



DOT Employee Newsletter October 2002

THRIFT SAVINGS PLAN (TSP) OPEN SEASON

The next TSP Open Season begins **October 15** and runs **through December 31**. The corresponding election period will be December. (The "election period" is the earliest period during which a contribution election to start or change the amount of contributions made during a TSP open season can become effective). During open season, FERS employees may elect to contribute to the TSP up to 13% of the basic pay they earn each pay period; CSRS employees may elect to contribute up to 8% of their basic pay. Every new TSP participant receives a four-digit computer-generated PIN. Once you have your PIN, however, you can change it to a 4-digit PIN of your choice at the Web site, www.tsp.gov. The change will be effective immediately. If you lose or forget your PIN, you may also request a new computer-generated one. You will receive your new PIN in approximately 10 days.

Halloween Safety Tips for Little Ghosts and Goblins (From the American Academy of Pediatrics) www.aap.org

- *Because they can obstruct a child's vision, masks are not recommended. Choose non-toxic, hypoallergenic makeup instead.
- *Costumes should be flame-retardant and fit properly. Avoid oversized shoes, high heels and long skirts or pants that could cause a child to fall.
- *Children who will be trick-or-treating after dusk should have reflective tape on their costumes and carry flashlights.
- *Children shouldn't snack while they're trick-or-treating. Check all treats at home for signs of tampering.
- *Parents of young children should get rid of choking hazards such as gum, peanuts, hard candies or small toys.
- *Keep your home safe for visiting trick-or-treaters by removing anything a child could trip over; garden hoses, toys, bikes and lawn decorations.
- *Check outdoor lights and replace burned-out bulbs.
- *Sweep wet leaves from sidewalks and steps.

- *Small children should never carve pumpkins. Children can draw a face with markers, then parents can do the cutting. Under parents' supervision, children ages 5 to 10 can carve with pumpkin cutters equipped with safety bars.
- *Votive candles are safest for candlelit pumpkins.
- *Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects and should never be left unattended.

Remember that Halloween is for children of all ages....Have a safe and happy Halloween!



In this world there are only two tragedies. One is not getting what one wants, and the other is getting it.
Oscar Wilde

Please notify the center in advance if you need special accommodations for the **No Charge** programs listed below.



**Career Connections
Noon Time Workshops
(12:00pm to 1:00pm)**

**Individual Development Plan
(IDP) – 10/4**

**Retirement: What I Need to
Do to Prepare – 10/7**

Networking – 10/18

**How to Develop KSA's –
10/21**

**Interviewing Skills Practice –
10/25**

Stress Management – 10/28

Workshops will be held in PL-402. Space is limited. Call x69392 [TTY 67630] for the times and to register.

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Reminders

? The next quarter for DOT **transit benefits** begins Tuesday, October 1st. The Transit Office opens at 8:30am and closes at 4:00pm. As usual, the lines can be very long the first three days of distribution, so if you can wait until later in the week, you'll save time! Parking permit pass holders are being offered permits through December at this time.

? **Columbus Day – 10/14**

? **National Boss Day – 10/16**

? **United Nations Day – 10/24**

? **Daylight Savings time ends
at 2:00 am - 10/27**



Worklife Programs

[Call x66389 or TTY 67630]

**Events are held in RM PL-402
except where indicated**

10/3 – PECS Part IV (Closed) 12:00-1:30

10/9 – New Mom's Discussion
Group 12:00-1:00

10/10- PECS Part V (Closed) 12:00-1:30

10/17- PECS Part VI (Closed) 12:00-1:30

10/22- Elder Care Discussion Group
12:00-1:00

10/29-Medicare Informational
Resource Fair 11:30-1:30,
Nassif Bldg Cafeteria

NATIONAL DEPRESSION SCREENING DAY (NDS)

is **October 10th**-- NDS is held each year during Mental Illness Awareness Week. It is designed to call attention to the illnesses of depression, manic-depression, and anxiety on a national level; to educate the public about their symptoms and effective treatments; to offer individuals the opportunity to be screened for the disorders; and to connect those in need of treatment to the mental health care system. Locations across the nation will sponsor similar events associated with National Depression Screening Day. Information about these locations are available from the NDS web page at www.nmisp.org/depression.htm.

Individuals visiting the NDS sites will have an opportunity to complete a free, anonymous screening for symptoms of depression, manic-depression, and Post-Traumatic Stress Disorder. In addition, the Employee Assistance Program is always available to you and your families. They can be reached 24/7 at 1-800-222-0364, TTY 1-888-262-7848. FAA employees should call 1-800-234-1EAP, TTY 1-800-456-4006.

? **Open Season for the new
Federal Long Term Care
Insurance program continues
through **December 31, 2002**.
Open season applications are
available at www.ltcfeds.com .
You may request to receive an
open season information kit,
including application by calling
1-800-582-3337 (TDD 1-800-
843-3557).**