

Minutes, Oct. 21, 2021 Regular Meeting

The meeting was called to order at 12:00 pm by President Serena Young.

Agenda approved with addition of Sue Teel presenting on the changes to the PageUp Performance Management system.

Ed Lener (CVC chair), Dr. Lee Learman (dean of VTC School of Medicine and honorary chair), and Jessica Pharis (CVC coordinator) presented information about the current Commonwealth of Virginia Campaign (slides attached).

Ana Agud, Program Manager for Work/Life in the Hokie Wellness office, talked about mental and emotional well-being and programs available to employees through Hokie Wellness. A useful benefit available to anyone on the state health insurance plan is LiveHealth, an online site that has 24/7 availability of doctors and other services, such as psychologists and psychiatrists.

Sue Teel presented an update from Human Resources about the PageUp Performance Management system. After user scenario testing, it was decided to delay implementation for a year after running a pilot program this year. There will be 200 staff members across campus who will be in the pilot group.

Serena talked about her upcoming report to the Board of Visitors and asked for input about how things are going. Any problems or issues reported to her are confidential.

Meeting ended at 1:00 pm

The next meeting will be on Thursday, November 18.

The video of the Staff Senate Meeting is available here: https://video.vt.edu/media/1_15bhx2wn (it may be necessary to log in with PID and password to access the site).



CVC Overview

Edward Lener, CVC Steering Team Chair

October 21, 2021



■ Welcome and introductions



2021 Winner
of the CVC
Inspiring
Image
Competition

■ Today's Agenda



- What is CVC?
- Why participate?
- CVC at Virginia Tech
- CVC website and online pledge system
- Updates for the 2021 campaign
- Events and fundraisers
- Questions from you

Commonwealth of Virginia Campaign



What is the CVC?

- Annual workplace giving program.
- Operated by and for state employees.
- Over 900 participating charities, including health and human services, animal welfare, environmental conservation, medical research, and more!

Commonwealth of Virginia Campaign



Why should you give to the CVC?

- All charities prescreened by CVC and meet strict criteria
- Can designate multiple charities with one donation.
- Payroll deduction option makes budgeting easier.
- Contributions by cash, check or credit card also welcome.
- Flat percentage administrative fee is the same for all gifts large or small.

■ CVC at Virginia Tech



- One more way the Hokie Nation lives our motto, *Ut Prosim* (That I may serve).
- Since 2010, the university has raised more than \$3.5 million to support local, state, and national charities.
- Last year we raised more than \$408,000!



■ Departmental and Unit Representatives



- Serve as a local point of contact and a familiar face.
- Publicize campaign launch and fundraising goals.
- Communicate the need and help make it personal.
- Answer basic questions about CVC.
- Coordinate special events



■ CVC Website - cvc.hr.vt.edu



- **Donate:** Online pledge system, paper pledge form, FAQs, list of participating charities
- **Campus Involvement:** Photo galleries and campaign awards
- **Campaign Goals:** Fund raising goals by Senior Management Area and contributions to date
- **Resources:** Steering Team, resource guide, event funds log, pledge form, email templates and promotional images

■ Online Pledge System overview

- Online pledge system at CVC.HR.VT.EDU
- Employee can give one-time donation or choose payroll deduction
- Can designate multiple charities
- If employee prefers, they can donate using the paper pledge form
- A separate [ePledge system](#) allows credit card donations.

STEP ONE:

Choose the amount you'd like to donate

Amount Per Pay Period	<input type="text"/>
Total Donation	<input type="text"/>
Gift Type	Cash <input type="text"/>

STEP TWO:

Direct your pledge

You can select to which of the 1,000 charities you'd like to contribute, or donate to the general fund. To designate your contribution, click on the *Add a charity* button below.

Amount Not Designated

\$0.00

Add a Charity

STEP THREE:

Determine acknowledgement

- I would like my gift to be anonymous.
- I would like to be acknowledged. Please share my name, address and gift amount with the charities I have selected.

STEP FOUR:

Finalize your pledge

Before submitting, please confirm the following information
The *Annual Per Pay Period* and the *Total Annual Pledge Amount* are correct.
If you directed your pledge to one or more charities, verify the designated charities appear in the *Direct your pledge* section above.

Submit Pledge

- This year's honorary chair



Dr. Lee Learman, Dean of the Virginia Tech Carilion School of Medicine



■ 2020 Campaign - Top Designated Charities at VT



- Feeding Southwest Virginia
- Blacksburg Interfaith Food Pantry
- Montgomery County Emergency Assistance Program
- Women's Resource Center of the New River Valley
- Montgomery County Christmas Store
- Virginia Tech Rescue Squad
- Micah's Backpack
- United Way of the New River Valley
- Habitat for Humanity of the New River Valley
- Humane Society of Montgomery County

■ Updates for the 2021



What's new

- **Easier giving by credit card**
- **Better and faster tracking of gifts**
- **Ability to record direct giving to participating charities**

Our goals

- **Increase overall giving**
- **Boost participation levels**
- **Reduce the amount of undesignated gifts**

■ The 2021 Campaign



- Oct. 1 – Dec. 10
- Goal: **\$390,000**
 - Each college and senior management area also has a unit goal (*proportional relative to overall campaign goal*)
- **Over \$56,000 raised so far!**

■ Hosting a special fundraiser



- Fun way to raise awareness, increase participation, and raise donations.
- Engages your team; fun atmosphere.
- Examples: pumpkin carving contest, baby picture ID contest, cutest pet, etc.



We Need Your Help to Be Successful!

Edward Lener, lener@vt.edu

Dean Lee Learman, llearman@vt.edu





Mental &
Emotional
Well-being

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Hokie  
Wellness

Ana Agud, MPH



Mental and emotional well-being are more important than ever

Pandemic  
fatigue  
worry

Grief

Isolation

Uncertainty

Anxiety

Stress

physical well-being

# Mental and Emotional Well-being

## Rituals of Recovery

- Self-care
  - Gratitude journal
  - Stop-light gratitude
  - Mindfulness practices
    - Meditation
  - Developing and setting boundaries
  - Exercise
  - Proper nutrition





Mental and  
Emotional  
Well-being  
Resources

## Employee Assistance Program (EAP)

- **Who is eligible?** - All benefitted VT employees and their dependents and household members
- **What do I receive?** –Four free counseling sessions per issue annually (in-person and/or virtual options)
- **How do I access this?** –Call the EAP number associated with your health plan

## EAP Contact Info

- Anthem: COVA Care and COVA-HDHP 1-855-223-9277
- Aetna: COVA HealthAware 1-888-238-6232
- Kaiser Permanente HMO 1-866-238-6232
- Optima Health Vantage HMO 1-866-846-2682



If you are not a benefitted employee, there are still support resources and counseling options available to you.

*Extended campus locations, please contact Hokie Wellness ([hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or 540-231-8878) for assistance locating resources in your region.*

# Anthem LiveHealth Online

- For CovaCare members
- \$0 Co-pay
- EAP, Psychology, Psychiatry, Medical
- Available 24/7
- [livehealthonline.com](https://livehealthonline.com)
- [LiveHealth Online](#)



- **Koru Mindfulness** –Four part series; learn meditation skills and tools to help reduce stress, improve sleep
- **Resiliency series** –request an individual program or sign up for a scheduled workshop
  - Press Pause
  - Self-care
  - Key to Connection

# Programs:

**Koru Basic program:** begins Thursday, Oct. 28, for 4 weeks each Thursday morning from 8-9 a.m.

**Stress Reduction Tips** – Nov. 9, 11:30 a.m.-12 p.m.

**Resiliency in the Workplace: Key to Connection** – Nov. 11, 2-3 p.m.

**Mindful Journaling** – Nov. 16, 12-1 p.m.

**Unwinding Anxiety** – Nov. 17, 12:30-1 p.m.

## Hokie Wellness website

- Fall 2021 Program Schedule
- Hokie Wellness on Demand
- Work/Life Resources

# Hokie Wellness YouTube Channel

## Mindful Campus Practices

▶ PLAY ALL



### Mindful Campus Practice: The Drillfield

Hokie Wellness

153 views • 5 months ago



### Mindful Campus Practice: Hahn Garden

Hokie Wellness

208 views • 5 months ago



### Mindful Campus Practice: The Duck Pond

Hokie Wellness

185 views • 5 months ago



### Mindful Desk Practice

Hokie Wellness

281 views • 3 months ago

## Stay in touch with Hokie Wellness

- VT daily news—campus notices
- Sign up for the monthly Hokie Wellness email (email us at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu))

# Contact us:

- Amy Epperley, Director of Hokie Wellness
- Ana Agud, Manager, Work/Life Program
- Lauren Shelor, Health Educator
- Julie Carlson, Administrative Support Specialist
- Email: [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu)
- Phone: 540-231-8878
- Web: [hokiewellness.vt.edu](http://hokiewellness.vt.edu)

Questions?