



Employees come together for fun and relaxation during Employee Appreciation Day and Hokie Wellness Health and Benefits Fair

Employees had the thrill of passing through the 200-foot long Avery Tunnel and spilling out onto the field at Lane Stadium on May 18. Mimicking a ritual for Hokie athletes, some even touched the Hokie Stone before hitting field. And who would blame them if they imagined the roar of a crowd on game day?

The tunnel experience was just part of the fun during the combined Employee Appreciation Day and Hokie Wellness Health and Benefits Fair, held together this year for the first time.

This year, the invitation was extended to include all faculty, staff, and non-student wage employees who work on our Blacksburg campus or surrounding locations. Out of 9,000 employees, more than 3,000 attended the event.

“This was a fantastic event for our employees to come together to celebrate the end of the 2021-22 academic year in person after a two-year hiatus,” said Bryan Garey, vice president for human resources. “The high level of attendance, the sounds of laughter, and the smiling faces were a joy to see.”

During the four hours, employees enjoyed a free lunch, listened to music by DJ Wayne Johnson II and the Half Throttle band, received a caricature by Virginia Tech’s Doodler Steven White, and formed teams to play cornhole and a variety of games from Venture Out, all on Worsham Field. During the fun, photos of employees from past events were displayed larger than life on the stadium’s video board.

The Hokie Wellness Health and Benefits Fair hosted 62 exhibitors, a mixture of benefits, health and wellness, and Virginia Tech offerings, sponsored by Embrace Loans, Scott Bunn, Realtor.

Employees enjoyed massages, participated in walking groups led by university leaders, created their own smoothies by pedaling a special smoothie bike, received COVID-19 vaccinations and booster shots, and more.

“This day is for you as a small token of our great appreciation for your spirit of community and dedication to our great university,” President Tim Sands wrote in a message to employees. “I want to thank each one of you for your dedication to Virginia Tech and our campus community.”

Visit the Employee Appreciation Day website at <https://www.hr.vt.edu/our-workplace/employee-appreciation-day.html> to view a picture gallery and watch a video recap from this year’s celebration.

Discover summer travel savings from the PerkSpot discount website

Virginia Tech’s discount shopping website, PerkSpot, features discounts on hotels, flights, rental cars, and cruises as you plan your summer travel.

The website is available to employees with a current Virginia Tech email address. The website also includes discounts in more than 25 categories and the site is updated daily. It’s completely free and optimized for use on desktop computers, tablets, and phones. Discounts average 25 percent. You can filter the offerings by selecting your interest areas, such as travel, electronics, home and garden, pets, apparel, entertainment, outdoors and recreation, and much more.

To reach PerkSpot, go to the Hokie Discounts page at <https://hokiewellness.vt.edu/discounts.html>. From this main page, you’ll be asked to create an account with your vt.edu email address.

You can opt into PerkSpot’s weekly email to receive a curated selection of discounts. Each week’s email features both new and popular deals, as well as seasonal and thematic groupings of offers. Special gift guides are tailored to the season.

Register now for June Hokie Wellness programs

Hokie Wellness offers a range of programs during June. They include:

June 7 and June 29, 1-3 p.m.: REVIVE! Opioid Overdose Reversal Training: Anyone can experience and develop an addiction. Learn more about opioids and addiction, and how to respond in an emergency – and possibly reverse an opioid overdose. You will receive a REVIVE! emergency response kit and the opioid overdose reversal drug Narcan (Naloxone) free of charge. Registration is required. Details about the trainings and directions to the training locations will be provided approximately one week prior to your event.

June 8, 12-1 p.m.: Sleep Better Techniques: How is your sleep? Do you wish you could get more? Are you satisfied with the quality of your sleep? Everyone at one point or another will have to deal with sleep problems such as sleep deprivation, sleeplessness, and/or sleep disturbances. This virtual program will provide information on what

happens when you sleep, along with tips on how to start reaping the benefits of great sleep. Registration is required.

June 8, 12-1 p.m.: Invest529 (Virginia529): Join the Hokie Wellness team and Virginia529 for a special webinar where you'll learn how a Virginia529 account can help you save for tuition and other costs, take advantage of tax-free earnings, and meet your savings goals. As a bonus, just by attending the webinar, you'll receive an exclusive offer: a \$25 gift code to open a new Invest529 account. Details about this offer will be shared during and after the webinar. Registration is required.

June 9, 12-1 p.m.: Budgeting and Saving for Beginners: Managing money is sometimes more challenging than we think, especially for new professionals. This virtual session will discuss budgeting techniques and strategies for having the quality of life you desire while living within your means and working toward your financial goals. Registration is required.

June 16, 12-1 p.m.: Six Dimensions of Wellness: Well-being is the full integration of emotional health, financial security, community connections, purpose, physical health, and social well-being. Learn more about these six dimensions and how to intentionally incorporate each into daily life. Attendees will have the opportunity to assess ways in which they are currently tending to each dimension as well as identify areas for improvement with clear tips and action steps. Registration is required.

June 22, 12-1 p.m.: EAP and LiveHealth Online Tutorial: Learn more about the Employee Assistance Program, how to get connected, and what resources EAP has to offer. This session will also include a brief demonstration of LiveHealth Online, a robust telehealth platform that provides Anthem COVA Care members access to a variety of medical professionals including board-certified physicians, licensed therapists, psychologists, psychiatrists, allergy specialists, and more. Registration is required.

June 28, 11:30 a.m.-12 p.m.: Guided Meditation: Spend 30 minutes of your day practicing a variety of guided meditations that may help relieve stress and anxiety and energize your day. Registration is required.

Visit <https://vtx.vt.edu/notices/2022/05/hokie-wellness-2022-june.html> to register for any of the programs.

Juneteenth holiday to be observed this year on June 20

The university will be closed on June 20, 2022, and classes will be cancelled in observance of Juneteenth (<https://vtx.vt.edu/articles/2022/05/unirel-juneteenth.html>). This will be a paid holiday for all eligible faculty and staff.

In April, the University Council approved Juneteenth as an official university holiday to recognize the significance of June 19, 1865, the last enslaved Americans in the former Confederate States learned of the freedom granted to them by the Emancipation Proclamation, which

was issued more than two years earlier.

Because June 19 falls on a Sunday this year, Juneteenth will be observed by Virginia Tech on Monday, June 20.

University Policy 4315: Guidelines on Holidays (<https://policies.vt.edu/assets/4315.pdf>), the Human Resources site (<https://www.hr.vt.edu/benefits/leave/holiday-closing-schedule.html>), and other university sites have been updated to include Juneteenth as a nationally observed holiday.

Specific information related to leave reporting will be shared with department leave representatives from the Leave Team for the impacted period.

For additional questions, please contact your department's HR representative or the HR Service Center at hrrservicecenter@vt.edu or 540-231-9331.

Summer parking reminders and 2022-23 parking permit information

As the academic year nears close, Parking Services shares the following reminders around parking permits:

Parking on Virginia Tech's Blacksburg campus requires the display of a valid Virginia Tech permit or the payment of a daily fee. Campus is enforced Monday - Friday, from 7 a.m. - 10 p.m. year round. Additionally, some spaces are enforced 24/7, so make sure to look for parking signage.

Summer 2022 parking permits went on sale May 2, 2022. Permits can be purchased online or in-person at 505 Beamer Way. Any 2021-22 annual and spring 2022 parking permits are valid through Aug. 31, 2022.

Parking permits for the 2022-23 academic year will go on sale for faculty, staff, and graduate students on July 25, 2022. Perry Street Garage Commuter/Graduate permits will go on sale August 5, 2022. All other student permits will go on sale August 8, 2022. Permits can be purchased online or in-person at 505 Beamer Way.

All permit holders with regular C/G permits may park in the Perry Street Garage between May 16, 2022 and August 12, 2022. Reminder, student parking in the Perry Street Garage starts on Level 3.

For university members looking for a flexible and convenient parking option, parking using the free ParkMobile app is a great solution. Parking may be purchased in multiple time increments and added remotely.

Daily parking permits may also be purchased for \$6 online or in-person at 505 Beamer Way.

Direct questions to 540-231-3200 or parking@vt.edu. Visit <https://vt-admin.maps.arcgis.com/apps/webappviewer/index.html?id=75e09297df2b4307b0235645580bb7b5> to view the latest traffic and construction impacts and road closures across campus.

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