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VOLUME II
ISSUE VI

HUMAN RESOURCES

SECTION NEWS

- Vice President's Office (223-7572)
- Benefits (223-7230)
- Compensation (223-7608)
- Employment (223-7534)
- Payroll (223-7523)
- Professional Development (223-7997)
- Records (223-7227)

INSIDE THIS ISSUE:

New Employees

Diabetes Support Group for ACC Staff and Faculty

Create a Personal Financial Plan

Employment

We are delighted to welcome these New ACC Employees that started October 5th!

<i>Name</i>	<i>Position</i>	<i>Campus</i>
Anthony Garza	Testing Assistant	EVC

Benefits

Diabetes Support Group for ACC Staff and Faculty

Diabetes: Take Action!

This is a group for anyone who has diabetes or is interested in learning more about diabetes. Group Leader is Sandra Gaskin (Sandy) RN, MSN. Sandy has spent most of her nursing career teaching about diabetes and helping others manage their diabetes.

The group will meet the 4th Friday of the month except for November and December, when we will meet the third Friday. Sessions will include "What is Diabetes", "What is all the fuss about food and diabetes", "I have to get up and get moving?!", "What does my medication really do?" **First support group meeting will be held on October 30, 2009 at HBC from 12:30-1:30 pm, room TBD.**

Sign up, come and have fun and learn a lot! To register, please email avaldez1@austincc.edu. For questions, call Alisol V. Martinez, HR Specialist II at 512.223.7800. Please register by October 16th.

Create a Personal Financial Plan

People who "have it all" didn't get there by accident. Financial planning is a thought process based on your values, which incorporates spending, saving, using credit, and investing. Creating a financial plan can help you identify the end result you want, figure out how to get there, and stay on track to achieve it. Psychologically, it can help reduce stress. This seminar discusses goal setting and provides a framework for working through the 5-step financial planning process.

October 29, 2009 12pm – 1pm, HBC, Room 221

Presenter: Dawn M. Ambuehl-Sadek, M.Ed. Community Education Director, A+ Federal Credit Union.

To register for this, employees must register online at:

<https://www3.austincc.edu/it/workshops/www/workshops/calendar.php>