



# THOUGHTS

Newsletter Issue No. 6

September 2016

## Social Contact, Not Social Media - Get to Know Your Co-Workers

Synapttek is a highly distributed company filled with great knowledgeable people. Most people in this company work on a government site. The rest mostly work from home and only come into the office occasionally. While technology has facilitated our ability to support a mobile workforce, it has made connecting with our co-workers harder than ever. Connecting with your co-workers, increases workplace happiness, makes it easier to get questions answered from people doing similar jobs so you do not have to reinvent the wheel, and improves overall job performance. We are looking for ways to increase the opportunities for our employees to network and socialize across the company. A few things that we plan to implement in the coming months include:

- Company Happy Hours
- Technology Discussion Groups
- Team Outings

Based on my experience, getting to know someone personally has benefited me on many levels both personally and professionally. Give it a try. Make it a life-long habit.

We welcome your suggestions, please email them to [events@synapttekcorp.com](mailto:events@synapttekcorp.com).

## DCAA Audit Achieved

Last month we discussed the importance of completing your timesheet on time. This was even more important than ever because we were attempting to have our accounting system DCAA approved. With everyone's help I am happy to announce that the audit on August 17 went well and we received the final Approval from DCAA just a few days ago. Special thanks to Tina Wan who worked tirelessly to prepare and had all the answers handy for the auditor on the day of the audit. Having a DCAA Approved Accounting system is a big step that most companies our size have not yet achieved.

## Holiday Party, December 17

Last month, we asked you to save December 17<sup>th</sup> for the Synapttek Annual Holiday Party. After the success of the previous parties, a number of people have been asking me for the location of this year's event. Once again, Toni and Kaitlyn have found a great location for us. This year's party will be held at the National Portrait Gallery in the Kogod Courtyard. It is a beautiful site in Downtown DC with the Monaco and Marriott Hotel's right across the street. I look forward to seeing you all there.

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## PayCom Tasks



### Have you moved?

Be sure to update your address in PayCom Employee Self-Service under the My Information section. We need current addresses for multiple reasons, including security clearance verification.

### Verify 401k Contributions

In PayCom Employee Self-Service, click Pay Stubs. Under deductions, you should see an amount taken out from each paycheck. If you see any discrepancies or would like to start making 401k deductions, please contact Tina Wan.

## Join the Synapttek Cloud Initiative Team

We're growing!  
There are still a few spots



available if you're interested in



Synaptex prides ourselves on providing excellent benefits. We are happy to announce that we will continue to offer our medical plan through Anthem Blue Cross Blue Shield supported by the Synaptex funded HRA "Benny" cards. However, there was a significant increase to our premium this year. In an effort to keep the medical insurance premium cost down for our employees, Synaptex will bear the majority of the increase by making a larger contribution to plan costs.

In looking into why our rates increased, Synaptex was told that our statistical claim history showed a higher than normal utilization of our plan benefits. We need to take action to ensure that we can continue to afford to offer the best medical coverage to our employees. Keeping healthcare cost down is a joint responsibility, employer and employee. We need to use the benefits wisely to maximize availability while controlling cost. This year we will be introducing the Wellness Benefits offered by Anthem to help us get healthier as a whole. The wellness program stresses proactive healthcare - healthy lifestyle choices and active management of chronic conditions. All of the Wellness Benefits will be available via the employee portal.

We would like to encourage employees to use their benefits wisely. See your doctor for non-emergency care instead of higher cost options. Consider using urgent care facilities in lieu of the Emergency Room for non-life threatening after-hours treatment such as sudden illness, bites, minor cuts, sprains and fractures. Utilize generic prescriptions where possible and evaluate the cost of newer drugs versus the benefits that they may or may not provide. Additionally, cost for medical services can vary widely - know the cost of procedures and understand if there are alternate procedures/providers. The medical field is one of the only venues in our lives where we don't often know the cost or investigate the alternatives before "buying". Be an informed consumer!

We strive to offer the best and most comprehensive benefit package to our employees. If we all take the initiative to make healthier and smarter lifestyle and care choices, we all will benefit financially and physically.

learning about the latest technologies and trends in Cloud solutions. We will work closely with Executive Management in shaping the technology direction for our company's future.

This team will develop and support the latest computing trends with technologies such as Red Hat, Oracle, VMWare and Microsoft.

Please contact Darian Jinnah or Michael Haskett to learn more about his exciting opportunity.

Kudos Corner

**Mitch Falk:** DLA invoices were "perfect"



**NDU team:** recabling project - thanks to the entire team for this effort.

**VA NOLA:** excellent work with flooding on site.

**Carolyn O'Connor:** Passed the ITIL Foundations exam



INEXPENSIVE WAYS TO GET AND STAY HEALTHY

## OPEN ENROLLMENT

Please plan to attend one session of the Synaptex Corporation annual Open Enrollment Webinar, which will be hosted by Raffa Financial, on either Tuesday, September 20 from 10:00am to 11:00am or on Thursday September 22 from 4:00pm to 5:00pm.

The Synaptex Benefits Open Enrollment period for calendar year 2016-2017 will begin September 20. New enrollment and changes to existing benefits should be submitted by September 30th via PayCom. Enrollment elections will take effect on October 1, 2016.

A meeting invitation with webinar registration has been sent via email to all full-time employees.

## TIMECARD CHALLENGE CONTEST

Winner of the \$100 Amazon giftcard is **Joseph Li, PTO.**



Kudos to the following employees who also completed their timecards on time for the time period in August.

William Alston, Frank Amrhein, Sheila Andahazy,  
Froilan Aquino, Dan Ballard, Kent Barth  
Marlon Cabrera, David Carter, Kellie Dorgan  
Matthew Dzoba, Julie Ennis, Leon Faircloth  
Kirk Falk, David Gauldfeldt, Antwan Glover  
Brandon Groenert, Chris Hartley, William Hatfield  
Kristine Hawley, Toland Howard, De James  
Don James, Kamran Jinnah, Reed Lambertson  
Kenneth LeDou, Lonny Legrand, Joseph Li  
Heng Liao, Jeff Mayhall, Warren McQueen  
Darrel Mikoski, Tom Murphy, Philip Pappas  
Sai Pothuri, Pearl Prince, Brian Richardson  
Burt Soltero, Omroy Spencer, Peng Sun  
Dicken Tsoi, Tan Wan

**The September challenge will run from September 15 through October 7.**

## Employee Anniversaries

Kenneth LeDou, 1 year, Schriever Air  
Force Base



## Welcome to our New Employees

Osmond Jones, System Engineer, FBI

Developing and maintaining a healthy lifestyle does not need to involve tightening your budget.

Here are some ways to get and stay healthy without breaking the bank.

Purchase fresh fruits and vegetables that are currently in season. You will get the best tasting food for your money and the most selection to choose from. Opt for products that are the most bountiful at your local farmer's market or grocery store. Also look to see what in-season fruits and veggies are on sale. Then, incorporate those into your weekly meal plans.

- Exercise with a friend instead of joining a fitness club. Your friend will make you accountable for working out, will cheer you on to succeed and will be with you as you make strides towards your fitness goals. If you don't have a human companion to work out with, walk or run with your dog on a regular basis.

- Look for healthy bargains in your grocery store. This may be as simple as choosing oatmeal instead of sugary, expensive cereals for breakfast; buying beans or portabella mushrooms instead of red meat; or drinking orange juice instead of soda with sugar added.

- Do not smoke. A pack of cigarettes is expensive. If you quit, you will save on the cost of cigarettes and even more in medical bills, as you will be healthier without engaging in this habit.

- Plan your meals before you shop. Knowing what meals you plan to prepare for the week will prevent you from buying unnecessary food items.

- Spring for a pedometer. Walking a specific number of steps per day can help motivate you to reach your fitness goals. Though you will have to invest in the pedometer, your health will improve and you will reduce your health costs in the long run.

- While purchasing something off the fast food menu may seem inexpensive and enticing, the costs to you will be far greater, as grease-filled foods may contribute to health problems that will cost you in medical bills and time away from work, family and friends.

## Save the Date

**The Synaptex Christmas party  
will be held on  
Saturday, December 17**

**National Portrait Gallery in  
Washington DC**

Jay Murphy, Senior IT Enterprise Architect, FTC

Adam Cruca, Network Engineer, FTC

Mahesh Nimmagadda, Network Engineer, FTC

Carolyn O'Connor, Technical Writer, NDU



## What would you do with an Extra \$3000 ?



**WANTED**

**EMPLOYEE REFERRALS**

 **Synapttek**  
Triple Reward Offer

**EARN \$3,000**

**FOR EVERY REFERRAL HIRED**

**NOW THRU SEPTEMBER 30, 2016**

Incentive will be awarded at 90 days from hire

The following positions are eligible for a Triple Reward:

[WASHINGTON DC METRO](#)  
Application Programmers  
Lead Sr. Network Engineer  
Sr. Network Engineer  
EMS Servers System Engineer

[NEW ORLEANS](#)  
Oracle Database Administrators  
Java Engineers

[MISSISSIPPI \(Stennis Space Center\)](#)  
Systems Administrators

Please submit all resumes directly to  
[careers@synapttekcorp.com](mailto:careers@synapttekcorp.com)

\*non-employees are eligible to participate

We're growing! Help us find great talent and get rewarded.

**FTC**  
Network Engineer- SolarWinds

**Naval Observatory, DC**  
Application Programmer

**DOI New Orleans**  
Java Engineer  
Software Engineer  
RedHat Admin (Stennis)

**NDU**  
SharePoint Administrator  
SharePoint Developer  
HelpDesk

**PFPA**  
Windows Systems Admin  
VMWare Engineer/Admin  
HelpDesk

Please email your referrals' resumes:  
[careers@synapttekcorp.com](mailto:careers@synapttekcorp.com).

## It's Never Too Late To Get Fit!

Check out Synapttek's Fitness Benefit

[Click here for details.](#)



We want to hear from you!

## Wedding Anniversaries!



**Alex Peake (Lead Enterprise Architect at NDU) and wife Barbara celebrated their 26th Wedding Anniversary.**

**They met in photography class in Fairfax, VA. They have 3 children, aged 24, 21, 19.**

**His marriage advice is to always have shared goals as a couple.**

**Cheers!**



**Warren and Monique McQueen**

**celebrated their 25th Wedding Anniversary on the Island of Maui. In addition to the Hawaiian vacation, Warren surprised Monique with a helicopter tour of the Island.**

**Marriage advice from Warren:  
Marriage**

**happiness is directly proportional to the square footage of your house.**



Send us your news -- babies, weddings, trips and vacations, graduations, kudos to coworkers!

Send all submissions to

[news@synaptekcorp.com](mailto:news@synaptekcorp.com)