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Inside AICPA, April 20, 1992

American Institute of Certified Public Accountants (AICPA)

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April 20, 1992

Staff Anniversaries

Congratulations to the following staff members who last week celebrated various anniversaries with the Institute:

		Anniversaries
Monty Kuttner	Management Consulting Services	19th
Stacy Kosmides	CPE Program Development - Conferences & Training Schools	15th
Hal Clark	Information Technology	7th

Staff Promotions

Lois Wolfeich in Information Technology was promoted from Technical Advisor to Supervisor - Technical Publications.

Bill Free in CPE Marketing was promoted from Coordinator to Senior Coordinator.

Congratulations and good luck in your new positions!

Please Welcome

Barbra Josephson - Meetings Assistant - Meetings and Travel. Previous to joining the Institute, Barbra was employed as a Promotion Assistant at Emmis Broadcasting.

AICPA's 1992 Blood Drive

The need for blood is urgent. Approximately 10 million units of blood are needed to treat patients in the United States each year. Compare this need with the fact that less than three percent of the U.S. population donates blood and you can appreciate the importance of efforts to increase the supply of blood donations.

Who needs blood? Approximately one in every ten hospital patients....accident victims, leukemia and cancer patients, burn victims, surgical and cardiac patients, and, perhaps, most touching of all, newborn babies. In fact, a single pint of blood can help as many as ten newborns. A pint of blood can be the difference between life and death for any one of us when we need a transfusion.

The Institute is holding a Blood Drive on April 30th, 1992, in the Committee Members Dining Room on the 6th floor. The drive will start promptly at 9:30 a.m. and conclude at 2:30 p.m. Donations are taken on an appointment basis. Last Thursday, a memorandum was circulated regarding this upcoming drive. If you wish to donate blood please complete the pledge card that accompanied that memorandum and return it to Human Resources no later than April 27th. If you have any questions, please contact Chris Miller, Benefits Coordinator, on x8630.

The "gift of life" cannot be manufactured. The need for blood can only be met through the unselfish contribution of individuals.

PLEASE GIVE THE GIFT OF LIFE

Get Moving!

If the word "exercise" makes you think of sweat suits and sore muscles, here's good news for you. Walking is the safest and easiest form of exercise, and it's very effective. To get the most benefit, walk three times a week for half an hour to forty-five minutes. But remember that even short walks are helpful.

The Commonwealth of Massachusetts Department of Aging gives you these reasons to "get moving".

- Walking can slow the aging process and add vigorous years to your life.
- It energizes and increases stamina and strength.
- Walking strengthens bones and fights osteoporosis.
- It helps control your weight. Consuming just 100 extra calories a day will soon make you 10 pounds heavier, but just 15 to 20 minutes a day of walking can burn it up.
- It helps you tone and strengthen muscles.
- Walking helps you maintain a sense of balance and agility, lessening the likelihood of falls and accidents.
- It also improves your self-image, relieves stress, and makes you feel better mentally and physically.

Make plans now to get moving and get the benefits walking can give you. And, on that note....

....It's not too late to join in on the fun the 1992 March of Dimes Teamwalk is guaranteed to bring! The 30 kilometer event (18.6 miles) takes place this Sunday, April 26th, starting at Central Park (59th Street) to Battery Park and back. The monies raised help support the March of Dimes in its mission to fight birth defects -- an extremely worthwhile cause.

If you haven't already registered and would like to join, contact Chris Miller, Benefits Coordinator, on x8630.

Weight Watchers Program

We are happy to announce that the Institute will co-sponsor another 8-week Weight Watchers "At-Work" program. Due to the move to New Jersey this will be the last session in New York this fiscal year. The cost for the program is \$100 for continuing members and \$110 for new members, half of which the Institute will pay.

The meetings will be held every Friday, beginning May 8, 1992, in Conference Room G on the 7th floor. Depending upon the response, we will have either one meeting from 12 - 1 p.m. or two meetings (12 - 1 p.m. and 1 - 2 p.m.).

We need a minimum of 25 people to start the program. The cost for continuing members is \$50 and for new members the cost is \$55. Please bring your check payable to Weight Watchers and post-dated for May 8, 1992, to Selmo Alamilla in Human Resources (x3803) by April 27, 1992.

New Telephone Number

Rockefeller Center has announced a new telephone number for 1211 Avenue of the Americas - 632-8190 - answered 24 hours a day, 7 days a week for service or emergencies.