

**From:** Janet P Walker jwalker8@gmu.edu  
**Subject:** Instant HR/Payroll: Spring HR Liaison Meeting, "Team Theme" Walking Wednesday, Square Up Your Savings, Health Care Decisions Day and Faculty/Staff Book Scholarship  
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**To:** DEPARTMENT-CONTACTS-L@metis3.gmu.edu

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### Spring HR Liaison Meeting

The next HR Liaison meeting is scheduled for Tuesday, April 28 from 3:00-4:30 in Fairfax and videoconferenced to Arlington and Prince William. If Loudoun and Front Royal would like to join, please email Bridget at [bpeabody@gmu.edu](mailto:bpeabody@gmu.edu) and she will make arrangements.

Arlington: Founders Hall 119B  
Fairfax: Merten Hall 1201  
Prince William: Bull Run Hall 254

We'll be sharing information on a number of timely HR & Payroll topics. To register, please visit <http://hr.gmu.edu/learning/hr.php>. We hope you can join us!

### Spring into Well-Being: "Team Theme" Walking Wednesday

We had Walking Wednesday WOWs with Dean Prohaska on April 1 and Tom Calhoun on April 8! Follow us on <http://www.facebook.com/workingatmason> and <http://www.twitter.com/workingatmason> for some wonderful photos. Our next WOW is "Team Theme" Walking Wednesday on April 15 at noon. It's tax day for us all but let's focus on well-being too! Led by Nance Lucas in Fairfax and Sara Dolan in Arlington with a walk scheduled in Prince William as well, this is a great opportunity to round up your colleagues, friends, and students. Take a walk together in a team theme. What's a team theme? The sky's the limit. Same t-shirt, same color hat, perhaps flowered headbands, whatever unites you as a group. The largest team *on each campus* receives a pizza party generously donated by the Center for the Advancement of Well-Being.

Meet up on Wednesday, April 15 at Noon in:

- Arlington: Founders Hall Lobby
- Fairfax: In the "Wellness Circle" in front of Merten Hall
- Prince William: Bull Run Hall Lobby

Don't miss out on what should be a rollicking good time!

Future Walking Wednesdays in Fairfax include:

April 22: Mason Academic Advisor Network  
April 29: Doc Nix/Jeremy Freer  
May 6: Mason Academic Advisor Network  
May 13: Dr. Ángel Cabrera  
May 20: Bob Smith  
May 27: CHSS Dean's Office  
June 3: Caitlin Lundquist  
June 10: Marilyn Smith  
June 17: Lisa Kemp and Marc Fournier

Who's Walking Wednesday is available on all three campuses. "Exercise your leadership" and sign up to lead a walk. Please visit <http://hr.gmu.edu/worklife/lunch>, scroll down to Walking Wednesday, and

select the campus of your choice.

HR & Payroll is delighted to be a part of the Spring into Well-Being celebration underway at Mason through April 30. 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>.

### **It's Financial Literacy Month! Sign Up for "Square Up Your Savings"**

TIAA-CREF's new contest, Square Up Your Savings, is underway through May 6. Complete 10 missions on savings education. Test your knowledge, have a little fun, and enter for a chance to win a prize. Details are on the [financial well-being portal](#).

### **April 16: National Health Care Decisions Day**

No matter your age, it's always a good idea to have your wishes documented and to review your choices on a regular basis. This is a great time to suggest to your faculty and staff that they review the choices they've already made in such areas as:

- Insurance and retirement beneficiaries
- Wills
- Advance Directives

For those who haven't yet made choices, Thursday, April 16 is National Health Care Decisions Day. While the topic isn't one any of us like to think about, making choices about who you would like to represent your interests should you be unable to do so for yourself is actually a gift to your loved ones. Making these choices before something happens to you empowers them to help you if you can no longer help yourself. For details, please visit [National Health Care Decisions Day](#).

### **Faculty/Staff Book Scholarship Applications**

Mason is again offering a competitive \$250 book scholarship created with the \$25,000 endowment received from TIAA-CREF's 2010 Raise the Rate contest. The application deadline is Monday, June 15 and applying is easy. For details, please visit [the Faculty/Staff Book Scholarship FAQ](#) and the [Faculty/Staff Book Scholarship Application](#).

Contributions to the book scholarship foundation account are always welcome. Just head out to <http://giving.gmu.edu>, click on the "Give Now" tab, select "Other established fund" and fill in account #160013, Raise the Rate.

### **Instant HR/Payrolls are Best Shared**

Instant HR/Payrolls are like a box of chocolates. They're best shared. While some of the content of Instant HR/Payrolls is technical, many items are of general interest to your faculty and staff. Please be sure to pass those things along. Thank you!