



Every CVC donation matters: The value of a \$5 gift

The Commonwealth of Virginia Campaign (CVC) is in full swing at Virginia Tech, having raised more than \$122,000 since it kicked off on Sept. 30.

CVC is an annual workplace giving campaign where state employees raise and donate money to one or more of approximately 1,000 participating charities in their communities and across the commonwealth. Charities range from health and human services to animal welfare, from environmental conservation to medical research, and everything in between. There is a charity for everyone.

The fundraising goal this year is \$390,000. Every donation helps reach this goal and makes a difference in someone's life. Donating even \$5 or \$10, the cost of one or two Starbucks drinks, can make all the difference in someone's life.

The Women's Resource Center provides services to victims of sexual and domestic violence in the New River Valley. One of those services is an emergency shelter where women who are escaping

violence can find safety. Laura Beth Weaver, assistant director of the Women's Resource Center, says a small donation can make all the difference for these women.

"What \$5 or \$10 can do is help us stock our refrigerator with healthy food choices, so that when people show up to our emergency shelter, they don't have to worry about where their next meal is going to come from," said Weaver. "We believe if someone is fleeing domestic violence or sexual violence, some of the basic necessities should be covered."

At Feeding America Southwest Virginia, a regional foodbank, a \$5 donation can provide 30 meals to those in need.

For the Literacy Volunteers of the New River Valley, a \$10 donation can provide a week of reading instruction for an adult. These classes ultimately give individuals the ability to get jobs and take care of their families.

At another charity, NRV Cares, a child abuse prevention agency, small donations can be used in areas that grants do not cover.

"A \$5 donation will pay for printing our community education materials for a month," said Mona DiGiulian, financial director for NRV Cares. "Each

and every dollar counts, especially donations which cover expenses not funded by other donors. CVC donations are really important to NRV CARES."

This year's campaign will run until Dec. 13. Since 2010, Virginia Tech employees have donated more than \$2.8 million to local charities in the New River Valley and across the Commonwealth of Virginia.

Employees can donate through an online payroll deduction, choosing either a one-time deduction or a 24-pay period deduction. Donations should be made through the CVC website at www.cvc.hr.vt.edu. Cash and checks are also acceptable. Pledge cards are available for those who do not have online access.

CVC is administered by the Division of Human Resources and led by a steering team made up of university department representatives. Questions or assistance should be directed to department representatives. More information can be found on the CVC website listed above.

Flu season is coming: Protect yourself and others; get the flu shot

According to the Centers for Disease Control and Prevention, flu season in the United States can begin as early as October and last as late as May. Virginia Tech encourages all Hokies to protect yourself and others by getting your annual flu vaccine.

As a service to all employees, Hokie Wellness offers flu vaccination clinics each fall.

- Salaried employees who are covered by state health insurance plans only need to show their insurance card to receive a free vaccine.
- Wage employees may also receive a free flu vaccine by showing their Hokie Passport.
- Students are also welcome to attend; students may need to be prepared to pay \$25 by cash or check if pharmacists aren't able to verify that the student's insurance is accepted.

Annual flu vaccination clinics run through Nov. 12 at locations across campus. Additional vaccines will be offered at some of the clinics on a first come, first serve basis, including Tdap (tetanus, diphtheria, pertussis), MMR (measles, mumps, rubella), Hepatitis A and B, both pneumonia vaccines, and the new shingles vaccine, Shingrix.

Below is the list of clinics, which are open from 7:30 a.m.-2 p.m., except where noted with a *.

- Oct. 31: Sterrett facility, classroom, other vaccines will be available
- Nov. 5: The Inn at Virginia Tech, Draper's

- Meadow, other vaccines will be available
- Nov. 7: Wallace Hall atrium
- *Nov. 12: Squires, Old Dominion Ballroom, 8 a.m.-3 p.m.

Online registration for the flu vaccination is preferred at virginiatech.qualtrics.com/jfe/form/SV_9RBhxN1OfsRJNg9, but walk-ins are welcome.

If you are unable to make it to a Hokie Wellness clinic, vaccinations are also available at most local pharmacies and through health care providers.

State health plan members may get a free flu vaccine at pharmacies participating in their health plan's network.

- COVA Care, COVA HDHP and COVA HealthAware members also may receive flu shots at no cost from network physicians' offices and other participating providers.
- Kaiser Permanente HMO members must go to a participating Kaiser medical center.

Visit dhrm.virginia.gov/healthcoverage/flushotinformation to find participating providers, and questions and answers on each plan, including information on receiving flu vaccines from non-network providers or pharmacies. If you plan to get your flu vaccine at a pharmacy, be sure to call ahead to confirm the pharmacy is participating in the program and that shots are available. An appointment may be required.

Vaccination is the best protection against contracting the flu. In addition, we encourage all Hokies to review this information from Virginia Tech's Emergency Management Office for guidance on what to do if a flu outbreak occurs online at emergency.vt.edu/ready/guides/flu.html

For questions about Hokie Wellness flu clinics, contact Hokie Wellness at hokiewellness@vt.edu or 540-231-8878. For flu vaccines and your medical plan, contact your plan provider.

Update on VRS Hybrid Retirement Plan's auto-escalation

On Jan. 1, 2020, the VRS Hybrid Retirement Plan's auto-escalation feature will boost retirement savings. Voluntary contributions will automatically increase by 0.5 percent, every three years until reaching 4 percent. The auto-escalation does not affect employees already contributing the maximum of 4 percent to the VRS Hybrid Voluntary Defined Contribution portion.

Employees to see an auto-escalation:

- Currently in the VRS Hybrid plan hired on or before Sept. 3, 2019.
- Currently not contributing the maximum 4 percent to the Hybrid 457 plan.

To opt out of auto-escalation, members can log into

Account Access at www.varetire.org/hybrid or call Participant Services at 877-327-5261 no later than Dec. 16, 2019. Members may visit the hybrid member website to learn more at www.varetirement.org/hybrid.html.

For assistance, contact the ICMA-RC Defined Contribution Employer Support Team at 1-877-327-5261 (select option 3 from the menu) or DefinedContributionsEmployerSupport@icmarc.org.

For help with defined benefit component hybrid questions, call VRS at 1-855-291-2285. For help with current contributions, call the Division of Human Resources at 540-231-9331 or visit the auto-escalation's webpage at www.hr.vt.edu/benefits/retirement-financial/vrs/auto-escalation.html.

Message from Gov. Ralph Northam: Health Benefits Premium Holiday

Please see the following message issued by Gov. Ralph Northam's office on Sept. 10, 2019. For Virginia Tech employees, the health benefits premium holiday will be applied to the Oct. 16 and Nov. 1, 2019 paychecks.

I announced in May that all eligible state employees will pay no health benefits premium for the month of October! For most employees, these premium holidays will occur on Oct. 16 and Nov. 1, and there will be no employee premium contribution deducted from your pay on those dates.

Participants at all membership levels in the COVA Care, COVA HDHP, COVA HealthAware, Kaiser Permanente HMO and Optima Vantage HMO plans are eligible. Because of the requirement in the Code of Virginia that TRICARE supplement participants pay the full cost of their coverage, the premium holiday will not apply to those members.

Questions, contact the HR Service Center at hrrservicecenter@vt.edu or 540-231-9331.

On-campus drilling: Oct. 28-Nov. 1

The Facilities Department and its contractors will be performing drilling in the grassy areas near the parking lot at the corner of West Campus Drive and Prices Fork Road. Please see the map below for more details.

The work will take place Oct. 28 through Nov. 1, from approximately 7:30 a.m. to 5 p.m. each day.

The drilling equipment will occupy the parking spaces indicated in the map below. All applicable safety precautions shall be taken and teams will strive to keep the disturbances to a minimum.

Please contact Katrina Estep at 540-231-7062 for more information.