

**Subject:** Instant HR/Payroll: Lots of Well-Being Activities and Options...

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**Lots of Well-Being Activities and Options...**



**Financial Well-Being TIAA Webinars**

<http://hr.gmu.edu/benefits/retire/docs/Q12017LiveWebinarCalendar.pdf>

- 3/14 at noon: Dismantling Myths About Annuities
- 3/14 at 3pm: Integrating Healthcare into Your Retirement Plan
- 3/15 at noon: Estate Planning – Taxing Matters
- 3/15 at 3pm: Charting Your Course – A Financial Guide for Women
- 3/16 at noon: Paying Yourself – Income Options in Retirement
- 3/16 at 3pm: Halfway There – A Retirement Checkpoint

Please note: You do not need to be a TIAA member to participate in these webinars.

**Career Well-Being: Payroll Drop-In Meetings**

Whatever your payroll-related question, we hope you will join us at our monthly Payroll Drop-In meeting. No need to RSVP or register, just drop by Merten Hall, Room 4104 between noon and 2pm (inside the HR & Payroll office) on any of the dates below.

- Thursday, March 16
- Friday, April 7
- Friday, May 19
- Wednesday, June 21

If you have any questions about the meetings, please contact Catalina Wheat at [cwheat@gmu.edu](mailto:cwheat@gmu.edu)



### 3/20-4/28: Spring into Well-Being

<http://wbu.gmu.edu>

Spring into Well-Being 2017, a celebration of well-being at Mason, showcases Mason programs and events that highlight or support a dimension of well-being (physical, career, social, community, psychological and financial) and are open to the Mason community. Spring into Well-Being and Mason’s Well-Being University initiative are dedicated to helping faculty, staff, students, and alumni build lives of vitality, purpose, resilience, and engagement. To learn more, visit <http://wbu.gmu.edu>.

### A Special note for Spring into Well-Being Events

A reasonable amount of time spent at the Health & Fitness Expos, Victims’ Rights Run/Walk or any Spring into Well-Being events can be considered part of the work day with supervisor approval.

Over 130 events will be included in Spring into Well-Being. Here’s a sample:

#### Physical Well-Being: Aging in Place - Do Not Blame the House

<http://hr.gmu.edu/learning/hr.php>

Join Patrice Winter of the College of Health and Human Services on Wednesday, March 22 at 11:30 as she addresses easy-to-do modifications as well as more complex suggestions for better aging in place. Patrice will also address how to work with changes in sight, balance and physical abilities that may come with aging and how you can make your house work for you. Sponsored by the Retired Faculty Association. (Fairfax only)

#### Physical Well-Being: 21<sup>st</sup> Annual Health & Fitness Expo

<https://recreation.gmu.edu/fitness/hfe2017/>

University Life, in partnership with Student Health Services, is sponsoring the 21st annual Health and Fitness Expo on the Fairfax and Science & Tech campuses from 10am-3pm on March 23. The Health and Fitness Expos feature interactive health education activities, FREE health screenings, and fitness instruction and challenges. Health care providers will be offering the following health screenings: cholesterol, blood glucose, blood pressure, vision, and body mass index.

#### Financial Well-Being: The VRS Hybrid Retirement Plan

<http://hr.gmu.edu/learning/hr.php>

Classified staff hired on or after 1/1/2014 are enrolled in the VRS Hybrid Retirement Plan (Some faculty may have elected the Hybrid Plan). Please join Robin Lee on March 29 at noon for a refresher session on the Plan as well as information on supplemental retirement plans including the 403(b) and 457 plans. (V/C Arl/SciTech)



#### Financial Well-Being: Debt – The Good, the Bad, and the Ugly (Fidelity Webinar) on either 3/29 at 1pm or 3/30 at 3pm

<https://communications.fidelity.com/tem/WI/webcast/hub/>

“From paying for education to owning a home or car – learn how debt plays a role in your total financial picture.”

**Financial Well-Being: Social Security – Your Questions Answered (Fidelity Webinar) on either 4/4 at 1pm or 4/6: at 1pm**

<https://communications.fidelity.com/tem/WI/webcast/hub/>

“Learn how to maximize your Social Security benefits to get the most you can out of the program.”

Please note: You do not need to be a Fidelity member to participate in these webinars.



**Financial Well-Being: Eye on the Prize – Almost There**

<http://hr.gmu.edu/learning/hr.php>

As you approach the end of the accumulation phase of your career and into the spending phase of your life, you'll want to make sure the ride into retirement is a smooth one. In this seminar on 4/6 at noon, Steven Scott from ICMA-RC will discuss how much retirement will cost, Social Security planning and, a ready-to-prepare checklist.

Who should attend? Mid-to-late career employees (family members welcome). You do not have to be enrolled in an ICMA-RC account to attend. (V/C Arl/SciTech)

**Physical Well-Being: Healthy Aging and Longevity**

<http://hr.gmu.edu/learning/hr.php>

The goal is to age well. So how does one do that? Could volunteerism hold benefits for your well-being? Join Patrice Winter PT, DPT, MHA, FAAOMPT on April 10 at noon as she explores the evidence and best practices of this intriguing concept. (V/C Arl/SciTech)

**Financial & Physical Well-Being: HR & Payroll Benefits Fair - Talk to Your Financial & Health Reps**

Stop by Merten 1201 on Wednesday, April 12 from 10am-2pm to chat with some of Mason's financial vendors including TIAA, 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), Delta Dental, MyActiveHealth and CommonHealth. Hope to see you there!

**Financial Well-Being: Getting the Most Out of Your Mason Benefits Package**

<http://hr.gmu.edu/learning/hr.php>

If you are enrolled in or are eligible for 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 us for this session on 4/20 at noon to see the role your benefits can play at every stage in your life at Mason. (V/C Arl/SciTech)

**Physical Well-Being: SAVE THE DATE: 21st Annual Victims' Rights 5K Run & Walk (VRRW)**

Mark your calendars for Thursday, April 27 at 12 noon for the annual Victims' Rights Run/Walk to start and finish on the Merten Hall Lawn.

The VRRW is sponsored by Mason's Department of Police and Public Safety in partnership with several other Mason departments and in collaboration with the Aimee Willard Endowed Scholarship Fund. The proceeds of this event go to support the [Rape Aggression Defense \(RAD\) Program](#), which teaches women basic self-defense and the Victims of Violence Fund which is administered by [Student Support and Advocacy Center](#). Your involvement makes it possible for Mason to fund these two important programs, while promoting and defending victims' rights! Registration information will be available soon.

*Please share all or relevant parts of this Instant HR/Payroll with your faculty and staff. Thank you!*