

# YMCA Training Program News

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Spring 2007

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## Dates to Remember

**April 14<sup>th</sup>**—YMCA  
Healthy Kids Day

**April 15-21**—National  
Volunteer Week

**April 20-22**—National/  
Global Youth Service  
Day

**April 22**—Earth Day

**May 20**-AIDSWalk NYC

## **International YMCA**

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New York, NY 10023  
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917-841-4498

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## ***Greetings Trainees!***

Springtime in the U.S. is a wonderful time to experience American cultural and spiritual celebrations. Spring is also a time for community service. April 14<sup>th</sup> is YMCA Health Kids Day. National & Global Youth Service Day April 20-22<sup>nd</sup>. Many cities will also hold an AIDS WALK to raise funds for people living with HIV/AIDS. Get involved, meet new people, and give back to your host community. What you give always comes back to you.

*Celena Green*

Celena Green, Responsible Officer & Assistant Director, YMCA Training Programs

## **eCornell Courses: Expand Your Training Program Register Now!!!**

The YMCA is pleased to offer online training courses through the eCornell. eCornell courses are offered by Cornell University, one of the top Universities in the United States. **Short courses** and **certificate programs** are available in **Leadership, Financial Management, Human Resources Management, Restaurant/Food Services Management, Hospitality Management, and much more!** The courses can be accessed at any time of the day or night, and be completed in two weeks with 6-8 hours of course work within that period. All registration and payments must come through YMCA of the USA to receive YMCA pricing (only \$119 per course!). Payments can be made by check or credit card. Registration is not complete until payment is received. Learn more by visiting the YMCA-eCornell website [www.ecornell.com/ymca](http://www.ecornell.com/ymca) and contact **Celena Green**, [cgreen@ymcanyc.org](mailto:cgreen@ymcanyc.org).

## **Insurance**

Insurance is provided by **AIG: American International Group/American International Companies** (not by YMCA). **Your policy number is GLB 9019705.** You received an insurance card and information booklet with your acceptance package.

If you need to go to a hospital, clinic, or doctor:

1. Contact AIG/Coalition America (800-878-7896) for preferred healthcare providers in your location. You do not have to use these healthcare providers, but doing so will decrease your out-of-pocket costs.
2. Take the insurance claim form with you.
3. Take your insurance card with you. You originally received this with your DS-2019 package. Most clinics and hospitals will not treat you until you can prove that you have insurance.
4. You will need to pay \$100.<sup>00</sup> the first time a doctor treats you for each separate accident or illness. This is called the "deductible" and is not paid by the insurance company.
5. Give the claim form to the doctor's office; tell them you have accident and sickness insurance underwritten by American International Group (AIG).
6. Show the Doctor's office the insurance group # located on the back of the insurance identification card. If the office doesn't recognize the insurance, ask them to call: 1- 800-551-0824 or 1-302-661-4176.

Visit our website for updates for 2007: [www.InternationalYMCA.org](http://www.InternationalYMCA.org)

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### Tax Links

- Irs.gov
- Turbotax.com
- Rttax.com

### Deadline:

April 15th

### Evaluations

are required, and help us to provide a quality training programs. Please complete and return evaluations, either by mail or email to

Olga Lacayo,  
[olacayo@ymcany.org](mailto:olacayo@ymcany.org)

### **YMCA Strong Kids Campaign**

Help the YMCA to raise scholarship funds for international youth exchange and New Americans outreach programs.



[www.ymcastrongkids.org](http://www.ymcastrongkids.org)

### **Insurance, continued...**

7. Sign the medical claim form and leave it with the doctor, clinic, or hospital before you leave. If you forget to leave the claim form with the hospital or doctor's office, you will be responsible for the cost of the medical treatment beyond the deductible.

8. YMCA must be notified of any emergency incident within 24 hours, either by the Trainee or the Host Site.

If you received health services and did not give the medical office your insurance claim form, or the office refused to bill the insurance company, you will have to pay the expenses yourself and get a reimbursement.

**To request a reimbursement of medical fees:** Send the claim form along with the original medical bill to AIG. Keep photocopies of all documents for yourself.

AIG-American International Companies  
Accident & Health Claims Division  
P.O. Box 15701  
Wilmington, DE 19850-5701

### **DO NOT SEND CLAIMS FORMS TO THE YMCA.**

### ***After-Training/Grace-Period Insurance: Gateway***

The Grace-Period insurance is provided by GatewayUSA, [http://www.gatewayplans.com/gw\\_usa.cfm](http://www.gatewayplans.com/gw_usa.cfm). This insurance is purchased 30 days before the end of the training program and is requested by the trainee for the length of time s/he will be staying in the U.S. beyond the training program (up to 30 days). For rates and enrollment information, please contact Gateway directly via e-mail at [gateway@marshpm.com](mailto:gateway@marshpm.com), or via telephone at 1-800-282-4495 or 202-367-5097.

### **Taxes**

By mid-February, all trainees should have received a W-2 Form, detailing the total amount of earnings for the year 2006, as well as the total taxes paid. With this document trainees can file a tax return with the government and apply for refunds of their taxes.

**Tax Day is April 15<sup>th</sup>, 2007.** This is the day that your tax forms must be mailed in to report your 2006 income and to request a tax refund if you are to receive one (not everyone will get a refund). YMCA's published tax information is on our website: [http://www.internationalymca.org/ICAP/for\\_trainees/PayrollTaxIssues.shtml#how\\_to\\_file](http://www.internationalymca.org/ICAP/for_trainees/PayrollTaxIssues.shtml#how_to_file)

The most popular site for filing taxes online **Turbo Tax:** <http://turbotax.intuit.com/> TurboTax is an automated program where you put in all your information and answer the questions they have, and then they calculate the amount you owe, or the amount of your refund. There is a fee to file the Federal and State tax returns using this service (about \$40) but it is known to be very fast and reliable. **RT Tax** also specializes in providing tax services for exchange visitors, for a fee: <http://www.rttax.com/>

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