



APRIL 18, 2022



Staff Fest 2022
Friday, May 13, 2022
11:30 am – 2:00 pm

Staff Fest 2022!

The 44th Annual Staff Fest is back on the Quad Friday, May 13 from 11:30 am – 2:00 pm.

- Free food – full lunch catered by Jim 'N Nick's Bar-B-Q (including a vegan option).
Games, DJ, Fun Run/Fun Walk, Volleyball Tournament, Caricatures, "Chalk the Walk" Sidewalk Art Contest (new), and much more!

Learn more, RSVP, and register for upcoming activities at www.hr.emory.edu/staffest.

YOUR HUMAN RESOURCES

iCIMS Training

Recruiting is hosting an iCIMS Training Session for Staff and Emory Temporary Services (ETS) Hiring (via Zoom) on June 14, 2022, 11:00 am – 1:00 pm. The course will give attendees an understanding of Emory's recruiting system (iCIMS) and the hiring process. Register through ELMS using course code 200833-19261.

YOUR BENEFITS

There's Still Time to Submit Your 2021 FSA Claims

You may still have money left in your 2021 PayFlex Flexible Spending Account (FSA).

- You have until May 15, 2022 to submit eligible FSA expenses that you paid out-of-pocket for.
Expenses must have occurred between January 1, 2021 and March 15, 2022. View list of eligible expenses.
If you don't submit your eligible claims by May 15, 2022, your unused FSA balance will be forfeited.

Steps to submit claims online:

- Log in to PayFlex at https://www.payflex.com.
Click File a Claim.
Enter your claim details. To add additional eligible expenses, click Add Another Expense.
Once you enter all of your eligible expenses, click Next.
Review and confirm all expense details. Click Next.
Check the signature box to sign your claim and confirm your submission is for an eligible expense.
Select either the Fax or Upload button to submit your documentation/receipts.

Questions?

On the PayFlex website, click on Help & Support at the top. Assistance is available Monday – Friday, 7:00 a.m. – 7:00 p.m. CT and Saturday, 9:00 a.m. – 2:00 p.m. CT.

Advantages of Paying for Benefits Pre-Taxed

The Internal Service allows employers to offered benefits that are paid pre-taxed which reduces your taxable income (Federal and State) and the amount of taxes you pay. Many of your Emory benefits are automatically set up to be paid pre-taxed (medical, dental, vision). If you are looking for other ways to reduce your tax bill, consider the following.

- Increase your contribution to the Emory University Retirement Plan. Did you know you can contribute up to \$20,500 in 2022 and \$6,500 more if you are age 50 or older? If you cannot make a huge change, consider making small changes. Every little bit adds up!
Enroll in the 457(b) plan if your salary is at least \$168,750 this year. You can contribute an additional \$20,500 over the amount you contribute to the 403(b) Retirement Plan.
If you are enrolled in the HSA Medical Plan you can contribute pre-taxed dollars to the Health Savings Account. In 2022 you can contribute \$3,650 in you are covering just yourself or \$7,300 if you cover dependents. If you are age 55 or older you can contribute an additional \$1,000. The contributions you make to the Health Savings Account rollover from year-to-year that you and the funds are yours even if you leave Emory.

Remember: Your HSA contribution limits are reduced by the amount that Emory contributes as well as by any incentives you may earn.

You may make changes to your retirement plan contributions at any time during the year. If you are enrolled in the HSA medical plan you can also change your contributions to the Health Savings account during the year. All three of these options will help you reduce the amount you pay for taxes and are also great resources to save for your retirement future!

If you have questions about any of these options, please contact the Benefits Specialist for your department, contact the Benefits Department at hrbenefit@emory.edu or call 404-727-7613.

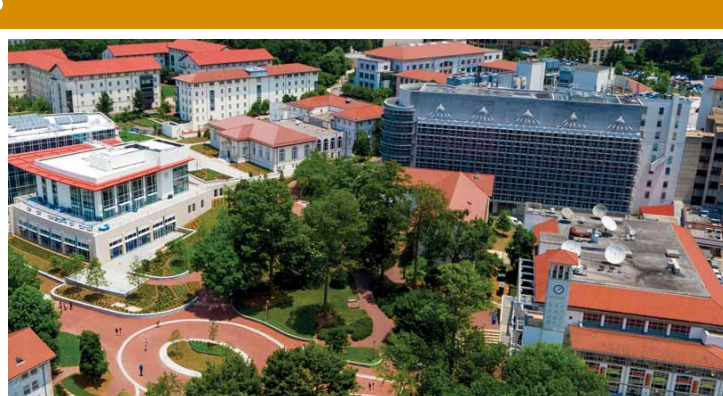
Upcoming Webinar – Preparing for a Successful Retirement: Psychological and Emotional Considerations Matter.

If you are thinking about retiring and are age 55 with at least 10 years of service with Emory University, you are invited to register to attend this seminar on April 19, 2022, at 1:00 p.m. This workshop will provide a discussion of relevant psychosocial issues and changes to anticipate in retirement, as well as strategies for making a healthy transition into this new life phase. There is still time to register. Register here.

YOUR WELLNESS

Campus Walking Tour for New Hires

Are you a new employee of Emory University who would like to see more of Emory's beautiful Clifton campus and learn its history? Join us for the New Employee Walking Tour! We will walk by a few of Emory's historical sites, point out important locations that can be of use to you as an employee, and highlight the ease of walking on our beautiful campus. Walks will last for approximately one hour at a leisurely pace. Each will begin at Woodruff Circle in front of the Woodruff Memorial Research Building. Please wear comfortable walking shoes. Register here.



YOUR FSAP

Anxiety Toolbox. Join us for a three-session workshop series that teaches skills for preventing and managing anxiety. Thursdays @ 1:30 pm April 14, 21, and 28. Register here.

Well-being Check-ins. Call to schedule your check-in today! The FSAP is offering individual well-being check-ins for staff and faculty to gauge emotional health/coping and identify strategies for enhancing resilience, especially pertaining to transition. Call 404-727-WELL (9355) to schedule.

Single Mingle. Connect with other single Emory employees for friendship, fun and learning. Rotating break-out rooms will provide opportunities to discuss monthly themes and support each other. April 28th @ 4 pm. Register here.

Mindfulness Practice.

Join at 1:00 pm to learn the basics of mindfulness or join at 1:15 pm for a guided practice and opportunities for discussion. Want to be more mindful in 2022? Every Wednesday @ 1pm. Access the Zoom link.

YOUR WORKLIFE

2022 Summer Camp and Learning Programs Spotlight

Discover the many different summer camp and learning activities that are available for school-aged children in the metro-Atlanta area. This 2022 summer camp guide highlights some of the summer camp and learning programs from Emory's 2022 Summer Camp and Learning Expo that was held in February. View Summer Camp Spotlight.

Emory Worklife Announces Upcoming Webinars

These workshops are offered by Benefits and WorkLife Department and Vendor Partners. If you have any questions about this webinar or family centered benefits at Emory, contact worklife@emory.edu. All sessions will be recorded and sent out to registered employees.

Work Smarter Not Harder: Become a Time Management Master

April 22, 2022, 12 pm-1 pm; Register Here

How often do we hear the phrase, there aren't enough hours in the day? Many people find themselves constantly adding to the to-do list with the day passing by with the feeling that they haven't accomplished anything. This session will provide a basic explanation of the time management process and the characteristics of effective time managers. It will discuss the importance of prioritizing important events and explore the role of delegation and communicating delegation requests with others.

Switching Off: Life Beyond Digital Device

April 26, 2022, 12 pm-1 pm; Register Here

The modern working world is plugged in now, more than ever and we are driven by rapid advancement in technological growth. This thought-provoking and innovative seminar will provide attendees with a powerful insight into the true impact of living and working in a reactive, fully connected world. Participants will discover practical ways to reclaim a sense of work-life balance and address existing habits to be able to unplug digitally and mentally for a healthier and happier life.

Strategies for Caring for a Loved One with Dementia

May 18, 2022, 12 pm-1 pm; Register Here

This brief workshop will pursue three major aims. First, it will provide participants with an understanding of the ways in which Alzheimer's disease and similar dementias progressively affects a person's abilities to use cognitive powers, control emotions and behaviors, and carry out everyday tasks and activities. Second, it will propose that there is a reasonable goal for (and way of judging) caregiving, one that is aimed at the person's comfort and that doesn't cause caregivers to beat themselves up. Third, the workshop will offer practical suggestions about how family members might communicate and develop care strategies that acknowledge and take into account the losses that are produced by the disease. The workshop is an abbreviated version of the Savvy Caregiver Program, developed by Dr. Ken Hepburn of the Nell Hodgson Woodruff School of Nursing at Emory. Zoom link will be sent out with reminder.



Technology and Keeping Your Kids Safe

May 20, 2022 12 pm-1 pm; Register Here

All of us likely use the internet for one thing or another, but do we know how to use it in the ways that our children do? Can we tell when our children are doing something that we wish they wouldn't or if they are safe? The internet is a means for education, communication, exploration and so much more. There are so many good things that can come from using the internet, but there are also many dangers. Join this session to:

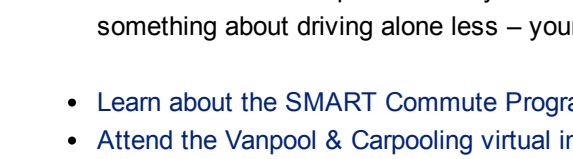
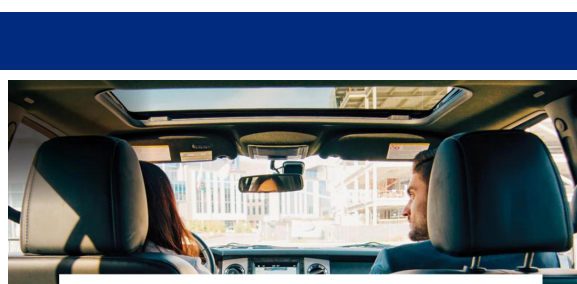
- Discuss the variety of communication tools available
Understand both the benefits and risks associated with the devices children use
Identify tips that keep the adult in control.

NEWS AROUND CAMPUS

Save Gas Money by Taking a Smart Commute!

It's time to stop talking about gas prices and start acting! Did you know that not only can you save on gas money, but you can also save money on parking AND earn benefits like cash incentives and prizes when you choose an alternative commute? Learn more and do something about driving alone less – your wallet will thank you!

- Learn about the SMART Commute Program
Attend the Vanpool & Carpooling virtual info session on Wednesday, April 20, 2022.



Celebrating National Volunteer Week!

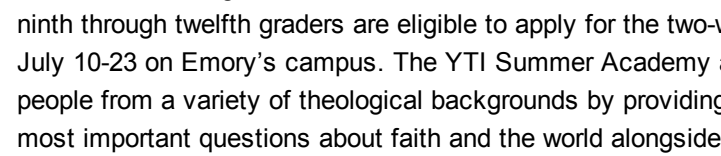
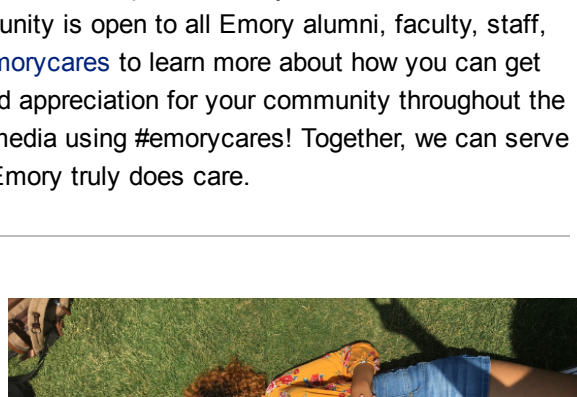
Emory Cares, Emory's global community service series, returns this month as we celebrate National Volunteer Week (April 17-23) with both in-person service programs and virtual activities!

Whether by encouraging an Emory student during finals week, volunteering at an in-person service project in your area, donating to the supply drive to support Emory students, or supporting the Sustainability Initiatives Fund, you can be a part of Emory alumni, faculty, staff, students, and friends! Visit alumni.emory.edu/emorycares to learn more about how you can get involved with Emory Cares. Show some love and appreciation for your community throughout the month of April by spreading the word on social media using #emorycares! Together, we can serve and give back to those around us to show that Emory truly does care.

Applications Open for Emory's Youth Theological Initiative Summer Academy

After three years, Candler's Youth Theological Initiative (YTI) is thrilled to return in person for its 2022 Summer Academy! Current ninth through twelfth graders are eligible to apply for the two-week residential experience, held July 10-23 on Emory's campus.

The Youth Theological Initiative was founded in 1993 at Candler School of Theology. Current ninth through twelfth graders are eligible to apply for the two-week residential experience, held July 10-23 on Emory's campus. The YTI Summer Academy aims to empower diverse young people from a variety of theological backgrounds by providing space where they can explore their most important questions about faith and the world alongside peers who share their interests and adults with theological training. Youth can apply here. The application deadline is April 22. For more information, visit yti.emory.edu or contact YTI Director Jill Weaver at jweaver@emory.edu.



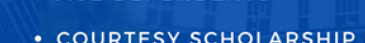
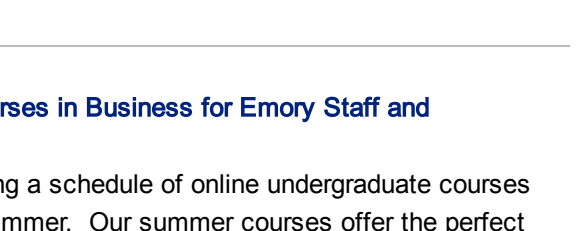
Undergraduate Online Summer Courses in Business for Emory Staff and Dependents

Goizueta Business School is offering a schedule of online undergraduate courses covers all areas of business this summer. Our summer courses offer the perfect opportunity to get ahead and prepare for the next step in your academic career, explore areas of interest, or to develop business skills. Courses will be offered in accounting, business law, data analytics, finance, marketing, and management, and most have no pre-requisites. We will also be adding a beginner and intermediate Excel seminars to the schedule shortly. BBA summer courses are available to Emory employees as special standing/non-degree students, and are also open to undergraduates attending other U.S. colleges and universities.

Emory Courtesy Scholarship can be applied towards tuition for Emory employees and their family members. To view a complete list of offerings, please visit our summer school website.

Learn More About Public Health Without the Commitment of a Degree

Consider taking a course at the Rollins School of Public Health, ranked #4 in the nation in schools and programs of public health. Expand your knowledge and engage with our faculty without the commitment of a degree. Take a summer online course in an area of interest including outpatient healthcare management, healthcare administration law, and addressing global health key issues. The application deadline is April 30 for courses offered through our traditional departments and April 24 for Executive MPH courses. Tuition benefits are available for Emory employees. To learn more about offerings and pre-requisites visit our website.



Seeking a Bit of Emory History

Do you have the oldest Emory Card? The EmoryCard office is hosting a contest to find the Oldest EmoryCard on campus! Prove your EmoryCard is ancient and win a prize! The winner will be announced at Staff Fest. Click here to submit your information.



EMORY

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

- Sparkfly (Employee Discounts)
Blomeyer Health Fitness Center
Emory Alliance Federal Credit Union
Emory News Center

SUBMIT A STORY TO NEWS YOU CAN USE

View Previous NYOU Issues