



President Tim Sands will hold employee-focused town hall on Thursday, June 25

Virginia Tech President Tim Sands will host a virtual town hall at 2 p.m. Thursday, June 25. He will be joined in the 45-minute webinar by Dwayne Pinkney, senior vice president and chief business officer and Bryan Garey, vice president for human resources. They will discuss employee issues and answer questions related to the university's transition from its status of essential operations (<https://vtnews.vt.edu/articles/2020/03/president-essential-operations-covid.html>) – as defined under Presidential Policy Memorandum 309 (<https://policies.vt.edu/assets/ppm-309.pdf>) – to a modified operations mode by Aug. 3, part of the university's plan to resume in-class instruction and on-campus experiences for the fall 2020 semester.

Submit a question in advance here: https://virginiatech.qualtrics.com/jfe/form/SV_9uJjYInMSAtEIRH. Questions will also be taken during the event.

Watch it at <https://youtu.be/wDtpeVAWY9Q> on Thursday. It will also be available from the Virginia Tech homepage, and at vt.edu/ready.

The university will hold additional town halls this summer to address questions and issues related to preparing for the fall 2020 semester.

Hokie Wellness offering additional program on reducing parenting stress

Join Hokie Wellness for a program to help parents reduce the stress of parenting during COVID-19.

Parenting can be tough at the best of times, but family life has changed dramatically during the social isolation that has been in place due to COVID-19. Hokie Wellness has a few research-based strategies to make this unprecedented time more enjoyable.

"A Guide to Reduce the Stress of Parenting during COVID-19" will be offered again on Thursday, June 25, from 12-12:30 p.m. Registration (https://virginiatech.qualtrics.com/jfe/form/SV_3IZLrw7cpsxRpyt) is required and the Zoom link for the presentation will be forwarded prior to the presentation.

The session will allow for a discussion among attendees following the presentation. For

more information, contact Hokie Wellness at hokiewellness@vt.edu.

Free one-on-one nutrition counseling for staff

Are you interested in making food choices that support a healthy lifestyle? Maybe you need help with skills for shopping and cooking to help you reach your wellness goals. If you have any of these concerns or others, graduate nutrition students can help you take the next steps toward building a healthier life. The Human Nutrition, Foods and Exercise Department at Virginia Tech provides FREE one-on-one nutrition counseling services via Zoom to any interested students, faculty, or staff. Visit https://www.hnfe.vt.edu/nutrition_counseling.html and sign up today!

Grace period announced for Flexible Spending Accounts

The Department of Human Resource Management (DHRM) has announced a Flexible Spending Account (FSA) grace period for the July 1, 2019 – June 30, 2020 plan year.

The one-time grace period to 2019-2020 FSA plans will extend the period to incur claims through Oct. 31, 2020. State employees who are enrolled in the Health FSA or Dependent Care FSA on June 30, 2020, and have a remaining balance, may continue using those funds to file for claims incurred July 1 - Oct. 31, 2020.

All claims must be submitted by Nov. 30, 2020 in order to be eligible for reimbursement under the grace period.

For more information, visit <https://www.dhrm.virginia.gov/employeebenefits/flexible-spending-accounts> or www.payflex.com.

Please direct any questions to the HR Service Center at hrrservicecenter@vt.edu or 540-231-9331.

Information on the VRS Hybrid 457 voluntary contribution exception
A message for employees who are participating in the VRS Hybrid plan and making voluntary contributions.

The Virginia Retirement System (VRS) is aware that some members may be experiencing financial stress as a result of the COVID-19 pandemic. To provide flexibility, VRS will allow members impacted

by the pandemic to change the amount of their hybrid voluntary contributions on a monthly basis, rather than a quarterly basis.

Employees can access the Voluntary Contribution Change Exception Form through ICMA-RC Account Access (<https://accountaccess.icmarc.org/login.jsp>) or by contacting Participant Services at 1-877-327-5261, option 1. Completed forms should be sent to Human Resources via their secure drop box, available on <https://www.hr.vt.edu>.

Members may use this form to change contribution amounts if one of the following scenarios apply:

1. The member is being furloughed or experiencing a salary reduction as a result of the coronavirus pandemic.
2. The member's spouse or dependent are experiencing adverse financial consequences as a result of the coronavirus pandemic.

The schedule showing the deadline for submitting to Human Resources and the effective contribution month and pay date for submitting change requests are as follows:

5/30/2020 – 6/26/2020: July (7/16/20 pay date)
6/27/2020 – 7/29/2020: August (8/14/20 pay date)
7/30/2020 – 8/28/2020: September (9/16/20 pay date)

Please note that changes made by employees in academic year positions will be effective for September contributions (effective for the 9/16/20 pay date).

For questions, contact the HR service center at hrrservicecenter@vt.edu or 540-231-9331.

New self-care resiliency workshop for employees

In the workplace, it can feel like there is so much to do and so little time, which often means that taking care of ourselves gets put on the back burner. Sometimes we believe that if we just get through the week, we can do something fun and treat ourselves afterward. The truth is, though, self-care is not about short sprints, it is a marathon. Consistent self-care can be a realistic practice with the right tools and a plan.

In this workshop, we will explore signs of stress and strategies for developing effective and sustainable coping skills. We will also try out some self-care exercises such as mindfulness. In this workshop you can assess your current coping skills, learn how to develop work-life balance, and create a realistic self-care plan for yourself.

This workshop will be offered June 17 and June 25 for employees to select the date that best works with their schedule. To register, visit <https://vtnews.vt.edu/notices/hokie-wellness-resiliency-june17and25.html> for each class registration link.

- June 17 workshop, from 4-5:15 p.m.
- June 25 workshop, from 9:30-10:45 a.m.

For more information or questions, contact Hokie Wellness at hokiewellness@vt.edu.