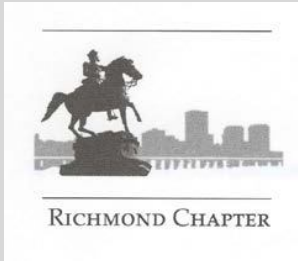




# INTERNATIONAL SOCIETY OF CERTIFIED EMPLOYEE BENEFIT SPECIALISTS

February 2015

## ISCEBS RICHMOND CHAPTER NEWSLETTER



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### President's Message

Thank goodness that spring has finally arrived! Even though it means the arrival of pollen and other allergy-related nuisances, it also means the beginning of warmer weather, longer periods of daylight, and lots of outdoor activities to enjoy. I so love this time of year! While spring and "springtime" refer to the season, the terms are also often synonymous with the ideas of rebirth, rejuvenation, renewal, and regrowth, which can also be applied to our careers in employee benefits -- our need to continuously learn and grow. The Richmond Chapter of ISCEBS is prepared to help with your efforts to broaden your knowledge in employee benefits and related areas.

We held our first educational session of 2015 on February 12 when Hollie Cammarasana and Thomas Bullock from VML Insurance Programs provided our members and guests with some helpful guidelines regarding crisis communication in the workplace. Our next session is scheduled for Thursday, April 9 when Heidi Swecker from Marsh & McLennan Agency will speak to us about effective strategies to communicate benefits to employees. This will be a breakfast meeting from 7:30 a.m. to 9:00 a.m. at the Westwood Club. If you have not registered, we have extended the registration deadline to today, April 7, 2015.

In addition to the learning and networking opportunities afforded those who attend our educational sessions, there is also the benefit of obtaining continuing education credits and CEBS CPE credit! You may want to mark your calendar for our full-day Health & Welfare session on June 11 and our half-day Retirement session on September 17. If you are interested in seeing what other events we have planned for 2015 or registering for any events, you can find a list at <http://iscebs-richmond.org>.

I want to thank everyone who has recently joined our chapter or renewed your membership. It is through your participation and the support of our generous sponsors that this chapter is able to continue to deliver relevant educational sessions on current benefit topics. At a time when we are all tasked with making every dollar and minute count, I believe that you can accomplish  
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**President's Message, Continued from page 1**

both objectives by attending as many chapter events as possible this year.

If you have not renewed your membership for 2015, or if you are interested in joining the Richmond Chapter, it's never too late. If you have questions about either; you can visit our website at <http://iscebs-richmond.org/index.cfm?display=sisterclubs&sub=e> or you may contact me or Sharon Jahn, our Membership Chair, for more information. Happy warm weather to all of you!

Deborah C. Foster, CEBS  
President, Richmond Chapter ISCEBS

**Thanks to our wonderful Sponsors!**

We couldn't put on our educational events without our sponsors:

Ameritas  
AonHewitt  
BB&T/Benefit Consultants of VA  
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Delta Dental  
Guardian Life Insurance Company  
Liberty Mutual  
Mercer Health & Benefits  
MetLife  
RCM&D  
Sun Trust  
Unum  
Wellpoint

**Please Join Us for the April Meeting**

**Date & Time:** Thursday, April 9  
7:30 to 9:00 a.m.  
Breakfast provided

PROGRAM HIGHLIGHTS***Effective strategies for Communicating Employee Benefits***

Heidi Swecker, RHU, REBC  
Marsh & McLennan Agency LLC

REGISTRATION INFORMATION

**Location:** Westwood Racquet Club  
6200 West Club Lane  
(804) 288-6028

**Questions/RSVP:** Please RSVP by **April 7** to  
Hillary Keeton,  
[hkeeton@bbandt.com](mailto:hkeeton@bbandt.com)  
(804) 678-5067

**Register and Pay**

**Online:**  
<http://iscebs-richmond.org/index.cfm?display=pages&pageid=7511&sub=1>

**OR**

**Make checks payable and mail to:** Richmond Chapter-  
ISCEBS  
P. O. Box 6513  
Richmond, VA 23230

Or you may pay at the door if you responded.

Join us on LinkedIn:

[http://www.linkedin.com/groupsDirectory?itemaction=mcik&ametic=1701417&impid=&pgkey=anet\\_search\\_results^actpref=anetsrch\\_name&trk=anetsrch\\_name&goback=%2Egdr\\_1302279957208\\_2](http://www.linkedin.com/groupsDirectory?itemaction=mcik&ametic=1701417&impid=&pgkey=anet_search_results^actpref=anetsrch_name&trk=anetsrch_name&goback=%2Egdr_1302279957208_2)

## Member Spotlight

### Jean Brennan

### CEBS, SPHR

**Current Employer:**

City of Richmond

**Background**

My entire working career has been in benefits. I am fortunate to have worked for an insurance carrier, as a benefit consultant and now a benefits manager. I like being able to have multiple perspectives.

**Favorite Richmond Restaurants**

I don't really have a favorite restaurant. I like trying new restaurants. I just went to new place, Lulabelle's Café on Patterson Avenue. The food was very good. Now if you like good desserts, Shyndigz on Cary Street is my favorite.

**Activities, Interests**

Reading is my favorite thing to do. I am a member of the Zacharias Ganey Health Institute. I work out 3 times a week there.

**What got you into the benefits field?**

To tell the truth, a friend of mine's mother helped me get a job at Traveler's Medicare. I found my niche. Richmond is a small town where benefits are concerned and I have made many good friends along the way.

**How has the CEBS designation helped you**

The CEBS designation gives credibility to benefits professionals. You have to be dedicated to benefits to spend the time earning the designation. I earned my designation a long time ago and had to pass 10 exams. I actually learned something, and still remember it, from all the courses.

Join us on LinkedIn:

[http://www.linkedin.com/groupsDirectory?itemaction=mcik&ametic=1701417&impid=&pgkey=anet\\_search\\_results^actpref=anetsrch\\_name&trk=anetsrch\\_name&goback=%2Egdr\\_1302279957208\\_2](http://www.linkedin.com/groupsDirectory?itemaction=mcik&ametic=1701417&impid=&pgkey=anet_search_results^actpref=anetsrch_name&trk=anetsrch_name&goback=%2Egdr_1302279957208_2)