

Flu season is coming: Protect yourself and others; get the flu shot

According to the Centers for Disease Control and Prevention, flu season in the United States can begin as early as October and last as late as May. Virginia Tech encourages all Hokies to protect yourself and others by getting your annual flu vaccine.

As a service to all employees, Hokie Wellness offers flu vaccination clinics each fall.

- Salaried employees who are covered by state health insurance plans only need to show their insurance card to receive a free vaccine.
- Wage employees may also receive a free flu vaccine by showing their Hokie Passport.
- Students are also welcome to attend; students may need to be prepared to pay \$25 by cash or check if pharmacists aren't able to verify that the student's insurance is accepted.

Annual flu vaccination clinics run through Nov. 12 at locations across campus. Additional vaccines will be offered at some of the clinics on a first come, first serve basis, including Tdap (tetanus, diphtheria, pertussis), MMR (measles, mumps, rubella), Hepatitis A and B, both pneumonia vaccines, and the new shingles vaccine, Shingrix.

Below is the list of clinics, which are open from 7:30 a.m.-2 p.m., except where noted with a *:

- Oct. 3: Burrus Hall, room 130
- Oct. 8: VTC, Roanoke, Riverside 2, room M-106, other vaccines will be available
- Oct. 10: Goodwin Hall, room 461
- Oct. 15: Steger Hall, room 118
- *Oct. 17: New Hall West, lower level training room, 8 a.m.-3 p.m., other vaccines will be available
- Oct. 18: Wiki Conference room, CRC, other vaccines will be available
- Oct. 22: VTTI, conference room
- Oct. 29: North End Center, room 2410
- Oct. 31: Sterrett facility, classroom, other vaccines will be available
- Nov. 5: The Inn at Virginia Tech, Draper's Meadow, other vaccines will be available
- Nov. 7: Wallace Hall atrium
- *Nov. 12: Squires, Old Dominion Ballroom, 8 a.m.-3 p.m.

Online registration for the flu vaccination is preferred at virginiatech.qualtrics.com/jfe/form/SV_9RBhxN1OfsRJNg9, but walk-ins are welcome. More information can be found online at vtnews.vt.edu/notices/schiffert_notice_flu_shot_clinic_for_students_faculty_staff_ommunity.html.

If you are unable to make it to a Hokie Wellness

clinic, vaccinations are also available at most local pharmacies and through health care providers.

State health plan members may get a free flu vaccine at pharmacies participating in their health plan's network.

- COVA Care, COVA HDHP and COVA HealthAware members also may receive flu shots at no cost from network physicians' offices and other participating providers.
- Kaiser Permanente HMO members must go to a participating Kaiser medical center.

Visit dhrm.virginia.gov/healthcoverage/flushotinformation to find participating providers, and questions and answers on each plan, including information on receiving flu vaccines from non-network providers or pharmacies. If you plan to get your flu vaccine at a pharmacy, be sure to call ahead to confirm the pharmacy is participating in the program and that shots are available. An appointment may be required.

Vaccination is the best protection against contracting the flu. In addition, we encourage all Hokies to review this information from Virginia Tech's Emergency Management Office for guidance on what to do if a flu outbreak occurs online at emergency.vt.edu/ready/guides/flu.html

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

'Basics of When and How to Claim Social Security' webinar

As part of the financial educational workshop series, Fidelity Investments will host a webinar at noon on Wednesday, Oct. 9 at 12 p.m. to prepare employees for retirement with Social Security. Participants will learn more about how and when to claim Social Security benefits and ways to prepare for retirement.

The webinar is open to all Virginia Tech employees. Register through Fidelity's website at bit.ly/2nTdL9v.

Fidelity offers workshops to educate employees on strategies/tips to help manage their financial future.

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

Open enrollment for Genworth long-term care until Oct. 11

The Commonwealth of Virginia is offering Genworth (long-term care). Open enrollment is currently available until Oct. 11, with an effective date of Dec. 1.

Human Resources will host information sessions about this benefit on Oct. 1 at 9 a.m., 12 p.m. and 2 p.m. at North End Center, Room 2420. Interested employees can also connect via Zoom (viriniatech.zoom.us/j/198838677). Employees need to register for this session by going to training.vt.edu.

Information on long-term care is available on the Benefits website hr.vt.edu/benefits/health/insurance/long-term-care.html. For questions or additional information regarding optional benefits, contact the HR service center at hrrservicecenter@vt.edu or 540-231-9331.

Virginia Tech employees, graduate students invited to share feedback around childcare needs in new survey

Virginia Tech faculty, staff, and graduate students are invited to share feedback around childcare needs in a new survey. Virginia Tech is partnering with KinderCare, a nationally-recognized childcare provider to conduct the survey.

Virginia Tech is committed to finding new ways to support the university community and its childcare and early childhood education needs. Input garnered from the survey will be critical in expanding analysis and decision-making around childcare for employees and graduate students.

The survey will also build upon the dedicated work of Virginia Tech's childcare working group made up of representatives from across the university.

The survey will be open for approximately two weeks and should take less than 10 minutes to complete.

Contact Ross Mecham at rmecham@vt.edu with questions or to request paper surveys for your department.

Commonwealth of Virginia Campaign now underway

The 2019 Commonwealth of Virginia Campaign (CVC) started on Sept. 30 and has already raised nearly \$32,000.

CVC is an annual workplace giving campaign. State employees raise and donate money to one or more of approximately 1,000 participating charities in their communities and across the commonwealth. Charities range from health and human services to animal welfare, from environmental conservation to medical research, and everything in between. There is a charity for everyone.

The campaign began with a kickoff celebration on Monday hosted for department representatives, the CVC steering team, and university administrators.

Ed Lener, associate director of collection management and Virginia Tech CVC chair, kicked off the event. President Tim Sands and the HokieBird were also in attendance.

"I always think about the opportunity with the Commonwealth of Virginia Campaign in terms of my individual opportunity and also the opportunity to engage our community," said Sands. "That feeling of your dollars going directly to help an organization that reflects your values and your concerns for the community is just an amazing feeling."

Virginia Tech Associate Director of Visual Strategy, 2019 CVC Honorary Chair, and former news anchor Dawn Jefferies spoke about the importance of giving back.

"I have been a proud member of our community for nearly 20 years," said Jefferies. "In my time as a broadcast journalist, I have witnessed many examples of how community support and engagement changes lives."

Jefferies stepped back into her role as a journalist to engage the community by interviewing local charities, who were onsite at the kickoff, about their work. One charity, Literacy Volunteers of the New River Valley (LVNRV), provides free instruction for adults in reading, writing, and math. Linda Jilk, the executive director for LVRNV said CVC has been invaluable to them.

"We wouldn't be here without United Way and CVC support," said Jilk. "We don't get any state or federal funds, so we are funded by the people, individuals, and organizations in our community."

As the honorary chair, Jefferies selected the Blacksburg Volunteer Rescue Squad and the Women's Resource Center of the New River Valley as the two recipients of the silent auction funds.

Last year's campaign surpassed the \$375,000 goal, bringing in over \$380,000. This year the goal is set at \$390,000.

This year's campaign will run until Dec. 13. Since 2010, Virginia Tech employees have donated more than \$2.8 million to local charities in the New River Valley and across the Commonwealth of Virginia.

No donation is too small; even a \$5 donation can make a difference in someone's life. Employees can donate through an online payroll deduction, choosing either a one-time deduction or a 24-pay period deduction. Cash and checks are also accepted. Pledge cards are available for cash and check donations and those who do not have online access.

CVC is administered by the Division of Human Resources and led by a steering team made up of representatives from across the university. Questions about the campaign should be directed to department representatives. More information can be found on the CVC website at cvc.hr.vt.edu.

Virginia Tech News is published weekly during fall and spring semester and bimonthly during the summer sessions, by the Division 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 540-231-3852.

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