

**Subject:** Instant HR/Payroll: Mason 9/11 Day of Service, Flu Shot Information, A Survey Opportunity, FRA Deadline Approaching and More!

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### 9/11 Day of Service at Mason

Join this student-led special event as it brings Mason together with community partners to honor and remember September 11 through service and reflection. The event begins this evening at 5:30 with a service pre-reflection reception and discussion. For the schedule and to register, please visit <http://911day.onmason.com/schedule/>. Please consider donating gently used clothing to [Women Giving Back](#), one of many service projects to be held on and off-campus tomorrow, Friday, September 11. Volunteers will be on the JC plaza from 10 am -5 pm accepting donations of women's suits, separates, business attire, shoes, jewelry, coats, unopened makeup and toiletries, purses, business accessories as well as children's clothing, shoes, and toys.

*Please note: Up to two hours of service participation can be considered work time with supervisor permission.*



### Save the Dates: Winter Wellness Week Flu Shot Clinics

For faculty and staff who are enrolled in COVA Care, COVA HDHP, COVA Health Aware, and Kaiser Permanente, seasonal flu shots are part of your wellness benefit. This year, flu shot clinics will be held in Arlington on October 13 from 2-4pm, at Science & Technology on October 14 from 12:30-3:30pm and in Fairfax on October 15 from 9-2pm. For important details, please visit <http://hr.gmu.edu>.



### Mason Faculty/Staff Alumni Survey

Over the years, there have been a significant number of Mason alumni who have either returned to work at Mason or continued employment directly after graduation. If that is you, we would love your input. It will take less than 3 minutes of your time to complete the survey. Please visit <https://www.surveymonkey.com/r/MasonFacultyStaffAlumni>.



### Member Benefit Profiles Available at VRS

Annual Member Benefit Profiles (MBP) for faculty and staff who are enrolled in Plan 1 and Plan 2 of the Virginia Retirement System (VRS) are now available by logging into your account at <http://www.varetire.org>. MBP's provide information about your retirement and other benefits you have as a member of VRS. Questions? Please email [benefits@gmu.edu](mailto:benefits@gmu.edu) or call 703-993-27600 and

ask for the Benefits Team.



### **Discount Opportunities**

Please remind your faculty and staff to take a peek at the discount opportunities available to them. Visit <http://hr.gmu.edu/worklife/discounts> for access to the [Life/Work Connections discount page](#) as well as some discounts available through [Mason Merchants](#) and the [Department of Human Resource Management](#). Currently on our “tick tocks” page (discounts with a deadline) are DC United and Texas de Brazil. Conditions apply. Please see the Life/Work Connections discount page for details.



### **Flexible Spending Account Filing Deadline is Approaching**

If you have a dependent care or medical flexible spending account, the last day to file a reimbursement claim for expenses for the 2014-2015 plan year is September 30, 2015. Eligible expenses had to be incurred during the plan year which ran from July 1, 2014 to June 30, 2015.



### **September Learning Opportunities**



### **Financial Well-Being Seminar Series → On Site**

September financial education classes are just a click away! Financial Well-Being programming runs across many different financial topics. This month, on-site classes (videoconferenced to Arlington and Science & Technology) include:

9/14 at noon: Rebuilding After a Financial Crisis

9/23 at noon: Inside Money: Managing Income and Debt

For more information and to register, please visit <http://hr.gmu.edu/learning>.



### **Financial Well-Being Webinars → Live and Online**

Beginning 9/16, TIAA-CREF is offering live webinars on a wide array of topics including retirement issues, demystifying life insurance, financial planning for the LGBT community, and 529 Plans (college savings).

The Virginia 529 is also holding a live webinar entitled “Tame the Monster – College Savings Information Session” on September 23 at noon.

For information and to register, please visit the Financial Well-Being portal at [http://hr.gmu.edu/benefits/retire/online\\_resources.php](http://hr.gmu.edu/benefits/retire/online_resources.php)



### **Physical Well-Being Seminar Series → On Site**

In addition to the financial well-being seminar series, HR & Payroll is also offering a physical well-being seminar series this year. These sessions are a combination of learning and practice. Coming up in September:

9/24 at noon: Healthy Cooking Demonstration with Lois Durant, Mason Dining's resident dietitian. The topic is how to prepare, cook, and enjoy one of the world's healthiest foods. Wonder what it is? Head out to <http://hr.gmu.edu/learning> to register and find out!

9/30 at noon: Happy Heart Walk in Arlington, Fairfax, and Science & Technology. This annual fun walk will be led by our fabulous Kings and Queens of Hearts:

- Arlington: Lori Cohen Scher and Rich Kelsey
- Fairfax: Beth Cabrera and Brad Edwards
- Science & Technology: Carrie McVicker and Ron Carmichael

Join us for a little exercise, conversation, and fun! No registration process this year. But we'll have sign-ups sheets at each walk so we can tally up the participants and give out our two coveted prizes – the Happy Heart Team Award for the largest team and the Happy Heart of Gold Award for the team with the most pizzazz. So round up your colleagues, think of a creative team name, and be sure to spread the word.

And don't forget Healthy Campus Week from September 21-25. Details at <http://wellnessbymason.gmu.edu>



### **Physical Well-Being Resources from Global Fit → Online**

Global Fit gives you access to fitness center discounts (log-in at <http://mymasonhr.gmu.edu> and select "myDiscounts" and then "Athletics and the Arts"). They also offer resources and information for healthier living. For September, they have a section on "cultivating fit family habits". See it all at [Global Fit](#).