

Subject: Correction - Instant HR/Payroll: Spring into Well-Being with HR & Payroll
Date: Wednesday, April 6, 2016 at 9:00:19 AM Eastern Daylight Time
From: Janet P Walker (sent by HR/Payroll Department Contacts <DEPARTMENT-CONTACTS-L@listserv.gmu.edu>)
To: DEPARTMENT-CONTACTS-L@listserv.gmu.edu

Correction – Had a little day/date confusion. The Building a Better Budget seminar is scheduled for tomorrow, Thursday, April 7 at noon.

From: Janet P Walker
Sent: Wednesday, April 06, 2016 8:47 AM
To: 'DEPARTMENT-CONTACTS-L@listserv.gmu.edu'
Subject: Instant HR/Payroll: Spring into Well-Being with HR & Payroll

April and May Financial and Physical Well-Being Opportunities

HR & Payroll is offering a number of opportunities this month and next to help you with your physical and financial well-being. Please share the upcoming class information with your faculty and staff. All sessions are videoconferenced to Arlington and SciTech unless otherwise noted. Please register for all of the seminars at <http://hr.gmu.edu/learning/hr.php>. No registration needed for the Benefits Fair. Please just drop by.

- Wednesday, Thursday, April 7 at noon: Building a Better Budget with Sara Lieu of Apple Federal Credit Union
A budget is the most powerful tool available for establishing financial control. After identifying short, mid-, and long-term goals, participants will learn how to design realistic spending plans to live within their means and savings plans to reach their goals. Within that framework, the session will address different options available for getting and staying out of debt.
- Wednesday, April 13 at 12:30: Your Next Great Adventure – Living Well in Retirement with Marilyn Brennan of TIAA (A Spring into Well-Being Seminar)
You've spent many years planning financially for your retirement and you've thought a lot about what you'll do once you've reached the goal. The possibilities for your next great adventures are endless and fun to imagine. Join us at this workshop where Marilyn will help you envision your ideal retirement to take an honest look at what you'll miss about working - and plan for how you will supplant those things in retirement, discover the rich possibilities inherent in retirement and help remove any barriers to the retirement you want, and learn about how you can pay yourself once you stop working.

Note: A nice companion seminar to Next Steps: Plan for Your Retirement (see May 10 below).

- Wednesday, April 13 from 9:00am – 3:00pm HR & Payroll Benefits/Discount Fair (Fairfax location only)

Stop by George’s in the Johnson Center on Wednesday, April 13, anytime between 9:00am and 3:00pm to chat with some of Mason’s financial vendors including TIAA-CREF, Fidelity Investments, ICMA-RC, Virginia Retirement System, Virginia 529 and Apple Federal Credit Union. Mason’s health vendors will also be in attendance including Anthem (COVA Care), Kaiser Permanente, Aetna (COVA HealthAware), MyActiveHealth, Delta Dental, and CommonHealth. We’ll also have information on the Life/Work Connection discount page and will feature two of our discount providers (Mason Dining and Potomac Arts Academy). The financial vendors will be conducting “mini” financial presentations (10-15 minutes) at the top of each hour. Seating for the mini-sessions is limited so please arrive early. The schedule includes:

| Time | Speaker | Topic |
|---------|----------------------------|---|
| 9:00am | Apple Federal Credit Union | How to Protect Your Identity |
| 10:00am | TIAA | How Your 403(b) is Different from an IRA or Roth IRA and the Advantages of Both |
| 11:00am | Virginia Retirement System | Life Insurance for Retirees and Deferred Retirees |
| 12:00pm | Fidelity | The Rule of 72 and Other Financial Basics |
| 1:00pm | Virginia 529 | A Brief Description of the Four 529 Plans |
| 2:00pm | ICMA-RC | VRS Defined Contribution Plan Investment Options |

It’s a great opportunity to enhance your financial and health-related knowledge with all of these key resources under one roof! Don’t miss it!

No need to register, just drop by! Here’s a [Fair flyer](#) to post in your department.

- Thursday, April 14 at noon: Getting the Most Out of Your Mason Benefits Package with Courtney Ashmore of HR & Payroll

If you are enrolled in benefits through Mason, you have a package of services and opportunities that can assist you throughout your career, in good times and in challenging ones. Join Courtney at this session to see the role your benefits can play at every stage in your life at Mason. Topics will include some basics but Courtney will also discuss some life planning resources to keep in mind at any age. Please feel free to bring your lunch to this session!

Just a few seats left in Fairfax but space available in the videoconferenced locations at Arlington and SciTech.

Note: This is great information in preparation for Health and Flex Open Enrollment which runs from May 1-23, 2016 this year.

- Friday, April 22 at noon: The Starting Point with Steven Scott of ICMA-RC
Is this your first real job? Are you thinking that retirement is for your parents, not you? Come to the "Starting Point" Retirement Education Seminar and find out why things like a budget, saving now, and investing could have a huge impact on the choices you'll have later on. Free pizza will be available at the Fairfax location, while supplies lasts.
- Wednesday, May 4 at noon: Dial It Down – Stress Less
Are you stressed? It is likely that you are in some way, and while some stress can be good, chronic stress (which continues over prolonged periods of time) can negatively affect your health as well as your mood and productivity. Join Amy Moore of CommonHealth as she identifies some tools and tips to help you manage stress.
- Tuesday, May 10 from 9:00am – 4:00pm: Next Steps: Plan for Your Retirement (Fairfax location only)
Mason Faculty and Staff within five years of retirement are invited to attend the this day-long seminar, offered each spring, to gather resources and learn about timely and relevant topics. Presenters include the Social Security Administration, TIAA, Fidelity, VRS, and healthcare updates from a Mason Benefits Administrator.

Who's Walking Wednesday?

A reminder that there is a 30-minute campus walk every Wednesday at noon in Arlington, Fairfax, and SciTech. Today is *National Start Walking Day* and the College of Health and Human Service and Mason Recreation will be leading the Fairfax walk beginning in the Wellness Circle in front of Merten Hall at noon. Mark your calendars for next Wednesday when Nance Lucas from the Center for the Advancement of Well-Being will be taking the lead for a "novelty" walk. What is that? Join us and see!

Everyone has a standing invitation to be a walk leader. Visit <http://hr.gmu.edu/worklife/lunch> and scroll to Who's Walking Wednesday for details and to sign up.

Spring into Well-Being

Spring into Well-Being begins today and runs through Wednesday, April 13 this year. The theme is "Six Days/Six Domains of Well-Being". For a schedule of events, please visit the [Well-Being University website](#) or find the schedule directly at <http://wellbeing.gmu.edu/our-programs/spring-into-well-being/schedule-of-events-spring-into-well-being-2016>.

Well-Being means something different to each of us. Spring into Well-Being is designed to "highlight some of the well-being programs, activities, and resources available to the Mason community that help build individual and collective capacities for increased vitality, purpose, resilience and engagement". Well-Being is for everyone! It's a way to put some tools in your toolbox and help build your capacity to manage life's ups and downs both at home and at work.

See if there's something that speaks to you!