

APRIL 24, 2023



Emory Honors 14 Staff Members with Award of Distinction

Emory University celebrated the Award of Distinction honorees on April 13, recognizing 14 university staff members. The highest award available for staff, the Award of Distinction — which began in 1985 — recognizes employees for their outstanding contributions to the Emory community.

The 2023 honorees were recognized at a dinner with Emory Provost Ravi V. Bellamkonda and other university leaders. Each received a \$1,000 award.

- [Read about the 2023 honorees](#)



Staff Fest 2023 Coming May 12!

A time-honored tradition, Staff Fest is an annual celebration of Emory University's dedicated and hardworking staff. This year's theme is *Planet Emory: Soaring to New Heights!* Free food — full lunch catered by Jim 'N Nick's Bar-B-Q (including a vegan option), plus games, DJ, and much more! Held on the Quad, May 12, 11:30 - 2:00 pm (activities start earlier).

Registration is now open for Staff Fest activities:

- [RSVP to attend Staff Fest](#)
- [Register for the Fun Run/Walk](#)
- [Sign up your team for the Volleyball Tournament](#)
- [Register for Chalk the Walk](#)



Summer College Internship Program

Emory's Summer College Internship Program is back for 2023. The deadline to request a summer intern (requisition created and approved) is **Monday, May 1**. The program will offer a 10-week and 12-week option. The minimum pay rate for an undergraduate intern will be \$16.00 per hour (department cost of \$20.16) and the minimum for a graduate intern will be \$18.50 an hour (department cost of \$23.31). Departments must finalize their intern selections by May 12th to ensure the pre-employment will be completed in time for the June 5th program kick off. The ETS team will coordinate the orientation, including I-9, card services, and parking pass. More information is available on the [webpage](#).

YOUR BENEFITS

Emory 403(b) Retirement Savings Plan Maximum Calculation Tool

As a participant in the Emory University Retirement Savings Plan, you determine the amount you contribute to the plan. The 403(b) Maximum Calculation Tool has been created to assist you in estimating the maximum amount you may contribute to the plan based on IRS requirements. This tool is located in [PeopleSoft/Self-Service](#). To access:

- [Log into PeopleSoft/Self-Service](#)
- [Click on Benefits](#)
- [Click on 403b Max Calculation Tool](#)

Once you know your percentage, you will need to log into [Fidelity NetBenefits website](#) and enter the percent to maximize your contributions. This [user guide](#) will provide you with detailed information and instructions. This calculation tool assumes you are making contributions only to the Emory University Retirement Savings Plan from your Emory University earnings. If you make contributions to another qualified retirement plan during the year, even a plan sponsored by Emory Clinic or Emory Healthcare, you are responsible for making sure your contributions do not exceed the annual maximum.

YOUR WELLNESS



Operation Eat Right

Get ready to improve your nutrition and boost your well-being with the upcoming return of Emory's annual Operation Eat Right, which runs May 1 – June 30. Complete 3 out of 4 activities to maximize your health and earn an Emory medical plan incentive of \$75!

Registration for Healthy Plate Challenge is open NOW! Complete any three activities from the list below between May 1 and June 30 to earn the medical plan incentive:

- [Healthy Plate Challenge \(May 1-31\):](#) Eat 3-5 servings of fruits and vegetables for at least 21 of 30 days.
- [Hydration Challenge \(June 1-30\):](#) Drink at least half your body weight (oz) of water each day for at least 5 of 7 days.
- [Watch the "How Whole Grains Help Your Blood Pressure" Video](#)
- [Read the "Low Sodium Cooking in 3 Simple Steps" Article](#)

All benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan are eligible to participate. To learn more, visit the [Operation Eat Right webpage](#). Questions? Contact Healthy Emory at healthymemory@emory.edu.



Healthy New You is coming to your site soon!

Get inspired to live healthier with this one-day event focusing on setting your personal well-being goals. Various events and activities will be offered throughout the day, including group exercise demos, preventative screenings, well-being exhibitors, and other activities centered around your well-being—more information to come. We look forward to seeing all of you there!

Upcoming Locations:

- Rollins School of Public Health**, 4/25/23, 10:00 am – 2:00 pm
1518 Clifton Rd, Atlanta, GA 30322
- Emory University Hospital**, 6/14/23, 7:00 am – 3:00 pm
1364 E Clifton Rd NE, Atlanta, GA 30322
- Emory John's Creek Hospital**, 6/21/23, 7:00 am – 1:00 pm
6325 Hospital Pkwy, Johns Creek, GA 3009

YOUR WORKLIFE



Looking for a Summer Camp Program?

Discover the many different summer camp and learning activities that are available for school-aged children in the metro-Atlanta area. The 2023 summer camp guide highlights some of the local summer camp and learning programs from Emory's 2023 Summer Camp and Learning Expo that was held in February.

[View Summer Camp Spotlight](#)

WorkLife Announces Upcoming Webinars:

Let's Get on the Same Page: Practical Steps to Resolve Parenting Style Conflicts

April 26, 2023, 12pm-1pm

Each of us grows up in a unique family and when we come together as a couple, we don't usually talk about our parenting beliefs until children are on the scene. The more intentional parents are about sharing their stories and values with each other, the more likely it is that you can agree on parenting approaches. Sometimes there are differences between genders or just individual styles. Those differences can be helpful to children, but only if you recognize the strengths of each other's approaches. Over time, however, your differences can become more dramatic and problematic. This class will explore how to recognize and celebrate your partner's strengths and differences. You will also identify ways to decrease the polarization of your parenting styles and reduce conflict. Presented by Peace at Home Parenting. [Register here](#).

Managing My Money: Budget, Emergency Savings, and Debt Basics

May 31, 2023 12pm-1pm

Control your money, don't let your money control you! This webinar will provide manageable strategies, tools, and tips that can help you take control of your spending, saving, and debt. Presented by Fidelity. [Register here](#).

If you have any questions about these webinars or Emory's WorkLife resources please contact mary.ellen.eady@emory.edu or 404-727-4177.

YOUR FSAP

Upcoming programs

Faculty Staff Assistance Program announces the following upcoming programs:

Connect and Chat

Tuesday, April 25 and May 2 @ 12 pm via Zoom

Join FSAP for weekly "Connect & Chat" sessions to experience a safe space to unpack, share and discuss healthy coping strategies for navigating emotional well-being. Come to learn how to support your own mental health or the mental health of family and friends. A new emotional well-being topic is presented each week. Sessions occur on Tuesdays at 12:00 pm via zoom. [Register here](#).

Mindfulness Practice

Wednesday, April 26 @ 1 pm via Zoom

Join us on the 4th Wednesday of each month at 1p.m. for mindfulness meditation. Learn strategies for staying centered and reducing your stress level. Join at 1:00pm to learn the basics of mindfulness or join at 1:15pm for a guided practice and opportunities for discussion. [Register here](#).

The FSAP Refresh

Wednesday, May 3 @ 4:30 pm via Zoom

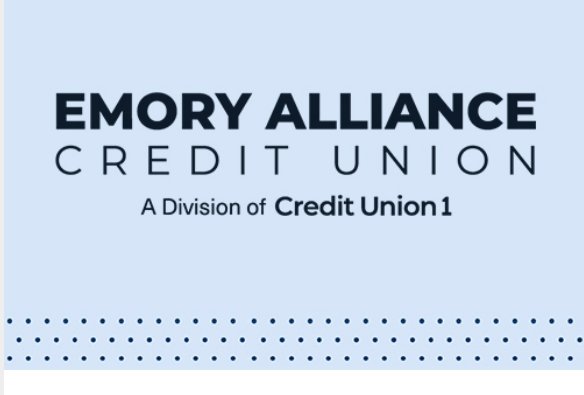
Join us for a 15-minute virtual self-care experience to support your resilience. Sessions occur on the 1st and 3rd Wednesdays from 4:30 pm - 4:45 pm. [Register here](#).

Anxiety Toolbox Booster Series

Thursday, May 4 @ 1:30 pm

These sessions are for participants who previously completed the Anxiety Toolbox Series. One-hour sessions are offered once per month to support participants with anxiety management goals. Sessions are focused on the review of concepts and techniques. [Register here](#).

NEWS AROUND CAMPUS



Get a \$500 Bonus When You Open an EACU Free Checking Account!

Emory University employees have access to membership with Emory Alliance Credit Union, a Division of Credit Union 1. And right now, you can get an exclusive sign-up bonus of \$500 when you open a Free Checking account and set up direct deposit! EACU makes it easy to switch your direct deposit with our fully automated process in Digital Banking. Plus, anyone with direct deposit to an EACU Free Checking account is eligible for Early Pay1, where your paycheck hits your account up to two days sooner.

Now, more than ever, EACU is your resource for easy, everyday banking. With no monthly maintenance fees, EACU's Free Checking accounts have everything you need to bank anytime, anywhere, like:

- A Highly Rated Mobile App
- A Personalized Digital Banking Dashboard
- Advanced Card Controls
- Budgeting Tools & Alerts
- Mobile Deposits

And much more. [Redeem your offer today!](#)

Student Employment... Minimum Pay Increases... Same Budgets... Oh My! What shall we do? Join the Federal Work-Study Program!

Did you know the **Federal Work-Study (FWS) program** provides undergraduate and some graduate students with the opportunity to gain real life work experience in an Emory department or with one of our off-campus partners? Did you know the [FWS](#) program has helped hundreds of Emory departments and non-profit organizations alike get the help they need while keeping their annual budgets intact? If not, maybe it's time to rethink your hiring strategy for your student employment needs. Imagine paying 25% of a student's hourly wage, that's only \$3.37 an hour with the new \$13.50 minimum pay rate for the 2023-24 academic year. You could hire 4 students at the cost of 1 student just by joining the program. Are you ready to join yet? Have some additional questions? We are here to help! Register to attend a [virtual information session](#) or contact The FWS Team at fws@emory.edu.



What can a REAL student do for you?

The Rollins Earn and Learn (REAL) program provides partners with the opportunity to hire an experienced graduate student for a fraction of the cost. Rollins School of Public Health pays 50% of the student's salary and you pay the remaining 50%.

REAL students are exceptional employees. Contributing master's level education, analytical and research skills as well as transferable program development skills that can be utilized within various industries or organizations. From writing grant proposals to analyzing data, REAL student have skills applicable beyond public health.

BECOME A REAL PARTNER TO TRAIN, MENTOR, AND LAUNCH CAREERS!

- Contact Lisa Parker for more information at REAL@emory.edu
- Already a REAL employer? Great! Post your fall positions on [RSPH Career Connection](#)
- [Learn more about Rollins Earn and Learn \(REAL\)](#)

Job postings begin July 17th for fall hires and November 1st for spring hires.

Are you a professional who wants an introduction to mental health and how to apply best practices in your role?

Join us for an in-person 2-day interactive course that will be offered from **June 5-6, 2023** from 9:00 am - 5:00 pm EST on the Rollins School of Public Health campus. Lead faculty for the course will be:

- M. Daniele Fallin, PhD**
James W. Curran Dean of Public Health
Professor, Epidemiology
- Delia Lang, PhD, MPH**
Executive Associate Dean for Educational Affairs
Professor, Behavioral, Social, and Health Education Sciences (BSHES)

Participants will receive a course credit or Certification of Completion. For a course description, who should apply, key learning objectives about this course, and ways to enroll, [visit our website](#). Register now as spots are limited and will fill quickly!



Join the Million Air Challenge April 17-30!

Emory Transportation and Parking Services, in collaboration with Georgia Commute Options and the Atlanta Regional Commission, encourage you to try a cleaner commute and win prizes along the way. More cars on the road means more air pollution, more headaches and more stress.

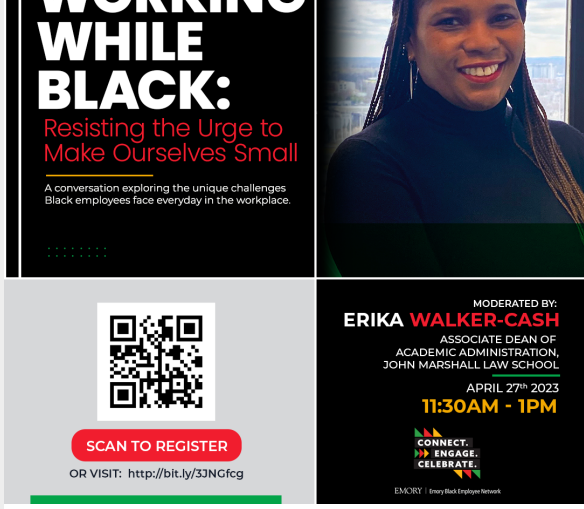
Together we can make a difference! Get ready to log your clean commutes in your GCO account.

Help us reach our goal of collectively removing 1M pounds of emissions by taking cleaner trips - so we can all breathe easier! Challenge Grand Prizes include two (2) Family Plus Annual Gift Memberships to Atlanta Botanical Gardens and four (4) runner up prize drawings for Georgia State Parks & Historic Sites annual combo passes.

Even more prizes! If you love getting rewarded, we have tons of chances to win more cool stuff so you can travel in style. Log at least 6 green trips or 3 telework days during the two weeks of the challenge and you can enter drawings to win these other exciting prizes:

- Tifosi high-performance sports eyewear \$50 Gift Card (log 6 bike trips)
- Clutch Powerbank ultra thin device charger (log 6 transit trips)
- Satechi 2-in-1 Headphone Stand with Wireless Charger (log 3 telework days)
- Stanley 40 oz. travel mug (log 6 carpool or vanpool trips)

Help us in working toward a cleaner, healthier region! Log your clean trips in your GCO account: <https://mygacommuteoptions.com>.



Emory Black Employee Network Event

Title: Working While Black: Resisting the Urge to Make Ourselves Small

Date: Thursday, April 27, 2023

Time: 11:30 am – 1:00 pm

Join the **Emory Black Employee Network (EBEN)** for this discussion which will explore strategies that Black employees can use to combat the unique challenges they often face in the workplace.

[Register](#)



EMORY UNIVERSITY HUMAN RESOURCES

ADDITIONAL LINKS AND RESOURCES

[Human Resources Website](#)
[Emory Forward \(COVID-19 Info\)](#)
[Faculty Staff Assistance Program](#)
[Benefits and Worklife Department](#)
[Healthy Emory](#)
[Employee Discounts](#)
[Blomeyer Health Fitness Center](#)
[Emory Alliance Credit Union](#)
[Emory News Center](#)

[Submit a Story to News You Can Use](#)

[View Previous NYCU Issues](#)