

AUGUST 18, 2021

THE PRESS



HIGHLIGHTS

Health and Wellness

- Check out the newest workshops that will help you build a professional mindset, grit and develop your resilience muscle

IT Developments

- Find out what's replacing Jabber and when the system will be down so you don't get slowed down

Call to Action

- Find out how to meet and network with new faces in our Onboarding Buddy Program

In The News

- New highway markers have been unveiled. Find out who they honor, how many you can see and who made it a reality

Learning and Development

- It's never too late to start saving for you and your child's future. Explore the programs we have to help you achieve your goals

WELCOME ABOARD

Get to know some new faces

- **Tynetta Darden** began her Virginia Housing career as a Grant Programs Officer in the Community Outreach Division on August 2nd. She is on Kelly Gill-Gordon's team.
- **Riley Henry** began her Virginia Housing career as an Assistant Counsel in the Legal Division on August 2nd. She is on Chris Wickham's team.
- **Kevin Jules** began his Virginia Housing career as an Assistant Counsel in the Legal Division on August 2nd. He is on Chris Wickham's team.
- **Rajesh Mathur** began his Virginia Housing career as a Sr. Project Manager in the Information Technology Division on August 2nd. He is on Laura McShane's team.

VACCINE UPDATE

- Governor Northam announced that all state **employees will be required to be fully vaccinated for COVID-19 by September 1st**. The details of the executive order can be found [here](#) and **applies to all Virginia Housing associates**. Additional details regarding this requirement are forthcoming and will be provided as soon as they become available. For questions and concerns, please contact COVID-19Updates@virginiahousing.com

HEALTH AND WELLNESS

WORKOUT YOUR BODY

- Spice up your routine by starting an exercise routine, trying out some new workouts, or taking your fitness to the next level with **group exercise classes**. All fitness levels are welcome! View the new schedule, **beginning August 16th**, here. Join virtually via Webex here or in person at the HQ gym.
- Eating a nutritious lunch is critical for fueling a productive day, yet many of us don't make the most of this important meal. Learn about the benefits of eating lunch, recipes and tips for enjoying a healthy meal. in **Lunch & Learn: Health Lunches at Home and on the Go Thursday, August 19th from 11:30 a.m.** to noon via Webex here.

WORKOUT YOUR MIND

- Most of us struggle when life throws curveballs. Building up your resilience "muscles" can help you deal more effectively with challenges, uncertainty, and change. Join us **Wednesday, August 18th at 2 p.m.** to learn what resilience is and how to identify it in yourself in our **Change and Challenges** series. We'll explore strategies that can help you to adapt and stay productive during stressful times. Discover how to grow more resilient and not just survive, but thrive. Register for this seminar at: www.Cigna.com/EAPWebcasts Developing Your Resilience.
- Our ability to build and use grit is critically important as we strive to succeed in today's world. Grit is passion and perseverance for long-term and meaningful goals; the ability to persist in something you feel passionate about and power through when you face obstacles. **Grit: The Power of Passion and Perseverance** is a virtual workshop based on the New York Times best selling book by psychologist Angela Duckworth. The workshop is scheduled for **Tuesday, September 21st between 9 a.m. and noon**. Register through the Learning Center and then a Webex invite will be sent to you.

MOTIVATE ME REMINDERS

- The **deadline for "Motivate Me" is August 31st!** You must complete both the Health Assessment and one Preventative Exam (Section 1) by the 31st to participate in the Motivate Me program. Complete your initiatives and report your points on my Cigna.com. Remember Human Resources **does not** track your points.

LEARNING AND DEVELOPMENT

LEARN SOMETHING NEW

- The **Developing a Professional Mindset Virtual Workshop Series** is an eight-hour workshop (presented in a series of four two-hour sessions) designed to help participants understand the impact of a professional mindset on their own work, their team, clients, partners, and organization. Participants will identify their personal value and how this aligns with a professional mindset, and create a development plan that includes the principles of a professional mindset. The workshop will start on **Thursday, August 19th and end on Thursday, September 9th. Each session is from 9:00 a.m. to 11:00 a.m.** Participants must attend all four sessions for successful completion. Register for Developing a Professional Mindset through the Learning Center.

START SAVING NOW

- Our **Retirement Process for 2021** is available for on-demand viewing in the Learning Center for associates interested in learning more about steps for retiring. During the session, you will learn about your benefit options, how to calculate your retiree credit, Medicare and life insurance information and much more. Login to the Learning Center and search for Retirement Process at Virginia Housing 2021(Recording) to view the session.
- You still have time to to sign-up for the **Virginia529 webinar on Wednesday, August 18th from noon to 1 p.m.** Learn how to save for your child or grandchild's educational future or for yourself -- with Virginia529. When you attend the session, you will have the chance to **win \$529** towards a new or existing Invest529 account! Click [HERE](#) to register.

IN THE NEWS

New State Highway Markers Highlight Asian American and Pacific Islanders

Governor Ralph Northam recently announced five new state historical highway markers that highlight topics of national, state, and regional significance to Asian American Pacific Islander (AAPI) history in the Commonwealth. These markers were submitted by Virginia students through the inaugural AAPI Heritage Month Historical Marker Contest.

“Throughout history, Asian American and Pacific Islander communities have made significant contributions to our Commonwealth and our country, but too often their stories remain untold,” said Governor Northam. “As we continue working to tell a more comprehensive and inclusive Virginia story, I am grateful for the efforts of Virginia students and educators in helping elevate the voices of prominent AAPI Virginians with these five new historical markers.”

To learn more about this initiative and see descriptions of the five new markers, click [here](#).

Labor Law Posters

Employers must display certain notices and posters in their workplaces to advise associates of their rights under federal, state and local employment laws. This ensures that associates are educated on workplace safety, health standards and associate protections. At Virginia Housing, employment posters can be found by each restrooms in the office as well as on The Zone. You can view the current posters [here](#).

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