

**Subject:** Instant HR/Payroll: CVC Reminder, Lunchtime Possibilities, and Spring into Well-Being 2017!

**Date:** Wednesday, December 21, 2016 at 4:07:52 PM Eastern Standard Time

**From:** Janet P Walker (sent by HR/Payroll Department Contacts <DEPARTMENT-CONTACTS-L@listserv.gmu.edu>)

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

**Reminder: Commonwealth of Virginia Campaign (CVC) Underway Through 1/9/17**

During this year's CVC campaign, underway until January 9, 2017, you can choose from over 1000 charities. To focus on the charities in your area, please visit <http://www.cvc.virginia.gov>, click on *Donors*, and then *Find a Charity*. Online giving is available at <http://eDirect.virginia.gov> for payroll deduction as well as one-time credit card donations.

Direct giving counts too and helps the charity meet their CVC minimum eligibility. If you give individually to a charity currently enrolled in the CVC campaign, you and Mason can receive credit for your charitable donation. This even includes registration fees for 5K's, bike-a-thons, and other charity events. Just send a copy of your donation or registration receipt to Helga Yunker at [hyunker@gmu.edu](mailto:hyunker@gmu.edu).

Your support of the annual CVC Campaign makes an impact on the lives of many, including current and future members of the Mason community and their families.

**Lunchtime Possibilities**

Taking a break mid-way through your day is important to well-being. There are many ways to get involved on campus and some of them occur over lunch. We've compiled a sample of what is available at [Lunchtime Possibilities](#). Have an opportunity you would like to add? Email us at [worklife@gmu.edu](mailto:worklife@gmu.edu).

**You're Invited: Spring into Well-Being 2017**

Dear Colleagues,

You are cordially invited to participate in the 2017 Spring into Well-Being celebration. Spring into Well-Being celebrates the Mason community's commitment to well-being by highlighting awareness and educational events hosted by units, departments, and student organizations across the University. Together they help support Mason's strategic goal of becoming a well-being university. Events will run from Monday, March 20 – Friday, April 28.

How can I learn more about Mason's Well-Being University Initiative?

To learn more about Mason's Well-Being University initiative, please visit <http://wbu.gmu.edu>.

How can I or my unit/group get involved?

We encourage you, on behalf of your Mason unit or group, to participate in a variety of ways. You can:

- Highlight an event you've already planned that will take place during the Spring into Well-Being timeframe (March 20-April 28)
- Create a new event during that timeframe
- Join us at any of the scheduled events

Details on events, as they're scheduled, will be available at [wbu.gmu.edu](http://wbu.gmu.edu). Any event or activity that focuses on one of the many aspects of well-being at Mason would contribute greatly to the celebration.

Deans, directors, and managers are encouraged to promote participation among faculty and staff. A reasonable amount of time participating in Spring into Well-Being events can be considered work time for professional development. As Spring into Well-Being 2017 takes shape, the Planning Committee will reach out to those of you with well-being themed events scheduled between March 20 and April 28 to share additional information and opportunities.

If you have any questions about getting involved, please email Lewis Forrest, [lforres1@gmu.edu](mailto:lforres1@gmu.edu).

Thank you, in advance, for your support of Mason's well-being university.

Sincerely yours,

Linda H. Harber  
Vice President, Human Resources, Payroll and Faculty/Staff Life

Nance Lucas  
Executive Director, Center for the Advancement of Well-Being

Rose Pascarell  
Vice President, University Life



*With every good wish to you and yours for  
a happy, healthy, and joyous 2017!*