

Now accepting nominations for several annual awards

Virginia Tech values the contributions of more than 10,000 employees. Thanks to their efforts, the university continues to grow, innovate, and remain a great place to learn and work.

Each year, the university offers multiple award programs to recognize employees for their commitment to the university and community, new ideas, and teamwork.

Nominations are being accepted for the Administrative and Professional Faculty Award, McComas Staff Leadership Award, President's Award for Excellence, and Staff Career Achievement Award. All nominations are due Wednesday, Feb. 15, at 5 p.m. and must be submitted electronically.

See below for more information and nomination guidelines on each award.

Administrative and Professional (A/P) Faculty Award: Sponsored by the Division of Human Resources, this award recognizes the extraordinary contributions, accomplishments, and consistent excellence in the performance of a job, single incident, or heroic act of A/P faculty at the university. Website: <https://www.hr.vt.edu/our-workplace/awards-recognition/awards/APFacultyAward.html>

- Full-time A/P faculty are eligible except academic department heads, deans, assistant and associate deans, vice presidents, assistant and associate vice presidents, and assistant and associate provosts.
- Employees may nominate other eligible employees based on the established nomination guidelines. Self-nominations are not accepted.
- Award winners will receive an engraved award and a \$2,000 pre-tax award.

McComas Staff Leadership Award: Sponsored by the Division of Human Resources and the Commission for Staff Policies and Affairs, this award recognizes non-student wage and staff employees who regularly demonstrate the behaviors of a strong leader in support of the goals of the university, college, senior management area, and/or department. Website: <https://www.hr.vt.edu/our-workplace/awards-recognition/awards/mccomas-staff-leadership.html>

- Classified and university staff and non-student hourly wage positions are eligible. Employees must have worked for the university for at least one year.
- Nominees do not need to be in a management or supervisory position.
- Award winners will receive, a framed certificate and a \$500 pre-tax award.

President's Award for Excellence: Sponsored by the Office of the President and the Division of Human Resources, this award recognizes outstanding contributions and excellent performance of salaried classified and university staff employees. Website: <https://www.hr.vt.edu/our-workplace/awards-recognition/awards/presidents-award.html>

- Employees may nominate other eligible employees based on the established nomination guidelines. Self-nominations are not accepted.
- Award winners will receive a letter of commendation from the president, a framed certificate, and a \$2,000 pre-tax award.

Staff Career Achievement Award: Sponsored by the Division of Human Resources, this award recognizes the contributions of staff members who retired the previous year and distinguished themselves through exemplary performance and service during their career. Website: <https://www.hr.vt.edu/our-workplace/awards-recognition/awards/staff-career-achievement.html>

- Full-time university or classified staff who served a minimum of 10 years at Virginia Tech, retired the previous year, and had a history of outstanding performance are eligible.
- A dean or vice president must submit nominations.
- Award winners will receive a \$2,000 pre-tax award.

Please consider nominating a deserving employee for one of the above awards. The Feb. 15 deadline will approach us fast, so be sure to get your nomination in soon!

Care.com offers backup care options for children and adults

Virginia Tech is partnering with Care.com to offer a one-year pilot program offering child and adult backup care, a Care.com membership, and 24/7 access to Care Specialists. This benefit is available to all full-time faculty and staff across all Virginia

Tech campuses and offices.

Backup care: Employees are able to use up to 10 days of backup care. Backup care may be used when your regular care is not available during work hours.

The rate for in-home care is \$6 per hour for a minimum of four hours. The rate for in-center care is \$15 per day per child. In-home care is available for children from newborns to teenagers. In-center backup care is available for center-aged children during center hours.

Adult backup care is available in either your home or the home of the adult needing the care.

Care membership: Care membership gives you unlimited access to the Care.com platform for finding and managing care for children, seniors, pets, and your home. You pay for caregivers directly, through Care.com site, or through the Care app.

Care Specialists: Care Specialists research and identify licensed providers and care resources that meet your unique needs. Care Specialists can also provide guidance and support for daily needs as well as major life decisions, including finding the best options for aging parents, pet care, house cleaning services, moving across country, exploring how to pay for college, and more.

Care Specialists includes former teachers, nannies, and autism specialists; social workers; and gerontologists — all who have, at minimum, a bachelor's degree and an average of six and a half years of experience. Employees have unlimited access to this benefit.

To access Care.com:

- Sign up using your @vt.edu email at <https://care.com/virginia-tech>.
- Additional information can be found at <https://www.hr.vt.edu/benefits/optional-benefits/Backup-child-elder-care.html>.

For assistance or questions, contact Hokie Wellness at hokiewellness@vt.edu or 540-231-8878.

Mental health and wellness resources available from TimelyCare

Virginia Tech offers no-cost mental health and wellness resources to employees from TimelyCare.

TimelyCare is a virtual health service available to full-time faculty and staff and non-student wage employees.* Employees may access TimelyCare services regardless of their location in the United States. Employees can connect to TimelyCare by computer, tablet, or smartphone using their Virginia Tech email address. Both phone and video

sessions are available.

TimelyCare offers employees three services:

- TalkNow, an on-demand service available 24/7 that connects an employee with a mental health professional to address issues promptly by telephone or video. It provides immediate care in a crisis.
- Twelve scheduled counseling appointments per academic year with counselors licensed in the state where the employee is located.
- Unlimited health coaching appointments providing information and guided sessions on well-being topics such as dealing with conflict, time management, exercise, sleep, nutrition, weight management, tobacco cessation, mindfulness, and more.

To access TimelyCare, sign up with your @vt.edu email address at <https://timelycare.com/virginiatech>.

- Complete a short health survey. All information shared with TimelyCare is confidential, secure, and HIPAA compliant.
- Click "Get Care."
- Check out the Explore page for on-demand wellness content, including guided mindfulness and yoga videos and more.

TimelyCare is an addition to the Employee Assistance Program (<https://www.hr.vt.edu/benefits/health-insurance/eap.html>) and other mental health and wellness support (<https://hokiewellness.vt.edu/Employees/mentalhealth.html>) currently offered by the university.

For assistance with questions about TimelyCare, contact TimelyCare at help@timely.med or 1-833-4-TIMELY, or contact Hokie Wellness at hokiewellness@vt.edu or 540-231-8878.

Editor Note: Holiday Blackout

The Blue Sheet newsletter will not be published on Dec. 28 and Jan. 4 due to winter closing. The newsletter will resume Jan. 11.