



illuminate

Vol 2.8

TABLE OF CONTENTS

EDITOR'S REFLECTION	03
STAFF SPOTLIGHT	04
UPCOMING EVENTS AND LAUNCHES	05
FUTURES LEARNING HUB UPDATES	08
HEALTH AND WELLBEING	10
OPEN ENROLLMENT IS OCT 16 - 31,2025	14

EDITOR'S REFLECTION

Wherever I have traveled in the world, one constant has been the library. No matter the city or culture, libraries feel both familiar and extraordinary. They are places where knowledge is open, growth is encouraged, and communities are strengthened. Among my most treasured possessions is my library card from the Library of Congress, a reminder that learning, when shared, belongs to all of us.

What I have come to realize is that discovery rarely requires us to go somewhere new. Often, it begins with a shift in perspective, a fresh way of seeing the world around us. Every new skill and every lesson learned has the power to reframe what we thought we already knew.

That same spirit lives here at Vanderbilt. Building brilliance share is about creating spaces, like the Futures Learning Hub, where every staff member can access opportunities to grow. These offerings, whether technical training, leadership development, or new certifications, act like shelves of possibility waiting to be explored.

Imagine a world where every new skill unlocked has the power to ripple outward. Where a colleague earns a certification and suddenly has the tools to solve a challenge that had frustrated a team for months. Where leadership development becomes the spark for someone to step into a role they once thought out of reach. In this world, learning is not an individual act. It is shared brilliance, like a well-loved book passed from hand to hand, gaining meaning with each reader.

At Vanderbilt, knowledge is not hoarded. It is multiplied. By committing to continuous learning, we strengthen not only our own capacity but also the collective wisdom that fuels our mission. Much like the libraries I have discovered around the world, Vanderbilt is a place where learning never stops. Together, we are daring to grow into unstoppable brilliance.

It's Our Moment!

Sydney

STAFF SPOTLIGHT

Celebrating the excellence of Vanderbilt staff.



Michelle Tellock
Deputy General Counsel
Office of the General Counsel

Michelle is a great leader and team member. She always has a positive perspective, her focus is on what action she can take to move us forward and how she can help her teammates learn and grow. Despite how very full her schedule always is, she always makes time to listen to any needs or concerns brought to her. She is also an extremely effective communicator, both in speaking and written word, and that eloquence not only helps everyone gain clarity but also helps the rest of the team to become clearer in our communications and better integrated operationally. It's a joy to work with her, and Vanderbilt is better because she's here!

Submit a nomination for a staff member or team for our Staff Spotlight

"A meaningful moment for me was receiving the verbal offer for my current role. It meant so much to be an internal candidate and be face-to-face with the person extending my offer and celebrating the moment with me."

- Lindsey Moloney

Moments That Matter

Moments That Matter is an invitation to reflect on those times that have made a difference in your life at Vanderbilt.

Our journeys at Vanderbilt are not just about the moments we create for ourselves—they're about the moments we help create for others.



Share Your Moment

UPCOMING EVENTS AND LAUNCHES

V150 Sesquicentennial Ceremony and Celebration for Students, Faculty and Staff

Friday, Oct. 3, 12 p.m., Alumni Lawn,

[Register](#)

The Sesquicentennial Ceremony and Celebration continue the university's tradition of commemorating its founding in 1873 and opening in 1875. The Oct. 3 event will feature remarks from Nashville and Vanderbilt leaders reflecting on Vanderbilt's 150-year history and partnership with the city. They will highlight the university's long-standing partnership as a pillar of the Nashville community, its history dating back 150 years and the future of Vanderbilt. The ceremony will be followed by a celebratory lunch and block party featuring food trucks.

Members of the campus community are encouraged to arrive early and grab one of the university's commemorative pins. The Vanderbilt community is encouraged to follow @VanderbiltU to be notified about future pin drops.

Early arrivals to the V150 Ceremony and Celebration on Oct. 3 will be eligible to win "Strengthening Ties: Vanderbilt @ 150" concert tickets.

VUIT Learning Collective - October Session

Advanced AI in the Workplace

Friday, October 3 / 10:00 – 11:00 a.m.

During this session we will follow up on the topics from our Knowledge Network July topic, AI for beginners. Our VU experts in safe and accessible AI products will present on how to advance your skills using AI in the workplace.

[Register Here](#)

Open Enrollment Oct 16 - 31, 2025

[Open Enrollment](#) for 2026 benefits coverage is right around the corner. Are you ready?

Open Enrollment starts on Thursday, October 16, and ends at 11:59 p.m. CT on Friday, October 31. To enroll in or waive coverage, you must log in to [My VU Benefits](#) and make your selections within that window. Elections are effective January 1 through December 31, 2026, and cannot be changed unless you have a [qualifying life event](#).

All fully benefits-eligible faculty and staff are required to participate in Open Enrollment for 2026. If you don't, you may not have the coverage you want next year.

UPCOMING EVENTS AND LAUNCHES

Join PCB at the Fall Staff Assembly Preshow Demo!

Join PCB at the Fall Staff Assembly Preshow Demo. Come have an important conversation on our new development and performance management platform! Learn why investing in growth and feedback is an important part of everyone's career path. Together, we'll explore how development and performance management can help unlock potential, inspire success, and shape a stronger future for all of us.

Come be inspired at 2:15 pm, Langford Auditorium, Oct 29. First 100 people through the door receive VU swag and are entered for a chance to win one of two special giveaways!



Subscribe to DCBrief

Do you want a quick, reliable way to keep up with the issues in Washington, D.C. that matter to Vanderbilt University? DCbrief from the [Office of Federal Relations](#) provides timely, concise summaries of news items to inform Vanderbilt faculty and staff of federal policy developments that impact the university and higher education. DCbrief is a near-daily newsletter when Congress is in session, summarizing the key takeaways from federal policy developments. Subscribe today [using the sign-up form](#). This is an opt-in newsletter; you must subscribe to receive it.

The Office of Federal Relations works on behalf of Vanderbilt to advocate for federal legislation, regulations and policies that support the university's mission. Sign up for DCbrief to stay connected to what's happening in Washington, D.C.



VANDERBILT UNIVERSITY STAFF WAVE COUNCIL

Event CAMPUS CONNECTIONS

SARRAT 325/327

OCTOBER 9, 2025 FROM 8:30AM-9:45AM

ALL ARE WELCOME

Join us for a fun social hour with snacks, conversation, and interactive activities. It's an easy way to build connections across campus! We look forward to seeing you there!

[REGISTER HERE](#)

Registration is not required to attend, but its helpful!

WAVE

WOMEN'S ADVOCACY, VISIBILITY
& EMPOWERMENT COUNCIL



FUTURES LEARNING HUB UPDATES

Thrive Thursday - Vanderbilt's 2026 Benefit Annual Enrollment Preview - Session 1

When: 10/2/25 @ 12:00 – 1:00 p.m.

About: Join the Benefits team for the first of two sessions with an inside look at what's new for 2026. We'll cover key updates, important deadlines, upcoming campus events, and everything you need to know to make confident benefit choices for the year ahead. Bring your questions—our team will be ready with answers!

Register

Thrive Thursday - Vanderbilt's 2026 Benefit Annual Enrollment Preview - Session 2

When: 10/16/25 @ 12:00 – 1:00 p.m.

About: Join the Benefits team for the first of two sessions with an inside look at what's new for 2026. We'll cover key updates, important deadlines, upcoming campus events, and everything you need to know to make confident benefit choices for the year ahead. Bring your questions—our team will be ready with answers!

Register

Manager Monday - October Session

When: 10/6/25 @ 12:00 – 1:00 p.m.

About: Join us each month for sessions that provide practical management skills. From performance management to hiring tips, you'll walk away with skills you can apply right away to support your team and grow your own.

Register

Takeoff Tuesday - From Tasks to Outcomes: Rethinking Job Roles

When: 10/21/25 @ 12:00 – 1:00 p.m.

About: In today's fast-moving, tech-enabled workplace, success is no longer measured just by how many tasks you complete—but by the outcomes you help create. Whether you're frontline staff or senior leadership, being outcome-oriented means thinking strategically about how your work drives results, supports others, and connects to broader goals.

Register

Wellness Wednesday - Personify Health Monthly Webinar

When: 10/15/25 @ 12:00 – 1:00 p.m.

About: Join Amy Silvers, Wellbeing Champion Program Manager, for an engaging Personify Health webinar series designed to help faculty, staff, and postdocs get the most out of this powerful wellbeing platform!

Register

FUTURES LEARNING HUB UPDATES

Complete a learning course through Futures Learning Hub

At Vanderbilt University, we value professional growth and continuous learning. We want to reward you for your hard work of expanding your skills through Digital Learning Marketplace.

You don't need to **take a specific course** to be eligible for the swag box drawing. Feel free to choose any Digital Learning Marketplace course that aligns with your professional goals! Winners will be announced at Curious Bar the last Wednesday of March, April and May.

Here's How You Can Enter:

1. **Log In:** Access the Learning Hub.
2. **Learn:** Complete at least one course of your choice.
3. **Win:** You are automatically entered to our drawing to receive a Vanderbilt Swag Box valued up to \$75!

Course of the Month - September 2025

Creative Collaboration

What you'll learn

Learn how to recognize and remove personal creative blocks, connect and communicate with others, combine ideas using play, and construct a collaborative environment to tap into a group's creative brilliance. With these techniques and exercises, you'll be able to embrace and leverage a diverse range of ideas and create better together.



Register for the Course of the Month

HEALTH, WELLBEING AND BELONGING

Join the Wellbeing Champion Program: Applications Open

Applications for Year Two of the Wellbeing Champion Program are now open! This employee-led initiative unites faculty and staff who are passionate about fostering a healthier, more connected, and engaged work environment.

In its inaugural year, the program welcomed 60 Champions across 43 business units. From hosting department-based initiatives to launching Walk & Talk Tuesday, these

Champions infused energy and creativity into everyday work life. They piloted innovative programs with Personify Health, increased enrollment and engagement on the platform, and inspired colleagues to take steps toward living healthier lives. Their collective efforts lit the path for a thriving, campus-wide network of wellbeing leaders.

Don't miss your chance to build on this momentum, connect with like-minded colleagues, and make a lasting impact on wellbeing at Vanderbilt! [Submit your application](#) by October 21, 2025.



Virtual Information Sessions:

Interested in learning more before applying? Join Amy Silvers, Wellbeing Champion Program Manager, for a virtual information session. These sessions will provide an inside look at the program, highlight the benefits of becoming a Champion, and answer any questions you may have.

To register, click on a session date below:

- [Wednesday, October 1, 10:00 – 10:30 a.m.](#)
- [Thursday, October 2, 1:00 – 1:30 p.m.](#)
- [Monday, October 13, 2:00 – 2:30 p.m.](#)
- [Friday, October 17, 11:00 – 11:30 a.m.](#)



2025 OHC Flu Vaccine Locations

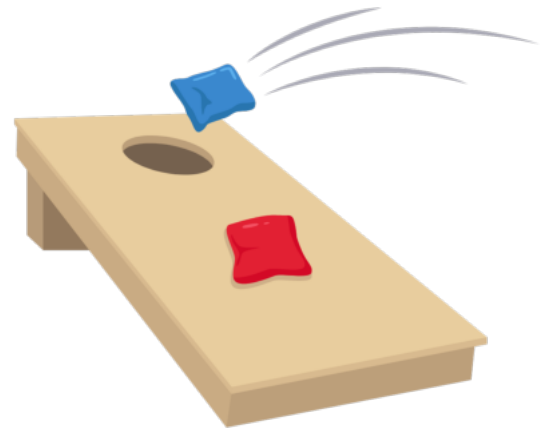
- **Sept. 11, 11:00am - 3:00pm**
Langford Auditorium
 - **Sept. 19, 2:00pm - 6:00pm**
Wadlington Conference Rm, Monroe Carell
 - **Sept. 24, 10:00am - 2:00pm**
Langford Auditorium
 - **Sept. 25, 11:00am - 3:00pm**
Langford Auditorium
 - **Oct. 1, 10:00am - 2:00pm**
Langford Auditorium
 - **Oct. 2, 11:00am - 3:00pm**
Langford Auditorium
 - **Oct. 8, 2:00pm - 6:00pm**
Wadlington Conference Rm, Monroe Carell
 - **Oct. 10, 9:00am - 5:00pm**
VU Employee Health Fair
Central Library, Community Room
 - **Oct. 16, 11:00am - 3:00pm**
Langford Auditorium
 - **Oct. 17, 4:00pm - 8:00pm**
Langford Auditorium
 - **Oct. 30, 11:00am - 3:00pm**
Langford Auditorium
 - **Oct. 31, 7:00am - 11:00am**
Langford Auditorium
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HEALTH, WELLBEING AND BELONGING

Join us for Cornhole!

We are excited to invite you to participate in our inaugural Vanderbilt University Cornhole Tournament! Mark your calendars for **October 1st, November 5th, and December 10th**, as we come together at the **Central Library in the Community Room from 11:30 a.m. to 1:00 p.m.** In addition to the tournament, we're thrilled to introduce a mini game called "Ten Bags."

Make sure to sign up early to secure your spot and get ready for a great experience with our new cornhole league. [Sign up here](#). Please feel free to reach out to wellbeing@vanderbilt.edu if you have any questions.



CyberWellness: Personal Security Checklist

Wednesday, October 15, 2025, at 11:00 a.m. CT

Learn how to protect yourself from identity theft and fraud in this beginner-friendly session. You'll walk away with practical tips to:

- Safeguard your identity and personal data
- Monitor your accounts and credit
- Secure your devices from cyber threats

[Register here.](#)

Make the Most of Your Retirement Savings

Thursday, October 23, 2025, at 1:00 p.m. CT

This session will help you understand:

- Why it's important to save as much as possible for retirement
- How much to save and which account types to consider
- Strategies to grow and preserve your savings for the long term

[Register here.](#)

To register to attend a financial education webinar, log into your [Fidelity NetBenefits®](#) account. If you encounter any issues, please call Fidelity's service center at 800-343-0860 for assistance. If you need to register for the first time, select "Register as a new user".

HEALTH, WELLBEING AND BELONGING

Make Time for Your Mind – Join Us for Weekly Mindfulness

Take just 20 minutes out of your day to reset, recharge, and refocus. Each session begins with 10 minutes of guided meditation and end with 10 minutes of practical wellbeing skills you can use in your daily life. Join us every Thursday from 10:00—10:20 a.m. for a virtual mindfulness session led by Natasha McClure, a Psychiatric Mental Health Nurse Practitioner, certified EMDR therapist trained in Dialectical Behavior Therapy.

Join us using [this link](#). If you have any questions, please don't hesitate to contact us at wellbeing@vanderbilt.edu.

Join us for the Graves and Ghost of Vandy Walking Tour!

The People, Culture, and Belonging team invites you to a spine-tingling campus experience: The Graves and Ghosts of Vandy Walking Tour, led by Brandon Hulette.

Explore the final resting places of McTyeire, McKendree, and Soule, and uncover the stories behind these historic figures. Then, brace yourself as we visit the Vaughn Home – widely known as the most haunted structure on campus.

We will begin at the Vaughn Home, 394 24th Ave. S. The Vaughn Home houses the Robert Penn Warren Center for the Humanities.

Thursday, October 16, 2025

9:30 — 10:30 a.m.

Starting Point: Vaughn Home, 394 24th Ave. S.

For more information, contact Stacey Bonner at wellbeing@vanderbilt.edu.

Special Fundraising Event: Support Vanderbilt's Employee Critical Support Fund

Vanderbilt University is collaborating with Urban Cookhouse for a special fundraising initiative benefiting the Employee Critical Support Fund.

Location:

Urban Cookhouse
1907 Broadway
Nashville, TN 37203

Dates & Times:

October 6 – October 10, 2025
11:00 a.m. – 3:00 p.m.

How to participate:

Vanderbilt University employees must present a valid University ID at the time of purchase for their sales to count toward the donation total. Valid for all dine-in and to-go orders only.

For more information, contact Stacey Bonner at wellbeing@vanderbilt.edu.

OPEN ENROLLMENT 2026

OCT 16 – 31, 2025

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All fully benefits-eligible faculty and staff are required to participate in Open Enrollment for 2026. If you don't, you may not have the coverage you want next year.

Benefit	What happens if I DON'T complete Open Enrollment:
Medical and Prescription Drug	<ul style="list-style-type: none">• If you are currently enrolled in coverage and do not participate, you will be placed in the Choice CDHP at the same tier (Employee only, Employee + Child(ren), Employee + Spouse, Employee + Family) you have now.• You won't automatically qualify for the Vanderbilt HSA seed money.• If you are not currently enrolled in coverage, you will continue to have no coverage for 2026.• You will miss out on the \$20/month credit toward healthcare premiums if you do not complete the attestation that you and your covered family members are tobacco-free.• You will pay a \$100/month spousal fee if your spouse is on the Vanderbilt Health Plan and has access to health insurance through their employer.
Dental	No change from your 2025 coverage.
Vision	No change from your 2025 coverage.
Flexible Spending Accounts	You will not be able to participate in either the Healthcare FSA or the Dependent Care FSA.
Accidental Death & Dismemberment	No change from your 2025 coverage.

OPEN ENROLLMENT 2026

OCT 16 – 31, 2025

New Voluntary Benefits

Vanderbilt is introducing three new benefits for 2026.

Hospital Indemnity

Hospital Indemnity is a supplemental benefit that is intended to provide you with additional financial security on top of your regular health insurance. It pays you a set cash benefit when you are admitted to the hospital and for each day you're in the hospital. You can use that money however you need—whether it's to help with deductibles and copays, cover everyday expenses like groceries or childcare, or simply provide peace of mind while you recover.

Critical Illness

Critical illness insurance is a supplemental benefit that provides a lump-sum cash payment if you're diagnosed with a serious illness such as cancer, heart attack, or stroke. The money is paid directly to you, not your doctor or hospital, so you can use it however you need—whether that's paying medical bills, covering everyday expenses like rent and groceries, or helping with travel for treatment.

Accident Insurance

Accident insurance pays you a cash benefit if you experience a covered injury, such as a broken bone, concussion, or dislocation. The money goes directly to you—not the hospital—so you can use it however you need, whether that's helping with medical costs like deductibles and copays, or everyday expenses such as rent, childcare, or groceries.

More information on all three new benefits can be found on our [website](#) or at [New York Life](#).

Watch for more communications in the coming weeks. Premiums and the detailed benefits guide will be available soon! Visit vu.edu/oe to learn more!



New in 2026

Healthcare Bluebook enhancement

Those enrolled in the CDHP and PPO will also have access to a new rewards program with Healthcare Bluebook.

- Under this program, if you visit the [Healthcare Bluebook site](#) and search for services that are part of the program (list of most common services will be posted on the VU Benefits website), locate a Green Provider, and then have that service completed within 12 months by that provider, you will automatically be sent a debit card loaded with a reward ranging anywhere from \$100 to \$1,500, depending on the service.
- Name change – beginning Jan 1, 2026, Healthcare Bluebook will be known as Valenz Bluebook. There will be no changes to the services provided or how employees will access the site.

Hinge Health

Under the Aetna CDHP and PPO options we are expanding services to now include Hinge Health, a virtual physical therapy program offered at no cost to employees.

connect with us



vanderbilt.edu/pcb



110 21st Ave S Suite 1000
Baker Building



pcb@vanderbilt.edu



Curious Bar
Check website for location

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