

## Quotes of the Month

*Tobacco use is the single most preventable cause of death in the U.S.*

Surgeon General's report, 1980

*Scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke.*

*Breathing even a little secondhand smoke can be harmful to your health.*

Surgeon General's report, 2006

Want to know more? Visit <http://www.cancerfreelungs.org/lungCancerInfo.shtml> or <http://www.cancerfreelungs.org/lungCancerInfo.shtml>.

## HRA Work/Life Events/Programs/Activities

### FREE HRA Work/Life Focus on Financial Management Series

- Six Intermittent Tuesdays, May 26-July 21, 12:05-12:55
- VanNuys Medical Science Building, B 13/14
- Staff, Students & Faculty Welcome

Focus on Getting Organized – This session will cover the essentials of how to organize your financial records - what to keep, where to keep the records, and how long to keep records. You'll also get tips to set SMART financial goals. (May 26, 2009)

Focus on Financial Tools To Use to Reach Your Goals – Learn how to prepare and use a net worth statement, an income/expense statement, and savings/spending plan.

These tools will give you a financial check-up and assist you in reaching your financial goals. (June 2, 2009)

Focus on Communicating About Money – Research shows that physical problems can occur as a result of emotional difficulties such as worry and stress. Research also shows that money is a major stressor for many people. If you understand how your personality, attitude, past experiences and family dynamics influence your money handling, you may reduce this stress. Also learn tips for talking with children about money. (June 9, 2009)

Focus on Credit – Don't Get Sidelined by Credit Issues: Part 1 – Learn how to determine the best credit cards and terms that give you the best value for your situation. How many credit cards do you need? How much credit is too much? (June 23, 2009)

Focus on Credit: Part 2 – Learn how to get rid of credit card debt, ways to fix a poor credit rating, what determines your credit score and tips to improve your score. (June 30, 2009)

Focus on Savings and Investment Basics – Learn the difference between saving and investing and how to utilize both to improve your financial health. Explore how to handle seasonal expenses, emergencies and start planning for retirement. (July 21, 2009)

Registration Details – Pick the appropriate item below for directions on how to register:

- If you want to register, and have **NOT** set up a user profile in the SignUp system: Go to <http://www.hra.iupui.edu/hra/training/workshops.asp>, click on the SignUp HR logo. When the next screen appears, go to the bottom left menu, select “How to Register” and follow the instructions that appear. Once you’ve set up your profile, refer to directions below for signing up for the series or for individual sessions. Please direct any inquiries regarding registration to Lynnell Lindle at 274-8932 or [hrratng@iupui.edu](mailto:hrratng@iupui.edu).
- If you want to register for the **ENTIRE SERIES** and have already set up a profile in the SignUp system: Go to <http://www.hra.iupui.edu/hra/training/workshops.asp>, click on the SignUp HR logo. Go to the gray menu on the left and scroll down to “Work/Life.” The menu of Work/Life courses will appear on the right. If you intend to sign up for the ENTIRE series, click on the line that says, “Focus on Financial Management,” and when the description appears in the box below, click on “Enroll Now,” enter your user name which is the same as your entire e-mail address (e.g., [yourusername@iupui.edu](mailto:yourusername@iupui.edu) ) then enter the password you created in your user profile and click on “Log In.” At the next screen, click on “Checkout” (on far right) and, since this series has no cost, when the next screen pops up just click on “Next” (bottom right). Although you will receive an e-mail confirmation, you can also click on “Student Record” on the screen that comes up after you hit the “Next” button and when your student record comes up, click on “Printable Version,” at upper right. The e-mail confirmation that you automatically get looks like gibberish at the beginning, but if you scroll down it does give you a confirmation number. It does not, however, tell you the title of the workshop or the date, so you might want to write that on and put it in your tickle file. Please direct registration inquiries to Lynnell Lindle at 274-8932 or [hrratng@iupui.edu](mailto:hrratng@iupui.edu).
- If you want to register only for certain **INDIVIDUAL SESSIONS** and have already set up a profile in the SignUp system: Go to <http://www.hra.iupui.edu/hra/training/workshops.asp>, click on the SignUp HR logo. Go to the gray menu on the left and scroll down to “Work/Life.” The menu of Work/Life courses will appear on the right. Look at the six sessions listed UNDER the heading of, “Focus on Financial Management,” and click on the individual session you plan to attend. When the description appears in the box below, click on the tab that says “Sections and Registration.” At the next screen

click on "Enroll Now," enter your user name which is your **ENTIRE** mail address (e.g., [yourusername@iupui.edu](mailto:yourusername@iupui.edu)), then enter the password you used when you created your profile and click on "Log In." To register for another individual session, go back to the menu on right, click on the session of interest and when the description appears in the box below, click on the tab that says, "Sections and Registration." At the next screen, click on "Enroll Now," enter your user name which is the same as your entire e-mail address (e.g., [yourusername@iupui.edu](mailto:yourusername@iupui.edu)), then enter the password you created in your profile and click on "Log In." When you have registered for all the individual sessions you are interested in, click "Checkout" (on far right). When you get the next screen, since this series has no cost, just click on "Next" (bottom right). Although you will receive an e-mail confirmation, you can also click on "Student Record" on the screen that comes up after you hit the "Next" button and when your student record comes up, click on "Printable Version," at upper right. The e-mail confirmation that you automatically get looks like gibberish at the beginning, but if you scroll down it does give you a confirmation number. It does not, however, tell you the title of the workshop or the date, so you might want to write that on and put it in your tickle file. Please direct registration inquiries to Lynnell Lindle at 274-8932 or [hrratng@iupui.edu](mailto:hrratng@iupui.edu).

If, at any time, you want to check your course history or the courses you're registered for, go to <http://www.hra.iupui.edu/hra/training/workshops.asp>, then click just below the SignUp HR logo where it says, "Click here to login." At next screen, click on the "My Account" tab at middle right, then click on "Jump to Profile" link. Type your entire username (i.e., [yourusername@iupui.edu](mailto:yourusername@iupui.edu)) and the password you used to set up your profile to log into the system. To print the course registration screen, go to upper right and click on "Printable Version."

Concerns about Extended Lunch Hour – If you are concerned that you can't walk to the session, take the 50-minute class and then walk back to your office in an hour and are in a department where this might be a concern, consider asking your direct supervisor if you can do a trade-off - agree to come in a few minutes early or stay a few extra minutes later to make up for the extra minutes that you might use at lunch time. If coverage of your area is required, see if you can line up a coworker to handle that in your absence.

### Yoga at IUPUI: Summer 2009

The lunch time yoga series, a collaboration between HRA Work/Life, Intramural & Recreational Sports and the Student Wellness Coalition, continues! Once again there will be a Monday/Wednesday Yoga Level I class and a Tuesday/Thursday Yoga Level II class. Chuck Crosby will be the instructor for BOTH the Level I and Level II classes.

FREE One-Time Trial – If you wonder what the lunchtime yoga classes that are offered here on campus are like and wish to give yoga level I a try, come join us on Monday, May 4<sup>th</sup> at Campus Center 409 or on Wednesday, May 6<sup>th</sup> at Union Building room 130. Bring a yoga mat or beach towel to lie on and wear comfy stretchy clothing. If you plan

to attend: (1) Check with your doctor to make sure this is an appropriate exercise for you (2) read the form at <http://www.hra.iupui.edu/HRA/WorkLife/YogaRegFormSummer2009.pdf> and be prepared to sign a release form, with same wording, on the day you attend.

Descriptions of the Two Levels: Note: Chuck's advice, as you read through these descriptions to determine the best fit for you, is to please be honest with yourself as you answer the questions. If you have any doubts about your experience or whether the Level II class may be too challenging, please contact him (407-8701) to talk about it.

Level I – This is a class that is appropriate for persons who have taken no yoga classes before or those who have taken some classes but find that this is a good fit for their needs.

Level II – Those who register for this class must have a yoga mat and should have attended one full semester of the Level I IUPUI class that we've been offering for a few years (or regular weekly attendance for one year at similar classes elsewhere) and have a good understanding of the alignment principles Chuck refers to regularly (tailbone scoop, four corners of hands and feet, etc.). You must be open to poses that are physically challenging and posture sequences that may increase your heart rate and raise a little sweat (though Chuck assures us that his goal is still for the class to be fun and light-hearted, and he will remain sensitive to you not wanting to go back to your desk or class sweaty). Remember, as your body warms up, it opens up. There will be less beginner-type detail, so you can be in the postures with some silence.

If you are planning to attend the Level II classes, it's still a good idea to continue with the Level I classes if your schedule permits. Chuck suggests that, "It's a good way to keep the basics fresh and keep the ego in check."

**If you pay the semester recreation fee, you are entitled to attend both the Monday/Wednesday Level I and the Tuesday/Thursday Level II classes (along with other activities listed below); you don't pay the fee twice for the two levels. You ONLY pay the semester recreation fee; there is no additional fee to take the lunch time yoga classes.**

Dates/Times/Locations: Yoga classes will be held from Wednesday, May 13th to Monday, August 10th. Before each class, an e-mail reminder about the yoga classes is sent to REGISTERED/PAID participants (but be aware that there can sometimes be a short period of time between when you pay and when we receive a copy of your registration form and that that can result in your not receiving a reminder) at the beginning of the semester. Later in the semester you may only get a weekly reminder. Early on, each location will have a sign on the door on the days class is held indicating that yoga is held there. In the Campus Center you can also look at the electronic sign outside of each room. The locations and their related days of the week are as follows:

- **Mondays Level I** classes will meet in the Campus Center, room 409 (except for May 25<sup>th</sup> when we're off for the Memorial Day holiday; June 1st when we're in Taylor Hall Lower Level; and August 3rd when we're in Taylor Hall 115).
- **Thursdays Level II** classes will meet in Campus Center 409 (except on May 14<sup>th</sup> when we're in Taylor Hall Lower Level, May 21st when we're in Campus Center 405; and August 6<sup>th</sup> when we're in Taylor Hall 115).
- ALL **Tuesday Level II classes and Wednesday Level I** classes will meet in the Union Building Room 130 (1st floor, south wing) from 12:05-12:45. The door knob on room 130 is hard to open so if at first you don't succeed, try, try again.

Here is a link to the campus map <http://www.iupui.edu/misc/campusmap.pdf> in case you are not familiar with the yoga class locations listed above.

**Make personal wellness a priority by putting the above dates/locations on your calendar NOW so that other events don't get scheduled during your yoga time. You might block Monday, Tuesday, Wednesday and Thursday lunch hours for the fall of 2009 and spring of 2010, too.** If you are putting the dates on Outlook, you might have it remind you the day before so that you'll remember to bring your yoga clothing, etc.

There is a fee, but payment of this semester recreation fee entitles you to participate in all the other things listed below. Consider that these lunch time classes allow you to get exercise DURING your work day while also reducing stress. **Payment of the fee allows you to take yoga Monday-Thursday at BOTH of the locations we have arranged for.**

Due to electronic system semester switchover, Intramural & Recreational Sports cannot allow staff/faculty to pay the semester recreation fee and register until May 4<sup>th</sup>; and students can't pay the semester recreation fee until May 6th (though they might already have paid it during the earlier online class registration process). Registrations will be accepted on a first-come, first-served basis until the space limit is reached. IUPUI faculty, staff and students and specific affiliates will have first preference on the available slots.

Cost: The semester recreation fee which you pay to be part of this class is \$61 for the summer semester for IUPUI staff and faculty members and \$27 for the summer semester for students. In addition to the yoga classes mentioned above, payment of this semester recreation fee entitles you to take part in open gym times for basketball and volleyball; use of the Natatorium pool, Recreation Sports weight room/fitness center (PE 014 & 015), Natatorium fitness center (included in fee for faculty and staff ONLY, students must pay additional fee), racquetball courts as well as the opportunity to participate in group fitness classes (PE 156) in aerobics. For more about membership benefits/costs, visit <http://www.iupui.edu/~iupuirec/info/membership.htm> . If you plan to use some of the facilities above or take some of the classes listed above, it is also

imperative that you visit <http://www.iupui.edu/~iupuirec> and click on “informal schedule” (make sure it’s the **summer** schedule) to see if there is availability at the time YOU are interested. Note: You will need your JagTag for all activities (except these special lunch time yoga classes) so that it can be scanned to allow you entrance into the various PE areas. If you can’t find the schedule, call 274-2824.

There are no intramural activities during the summer.

How to Pay the Semester Recreation Fee: On May 4th and thereafter, staff and faculty need to bring their JagTag or other university ID and the special yoga registration slip (**see attached form**) to the service desk in the Natatorium pro shop (basement of Natatorium). Call 274-2824 if you need directions (it’s not the easiest place to find). You will be asked to show your JagTag, give the attendant the completed/signed yoga registration slip (**see attached**) and pay (by cash, credit card, check or JagTag) the semester fee.

Students can pay the semester recreation fee by clicking on that key when they register for classes during open registration before each semester. If the student does not do this at open class registration and misses the window for signing up, he/she can follow the same procedure (above) as for faculty and staff except the fee will be \$27 not \$61, and he/she cannot pay the semester recreation fee until May 6th. **If the student registers online during open registration, he/she still needs to e-mail/fax me the registration form.** Students who register at the Natatorium service desk in the pro shop on the lower level (basement) need their JagTag, the registration form (**attached**) and their money (cash, credit card, check or JagTag).

**Please read the registration form and check with your doctor to be sure that this is an appropriate activity for you before registering.**

What Will the Class Be Like and What Will I Need? On the day of each yoga class, you can change clothing, if need be, from Noon-12:05, attend the class from 12:05-12:45 and then change clothing again from 12:45-12:50. Thus the class will officially start at 12:05 and last until 12:45. So, if you’re planning ahead, block your calendar from at least noon -1:00 on the dates (listed above) for the classes.

Wear comfortable, stretchy clothing and, if wearing loose shorts/top, wear an appropriate close-fitting layer underneath. Bring a yoga mat and water to keep yourself hydrated. Optional items you could bring (mostly for your own comfort) include: socks and a small blanket to cover yourself in case you get cold during relaxation, a towel or extra yoga mat to roll up and put under knees, a small throw pillow, and baby wipes and/or antiperspirant to use to freshen up after the class.

Concerns about Extended Lunch Hour: If you are concerned that you can't walk to the location, change clothing, take the 40-minute class and then walk back to your office in an hour and are in a department where this might be a concern, consider asking your direct supervisor if you can do a trade-off -- agree to come in a few minutes early or stay



a few extra minutes later to make up for the extra minutes that you might use at lunch time. Do this ahead of time, especially if you are covering a vital area, so that you or the supervisor can make arrangements to have the area covered.

What is Yoga? Yoga is a kind of exercise/meditation that has been practiced for more than 5,000 years. The word yoga means “to join or yoke together,” and it aims to bring the body and mind together into one harmonious experience. The whole system of yoga is built on three main structures: exercise, breathing, and meditation. The exercises of yoga are designed to put pressure on the glandular systems of the body, thereby increasing the body’s efficiency and health. Breathing techniques are based on the concept that breath is the source of life in the body. These two systems of exercise and breathing then prepare the body and mind for meditation, and the student finds an easy approach to a quiet mind that allows silence and healing from everyday stress. Regular daily practice of all three parts of this structure of yoga produce a clear, bright mind and a strong, capable body. Source: American Yoga Association

### **Flexible Work Arrangements (FWAs) Panel May 12**

Summer is a great time to try flexible work arrangements in your department, so to help you get started, HRA Work/Life is sponsoring a panel on May 12, 11:30-1:30 at University Library Lilly Auditorium (lower level). Mark this on your calendar and plan to attend; all IUPUI employees are invited.

The panel will include FWA users, those who supervise FWA users, a Payroll representative and an HR staff member who can answer your policy related questions. Each will speak for 5-8 minutes, and then the floor will be open for questions. RSVP to Maggie Stimming ([mstimmin@iupui.edu](mailto:mstimmin@iupui.edu)).

If your department currently offers flexible work arrangements, kindly share with me the forms or guidelines you’ve developed, so that I might share with others.

## **The Supervisors’/Managers’ Corner**

### **How Does Your Department Stack Up?**

Due to our decentralized nature, it is hard to quantify how we do as an overall institution in regard to employee engagement and satisfaction. It is, however, easier to do on a department-by-department basis. Assess your department using the survey at [http://bestcompaniesgroup.com/assessment\\_tools/samples/BCG\\_08\\_EmpSatisfaction.pdf](http://bestcompaniesgroup.com/assessment_tools/samples/BCG_08_EmpSatisfaction.pdf)

This is the survey used by Best Places to Work in Indiana to determine who makes their list. You might find this a good resource for putting together your own survey to learn how you might improve your department. It is also interesting from the standpoint of what kinds of programs best workplaces have in place. Is your department keeping up with current expectations or operating in the style of a bygone era?

### **Staff Recognition**

Block your calendars for the afternoon of September 25 so that you can attend the Staff Recognition event.

## Work/Life Partner Activities & Information of Interest

*Work/Life programming is about wellness, career/personal enrichment, dependent care, education on things that affect your personal life (finances, home maintenance, legal issues, etc.), information for families/singles, ideas for better balancing your work and life and more. In a nutshell, it's about providing information that you, as a whole person need/want. Since HRA's Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.*

### Health, Wellness & Safety

#### Melanoma Monday

Skin cancer has one of the fastest growing rates among all cancers, so take advantage of the free screening sponsored by The IU Department of Dermatology on Monday, May 4, from 7:00 - 9:30 a.m. Screenings will be offered at IU Dermatology Clinic, IUPUI Health Services in Coleman Hall and Regenstrief Dermatology Clinic. Call 274-7744 to schedule your screening appointment. FMI, visit <http://www.iupui.edu/~derm>

#### Blue Ribbon Health Care Committee Seeks Input

IU has set up a committee to examine health care costs and determine how to get them under control. If you have thoughts to share with them or just want to keep up with the committee's work, visit <http://www.indiana.edu/~uhhs/blueribbonhealth.html>.

#### H1N1 Flu

As many of you have heard on the news, the H1N1 flu (which early on was being called swine flu) has raised its ugly head. **This is not your normal flu, this is a very serious type of flu** that can cause death (and already has in Mexico and the U.S.). **If you have the following symptoms – fever greater than 100°F. or 37.8°C., sore throat, cough, stuffy nose, chills, headache, body aches and/or fatigue - STAY HOME, and immediately call your doctor**, because the sooner the illness is caught, the better. Some people have also reported diarrhea and vomiting, and it may cause a worsening of other chronic medical conditions.

To help lower the chances of being infected with flu (and many other diseases), wash your hands often with soap and water or use an alcohol-based hand cleaner; avoid touching your eyes, nose or mouth in case the germs are on your hands; and cover your mouth with a tissue when you cough or sneeze and then immediately dispose of the tissue in a way that won't allow children, pets or others to get to it. Try to stay away from sick people who could have contagious conditions. FMI, see the Centers for Disease Control and Prevention (CDC) web site at <http://www.cdc.gov/swineflu/>. For travel precautions, visit <http://wwwn.cdc.gov/travel/destinationList.aspx>.

#### Caregiver Stress



Caregiving is a JOB and a stressful one! Symptoms of caregiver stress and how to combat them are at [http://www.alz.org/national/documents/brochure\\_caregiverstress.pdf](http://www.alz.org/national/documents/brochure_caregiverstress.pdf) . Be sure to scroll down to page two. This brochure is specific to Alzheimer's disease caregiving, but much of the material applies to all caregivers.

### **Celebrate the EARTH By Living Tobacco-Free!**

Tobacco is cured by burning wood. For every 300 cigarettes that are manufactured, one tree is cut down for curing. Thus, a pack-a-day smoker smokes the equivalent of one tree in just two weeks. So quitting aids your health and the health of the earth.

Source: Heist, Helmut. Global Assessment of Deforestation Related to Tobacco Farming. *Tobacco Control*. 1999;8; 18-28.

### **Join the IUPUI Golf League Now**

The deadline to pay your \$219 fee to join the IUPUI Golf League that plays at South Grove Golf Course, is Friday, May 8<sup>th</sup>. FMI, contact Eric Mauser, 274-5230 or [emauser@iupui.edu](mailto:emauser@iupui.edu). Tell him you saw this in Work/Life e-newsletter.

### **Come Out and Run!**

Do you like to run, but have no one to run with? Then come on out for a group run on Wednesday, May 6! All paces welcome! This is open to all faculty, staff and students. The group will meet in front of the Campus Center by the bicycle racks at 5:30 p.m. The run will start at the Campus Center, continue to the canal and end at the Campus Center. For more information, please contact [runclub@iupui.edu](mailto:runclub@iupui.edu)

### **Free Help to Quit Tobacco**

Recent price increases in tobacco products are serving as a powerful reason for more and more smokers to quit. If you are ready to improve your health and save money by quitting tobacco, call the Indiana Tobacco Quitline – 1-800-QUIT NOW - your best resource for free, professional help and support.

When you call the Quitline, you'll talk with a trained Quit Coach, who understands what you're going through and can work with you to develop an individualized quit plan that meets your specific needs. Coaches are available 8:00 a.m. to 3:00 a.m., seven days a week. For more information, visit [www.indianatobaccoquitline.net](http://www.indianatobaccoquitline.net).

### **Talking to Someone Who's a Victim of Domestic/Dating Violence**

In Indiana in 2003 (the latest figures I found), there were 60 domestic violence deaths and 93,618 calls to Indiana's crisis line. That is an indication that the problem is extensive. Given the number of employees and students on this campus, it is likely that you are often walking by a victim right here on campus. If you want to learn more about how to talk with someone you think might be a victim of domestic or dating violence, visit <http://www.loveisnotabuse.com/pdf/230-001-05%20DV%20trifold.v2.pdf> or [http://www.loveisnotabuse.com/pdf/women\\_hand.pdf](http://www.loveisnotabuse.com/pdf/women_hand.pdf) . For an extensive list of resources, visit the HRA Work/Life Web site at

[http://www.hra.iupui.edu/HRA/WorkLife/wl\\_abuse.asp](http://www.hra.iupui.edu/HRA/WorkLife/wl_abuse.asp) . Your act of caring could save a life.

### **Questionnaire to Determine If you Have Depression**

Sometimes doctors overlook questions about mental health when you come in for your annual physical. Be proactive; don't suffer needlessly. If you are worried that you might be depressed, consider taking the Patient Health Questionnaire – PHQ9 and sharing the results with your doctor to analyze and determine if you some type of help would be advisable. The questionnaire can be found at

<http://www.nyc.gov/html/doh/downloads/pdf/csi/depressionkit-clin-questionnaire.pdf> .

### **Eating Sustainably**

A discussion about sustainable food will be held Wednesday, May 6th, Noon -1:00 p.m. in room 406 of the Campus Center. Participants include Matt Jose of Big City Farms, Todd Jameson of Balanced Harvest Farm, Laura Henderson of Market Master, and Chris Eley of Goose the Market. All are welcome.

### **Fit City's New Web Site: Recipes, Fitness Tips & More**

Check out healthy eating and exercise tips, sign up for the FitCity newsletter and look at the special sections for parents and kids at <http://www.fitcityindy.org/eat-healthy> .

### **IUPUI Employee Health & Benefits Fair**

Block 9-3:00, Friday, October 30<sup>th</sup> for the IUPUI Employee Health & Benefits Fair. If you are a supervisor, try to avoid setting meetings for that day and encourage your employees to block the date now and plan to attend.

## **Personal/Home/Family/Financial Life**

### **Indiana University Adopts New Eldercare Benefit**

IU now provides its full-time employees with an eldercare benefit in collaboration with Indianapolis-based My Health Care Manager. This program can help employees with solutions for caring for an older loved one. The university pays for the initial evaluation and, if the employee wishes to engage the program for further services, the university has negotiated a discount for those services. FMI, visit

<http://www.myhealthcaremanager.com/IU> .

Another good resource for services (many of them free), is CICOA. I recommend you call them at 254-5465, but if you want to search out general information, visit <http://www.cicoa.org> . They know central Indiana and the needs of the elderly inside out and upside down.

### **Need Low-Cost Building Materials or Have Items to Donate?**

Habitat for Humanity's ReStore, 1011 E. 22<sup>nd</sup> St., offers new and quality used appliances, bath fixtures, mirrors, lighting, flooring, cabinets, furniture and other home products to sell. Conversely, if you are renovating and getting rid of the above, they can

arrange pick-up for your tax-deductible donations. FMI, call 921-2121 x 189 or visit <http://www.indyhabitat.org/restore/index.php> . Why pay high prices or fill the landfills?

### **Quality Ratings for Child Care**

Paths to Quality is a free and voluntary quality rating and improvement system. Because it is voluntary, child care providers choose whether to take part or not. You, as a parent can go to the site at <https://secure.in.gov/apps/fssa/carefinder/index.html> ; enter your county, city/town or zip code; and, when the list of providers comes up, click on the provider of interest and view their information. For other information, visit <http://www.in.gov/fssa/2554.htm> .

### **Sand Mandala of Healing**

St. Luke's United Methodist Church has been hosting Buddhist monks who are creating a sand mandala. Thursday afternoon, the sand mandala was swept up and disposed of in nearby Williams Creek.

Thursday evening, April 30, from 6:30-8:30 p.m. they will offer a FREE Tibetan music and sacred dance pageant at IUPUI's Campus Center, 450C.

On Friday evening, May 1, the monks will offer a Tibetan Cultural Performance at 7:00 p.m. in Fellowship Hall at St. Luke's, 100 West 86th Street. Expect chanting, horns, dancing and commentary. A donation of \$15 for adults and \$10 for Youth would be appreciated.

The Peace Institute, 1201 Central Avenue, will host the monks for dinner and conversation with attendees on Saturday, May 2, 6-8:00 p.m. Suggested Donation \$15; Students \$10; Children Free

### **Free and Fun/Interesting**

500 Festival Kick-off; May 1, 11:30-1:00; Monument Circle; Indy 500 Princesses, pace Cars; giveaways and lunch to first 500 people.



Head to Mass Ave's Gallery Walk & Artful Tread to see tires turned into creative works like the one at left, May 1-31. Visitors can vote for the "People's Choice" of the various tire designs May 1 - 4. Wouldn't kids love this caterpillar made out of tires?

Circle City Sound Barbershop Harmony Chorus; May 2, 2:30; Indianapolis Artsgarden. FMI, call 631-3301.

Opera Lite and Forte; The Rathskeller at the Athenaeum; Wednesday, May 6, 5:30-7:00 p.m. Get a taste of German music, food and drink. No admission charge. Food is complimentary; beer and wine are not. This is a 21 and older event.

Indianapolis Farmers' Market; Wednesdays May 6 - October 28, 10 a.m. - 1:30 p.m.; [Indianapolis City Market](#) .

James Coffey in Concert; May 7, 7:00; Lawrence Branch Library (east side). For families, including 3-5 year olds.

Children's Museum, Free Family Night; May 7, 4-8:00 p.m.; FMI, call 332-3322.

Splinter Group (jazz fusion); May 9, 12:15, Indianapolis Artsgarden; FMI, call 631-3301.

Fall Creek Band (bluegrass, some Celtic); May 10, 2:00; Indianapolis Artsgarden; FMI, call 631-3301.

Peter Pan; May 13, 7:00 p.m. or May 16, 11:00 a.m., Central Library Clowes Auditorium, featuring Young Actors Theatre. FMI, call 275-4100.

What Can Cemetery Records Tell Us (genealogy); May 14, 5:30-6:30; Indiana State Library. FMI, call 232-3675.

Bike to Work Day, May 15, 6:00 a.m. to 6:00 p.m.; Monument Circle. FMI, call 232-7658.

Mayor's Bike Ride (the inaugural bike ride on the new bike lanes on Michigan and New York Streets); Saturday, May 16, beginning at Veteran's Memorial Plaza, 550 N. Meridian. Registration is at Noon, and ride starts at 1:00 p.m. or register online at [www.healthbydesignonline.org](http://www.healthbydesignonline.org) . There are three and ten mile rides. Bike helmets are required.

Bluegrass Music; May 17, 2:00; Central Library. FMI, call 275-4100.

Joan Hamilton Band (folk/rock +); May 17, 2:00; Indianapolis Artsgarden. FMI, call 631-3301.

### **Save Money: Repair Windshield Dings**

Did you realize that you can have a windshield with a nick, crack or chip that is smaller than a dollar bill repaired before it turns into a large crack that requires expensive replacement? Our family has done it more than once, and it worked every time. Look under "Windshield Repair" in the yellow pages, then CALL to be sure they do repairs to auto windshields (not all do). Of course, check the Better Business Bureau, Angie's List (if you subscribe) or . . . to make sure the company is reputable.

### **Supplemental/Special Needs Trust**

If you are the parent/guardian of a disabled child, consider investigating a supplemental/special need trust. FMI, visit the AARP Web site at [http://bulletin.aarp.org/yourworld/family/articles/securing\\_your\\_disabled\\_child\\_s\\_future.html](http://bulletin.aarp.org/yourworld/family/articles/securing_your_disabled_child_s_future.html) .

### **What's Happening at the Walker?**

Betsy Myers, who served as COO of the Obama Campaign and Chair of Women for Obama, will speak Thursday, May 14<sup>th</sup>, 7 p.m. Tickets are \$25-75. FMI, call 236-2099.

### **Need to Upgrade Computer Skills?**

The Indianapolis Marion County library system is offering Computer Basics, Internet Job Search, PowerPoint Basics, Microsoft Word Basics and Intermediate, Excel Basics and Intermediate, E-mail Basics, Microsoft Publisher Basics. FMI, visit <http://www.imcpl.org/events/main.html> or call 275-4100.

### **Social Security**

Central Library is offering meetings that can help you get your social security questions answered. FMI, visit <http://www.imcpl.org/events/main.html> or call 275-4100.

### **Human Services Assistance**

If you or someone else is in dire need of assistance with food, medicine, utilities, etc., due to economic circumstances, call 211.\_

## **Miscellaneous**

### **Honors Research Fellows**

The IUPUI Honors Program offers a one-year stipend of \$2,000 to IUPUI faculty who agree to mentor an undergraduate student in a research project. This research should be offered as H399, Honors Independent Study, and could be for one or two semesters. A minimum of three credit hours is required. In order to qualify for this grant, faculty must identify a student whose research will be supported and submit a proposal for mentoring that research to the Honors Council. FMI, [http://uc.iupui.edu/honors/faculty\\_fellows.asp](http://uc.iupui.edu/honors/faculty_fellows.asp) .

### **Careers for the Future Scholarship**

The Indiana Latino Institute, Inc., is accepting applications for the "Careers for the Future" Scholarship. Created as a means of addressing the underrepresentation of Latinos in post-secondary education, the goal is to encourage Latino students in Indiana to pursue higher education and engage in community service. Deadline is May 31. FMI, visit [ILI's Scholarship page](#)

### **Green for Green: Summer Work**

This summer, 16-24 year olds will have the chance to go green to get some green by cleaning up state parks, forests and historic buildings across Indiana. To apply, go to [www.in.gov/yhcc](http://www.in.gov/yhcc). Work will begin no earlier than May 1 and end no later than Sept. 30.

## **Becoming More World/Culture Wise**

### ***May is Asian/Pacific American Heritage Month***

**Selected Holidays of Note** (Source: University of Kansas Medical Center Web site)

May 1 – Beltane (Celtic)  
May 1 – National Day of Prayer  
May 5 – Cinco de Mayo (Mexican)  
May 17 – Armed Forces Day  
May 23 – Declaration of the Bab (Baha'i)  
May 28 – Shavuot (Jewish)

### **Ethnic/Cultural Festivals/Events/Classes**

#### **Local**

*Ro Han MemTaiwanese Cultural Troupe*; Tuesday, May. 5, 7:00 p.m.; Clowes Hall at Butler University. Free, but ticket required (available from Clowes Box Office). FMI, call 940-6444.

*Asian Festival*; May 9, 11-5:00; Garfield Park, 2432 Conservatory Dr. Food, art and other merchandise; entertainment. FMI, visit <http://indyasianfestival.org/2.html> .

*Journey Through Africa: Dance Like the Egyptians*; May 2, 2:30; Pike Branch Library. For adults and children over age six.

*Journey Throughout Africa: Arts, Crafts*; May 10, 2:00; Central Library Learning Curve Room. For adults and children over age six. Call 275-4100 to register. FMI on ALL library events, visit <http://www.imcpl.org/events/main.html> .

#### **Regional**

*Eel River Native American PowWow*; May 23-25; Logansport's France Park. For information on admission fee, etc., visit [www.eelrivertribeofindiana.org/POWWOWinfo.html](http://www.eelrivertribeofindiana.org/POWWOWinfo.html)

## **For the Highly Curious**

I am curious about a wide range of subjects. For those of you who share that trait, here's your chance to learn more about:

### **Dye-sensitized Solar Cells (often called DSSC or DSC)**

Not quite as efficient as photovoltaic solar cells, but cheaper to produce, DSSC thin-film solar cells can be applied to windows, skylights and more and are seen as one of the promising next steps in solar technology. FMI, visit <http://en.wikipedia.org/wiki/Dye->



[sensitized solar cell](#). I especially recommend the information that appears AFTER the "Contents" box.

They can even be used on sunglasses! Check out <http://science.howstuffworks.com/solar-powered-sunglasses.htm/printable>.

## **Volunteer Opportunities/Civic Engagement**

*Comment: You might wonder why I include a section on volunteerism in this newsletter. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill, experience a leadership role, get the great feeling that you get for making a contribution and have fun. Is that reason enough to include this section? ☺*

**Want to Build Your Leadership Skills?  
Watch for Periodic Board or Committee Opportunities in this Section.**

Heartland Truly Moving Pictures, producer of the Heartland Film Festival, is seeking volunteers with a specific interest in grassroots promotional efforts to serve on the Marketing Squad. Sign up for this committee or check out our other volunteer opportunities by creating a [volunteer profile](#).

Volunteers are needed for Mayor's Bike Ride on May 16th, especially bicyclists who can help with mechanical support and safety patrol along the route. Please contact Connie Szabo Schmucker ( [cschmucker@bgindy.com](mailto:cschmucker@bgindy.com)) for more details on how you can help volunteer to make the event a success.

Organize Adopt-a-Block to beautify your neighborhood. Visit [http://www.kibi.org/programs/litter\\_cleanup/adopt-a-block/Adopt-A-Block\\_2008.pdf](http://www.kibi.org/programs/litter_cleanup/adopt-a-block/Adopt-A-Block_2008.pdf) to learn how. You might even win awards (flowers, etc.) for your neighborhood.

Where would you be without education? For too many adults, this is not a hypothetical question. Indy Reads is looking for dedicated volunteers to help local adults with reading and writing tasks, and to help inspire them to continue learning. Call us to inquire about becoming a Reading Coach today 317-275-4040.

## **Notes**

If someone forwarded this Work/Life e-newsletter to you or you picked it up via the Web or link and want to subscribe, just send a note to [mstimmin@iupui.edu](mailto:mstimmin@iupui.edu).

*Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list*

*(though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information. Be a wise consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.*

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