



MAY 16, 2022



Award of Distinction Honors 19 Emory University Staff Members

Emory University celebrated the Award of Distinction on May 3, honoring 19 university staff members for their outstanding contributions.

The highest award available for staff, the Award of Distinction traditionally recognizes employees annually, but due to the pandemic, the program did not take place in 2020 or 2021. The 2022 honorees were recognized at a dinner with Emory President Gregory L. Fenves and other university leaders. Each received a \$1,000 award.

[Read more about the 2022 Honorees in the Emory Report](#)

[View the 2022 Award of Distinction Program with full bios](#)

2022 Award of Distinction winners pose at a May 3 dinner held in their honor. They are (left to right): Kira Walsh, Maggie Beker, Megan E. Friddle, Sara Jackson Wade, Julie Sullivan, Jeffrey Weaver, Kalpana Rengarajan, Rob Manchester, Samuel E. Shartar, Randall Howell Lucius, Neville L. Whitehead, Gary D. Glass, Geoff Huilt, Shelle Wilson Bryant, Rhonda E. Burke, Josh Gilbert, Andrea Williams, Toni Thomas, Sumon Ray.

YOUR REWARDS



Staff Fest Celebrated on May 13

Over 3,000 Emory employees came "together again" to celebrate the end of another academic year. Staff Fest 2022 included food, fun, dancing, games and festivities. It was nice to reconnect with friends and co-workers and see so many smiling faces. Thanks to everyone who partnered with HR to make this happen: our committee members and volunteers, Emory's Employee Resource Groups (ERGs), members of Employee Council, employees from the Blomeyer, Campus Services, Transportation and Parking, and Sustainability, and our sponsors. We couldn't do it without you!

YOUR WELLNESS

Operation: Eat Right

Healthy Emory's Super Dietitian encourages you to improve your nutrition and boost your well-being using Healthy Emory Connect!

Complete three out of four *Operation: Eat Right* activities between May 15 - July 29 to earn a \$87.50 medical plan incentive! The first activity, Spring Green Day Challenge, kicks off today, May 16.

Join through the [Healthy Emory Connect app](#) powered by Sharecare. Visit the [Operation: Eat Right webpage](#) for details.



Give Yourself a Healthy Boost with This Convenient Online Class

Healthy Emory has partnered with Kaiser to present Employee Health Talks each month. Pre-register for these exciting topics by clicking on the link in the flyer. This month's talk is *Dietary Approaches to Stopping Hypertension*. Learn about high blood pressure, decreasing salt, and choosing heart-healthy foods. Two sessions: May 24: 12:00 pm – 1:00 pm or May 26, 6:00 pm – 7:00 pm. [Learn more and register.](#)

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

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

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.



The Many Faces of Grief

June 8, 2022, 12pm-1pm; [Register Here](#)

While grief touches everyone, and grieving is normal, the pain of loss is unique to each individual. Many types of grief have been present in our daily lives. Major losses trigger conflicting emotions, from anger and denial to maybe even relief. This session will help participants to explore their own reactions to loss, from a death to divorce. They will learn why some people are stuck in a grief rut as they discuss more healthy ways to grieve.

At the end of this session participants will be able to:

- Learn the different and individual ways each person handles grief and loss.
- Understand the ways both adults and children can learn to grieve in a healthy manner.
- Discover how the helping hand of support to those in grief makes the process more tolerable for them

Be In the Know: Emory Family Centered Benefits

June 15, 2022, 12pm-1pm; [Register Here](#)

Learn more about how Emory University supports its employees day in and day out. This session will be a broad overview of all the family centered benefits/resources. Information covered includes:

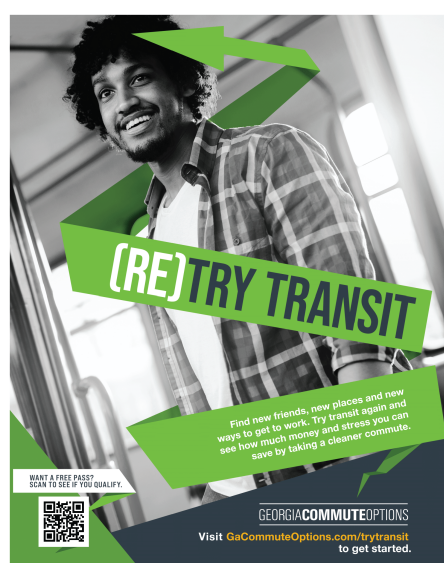
- Child related issues: finding a center, childcare discounts, locating a nanny, tutoring assistance & discounts, back up care, lactation resources and summer camp
- Caring for an adult: services include one on one coaching, specialized research feature, licensed in-home assessment, support groups, connection to community resources, includes nationwide access
- Financial Wellness: education and tools to guide an employee through paying off debt to pursuing retirement (and everything in between)
- Flexibility: flexible work options, tools, resources, and consultation

NEWS AROUND CAMPUS

1599 Building is a DeKalb County Voting Location

Emory is honored that DeKalb County has selected our campus as a polling site. Early voting runs through May 20 and Election Day is May 24. Offering a campus building for voting is part of the university's ongoing efforts to promote civic engagement across our entire community. If you're a DeKalb County voter, we encourage you to vote at the new polling site at Emory's 1599 building (1599 Clifton Rd NE Atlanta, GA 30322).

- [View a helpful resource to share with your audiences.](#)
- For additional information about this work, please visit the [Emory Votes Initiative](#).



[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!



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 NYCJ Issues](#)