

**Subject:** Instant HR/Payroll: Save the Date for the Spring HR Liaison Meeting and Spring into Well-Being Schedule with a Sample of Events

**Date:** Monday, March 27, 2017 at 1:58:32 PM Eastern Daylight Time

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### **Save the Date for the Spring HR Liaison Meeting**

Please save the date for the Spring HR Liaison meeting, scheduled for Monday, April 10 from 2-4pm. Videoconference and registration information coming soon!



### **Spring into Well-Being is Underway**

Spring into Well-Being is underway through Friday, April 28. Over 130 events to choose from! Visit the Well-Being University website at <http://wbu.gmu.edu/spring-into-well-being-at-mason/> for a list of events. Please also visit the [Kindness Campaign](#) for another way to get involved! Kindness Changes Everything.

### **Physical Well-Being: National Start Walking Day, Wednesday, April 5**

Mason is joining the American Heart Association in honor of National Start Walking Day on Wednesday, April 5, 2017 by taking their Walking Challenge. Join us and be entered into a drawing for a prize basket. For more information on how to get involved, please visit <http://hr.gmu.edu/worklife/>. We hope to see you walking for wellness!

Speaking of Walking on Wednesdays, we have wonderful people leading upcoming Who's Walking Wednesdays. C'mon and join us! All walks are at noon and we meet in the Wellness Circle in front of Merten Hall unless otherwise noted.

- March 29: A Mason History Walk with Buzz McClain of Strategic Communications (meet in the Merten Hall Lobby)
- April 5: In Honor of National Health Care Week with Patrice Winter of the College of Health and Human Services
- April 12: With Mental Health Matters
- April 19: With Ginnie Mahoney of Information Technology Services

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

As part of Spring into Well-Being, HR & Payroll invites you to join us in Merten 1201 on Wednesday, April 12 from 10am-2pm to chat with some of Mason's financial and health vendors. There will also be 30 minute "mini" financial well-being presentations on the half hour from 10:30-1:00 in

Merten 1202. No need to register, stop by anytime. Visit <http://hr.gmu.edu> for details or directly at the [Benefits Fair flyer](#).

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

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 Wednesday, 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. (Videoconferenced to Arl/SciTech). Register at <http://hr.gmu.edu/learning/hr.php>

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

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 Monday, April 10 at noon as she explores the evidence and best practices of this intriguing concept. (Videoconferenced to Arl/SciTech) Register at <http://hr.gmu.edu/learning/hr.php>

*From Our Colleagues in the College of Humanities and Social Sciences*

# **Mason's Pop-Up Pantry**

The Pantry depends on kindness.  
Engage in #MasonKindness, a six-week campaign dedicated to highlighting the values of our Mason community, by contributing high need items.

## **High Need Items:**

Cereal Cups	Laundry Detergent
Mac n Cheese Cups	Dryer Sheets
Snacks (crackers, chips, fruit snacks)	Toilet Paper/Paper Towels
Pasta/Pasta Sauce	Shampoo and Conditioner

Deliver items to CHSS UAA in Mason Hall 217.  
March 30<sup>th</sup> (Good Deeds Day) – May 2<sup>nd</sup> (CHSS Dog Day).  
Questions, contact Katie Clare ([kclare@gmu.edu](mailto:kclare@gmu.edu)).



This event is part of [Spring Into Well-Being](http://wbu.gmu.edu)—a university-wide initiative celebrating some of the many well-being program and activities hosted by units, departments, and student organizations across the University that help support student, faculty, staff, and community well-being. Together they help support Mason’s strategic goal of becoming a well-being university, where all community members are **Thriving Together**. Learn more at: [wbu.gmu.edu](http://wbu.gmu.edu)