



# NOVEMBER THANKS

**Faculty-Staff Enrichment Day** will be held on **Tuesday, November 2, on the Fairfax campus** and **Friday, November 5 on the Prince William campus**. The Arlington campus plans to hold an enrichment day program on a date to be announced. In the meantime, Arlington faculty & staff are welcome to attend the program in Fairfax or Prince William. Come enjoy interesting educational sessions. Visit <http://hr.gmu.edu/training> for information and to register for Faculty-Staff Enrichment Day.

**American Heart Association Heart Walk, Saturday, November 6, 2010, 8:30 to 11:00 AM** at Nationals Park in Washington, DC (Navy Yard Metro stop on the Green Line). We invite you to participate in the American Heart Association's annual Heart Walk. In addition to raising funds for research, the American Heart Association is also encouraging folks to walk for their own health. Mason is going to participate again this year and we hope you'll be a part of the Mason team. Registering is easy – just visit <http://www.startgreaterwashington.org/>. Let's head out to the ball park and have some fun!

**Give Thanks in November** – The month of November is an appropriate time to thank the people with whom we work and to express our appreciation for the work they do. HR & Payroll's Rewards & Recognition team provides many ways to recognize a colleague, an employee or student worker for their valuable contributions. Discover the many ways to show your appreciation and thanks (gift cards, giveaways, everyday recognition forms, etc). Find these creative and inventive ways to say "Thank you" at <http://hr.gmu.edu/awards/>. Let people know that their contribution matters to you and to the Mason community.

**"Take a Break" from Stress Program** – During November and December, Common Health is offering a program focused on reducing stress during the workday. Because the program is offered through December, "in person" programs will include a discussion of the added pressures many feel throughout the holiday season. The program focuses on positive ideas centered on spending quality time with those we care about most and it highlights free or low cost programs and/or exhibits available at local museums, historic sites and cultural attractions. Program participants will receive a 30 minute relaxation CD titled, "Take A Break." The audio CD includes a guided relaxation exercise and relaxing music. There is a limited supply of the CD, so schedule your training while supplies last.

Check the CommonHealth website <http://commonhealth.virginia.gov/> for more information. Prepare for the holiday season and learn how to reduce stress all year round. Call Bridget Peabody in HR & Payroll Training at 3.6764 or email [bpeabody@gmu.edu](mailto:bpeabody@gmu.edu) to bring this program to your department.

**The Great American Smokeout, Thursday, November, 18, 2010** Tobacco dependence is the number one public health problem in the world and the single most preventable cause of death in the United States. Additionally, smoking is the cause of many respiratory infections, bad breath, premature wrinkling, yellowed teeth and it is a financial expense. On the Great American Smokeout, smokers are encouraged to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life, which can lead to increased energy, fewer respiratory illnesses and a reduced risk of cancer and heart disease.

**Smoking Cessation Resources** are available for:

*Benefits Eligible Faculty/Staff* at <http://commonhealth.virginia.gov/quitforlife.htm>;

*Students* at <http://shs.gmu.edu/services/smoking.php>;

General information regarding the Great American Smoke Out can be found at <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>

**Life Planning Seminar Series: Understanding Palliative Care, November 18, 12:00 NOON to 1:00 PM** in SUB II, VIP 1 will be presented by Mimi Mahon, RN, PhD. Palliative care has recently received a lot of attention, not only in the medical media, but also in radio and television reports. Palliative care can improve both quality and quantity of life. Please join us as we discuss what palliative care is, how it differs from hospice care, and what opportunities exist for individuals and families who receive palliative care services. To register for life planning seminars, please visit <http://hr.gmu.edu/training> and click on the "Courses" tab. In addition to the seminars, Life Planning Services provide resource and referral information tailored to your personal situation. Plan ahead for an aging parent or loved one, before crises occurs. Set up an appointment today. Contact [ecare@gmu.edu](mailto:ecare@gmu.edu)

**REMEMBER: The Farmers Market on the Fairfax Campus Every Wednesday, 11:00 AM to 2:00 PM**, Smart Markets is on the Fairfax campus on the Southside Plaza. Look for Windmill Meadows Meats & Dairy, Tyson's Orchard, Staff of Life Breads, Tommy V's Salsa and more at Smart Markets. "Meet Up at the Market" with friends and colleagues.

## **Incorporate Wellness Days into Your Daily Routine**

<http://wellnessbymason.gmu.edu/docs/Theweek.pdf>



**Wellness by Mason**

**Live Well, Age Well; No Matter Your Age**

<http://wellnessbymason.gmu.edu>