

Subject: Instant HR/Payroll: Health and Flex Open Enrollment Ends Monday, Wellness Wednesdays from CommonHealth, DMV2Go in Fairfax, and The Road to Eldercare Webinar

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Health and Flex Open Enrollment Ends Monday, May 23

Please remind your faculty and staff that Health and Flex Open Enrollment ends this coming Monday, May 23. Changes go into effect on July 1. Remember, you must re-enroll in the dependent or medical flexible reimbursement accounts (FRAs) each year. They do not automatically continue.

Wellness Wednesdays from CommonHealth

CommonHealth, the wellness benefit for all Commonwealth employees, has a Wellness Wednesday program. Visit their site at <http://commonhealth.virginia.gov/commonhealthvirginia.htm> and take the Wellness Wednesday pledge to receive a weekly email with activities and ideas to help you in the area of wellness. For example:

“For the month of May, we are focusing on being thankful and expressing thanks.

Check out [Unstuck](#) (*A practical guide to gratitude*) to find out more about the practice of being thankful or grateful and get some ideas on how to add more gratitude to your life.

If you are on Facebook, try posting a gratitude status each day—regardless of what the day was like, find something to be thankful for and write about it! Hey and while you are there, go to the [CommonHealth Facebook page](#) and like it!

Use a blank index card and insert a note of appreciation in your kids’ lunches or in their backpack. We know you are packing lots of healthy food for them.



Take a moment to say:

You are a fantastic daughter

You are becoming a great softball (volleyball/soccer) player

I have the best son in the world – and it is you

How about adding some self-esteem in that lunch. You are only limited by your imagination!”

DMV2Go in Fairfax

Take care of your Department of Motor Vehicle business at a convenient Mason location. DMV2Go will be in Fairfax on Monday, May 23 from 9:00am – 4:00pm in the Merten Hall parking lot. This is their last visit to campus until August 22. The complete schedule for their visits to Arlington, Fairfax, and SciTech is available at [DMV2Go schedule](#). A list of DMV2Go services and their schedule in the region is available on [their website](#).



Bright Horizons, “The Road to Eldercare: Preparing for Future

Caregiving”

As part of their Family Matters Webinar Series, Bright Horizons Care Advantage is offering a webinar on Tuesday, May 31 at 2:30pm entitled, “The Road to Eldercare: Preparing for Future Caregiving”.

From their registration page:

“Worrying about aging parents? You’re not alone. Boomers are reaching retirement age at the rate of 10 thousand per day, leading adult children to lose sleep over how to help them during their golden years. Join us for the upcoming Family Matters webinar, **The Road to Elder Care: Preparing for Future Caregiving**. We’ll talk to elder care expert and social worker Elise Feuerstein Karras, who will present practical approaches and concrete action steps you can do right now to be ready if and when a future elder care need arises. “

To register, please visit their [webinar event page](#).