

NEWS & INFORMATION

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Rescheduled: Help launch the InclusiveVT Advisory Community

"What would Virginia Tech look like if we were successful beyond our wildest dreams?" - President Timothy D. Sands.

Please join in expanding the impact of InclusiveVT. Individuals and groups dedicated to advancing Virginia Tech's inclusion and diversity efforts, especially those currently engaged in programs, services, and advocacy, are invited to a working session from 3 to 5 p.m. April 3 in the Graduate Life Center's Multipurpose Room to help launch the InclusiveVT Advisory Community. The event will be livestreamed with more information available closer to the session on the InclusiveVT website.

The Advisory Community will be made up of individuals and groups across the university community who bring unique perspectives to InclusiveVT and self-identify as being active, intentional, and engaged members in the inclusion efforts of Virginia Tech. The group will provide feedback to the president's Inclusion and Diversity Executive Council and university leadership on initiatives and other inclusion and diversity efforts. All are welcome.

The InclusiveVT work continues and progress is ongoing, so please plan to be there on April 3. To assist with logistics for the session, please register.

This event was rescheduled after the first event was snowed out March 5. While the new date, being a religious holiday and spring break for those with school-aged children, is not ideal, we wanted to ensure we held an event this spring. Busy spring schedules and availability of a venue large enough and technologically equipped to host the event limited rescheduling options. Another event will be held in the fall for wider participation. For more information, email inclusivevt@vt.edu.

Veterinary college's annual open house set for April 11

The Virginia-Maryland College of Veterinary Medicine at Virginia Tech will host its annual open house from 10 a.m. to 3 p.m. on April 11. Visitors will have a chance to learn about veterinary medicine and the college through tours, demonstrations, and lectures.

The open house will take place on the veterinary college's Blacksburg campus, located at 245 Duck Pond Drive, and will feature guided tours of its 270,000-square-foot complex, which includes the Veterinary Teaching Hospital and the Veterinary Medicine Instruction Addition. Doctor of Veterinary Medicine students will lead hour-long tours beginning at 11 a.m., 11:15 a.m., 11:30 a.m., 11:45 a.m., noon, 12:30 p.m., 1 p.m., 1:30 p.m., 2 p.m. and 2:30 p.m.

The family-friendly event will also feature activities designed expressly for children, including face painting, a wildlife exhibit, an anatomy lesson with a painted horse, and a demonstration on how to safely approach and interact with dogs. Veterinary students will offer special tours for elementary-age children starting at 11:15 a.m. and 1 p.m.

Third-year students will also help "surgically repair" stuffed animals that children bring to the open house (limit one per child) during a Teddy Bear Repair Clinic, open from 10 a.m. to 2 p.m.

Lectures and information sessions will address topics ranging from food animal medicine, to radiography, to preparing a competitive application for veterinary school. Demonstrations will cover numerous topics, such as horseshoe making, small animal ultrasound, and dog obedience. At 12:30 p.m., a panel discussion for middle and high school students interested in becoming a veterinarian will feature the college's class presidents. Earlier in the day, the class presidents will be available to discuss veterinary medicine for K-5 children at 10:15 a.m.

A silent auction with gift certificates and merchandise from local merchants, as well as merchandise provided by the college's clubs and organizations, will be held from 10 a.m. to 2 p.m. with winners announced at 2:15 p.m. Auction items can be purchased by cash and check only.

For biosecurity and health safety reasons, no animals will be allowed in the building or hospital areas. In the event of rain, outside demonstrations and information sessions will be canceled.

The Student Chapter of the American Veterinary Medical Association hosts the open house each spring with assistance from several other student organizations at the college.

Body Matters Week promotes overall health and wellness

Body Matters Week will take place from Monday, March 23 to Friday, March 27. Virginia Tech's Body Matters Project is a campus-wide program that promotes overall physical and emotional wellness while preventing body issues and eating disorders with a realistic approach to nutrition and exercise.

"Body Matters focuses on body acceptance for where you are at right now," said Shaun Riebl, a Ph.D. student in the Department of Human Nutrition, Foods, and Exercise. "Accepting your body for what it can do and what it can't help us realize that our bodies give us uniqueness."

-- The week will launch with the Zumba Kick-Off Party in McComas Hall on Monday, March 23 at 5 p.m. With no mirrors, no comparing, and no judging, the class will focus on loving your body, having fun, and dancing like no one's watching! This event is free to any member of the Virginia Tech community with a Hokie Passport.

-- On Tuesday, March 24, the Body Project photo booth will be set up from 11 a.m. to 2 p.m. outside Turner Place at Lavery Hall. Have your photo taken with a positive body image message.

-- Ladies Night in the Weight Room, on Wednesday, March 25 from 5 to 7 p.m. in McComas Hall, is a welcoming, inclusive, and educational environment that explains the health benefits of strength training. This event is free to any member of the Virginia Tech community with a Hokie Passport.

-- "Ask A Professional!" Expo will give the community an

opportunity to chat with professionals in an informal atmosphere about eating attitudes, healthy eating, and exercising. The Expo will be set up in the lobby of McComas Hall from 11 a.m. to 3 p.m. on Thursday, March 26.

-- Workshops are available throughout the week and the semester to educate students in ways to be more confident and ways to help friends in distress. Registration is required and can be accessed at the spring sign-up website.

Join the conversation by using #VTBodyMatters and the on Facebook at: www.facebook.com/VTBodyProject. A full schedule, list of sponsors, and additional information can be found at the Body Matters Project website at: www.healthcenter.vt.edu/health_education/events/Body_matters/body_matters_project.html.

For more information, contact Health Education at Schiffert Health Center at healthed@vt.edu.

Not sure what to put on your plate?

Learn the basics at Nutrition 101

Nutrition can be a complicated subject to tackle alone. Balanced eating, label reading, and making healthy food choices while eating out can be tough things to learn. Accurate portion sizes can be even more surprising.

Learn about all of this and more at the "Nutrition 101" session March 31 from 12:15-1 p.m. at the Dietrick Dining Center, D2 classroom.

The session is part of the Spring Wellness series, sponsored by Carilion Clinic and the Department of Human Resources.

Registration is required. For more information, contact Hokie Wellness or call 540-231-9331.

Register for the April 27 McComas Leadership Seminar

The 21st annual McComas Leadership Seminar for staff will be held April 27 at The Inn at Virginia Tech. Virginia Tech President Timothy D. Sands will be the keynote speaker. Poet and University Distinguished Professor of English Nikki Giovanni will close the program.

Join fellow Virginia Tech staff for a day full of programs including diversity initiatives, emotional intelligence, and how to strengthen leadership in the workplace and the world.

A buffet lunch will be provided. Space is limited. Advanced registration is encouraged. For more information, contact Robert Sebek at 540-231-1849.

Advice on getting to, and through, retirement

With advancements in medicine and technology, the average life expectancy of Americans has been on the rise. A longer lifespan means a longer retirement. And when you retire, you could easily spend more on healthcare while inflation may eat away at your nest egg. Unless you plan correctly, all of these costs could quickly drain your retirement savings.

Employees of all ages are invited to join Cary Parker, with TIAA-CREF, on March 27 at 11 a.m., 2 p.m., or 4 p.m. for an informative session on lifetime income options available to help ensure you do not outlive your retirement savings. The sessions will be held at the North End Center, in room 2410.

To register, visit www.solutionwhere.com/vt/cw/pro_processreglogon.asp?btnaction=

CreateAcct, click "view by alpha," and search for "retirement planning sessions."

For more information contact the Human Resources Service Center: Send an email, start an online chat using the link on the right, or call 540-231-9331.

Brush up on your office software skills

University Organizational and Professional Development offers instructor-led workshops to assist employees in getting the most out of desktop software applications. Seats are still available in the following April sessions:

- April 2: Access 2010 – Intermediate
- April 7: Adobe Photoshop CS5 – Advanced
- April 8: Visio 2010 – Advanced
- April 14: Outlook 2010 – Intermediate
- April 15: PowerPoint 2010 – Introduction
- April 16: Excel 2010 – Intermediate
- April 22: OneNote 2010 – Introduction

All workshops are held at the North End Center, Blacksburg, Va. Register now or contact UOPD at 540-231-6727 for additional information.

Parents invited to participate in anonymous ADHD survey

We are conducting a study on the challenges and strengths of young people with Attention Deficit Hyperactivity Disorder (ADHD) during late adolescence and early adulthood, to inform a program that we hope will lead to more successful transition into college.

Participation involves completing a brief (~40-minute), anonymous survey online. We are enrolling parents of children/adults with ADHD (who are between 16 and 25 years of age). Participants in this project receive a \$5 gift card for their time, upon completion of the survey.

If you would like the link to the survey or more information about this project contact Rebecca Elias at 540-231-2024.

Mark your calendar: Open Enrollment scheduled May 1-22

The Commonwealth's Department of Human Resources has announced that the 2015 Open Enrollment for health benefits and flexible spending accounts will be May 1 – 22.

During Open Enrollment, Virginia Tech employees who are eligible for benefits are given the opportunity to enroll in a health plan and/or a flexible reimbursement account, change health plans, add or remove dependents, or waive state health coverage with an effective date of July 1 of the same year.

Please watch for additional information in the Virginia Tech News Daily Email and on the Human Resources website. Employees without email access on campus will receive the information via the weekly Virginia Tech News Blue Sheet.

For more information, contact the Human Resources Service Center by sending an email to hresourcescenter@vt.edu or by calling 540-231-9331.

Virginia Tech News is published weekly during fall and spring semester and bimonthly during the summer sessions, by the Department of Human Resources and the Office of University Relations as a service to university employees who do not have computer access on campus. For more information, or to discuss submission of items call 540-231-7643.