$35,360-\$62,400
(12820, Grade F)

Park Naturalist – Closes 8/5/12
\$41,600-\$70,720
(14276, Grade G)

Park/General Maintenance Worker II – Continuous
\$29,823-\$51,032
(14312, Grade L03)

Payroll Practitioner – Continuous
\$47,535-\$81,342
(11355, Grade H)

Planner Coordinator – Continuous
\$58,835-\$92,300
(10527, 10079, Grade I)

Planning Supervisor – Continuous
\$62,657-\$109,200
(11095, 14029, Grade J)

Policy Development Manager- Continuous
\$62,658-\$109,200
(12252, Grade J)

Principal/Senior Planning Technician – Continuous
\$41,931-\$71,750
(12234, Grade G/F)

Publications Specialist – Closes 8/15/12
\$41,932-\$71,750
(12488, Grade G)

Senior Painter – Continuous
\$37,135-\$63,544
(10280, Grade T04)

Senior Planner/Planner – Closes 8/6/12
\$41,931-\$71,750
(14200, Grade G)

Senior Welder – Closes 8/5/12
\$37,135-\$63,544
(12825, Grade T04)

Senior/Budget Analyst – Continuous
\$53,835-\$92,300
(11800, Grade H/I)

Senior Policy Development Specialist – Continuous
\$53,664-\$91,520
(11514, Grade I)

Urban Forester – Closes 8/23/12
\$47,535-\$81,341
(13261, Grade H)

Seasonal/Intermittent Positions

Aquatics Seasonal/Intermittent – Continuous
Depends on Qualifications
(PG11111S)

History/Museum Staff Seasonal Intermittent – Closes 8/8/12
Depends on Qualifications
(PG10001H)

Inclusion/Therapeutic Recreation/Kid's Care Year-Round Intermittent Positions - Continuous
Depends on Qualifications
(22222Y)

Montgomery County Seasonal Maintenance/Data Entry (Fall 2011) - Continuous
Depends on Qualifications
(MC222M)

Montgomery County Seasonal Positions-Summer 2012 – Continuous
Depends on Qualifications
(MC444SU)

Natural and Historical Resources Staff Seasonal/Intermittent – Closes 8/8/12
Depends on Qualifications
(PG10003NH)

Park Maintenance Seasonal/Intermittent Positions-2012 – Continuous
Depends on qualifications
(PG33333)

Senior Services Intermittent Positions (Year Round) - Continuous
Depends on Qualifications
(2011SY)

Sports, Health, and Wellness Division Seasonal/Intermittent Positions - Continuous
Depends on Qualifications
(77777Y)