

Subject: Instant HR & Payroll: NEW 2019 Holiday Schedule, HR Liaisons Meeting Recording, Follow Up Flu Shot Clinic, First Mason Kids Club of the Year, Outstanding Achievement Awards, VRS and 457 Sessions, TIAA Digital Challenge, The Well-Being Buzz

Date: Friday, November 2, 2018 at 3:26:09 PM Eastern Daylight Time

From: HR/Payroll Department Contacts on behalf of Human Resources & Payroll Communication

To: DEPARTMENT-CONTACTS-L@listserv.gmu.edu

Attachments: image003.png, image004.png, image005.png, image006.png, image007.png, image010.png, image011.png, image012.png, image015.png, image016.png, image018.png, image019.png, image020.png, image008.png, image013.jpg, image021.jpg, image022.png, GMU_Digital Challenge_Posters.pdf, GMU Flyer.pdf, Follow Up Flu Shot Clinic.ics, Outstanding Achievement Awards.ics

Instant HR & Payroll



HR Liaisons Meeting Recording

Thank you to those who were able to attend the HR Liaisons meeting! If you would like to review the meeting, you can view the recording at the links below:

- Part 1: vimeo.com/296521875
- Part 2: vimeo.com/296521895

For questions, please contact hrlearn@gmu.edu or 3-2600.



First Mason Kids Club of the Year

Details: November 5 and 6, from 8 a.m. to 5:30 p.m., Mason Child Development Center

Be sure to register your 6 – 11-year-old for the first Mason Kids Club of the school year! The theme is “When I Grow Up.”

To register and for more information including the full schedule, [visit the Mason Kids Club site.](#)

[Learn More](#)



Follow Up Flu Shot Clinic



Details: Wednesday, November 14, 9 a.m. – 12 p.m., Johnson Center Bistro

Did you miss the chance to get your flu shot? Don't worry! There is a follow up flu shot clinic for COVA members on the Fairfax campus.

A few reminders:

- Bring your insurance card
- No appointment necessary
- Wear short sleeves
- Plan to spend 10-15 minutes at the clinic after your shot to ensure there is no adverse reaction
- Dependents on accepted health insurance plans who are 5 years old and older can receive a flu shot at the clinic with a guardian present

Questions? Email worklife@gmu.edu.



Outstanding Achievement Awards

The Outstanding Achievement Awards are on **November 15 from 10 – 11:30 a.m. in Dewberry Hall**. Come to the ceremony and support your Mason colleagues who will be honored for their exceptional contributions to Mason.

Congratulations [to all of the awardees!](#)

Questions? Please contact Beth Baroody at bbaroody@gmu.edu.

[Learn More](#)

\$ For VRS Hybrid and 457 Account Members

Are you currently enrolled in the VRS Hybrid retirement plan or have a 457 account? Register for a free 30 minute individual counseling session with ICMA-RC to review your account!

The final day available for sessions in 2018 is **November 15, 2018, anytime between 9 a.m. and 5 p.m in Merten Hall 4100**. At this meeting, you can discuss:

- Your role in saving for your future
- How plan features can help you reach your goal
- How to choose the right investment
- How to manage your retirement account

To register for a session, visit [the Benefits site](#). Read the attached flyer for more information.

[Learn More](#)

\$ TIAA Digital Challenge



Why settle for a snapshot?

Get the big picture on your finances and maybe win a \$25 AMEX gift card

[Click here to take the challenge](#)

Take the [TIAA Digital Challenge](#) to earn your superstar badge and maybe even win a \$25 AMEX gift card. You do not have to be a TIAA participant to enter the challenge. This challenge encourages you to review your retirement accounts, manage contributions, set goals, and plan for the future. The challenge ends on **November 15, 2018**.

Start the challenge on the [TIAA Digital Challenge site](#) and read the attached flyer for more details.

[Learn More](#)



2019 Holiday Calendar

Plan your vacation for next year! The [2019 holiday calendar](#) is available now.

[Learn More](#)



The Well-Being Buzz

Have you ever wondered about the effects of bringing your work responsibilities home with you? In the article, "[Checking Emails after Work Hours Causes Anxiety and Conflict in Families](#)," researchers at Virginia Tech found that without a healthy separation of the two, anxiety and conflict at home can arise.

"The competing demands of work and non-work lives presents a dilemma for employees,' Becker said, 'which triggers feelings of anxiety and endangers work and personal lives."

Interested to learn more? [Read on!](#)

[Learn More](#)



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