

**Subject:** Instant HR/Payroll: Exciting Leaders for Who's Walking Wednesday, Dial Down Your Stress Seminar, an Open Enrollment Reminder, Eldercare Resources, and More!

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**WOW - Who's Walking Wednesday, April 27: Dr. Cabrera and Commonwealth Secretary of Administration, Nancy Rodrigues!**

Join Dr. Cabrera and Commonwealth Secretary of Administration, Nancy Rodrigues, as they lead the April 27th Who's Walking Wednesday at noon in the Wellness Circle in front of Merten Hall. Let's help Dr. Cabrera show Secretary Rodrigues a great, big Mason welcome, share our beautiful campus with her, and take a 30-minute campus walk together. Hope to see you all there!

**Physical Well-Being Seminar from HR & Payroll**

Join Amy Moore of CommonHealth on Wednesday, May 4 at noon for "Dial It Down: Stress Less". Learn how to identify some tools and tips to help you manage stress. Videoconferenced to Arlington and SciTech. To register, please visit <http://hr.gmu.edu/learning/hr.php>.

**Reminder: Open Enrollment for Health Benefits and Flexible Spending Accounts**

Open enrollment for health benefits and flexible spending accounts runs from May 1-May 23, 2016. A communication will be going out soon by mail from the Commonwealth's Department of Human Resource Management (DHRM) to eligible employees' home addresses. Please check the Benefits site at <http://hr.gmu.edu/benefits> towards the end of next week; we will update it as open enrollment information is available.

**Eldercare Resources**

A reminder that your faculty and staff have eldercare resources available to them. Mason partners with Bright Horizons Care Advantage to bring faculty, staff, and graduate students Sittercity and YearsAhead. YearsAhead is specifically designed to assist in senior care planning across the county. For information and to register, please visit Mason's program page at <http://www.sittercity.com/georgemasonu>. *Important note: Mason does not own, sponsor, or endorse Bright Horizons Care Advantage. It is your responsibility to carefully screen and check the references of any caregivers, including those who are listed on Bright Horizons Care Advantage, before you retain their services.*

Your Life/Work Connections team is also able to assist with resources tailored to your specific elder caregiving needs. Please contact us through <http://eldercare.gmu.edu/ecareform.php>.

Additionally, Fairfax County offers a number of Caregiver Seminars. Two upcoming ones are webinars:

- Wednesday, April 27, 12:00-1:00pm: Medicare 101
- Wednesday, May 4, 12:00-1:00pm: Legal Tools for Caregivers

To learn more about the County's Caregiver Seminars and to register, please visit <https://www.fairfaxcounty.gov/hrcode/Ereg/Registration.aspx?groupID=1>

**Administrative Professionals Day**

Celebrate the administrative professionals in your office with a special offer from Mason Dining. On Wednesday, April 27 from 11:00am-3:00pm, administrative professionals can enjoy lunch at Southside, Ike's, and the Globe for a discounted rate of \$5. All faculty and staff can join them for just \$7 each.

If you have any questions, please contact Caitlin Lundquist at [Caitlin.lundquist@sodexo.com](mailto:Caitlin.lundquist@sodexo.com).



**Reminder: TIAA's Square Up Your Savings**

Celebrate Financial Literacy Month throughout the rest of April with Square Up Your Savings from TIAA! Running through May 12, faculty, staff, and students can participate in a fun financial mission game. There are two versions – one for faculty/staff and the other for students. Each version has you completing ten financial missions on a range of topics from the impact of inflation to the cost of living in your favorite retirement spot. It's a great way to pick up some financial information while having a little fun. The faculty/staff version has an incentive – you will be entered into a drawing for one of three \$25 gift checks from TIAA (the student version doesn't have this option). For more information and to register to play, please visit:

Faculty/Staff: <http://hr.gmu.edu/benefits/retire/GMUfacultystaffSUYSemail.html>

Student: <http://hr.gmu.edu/benefits/retire/GMUstudentsSUYSemail.html>