

December 29, 2017

Follow us for more news and updates



**Call For Nominations for the Service & Recognition Awards Ceremony—DEADLINE IS
JANUARY 12, 2018**



The Division of Human Resources invites your nomination(s) for the 2018 Service and Recognition Awards Ceremony, where we will honor and recognize FIU's distinguished faculty and staff members for their achievements and years of service.

To access the site where you can learn more about all award categories and their criteria, nomination process, and/or to submit nominations, please click [here](#). The deadline to submit has been extended to Friday, January 12, 2018.

Employee Benefits



Quick reminder regarding your 2018 Benefits:

- All changes made during the Open Enrollment period will be effective on January 1, 2018.
- For the Flexible Spending Accounts, the contributions will be deducted on the January 5, 2018 paycheck.
- New enrollees of [Aflac Cancer and/or Intensive care plans](#), are asked to please complete the application form and submit to Capital Insurance Agency, Inc. at the address below:
Address: 5491 University Dr. #103, Coral Springs, FL 33067
Phone: (954) 341-8705 / (800) 940-5656
Fax: (954) 341-5311
Email: southflregion@capitalins.com

- If [evidence of insurability](#) is required of new and/or increased optional life insurance coverage participants, participants are asked to please submit evidence of insurability to Securian directly by faxing it to (850) 878-0048. Securian must approve evidence of insurability to begin new coverage levels.

NEW Perks! – The Division of Human Resources is excited to present FIU’s fantastic perks! Discover **NEW** savings on restaurants, housing, car rentals, entertainment, and more [here](#).

Mindful Well-Being at Work Sessions



New Year’s resolutions aren’t like **ordinary goals**. They have a far more powerful effect on our psyche because **the end of one year and the start of another symbolizes new beginnings, a new chapter, and another chance to achieve the things we’ve always dreamed of.** Put mindfulness on your New Year’s resolution list. Join the **Office of Employee Assistance for the Mindful Well-Being at Work practice sessions.** Click [here](#) to sign up for the dates below.

- Wednesday, January 10, 2018, 12:00 p.m. – 1:00 p.m., GL-482 | MMC
 - Friday, January 12, 2018, 12:00 p.m. – 1:00 p.m., HL-319 | BBC
 - Wednesday, January 24, 2018, 12:00 p.m. – 1:00 p.m., GL-482 | MMC
 - Friday, January 26, 2018, 12:00 p.m. – 1:00 p.m., HL-319 | BBC
 - Wednesday, February 7, 2018, 12:00 p.m. – 1:00 p.m., GL-482 | MMC
 - Friday, February 9, 2018, 12:00 p.m. – 1:00 p.m., HL-319 | BBC
 - Wednesday, February 21, 2018, 12:00 p.m. – 1:00 p.m., GL-482 | MMC
-



[Click here to like us on Facebook!](#)

PAWScast – This month’s PAWScast episode is out now! Click [here](#) to listen as Nathan and Giselle have a discussion with Amy Kimberlain, a Registered Dietician with Baptist Health, about nutritional fallacies and how “diets” have it **all wrong**. Enjoy!

December Wellness Wire – [This month's issue](#) of the Wellness Wire is now available! View a calendar of events, learn about managing stress during the holiday season, and discover the importance of handwashing. Happy reading!



It's officially the holiday season! During this time of year there can be so much pressure that unfortunately the joy, magic, and meaning of the season is lost, or often replaced by stress. It is more than possible to survive the holiday season. Here are five mindful antidotes to help you through the discomfort:

- Treat Yourself
- Reduce Commitments
- Focus on what matters
- Appreciate with Compassion
- Savor. Just Be.

Self-care and pacing are key in staying healthy and actually enjoying the holiday season. If you are experiencing a difficult time with the holiday blues or feeling very stressed, please reach out to The Office of Employee Assistance at (305) 348-2469, where help is within reach.

Special Holiday Discounts with The Wolfsonian – FIU: Ends December 31st



The Wolfsonian-FIU is offering FIU faculty, staff, and students a special holiday discount ending December 31st. FIU faculty and staff can save 30% and students can save 20% on unique gifts. For more information, please click [here](#).

The College of Arts, Sciences & Education Camps at MMC



Searching for a fun, adventurous and exciting camp for kids during Spring Break and the summer? Look no further! The College of Arts, Sciences & Education @ MMC is sponsoring enrichment workshops for youth ages 4 and up. For more information or to register online, please click [here](#). Should you have any questions, please contact Ana Jimenez at (305) 348-6545 or email summercamp@fiu.edu.

New Year, New You – With FIU Online



Happy New Year! Do you have an education resolution? It's time to make **one and take action!** Make a change for the better with a graduate degree from FIU Online. As an FIU staff member, you can take advantage of the tuition waiver and apply for FIU Online scholarships. Begin your graduate program as soon as next term! An online program will allow you to balance life, work, and family while earning your degree. Explore our online programs [here](#). Should you have any questions, contact FIU Online at onlineprograms@fiu.edu or (305) 348-3125.

The Leadership Lectures Featuring Co-Founder of EA Games



Join the Center for Leadership for The Leadership Lectures on Thursday, January 25th at 9:30 a.m. in the Graham Center Ballrooms featuring Dave Evans, co-founder of Electronic Arts and best-selling author. Listen as Dave discusses his book *Designing Your Life: How to Build a Well-Lived, Joyful Life* while sharing stories of

his success as the co-founder of EA (video games include FIFA, The Sims, etc). Click [here](#) to register for this lecture. This lecture counts towards 2 hours of professional development. For more information, please click [here](#).

To provide feedback on this newsletter, please contact us at hradmin@fiu.edu