



MAY 2, 2022



Staff Fest 2022!

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

The 44th Annual Staff Fest is back on the Quad Friday, May 13 from 11:30 am – 2:00 pm. Free food, fun, games and more!

- If you plan to attend Staff Fest, please [RSVP](#).
- You can also register for the [Fun Run/Fun Walk](#).
- Get a team together for the Volleyball Tournament. [Register your team here](#).
- Gather a team to do "Chalk the Walk" Sidewalk Art Contest. [Register your team here](#).
- T-shirts – The online store has closed. If you are picking up your order on campus, the pick-up schedule has been emailed to you. Be sure to select a date and location. If you selected to have your order mailed to you, shirts will be mailed out at the end of next week.

More details about Staff Fest can be found at www.hr.emory.edu/staffest.

YOUR BENEFITS

Changes to Retirement Plans Coming Sept. 1

To reduce the costs and complexity of the retirement plans, Emory University and Emory Healthcare are making some administrative changes effective September 1, 2022. Emory currently has three retirement vendors/recordkeeping providers: Fidelity Investments, TIAA and Vanguard. On September 1, 2022, Vanguard will be removed as one of the vendors. [Learn more about these changes](#).

Juneteenth Now Recognized as Official Emory University Holiday

Emory University will recognize Juneteenth as an official holiday beginning this year. Juneteenth will be observed on Monday, June 20, 2022, for university staff, faculty and students. [Read full story](#).

YOUR FSAP

May is Mental Health Awareness Month!

April showers are over, and May flowers will soon be in full bloom! May is Mental Health Awareness Month and the FSAP wants your emotional well-being to blossom as well. The FSAP invites you to learn more about our free and confidential resources and services available to support your mental health by visiting our [website](#). Why not pause to make your mental health a priority this month? Two easy and preventative approaches to accomplishing this goal are to utilize our self-screening tools, or schedule a Well-being Check-in (WBCi). These are time-efficient and stress-free ways to check on your mental health needs. The FSAP self-assessment tools provide immediate, confidential results for a variety of emotional concerns. [Click here](#) to find out more information. A WBCi can be reserved by calling FSAP, scheduling an appointment, and completing a well-being survey. For more information about the FSAP, please call 404-727-WELL to schedule a consultation today! The time is now to blossom and make yourself a priority!!



Anxiety Toolbox. Join us for a three-session workshop series that teaches skills for preventing and managing anxiety. Thursdays @ 1:30pm May 12, 19, and 26. [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. May 26th @ 4pm. [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](#).

Weekly Refresh. Virtual (Zoom) Join FSAP for a 15-minute virtual meditation and resilience tip for the day, held every Wednesday from 4:30-4:45 pm. [Zoom link here](#).

YOUR WORKLIFE

Early Emory, an On-Site Emory Daycare

On-Site Emory Daycare currently enrolling neuro-typical students for upcoming school year. Early Emory Center for Child Development is an inclusive preschool for children ages 1-5, enrolling children from the time they learn to walk through their Pre-K year. Early Emory enrolls children diagnosed with autism alongside children without developmental concerns at about a 1:2 ratio. All children play together, learn together, and grow together in a warm, respectful environment.

Early Emory now enrolling children with no developmental concerns.

- June 1 and August 1 enrollment dates
- Emory subsidy for employees
- School day 8:30-3:30 (aftercare 7:30-8:30, 3:30-5:30)

Further information can be found by emailing eac@emory.edu or by calling 404.727.8350.

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.

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](#)

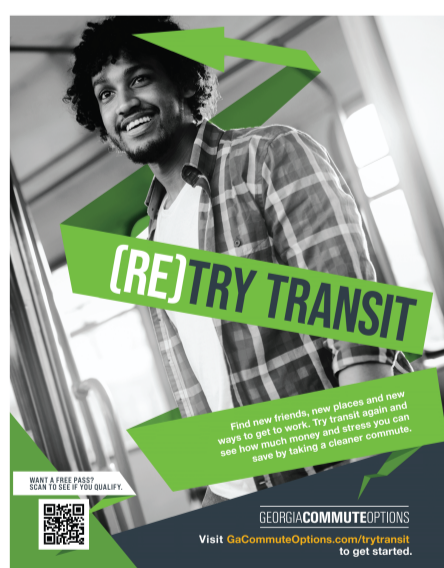
All of us likely use the internet for one thing or another, but do we know how to use it in the ways that our children do? Can we tell when our children are doing something that we wish they wouldn't or if they are safe? The internet is a means for education, communication, exploration and so much more. 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

1599 Building is a DeKalb County Voting Location

Starting with early voting on May 2, DeKalb County residents will be able to vote on Emory's Atlanta campus in the 1599 Building. Outside of the early voting period, DeKalb residents who have Emory University as their assigned polling place can vote here on election day. This includes students who live on campus. Parking is free during voting hours. [Read more](#).



[Re]Try Transit with Ten FREE Transit Trips!

With all that has happened over the past two years, some transit riders may have paused taking transit. Maybe you want to try transit for the first time! Now is the time to [re]try it, for FREE! [Re]Try Transit is the perfect opportunity to try riding transit to work, or for leisure. Riders who ride transit one day a week or fewer are eligible to receive 10 free transit trips to use during our [Re]Try Transit period: **May 16, 2022 - May 30, 2022**. These trips can be for MARTA, Xpress, CobbLinc, and GCT – whichever transit route is best for you! Register to see if you are eligible [HERE](#) by May 9th!

Earn Your MPH Degree While You Work

Earn Your MPH Degree While You Work Earn an MPH degree with a focus in Applied Epidemiology or Prevention Science from the #4 ranked school of public health. Designed to work with your lifestyle, the Executive MPH (EMPH) program at the Rollins School of Public Health provides a convenient hybrid format that allows you the flexibility to broaden your public health horizons while continuing to work full-time. Tuition benefits are available for eligible Emory employees. Join us for an upcoming virtual information session to learn about the EMPH program. Executive MPH Virtual Information Session for Emory Employees: Tuesday, May 10, 2022 at 12PM EDT. [Register for the information session](#).



UNDERGRADUATE GOIZUETA BUSINESS COURSES THIS SUMMER

- OPEN TO EMORY STAFF AND COLLEGE DEPENDENTS
- COURTESY SCHOLARSHIP APPLIES
- ALL COURSES OFFERED ONLINE

FINANCIAL & MANAGERIAL ACCOUNTING - BUSINESS LAW - DATA & DECISION ANALYSIS - CORPORATE FINANCE - PRIVATE EQUITY - MARKETING - STRATEGIC MANAGEMENT - EXCEL SEMINARS

Undergraduate Online Summer Courses in Business for Emory Staff and Dependents

Goizueta Business School is offering a schedule of online undergraduate courses across 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](#).



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 NYCU Issues](#)