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## Inside AICPA, October 2, 1995

American Institute of Certified Public Accountants (AICPA)

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*where members are our business* October 2, 1995**Staff  
Anniversaries**

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

		<b>Anniversary</b>
Mely Tan	Receivables	22nd
Paulette Myers	Academic & Career Development	21st
Mary Remo-Bobe	Order	16th
Gregory Furke	SEC Practice Section	15th
Cathy Wasilko	SEC Practice Section	12th
Nancy Cohen	Information Technology	9th
Manuel Vazquez	Printing Services	7th
Karen Jones	Peer Review	6th
Anna Muchnik	Programming & Systems	6th
Peter Fleming	<i>Journal of Accountancy</i> - Editorial	5th
Marie Mikolajczyk	CPE Program Dev. - CEA & Vended Programs	5th
Stan Zarowin	<i>Journal of Accountancy</i> - Editorial	5th

**Training  
Update**

Following are dates for upcoming training classes for the month of October:

**OCTOBER 1995**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Transition to WP 6.1 9:00 a.m. - 5:00 p.m.	10	11	12	13 Powerpoint 9:00 a.m. - 5:00 p.m.
16 Beginning Lotus for Windows 9:00 a.m. - 5:00 p.m.	17 Time Management/ Planner 9:00 a.m. - 1:00 p.m.	18 Time Management/ Organizer 9:00 a.m. - 1:00 p.m.	19	20
23	24 Beginning WP 6.1 9:00 a.m. - 5:00 p.m.	25	26 LAN Windows 9:00 a.m. - 12:00 p.m. or 1:30 - 4:30 p.m.	27
30 Advanced Lotus for Windows 9:00 a.m. - 5:00 p.m.	31			

All computer training will be held at the Harborside computer facility located on the third floor, unless otherwise noted.

If you are interested in signing up for any of the above classes, please fill out a Training Request form and forward it to Gaby Ulloa (ext. 6180) in Human Resources - New York.

## NEW SEMINARS OFFERED FOR AICPA STAFF THIS FALL

What do you do when your commuter bus to New York City leaves in ten minutes and you discover your four year old chewing on an entire box of crayons? Is garlic and oil sauce over rigatoni really better for you than french fries? If you have asked or think you ever will ask yourself either of these questions, you'll want to come to one of these new seminars.

As part of its wellness program, the AICPA will host representatives of the Mount Sinai Medical Center. The first seminar, **"Fats and Cholesterol: Facts and Fallacies,"** will be led by a registered dietician, Fran Grossman, who will clarify the difference between "good" fat and "bad" fat in one's diet. She will discuss the differences between cholesterol, other fats, and their relationship to heart disease and cancer. Rumor has it that she will do something with crisco that no one can ever forget.

The second seminar, **"Juggling Work and Family,"** will discuss balancing the responsibilities of a job with raising a family. Susyn Reeve, M.ED., will suggest some creative strategies for reducing stress and increasing the enjoyment of both worlds. She will discuss developing plans for emergencies, like when your five-year-old has chicken pox, your spouse has a meeting out of town, and you can't stay away from work to take care of your child. She will offer ideas about establishing priorities, setting limits, delegating responsibilities, and making time to take care of yourself.

Both Ms. Reeve and Ms. Grossman are part of the Mount Sinai Wellness Program, which customizes employee workshops to foster healthy lifestyles and address issues related to physical health and work/family concerns. "We hope to include more workshops like these in our wellness program," said AICPA Benefits Manager Penny Donius, "We feel it's important to present seminars in which our staff members can learn preventive measures to improve their health and peace of mind. We hope to offer similar workshops in the DC office soon."

**In order to participate, staff members must register in advance by calling Barbara Vigilante at extension 3350. Dates and locations for seminars are as follows:**

### Fats and Cholesterol: Facts and Fallacies

New York Office	Friday, October 6	12:00 p.m. - 1:00 p.m.	Training Room
Harborside	Friday, October 13	12:00 p.m. - 1:00 p.m.	Training Room -2nd Floor

### Juggling Work and Family

Harborside	Thursday, November 9	1:00 p.m. - 2:00 p.m.	Training Room - 2nd Floor
New York Office	Friday, November 10	1:00 p.m. - 2:00 p.m.	Training Room