

**Subject:** Instant HR/Payroll: New Fiscal Year Reminders, Homemade Salad Dressings, Recommend a Mason Alumnus for Recognition, Smoking Cessation, Faculty/Staff Book Scholarship and More!  
**Date:** Friday, May 26, 2017 at 5:09:08 PM Eastern Daylight Time  
**From:** Janet P Walker (sent by HR/Payroll Department Contacts <DEPARTMENT-CONTACTS-L@listserv.gmu.edu>)  
**To:** DEPARTMENT-CONTACTS-L@listserv.gmu.edu

### **New Fiscal Year Reminders**

A reminder that if your faculty and staff have a dependent care or medical Flexible Reimbursement Account (FRA) with a remaining balance, they must incur eligible expenses by June 30, 2017 to be reimbursed. Additionally, the new fiscal year may impact their net paycheck due to increases in health insurance premiums and any open enrollment changes they made. Additional information is available on the [Benefits homepage](#).

### **Physical Well-Being Seminar: Quick and Easy Homemade Salad Dressings**

Join Lois Durant, Resident Dietitian from Mason Dining, on June 14 at noon as she shows you how to give your salad a makeover with quick and easy homemade salad dressings packed with garlic, herbs, and berries. To register, please visit <http://hr.gmu.edu/learning/hr.php>.

### **Community Well-Being: Recommend a Mason Alumnus**

Do you know an outstanding Mason alumnus? Maybe it's someone working side-by-side with you at Mason or perhaps a colleague in the community or a former student. University Advancement and Alumni Relations would like to hear from you. For details and to nominate an outstanding Mason alumnus, please visit <https://www2.gmu.edu/news/424856>

### **Reminder: Physical Well-Being, Dimensions Tobacco Free Program**

Dimensions is a 6-week course that provides education and skills to people who want to gain and maintain a tobacco free life. An interest meeting, facilitated by Amanda Pusey of the Fairfax-Falls Church Community Services Board, will be held on Tuesday, June 6 from noon-1pm in SUB I, Room 4210. Classes will be held at noon on Tuesdays from June 13 through July 25 (no class the week of July 3). The program is sponsored by the Student Support and Advocacy Center, HR & Payroll, and the Fairfax-Falls Church Community Services Board. For additional information and to register for the interest meeting, please visit <http://ssac.gmu.edu/dimensions>.

### **Reminder: Career Well-Being, 2017 Faculty/Staff Book Scholarship**

Mason is offering a competitive \$250 book scholarship for faculty and staff enrolled in a degree or graduate certificate program at Mason, and the application deadline is Friday, June 16. For details and the application, please visit the Faculty/Staff Book Scholarship [web page](#).

Questions? Please contact Beth Baroody at 3-2739.

### **Financial Well-Being: Life/Work Connections Discount Page**

There are a couple of new "tick tocks" (discounts with a deadline) out on the [Life/Work Connections discount page](#). If you're traveling this summer (or even if you're doing a stay-cation), check out the discounts from TicketsatWork and Ticket Monster Perks.

### **Community Well-Being: Volunteer at the 2017 Smithsonian Folklife Festival**

Dates: June 29 – July 4 & July 6 – 9, 2017  
Where: National Mall, Between 7<sup>th</sup> and 12<sup>th</sup> streets (Adjacent to the Smithsonian Castle)  
When: **Volunteer Hours**, 10 a.m. – 6 p.m. & 5:30 p.m. – 9 p.m.

The Smithsonian Folklife Festival, established in 1967, honors contemporary living cultural traditions and celebrates those who practice and sustain them. Produced annually by the Smithsonian Center for Folklife and Cultural Heritage, the Festival has featured participants from all 50 states and more than 100 countries.

To complete the volunteer application online, visit [www.festival.si.edu/volunteer](http://www.festival.si.edu/volunteer). If you have questions, contact volunteer coordinator Michelle Banks at [CFCH-volunteer@si.edu](mailto:CFCH-volunteer@si.edu) or **(202) 633-7488**. For more information, visit [festival.si.edu](http://festival.si.edu).

*Please note: This event isn't eligible for the use of [School Assistance and Volunteer Service Leave](#) as it is not sponsored by a service organization.*



*Have a happy, healthy, and safe  
Memorial Day Weekend!*