

# NEWS & INFORMATION

Monday, Jan. 12, 2014 -- Volume 11, Number 22



## Virginia Tech employees give more than \$317,000 to charities

*The following is an open letter to Virginia Tech employees from Robert Sumichrast, dean of the Pamplin College of Business and honorary chair of the 2014 Commonwealth of Virginia Campaign.*

Dear colleagues,

Once again, Virginia Tech employees have shown how much they care for their community, both locally and beyond, with their generous contributions to the Commonwealth of Virginia Campaign.

Thanks to the big hearts of our 1,566 employees, we raised \$317,826 for the 2014 Commonwealth of Virginia Campaign. Unfortunately, we did not meet our \$325,000 goal; however, employee participation was up (from 1,529 in 2013) and we raised about \$6,000 more than we did last year.

Virginia Tech employees have donated more than \$1.4 million to the Commonwealth of Virginia Campaign during the last five years.

The organizations receiving the most support from Virginia Tech employees included the Free Clinic of the New River Valley, the United Way of Montgomery, Radford, and Floyd, and the Women's Resource Center. Hundreds of other organizations received donations as well.

Thanks so much again for your kindness and generosity. Your donations will make a world of difference in our communities.

Robert T. Sumichrast

## InclusiveVT Advisory Community Action Session to be rescheduled

The InclusiveVT Advisory Community Action Planning Session will be rescheduled from Jan. 12 to another date early in the spring semester to allow for wider participation. Once the date is finalized, an announcement will be made through Virginia Tech News.

You and your community/group/caucus are invited to attend the InclusiveVT Advisory Community Action Planning Session.

President Timothy Sands, Provost Mark McNamee, and the President's Inclusion and Diversity Executive Council invite individuals and groups to an action planning session. The purpose of the session is to share your InclusiveVT initiative with other participants in the Advisory Community. This is an opportunity for individuals and groups to participate in an InclusiveVT initiative by strengthening an existing proposed initiative, identifying a "gap" in the initiatives, or proposing something of your own design.

Here's how to participate:

- Review the initiatives submitted by deans, vice presidents, and senior management areas.
- Identify ways in which you and your organization/group can help implement and strengthen a proposed initiative.
- Identify gaps and propose an action item for addressing the

gap, using the initiative template.

-- Collaborate with others to create completely new initiatives using the template.

-- You can come with your Initiative Template filled out and receive feedback from others.

## Annual health and benefits fair helps employees make healthier choices

Health care professionals and vendors from across the state will travel to Blacksburg on Wednesday, Jan. 14 to help Virginia Tech employees make healthier choices.

The annual Hokie Wellness Health and Benefits Fair, hosted by the Department of Human Resources, is part of the university's commitment to create a healthier campus.

All employees will receive two hours of annual leave to attend the event, which will be held from 7:30 a.m. to 3 p.m. at McComas Hall. Family members are also invited to the fair to help employees encourage their loved ones to live a healthy lifestyle.

The health fair will include cooking demonstrations; a flu shot clinic; free hearing and vision tests; and blood pressure, body fat and BMI, skin cancer, and diabetes screenings throughout the day. Educational sessions will include The How of Happiness, Nutrition for Optimal Performance, Diabetes Prevention and Management, and more.

More than 70 vendors will be on hand to share information with employees on a variety of topics. Participants will have the opportunity to participate in free exercise classes and swim lessons and workout using the on-site fitness equipment.

Attendees may also donate blood at the American Red Cross Mobile Blood Bus and participate in a mini Relay For Life event.

A schedule of events and listing of exhibitors is available at [www.hokiewellness.hr.vt.edu](http://www.hokiewellness.hr.vt.edu).

For more information, contact Hokie Wellness at 540-231-9331.

## Voluntary contributions crucial to Hybrid Retirement Plan

Employees enrolled in the Hybrid Retirement Plan who would like to increase their voluntary contribution must do so by March 15. Participants are only permitted to change contributions quarterly.

In addition to the plan's required contributions, employees have the option to contribute up to an additional 4% (in .5% increments) into the defined contribution portion of their retirement account. Virginia Tech will match the first 1% of voluntary contributions with a corresponding contribution of 1% of the employee's annual creditable compensation. For each additional voluntary .5% contribution, Virginia Tech will match at a contribution rate of .25%.

For more information, contact the Department of Human Resources at 540-231-9331.



## Updated spring/summer planning calendar available online

The updated Faculty-Staff Planning Calendar is available as an easy-to-print PDF at [www.vtnews.vt.edu/fs-planning-calendar.html](http://www.vtnews.vt.edu/fs-planning-calendar.html).

The annual calendar has been updated to include additional spring and summer events not included in the version published in August 2014.

The 2015-16 calendar will be available in August.

For more information, contact Laura Neff-Henderson at 540-231-7643.

## New benefit: Set aside pre-tax dollars to pay for off-campus parking

Virginia Tech employees who pay to park in a parking lot/garage not owned by the university are eligible to participate in a new benefits program that allows individuals to set aside pre-tax dollars to cover the cost.

Employees enrolled in the plan, which is administered by Conexis, simply submit receipts via the Conexis website for reimbursement.

Learn more about the plan and complete an online enrollment form at [www.hr.vt.edu/benefits/pre-tax\\_parking/index.html](http://www.hr.vt.edu/benefits/pre-tax_parking/index.html).

For more information, contact the Department of Human Resources at 540-231-9331.

## Register now for blood drive at Jan. 14 health fair

In keeping with the spirit of *Ut Prosim* (That I May Serve), Hokie Wellness will be hosting an American Red Cross Bloodmobile from 10 a.m. to 2 p.m. in the Cassell Coliseum parking lot. Registration is required for the blood mobile unit, which are part of the Hokie Wellness Health and Benefits Fair.

Register to donate blood at [www.redcrossblood.org/give/drive](http://www.redcrossblood.org/give/drive). On the American Red Cross website, search the zip code 24060 and scroll down until the Jan. 14, Virginia Tech Hokie Wellness drive appears. Click in the box area, then choose an appointment time.

The Hokie Wellness Health and Benefits Fair is sponsored by the Virginia Tech Department of Human Resources and Carilion Clinic.

For more information, contact Hokie Wellness at 540-231-9331.

## Hokie Fit Challenge motivates employees to work out

Recreational Sports and Hokie Wellness will be encouraging employees and students to participate in the Hokie Fit Challenge sponsored by Coca-Cola. All participants who track their workouts have a chance to win prizes including the grand prize of a \$500 gift card. Participants will also receive fitness, activity and hydration tips throughout the program.

Prizes are awarded based on the number of workouts completed and while supplies last:

- Receive a sports bottle for 20 workouts.
- Receive a Hokie Fit Challenge t-shirt for 25 workouts.
- Be entered into a drawing for a Jawbone Tracker for 30 workouts.

-- All participants are entered into a drawing for a \$500 gift card.

Employees may register at the Hokie Wellness Health and Benefits Fair on Wednesday, Jan. 14, or at McComas Hall. The challenge ends March 6.

For more information, contact Hokie Wellness at 540-231-9331.

## Forbes ranks Blacksburg among the 25 best places to retire

The Town of Blacksburg has been ranked among the "25 Best Places to Retire," by Forbes.com.

The ranking included more than 400 cities nationwide. Those factors considered in the survey included overall cost of living and home prices, as compared to national averages, and general tax climates for retirees.

This recent ranking is among the many the Town of Blacksburg and Virginia Tech have received in recent years that speaks to the quality of life that helps the university's ability to recruit and retain high caliber faculty and staff. Virginia Tech is a family-friendly employer, enhancing the work-life experience of its employees through the Hokie Wellness program, which provides programming and information to boost employee health, well-being, and productivity.

For other notable rankings and honors, visit [www.vt.edu/about/rankings/index.html](http://www.vt.edu/about/rankings/index.html).

## Options available to complete mandatory workshop for all university employees

All Virginia Tech employees are required to take a mandatory Title IX and Retaliation workshop. Per federal government guidelines, all faculty, staff, wage, student wage, and graduate assistants must complete the training by January 30, 2015.

There are four options to complete the workshop:

- Attend an instructor-led workshop at the North End Center
- Participate in an instructor-led workshop online, via Adobe Connect Online

-- Watch a recording of the workshop on-demand

Attend a recorded session "hosted" by your department

Registration for the first three options listed above is required at [www.hr.vt.edu/oea/workshops/index.html#pleat-4](http://www.hr.vt.edu/oea/workshops/index.html#pleat-4). The fourth option is being coordinated in various departments across campus.

Additional instructor-led workshops, with the Adobe Connect Online option, will be scheduled in January.

For more information about completing the training contact the Department of Human Resources at 540-231-9331. All other questions should be directed to Dale Robinson in the Department of Human Resources at 540-231-1824.

## Be sure windows are closed when temperatures drop below freezing

Please ensure that windows in your work area are closed, especially overnight, during the winter.

Temperatures below freezing, especially for an extended period, can freeze pipes and cause them to rupture. Broken water pipes can cause significant damage to campus buildings. A frequent source for pipe freeze ups is open windows.

If you need assistance in checking on potential open windows or for more information, contact Facilities Services at 540-231-4300.

---

*Virginia Tech News* is published weekly during fall and spring semester and bimonthly during the summer sessions, by the Department of Human Resources and the Office of University Relations as a service to university employees who do not have computer access on campus. For more information, or to discuss submission of items call 540-231-7643.