



Welcome to our monthly update!
Look for updates at the beginning of each month.

UPCOMING CHAPTER EVENTS

Check out the [2023 Chapter Calendar of Events Here.](#)

As a reminder, webinars and Coffee Conversations are included with your membership.

Taking a Breath: Mental Health in the Workplace:

You are invited to join us on **Wednesday, November 1 from 12:00 - 1:00 p.m.** for a virtual education event. This webinar, presented by Dr. Russ Morfitt, Co-Founder and Chief Psychology Officer of Learn to Live, will help employers evaluate their current mental health benefits and identify potential resources that can help fill the gaps. Mental health has always been a concern for the workplace that has steadily been increasing over the years with some even saying that the mental health crisis is reaching pandemic status. As employers, it can be hard to figure out how to help those in need - employees, leadership, even ourselves.

This session qualifies for 1 CEBS Compliance Credit, and approval is pending for 1 CE from the state of MN. **[Register today!](#)**

Twin Cities Chapter 2023 Annual Meeting:

Members and non-members are welcome to join us at the Twin Cities Chapter's Annual Meeting on **Wednesday, November 8 from 4:00 - 6:00 p.m.** The meeting will be held at USI Insurance Services, 8000 Norman Center Drive, Bloomington, MN 55437.

We will network, talk through the 2023 committee reports and elect the 2024 Board. The Chapter is now accepting Board and Officer nominations for 2024! **[RSVP here!](#)**

Members Only Coffee Conversation - Financial Well-Being - Employee Financial Emergencies:

Join us for a virtual coffee conversation on **Thursday, November 9 from 9:00 - 10:00 a.m.** As a group, we will discuss what companies are considering and already doing to help employees cope with unexpected financial emergencies in times of high inflation. We will also discuss changes plan sponsors are making as a result of the new SECURE 2.0 Act. Feel free to join and listen in. You'll likely learn something and meet someone new! Our session will be moderated by Brent Bordson, President of the Twin Cities Chapter of ISCEBS and Director, Pay & Benefits at Target.

This session qualifies for 1 CEBS Compliance Credit. A Zoom link will be sent to registrants using the email you provide below prior to the event. **[Join us!](#)**

FALL INTO 2024 MINI-SEMINAR - THANK YOU FOR A GREAT EVENT!

The Fall into 2024 Mini-Seminar was a great double-bill with presentations on Cannabis in the Minnesota Workplace and 2024 Compliance Planning. The educational content, networking, and breakfast were all excellent. Thank you to all who made the seminar possible. Enjoy a few pictures from the event!



2025 SYMPOSIUM IN MINNEAPOLIS!

We are excited to announce that the Symposium will be held in **Minneapolis in 2025**. Mark your calendars now for September 14 - 17, 2025 at the Hyatt Regency Minneapolis!

Plus, early registration is now open for the [2024 Symposium in Nashville, September 15 - 18, 2024](#).

MEMBER SPOTLIGHT - JESSICA HENDERSON



We are pleased to shine the spotlight on Chapter Vice President, **Jessica Henderson**. Read on to learn why Jessica values membership in the Twin Cities Chapter and the CEBS program:

“For 15+ years I have been a member of the CEBS program. In addition, I will serve as President of the Board for 2024.

As a CEBS member, I value the professional expertise of the educational programs offered. Throughout the year members get updated on the latest trends in benefits with speakers who are experts on their topic.

In addition, I enjoy the social aspect of being a member, getting together with peers and learning from others’ conversations. This year has been a great year of in person events (at fun places!) that we hope to continue moving forward.

I look forward to serving as the TC Board President for 2024!”

CONGRATULATIONS ON EARNING YOUR DESIGNATION

CONGRATULATIONS!

To all who earned their designation in July, August, and September. Way to go!

- Brock Bollin, CEBS
- Aura Carlstom, CEBS
- Zachary Dunn, GBA

- Kristi Erikson, GBA
- Allison Lund, GBA
- Logan McDonald, GBA
- Patrick Moynagh, CEBS
- Lauren Peters, GBA
- Elizabeth Stanger, GBA

Want to learn more about the CEBS program?
[Watch how the CEBS program will benefit your career](#) **Start your CEBS journey today!**

CALL FOR VOLUNTEERS

Twin Cities Chapter Education Committee Members:
Interested in helping the Chapter provide education for you and your peers?

Great! You can do that by joining the [Twin Cities ISCEBS Education Committee](#) in 2024. We are now taking solicitations from interested Chapter members. Please send an email expressing your interest and any questions that you may have to tciscebs@gmail.com by October 31.

ISCEBS Committee Volunteers:

The ISCEBS needs volunteers for the national ISCEBS committees in 2024.
[Nominate a Society colleague or nominate yourself by Wednesday, November 15.](#)

2024 MEMBERSHIP: RENEW OR JOIN TODAY

You are invited to renew your ISCEBS and Twin Cities Chapter membership today and continue to [enjoy the benefits of membership!](#) The Society recently sent out 2024 membership renewals. We appreciate your commitment to our Chapter, and thank each and every one of our members.

We always welcome new members! To be eligible for membership, you only need to have registered for a [CEBS course](#).

Visit the Society's website to [renew or join online](#). Chapter membership rates are \$60 and \$30 for unemployed and retired. For the special unemployed or retired rate, call the Society at 262-786-8771.

REFER A NEW CHAPTER MEMBER - EARN A FREE CHAPTER MEMBERSHIP!

We need your help to maintain and hopefully, increase our membership levels. Here is how you can help and earn a free Chapter Membership!

We are actively trying to expand our reach to find those individuals, who may be in new roles, with new organizations or new to our industry, who could benefit from the CEBS curriculum and potentially become members. We are offering a very special promotion only to current Chapter members. If you refer someone to us who is not currently a Society and Chapter member and they decide to join as a Society and Twin Cities Chapter member for 2024, **you will earn a FREE Chapter Membership when you renew your 2024 Society and Chapter membership! This is an immediate \$60 value!**

How it works — it is easy!

Forward membership referrals to tciscebs@gmail.com anytime through March 1st, 2024. All you need to provide for each referral: referral's name, organization, email, and phone number, if available.

The Chapter will reach out to each referral and be sure they have all the information needed to consider membership and registering for a CEBS course. We will coordinate with the Society and provide the referral information. Should your referral decide to join, the Society will have the information to credit your Chapter membership fee when you renew.

As a reminder, to be eligible for membership you only need to have *registered* for a CEBS course. You do not need to have completed a course at the time of joining.

Please feel free to submit as many referrals as possible. Start today!

ISCEBS RESOURCES AND EDUCATION

[Aegis Risk Medical Stop-Loss Premium Survey:](#)

The 2023 survey was done in partnership with the ISCEBS and available to members. The survey results are available [here](#).

[Webcasts:](#)

Check out all the live and recorded ISCEBS [webcasts](#) and Chapter Webcast Committee [webcasts](#), included with membership! Recent and upcoming topics include vendor selection, mental health parity

guidance, and pension obligation bonds.

ISCEBSLink:

Need a quick and easy way to get answers or new ideas? The ISCEBSLink keeps you connected to other members, trends, and practices. [Go here for more information and to access ISCEBSLink](#)

Have a benefit question? Get customized, just-in-time answers and resources from the [Information Center](#). This time saving service is included with ISCEBS membership!

CONNECT WITH US

Visit us at tciscebs.org. Follow our [Twin Cities Chapter of ISCEBS LinkedIn Page](#). Connect with us at our [LinkedIn Group](#) and on [Facebook](#) or Twitter [@TCISCEBS](#).

**We appreciate your involvement with our Chapter and
Always welcome your feedback and suggestions.**

A BIG thank you to our sponsors!

Twin Cities Chapter Sponsors



Be well!

Twin Cities Chapter of ISCEBS
www.tciscebs.org
tciscebs@gmail.com



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