



Protect yourself and others by getting a flu shot

Hokie Wellness is offering flu shot clinics through Oct. 31. All employees are able to attend the clinics. Family members and dependents covered under an employee's Virginia Tech health plan may also attend the clinics.

Clinic times are 8 a.m. – 2 p.m. Employees may get their flu shot during work hours; please work with your supervisor with regard to scheduling questions.

Registration is required for each person who will attend a clinic. The registration website contains date and location information and a consent form you'll need to complete before receiving the flu shot.

Register here: <https://www.signupgenius.com/go/10c054eaeae22a7ff2-fall1>

Eligibility:

- Salaried, benefitted staff who are covered by state health insurance plans must show their insurance card to receive a free flu shot.
- Non-student wage employees may receive free flu shots at the clinics by showing their Hokie Passport.
- Family members and dependents covered under an employee's health plan are able to receive flu shots. All family members and dependents need to be registered to attend.
- Undergraduate and graduate students must also show an insurance card to receive a free shot.

Note about COVID vaccines and boosters: COVID clinics will be held once the most recent bivalent vaccine booster, which includes both the original virus strain and the more recent Omicron strain, is more widely available.

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

For full details about this year's flu clinics and for information about other ways to get a flu shot, read the full campus notice at <https://vtx.vt.edu/notices/2022/09/hokie-wellness-flu-shots-fall2022.html>

Mental Health First Aid courses available this semester

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist

someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Some of the topics covered include depression, anxiety disorder, and substance-use disorders.

The Mental Health First Aid course will be offered in-person and virtually through the remainder of the semester. The class meets from 8:30 a.m. – 4:30 p.m. and is open to all employees. Each seat is paid for by the university and consists of pre-training, participant manuals and processing guides, and a three-year certification. Mental Health First Aid training sessions have limited seats, and this opportunity is in high demand. This is the expectation should you sign up to take the course:

- Complete the pre-work at least two days prior to the instructor-led session (takes up to two hours).
- Attend the entirety of the instructor-led online session with your camera turned on (with the exception of technical restrictions).

Please keep in mind that if you are unable to commit to the requirements above and still register, a seat is taken away from someone who could have participated and utilized this resource. Replacing participants is not possible as we near the training date.

Registration is required at <https://virginiatech.pageuppeople.com/learning/7927>, and please keep in mind that registration closes seven days prior to each training date. Visit the Mental Health First Aid web page at <https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn> to learn more about the program. Questions may be directed to Hokie Wellness at hokiewellness@vt.edu.

Hokie Wellness serves Virginia Tech to foster a healthier community by providing prevention services, education, outreach, and resources to employees and students. If you have questions, need help, or would like to join the Hokie Wellness Google Group to stay up to date with monthly updates, contact the team at hokiewellness@vt.edu.

Election Day voting and political activity

Election Day is Tuesday, Nov. 8. Virginia Tech is supportive of all employees exercising their right to

vote in the upcoming elections.

Election Day is a staff-only holiday, meaning the university is open. Based on business needs, staff should work with their supervisor to schedule time off to observe the holiday or work and earn compensatory time. Other employees should work with their supervisors so they can exercise their right to vote. Employees are asked to work with their supervisor should their work hours need to be adjusted.

For questions or concerns, contact the HR Service Center at hrrservicecenter@vt.edu or at 540-231-9331. For specific questions about voting, contact your local Voter Registration office. For in-person voting, polling hours throughout the Commonwealth are from 6 a.m. until 7 p.m. on Election Day.

Enjoy spooky October savings from the PerkSpot discount website

Virginia Tech's discount shopping website, PerkSpot, features discounts on Halloween costumes, gifts, and more.

The website is available to employees with a current Virginia Tech email address.

The website includes discounts in more than 25 categories and 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 health and wellness, travel, electronics, home and garden, and 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.

New way to schedule lactation room; rooms now included on campus map

The process for reserving a lactation room is changing. Nursing mothers will now have access to a Lactation Room Resources Google drive. The drive will include a folder where mothers may schedule the time(s) they need to use a particular lactation room, and a folder that will include flyers and resources with information valuable to families.

The change is underway and the notebooks currently in use in the lactation rooms will be removed in the coming days.

Additionally, Hokie Wellness and the Early Childhood Education (ECE) Initiatives advisory group has announced the location of dedicated lactation spaces on the Blacksburg, Roanoke, and greater Washington, D.C., metro area

campuses are now available on the university's interactive campus map at <https://campusmap.aws.gis.cloud.vt.edu/>, including space details and photos. Unrestricted spaces, which means anyone can book them, are marked with green dots. Spaces that are restricted to individuals working in those facilities are marked with an orange dot.

The mapping project was conducted in coordination with colleagues from the Geographic Information Systems team in the Division of Operations Information Technology and Data Administration.

If you are currently using a lactation room and need access to the new Google drive to schedule a room or if you have questions about lactation rooms, contact Hokie Wellness at hokiewellness@vt.edu.

Learn to manage workplace conflicts in OEA trainings

The Office for Equity and Accessibility (OEA) invites Virginia Tech faculty and staff members to participate in interactive conflict resolution trainings. Through work with individuals, small groups, and university departments, OEA helps community members transform challenging interactions related to identity, equity, inclusion, and accessibility into opportunities for growth, connection, and dialogue.

Three customizable conflict resolution trainings are available upon request:

- "Moving from Conflict to Collaboration" teaches participants to use active listening, open-ended questions, brainstorming, and other skills to transform conflict into meaningful conversation and cooperation.
- The mindfulness-based conflict coaching system "Dis-Solving Conflict from Within" helps participants use self-inquiry to address conflict and respond to it with strength, clarity, and ease.
- In "Compassionate Communications," employees learn to identify and engage with feelings and needs to create more productive and compassionate day-to-day work interactions and build a more equitable, effective, and collaborative work community.

Employees may also schedule conflict coaching sessions with experienced trainers, facilitated mediation between parties in conflict, or group conflict facilitations designed to build consensus and create inclusive cultures.

OEA maintains confidentiality for issues that arise in conflict resolution sessions, with exceptions for threats of harm and allegations of abuse, neglect, or discrimination.

To schedule a conflict training, coaching session, mediation, or group facilitation, employees should contact Henry Yampolsky, assistant director for education, outreach, and conflict resolution, at hyampols@vt.edu.

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