



Spotlight

Employee benefits from
Virginia Credit Union



August 2014

Used & new car loan rates now as low as 1.49% APR – Save with low rates and helpful online car buying resources. If you already have a loan with another lender, call Virginia Credit Union to see if you could save on interest, lower your payment or both. The rate shown is as of July 29, 2014, for qualified borrowers.

Keep your smartphone and other mobile devices safe – Remember a smartphone is like a mobile computer. Get tips on how to keep your phone and information secure.

Saving regularly adds up – Saving money is easier with a direct deposit from your pay or an automatic transfer. Check out savings options available to you. If you have accounts elsewhere, consider the benefits of moving them to VACU.

Low-rate personal loans – Personal loans are available for home repairs, bill consolidation and more. Get your loan quickly and repay with convenient automatic payments.

\$2,500 college scholarships – Learn about scholarships for the 2015-2016 school year. To apply for a scholarship, the student must be a Virginia Credit Union member by September 30, 2014. Remember, your immediate family members can join VACU.

Credit union membership – If you're not yet a member, join us online, at a branch or by mail. You can open accounts at the same time and apply for loans right away.

For more information about these and other credit union benefits, visit vacu.org, call (804) 323-6800 or [visit a branch](#).

Tips for Stress Management



CommonHealth's current health campaign, Recipe for a Healthier Heart, includes tips on managing stress. For quick tips, visit the CommonHealth [website](#) and watch this short video on [The Single Most Important Thing You Can Do for Your Stress](#). HR anticipates offering a few new employee workshops in Fall 2014 to include a new training on Stress Management.

Fall 2014 Training and Development Series COMING SOON!



[State Employees tickets](#) are available for purchase until August 25, 2014 at 12 p.m.

For more information on purchasing tickets for this performance or other state discounts, visit DHRM's Employee Discounts [website](#).

Introducing Our Newest CNU Colleagues!



Left to right: Carley Mann, Dining Services; Sonya Blocker, ITS; Luke Jeffery, President's Office; Melissa Flewellyn, University Housing; Sara Bacote, Athletics; Richard Robertson, Dining Services; Amanda McClure, Counseling Services; Eric Sutton, Registrar; Derrick Martineau, David Student Union; and Janel Cox, Athletics.