

The CommUnity HR Newsletter



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Staying well in the Workplace!

As the days grow colder and shorter, we are often reminded that along with the spirit of winter comes the flu season. This year we not only need to ensure cleanliness of our hands and selves to ward off the influenza virus, but as the Swine Flu pandemic grows, we should be aware of the cleanliness of our surroundings. For many of us we spend our days at our desk, and though we are the sole occupant, often we forget about the amount of germs that could be thriving beneath our “to do” piles and implements. Have you ever wondered how many germs live upon your desk?

Most of the time when people think about cleaning their desk they think about organizing by de-cluttering or removing stacks of papers, organizing bills or replacing books and clutter to where they belong. But how often do you think about the tiny microbes that live in the office? “Every square inch of an average office contains almost 21,000 microbes” (<http://geniusbeauty.com./news/dirtiest-places-office/>). Scientists stress that most micro-organisms that survive on surfaces within the office can live up to 3 days.

At this point you are probably thinking to yourself, “What can I/we do to help not spread these germs”? The number one suggestion is if you are sick, stay home and recuperate. If you must come to work, make sure to distance yourself from others, cover your mouth when you cough, wash your hands regularly or keep a bottle of hand sanitizer handy. It is also beneficial to wipe off your keyboard, mouse, desk, phone and other surfaces that are good breeding grounds for germs regularly, especially while you are sick and once you have recovered. No need to break the bank using a cleaning service, rubbing alcohol purchased at the drug store is very cost effective, allows for multiple users to clean their spaces and kills 99% of the germs that may be present.

Dates and Info to Note

ALL SHAREHOLDERS OF A CORPORATIONS NEED TO MAKE SURE A PAYROLL FOR 2009 HAS BEEN PROCESSED!

ALL INFORMATION FOR W-2 PROCESSING & 1099s WILL BE NEEDED BY: 12/31/09

UNITY HR HOLIDAY CLOSURES

NOVEMBER: WE WILL BE CLOSED: 26TH & 27TH

DECEMBER: WE WILL BE CLOSED: 25TH

JANUARY: WE WILL BE CLOSED: 1ST

Finding a Specific Transaction

To find a specific transaction there is a faster way than using previous and next. Try clicking the Reg icon, display the register, and scroll up and down to find the transaction

Bellingham Tech College Has QuickBooks classes!

For more information pick up a catalog or call them at 360-752-8350

~QUOTE~

A man cannot be comfortable without his own approval.

~Mark Twain~

Healthcare in the News!

Regardless of your position on the health care debate in Congress, the problem remains the same: health care costs too much. Simply shifting “who writes the check” won't heal what's wrong with health care today.

One thought is that basic incentives are missing that encourage us to purchase and consume health care wisely. Perhaps we have to fundamentally rewire the way the system encourages key behaviors by everyone—consumers, insurers, hospitals and health care providers.

Many agree the *primary* issue surrounding our “broken” health care system is the way we as consumers access and pay (*or don't pay*) for health care services. For the most part, we are unaware of and *rarely* pay the real price of the treatments we receive. Unfortunately, this feeds into an overconsumption of treatment that many experts say eats up approximately “one-third of our health care dollars.”

Fortunately, many insurance companies are doing their part to help manage skyrocketing costs by supporting Consumer Driven Healthcare Plans (CDHP). Perhaps not the “end-all” remedy of our seemingly broken system a CDHP aka “self managed plans”, typically feature higher deductibles and stoploss limits, including tax advantages, and incentives for healthy living.

Most importantly, a CDHP is designed for members to take charge of their healthcare, *and generally cost less in monthly premiums*. Many plans allow for one-on-one support through working directly with a personal health coach, consulting nurses, and specialized help for pregnancy and critical - chronic illnesses. Other popular features commonly imbedded within a CDHP are hands-on resources dedicated to addressing the rising costs of prescription drugs.

Employee Benefits Planning, LLC has been serving the community for over 30 years by successfully guiding employers through the complex arena of group healthcare insurance and employee benefits.

For questions:

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