

FINANCIAL HEALTH/PLANNING

North Jersey Federal Credit Union will be in the UH Cafeteria the First Tuesday of Every Month from 10am to 2pm. If you are not available to meet the representative in person you can visit their office located at 186 W. Market Street, Newark, NJ 07103 – 973-785-9200. You can view their website and review the services provided by clicking this [link](#).

HEALTH and WELFARE BENEFITS

Horizon will be hosting a free webinar on Family Well-Being. Learn simple methods to get fit as a family! We will identify opportunities to build better family meals, explore barriers and set exercise goals, discuss sleep strategies, and help you stay on track. Join by clicking the link on Friday, August 5th at 12pm to 1pm.

[Register Now >](#)

RETIREMENT

New Jersey Division of Pensions & Benefits provides monthly seminars and webinars for PERS members. This [link](#) will take you to the August 2022 schedule of events. Please contact the Division of Pensions & Benefits at 609-292-7524 if you have questions on your PERS account.

For information on your ABP or DCRP account, please contact the appropriate representative noted below:

AIG (formerly Valic) Jerome Gregory
732-343-4089

Empower (formerly MassMutual) Ken Quarnaccio
848-248-4313

Empower (formerly Prudential) Alicia Smith
732-428-2314 or 866-657-3327

Equitable (formerly AXA) Marc Sheridan
908-230-2042

MetLife/Brighthouse Stephen Stemple
908-794-4265 or 800-842-9406

TIAA Zaki Saoud
201-498-8345

VOYA Frank Booth
860-573-5673

On site counseling **August 8th** from 11am to 3pm.
[Schedule a virtual meeting or phone appointment](#)

[Empower - Virtual Meeting with Ken Quarnaccio](#)

Retirement presentation will be held in HR in Building 8 Conference Room 816 on August 16th from 12 to 2pm. If you are not able attend the meeting
[Click here to schedule a virtual appointment with your dedicated retirement counselor!](#)

On site counseling each Monday and Wednesday from 10am to 2pm.

Schedule a telephonic meeting www.tiaa.org/schedulenow or call 855-728-8422 for Individual Advisory Assistance

Click this link for Voya [online retirement training](#)

SOCIAL SECURITY/MEDICARE PARTS A & B

Did you know, Medicare Parts A & B could affect your medical benefits upon your retirement? The Social Security Administration will host virtual meetings on [August 25th](#) at 10am and September 8th at 1pm. (The links for future meetings will be in our upcoming newsletters. Click the August 25th date to join that meeting.) These meetings will provide information on Medicare Parts A & B, how these benefits may affect your medical coverage upon your Retirement and Social Security Benefits.

If you were not able to attend the virtual meetings with the Social Security Administration, please feel free to stop by the Human Resources Benefits Office and take advantage of the literature provided by the Social Security Administration.

Benefits Team

Tracey Bacskay - Benefits Services Associate 973-972-4743 bacskatr@uhnj.org

Claudine Green - Benefits Services Associate 973-972-0885 cruzgrcl@uhnj.org

Sherronda Williams - Manager Benefits Operations 973-972-3925 willi201@uhnj.org

If you have any questions on the topics discussed above or any employee benefit, please feel free to contact me using my email or phone number noted below.