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IUPUI HRA Work/Life E-News – October 2012

Paralyze resistance with persistence.

Author
unknown

HRA Work/Life Events/Programs/Activities

Call for Nursing Mothers' Room Furniture, Lockers, Etc.

I have no budget to furnish nursing mothers' rooms, so donations, from your campus office or home, of small, sturdy end tables; comfortable, sturdy, yet portable, chairs (preferably with padded arms); small bulletin boards; free-standing sets of padlock-friendly lockers (which are needed for both nursing mothers' rooms and bicyclists' shower areas); coat racks/hooks; keypad door locks; napkin-style paper towel holders; small plastic trash cans; vacant/in use sliders, and wall art appropriate for a nursing mom's room are welcomed. I'm happy to pick up the items from your office.

21st Century Management/Leadership Cues for Current/Aspiring Leaders

The Progress Principle: Using Small Wins to Ignite Joy, Engagement and Creativity at Work

In their book, *The Progress Principle*, Teresa M. Amabile and Steven J. Kramer conclude that, based on the analysis of 12,000 diary entries by 238 employees, the single most important thing for boosting employees' inner work life (emotions, motivation and perceptions), which is critical to performance, is making progress – even a small win -- in *meaningful* work. They also found that managers have more influence than they realize over employees' well-being, motivation and creative output and that by learning to enable progress through catalyzing events such as clear goals, autonomy and provision of sufficient resources and by using nourishers such as encouragement, recognition and demonstrating collegiality and respect, they can improve their organization's long-term progress. FMI - http://www.progressprinciple.com/books/resources/tips_from_the_progress_principle and an article from the May 2011 *Harvard Business Review* titled, "The Power of Small Wins." [Remember that as part of IUPUI you can get this through the EBSCO system of the library. If you are unfamiliar with how to do that, contact the reference desk at 274-0469 or <http://www.ulib.iupui.edu/research/askalibrarian> .

Work/Life Partner Activities & Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, "life" education (finances, home maintenance, legal issues, etc.), and ideas for better balancing work, life and school. 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 (Check with your Dr. to learn what's appropriate for you, health-wise, before making changes.)

Be in the Know on Radon

Radon is the second leading cause of lung cancer and, because you can't smell or taste it, the only way to know if your home, workplace, etc. has unsafe levels is to test for it. It is estimated that one in every 15 U.S. homes has elevated radon levels. The American Lung Association offers free test kits to Indiana residents at <http://www.lung.org/associations/states/indiana/indoor--outdoor-air/test-your-home-for-radon-1.html> . For information on types of tests and how to use, visit <http://www.epa.gov/radon/pubs/citguide.html#howtotest> . To check the licensure of a radon tester, mitigator (person who fixes the problem), etc. visit <https://mylicense.in.gov/everification/Search.aspx> . If you're building a home, here's how to keep radon out from the start - <http://www.epa.gov/radon/rnc/index.html> .

It's Flu Shot Time

Staff, faculty and students can get a free flu shot (by showing a valid IUPUI ID) at the October 31st Health & Benefits Fair on the 4th floor of the Campus Center. If you want to know more about who should get the flu shot, why it's important, what else you can do to avoid the flu, etc., visit <http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm#get-vaccinated> .

Showers for Bicyclists and Those Who Exercise

I'm excited to be able to report that there are now showers for all IUPUI people who bike to work/school, participate in exercise, etc., in the Lockefield Village Building (southwest corner of the intersection where 10th St., Indiana Avenue and University Boulevard meet). The men's showers are located in the 4th floor men's restroom that is located to the left as you get off of the elevator. The women's showers are located in the 3rd floor women's restroom that is located to the left as you get off of the elevator. A bike rack is located across from the entrance to Lockefield at the edge of the parking lot. Plan to bring your own towel, as there is no towel service.

Ask to Have Blood Pressure Taken in BOTH Arms

A few points of difference in blood pressure between the two arms is likely not a concern, but a difference of more than 20 millimeters of mercury (mm Hg) for systolic pressure (top number) or more than 10 mm Hg for diastolic pressure (bottom number) may be a sign of an underlying problem such as narrowing of the main arteries. An even larger difference could signal a blocked artery, kidney disease, diabetes or heart defects. By having your blood pressure checked in both arms you might be able to detect a problem and get needed treatment sooner. FMI - <http://www.mayoclinic.com/health/blood-pressure/AN00357> .

Personal/Home/Family/Financial Life

Change TV from “Retail Mode” to “Home Mode” to Save Energy

TVs are often shipped in “retail mode” in order to provide extra brightness in store displays, but you can save energy and often improve picture quality by changing to “home mode.” This can usually be done using your remote control and following directions in your owner’s manual. For information about this and other ways to improve your TV’s energy efficiency, visit <http://reviews.cnet.com/green-tech/tv-power-saving-tips> .

Riley Safety Store: One Fabulous and Low-Cost Resource

The Riley Hospital Safety Store offers bike helmets (in sizes that will also fit most adults), smoke detectors, safety gates, cabinet/appliance/gun locks, infant sleep sacks, and more at amazingly low prices. The store is located next to the gift shop in the Riley Outpatient Center. The nearest entrance is from the sidewalk that runs between the School of Nursing and Riley, where you see the outdoor dining area (go left once inside). Their phone number is 888-365-2022. A brochure can be found at <http://iuhealth.org/images/ril-doc-upl/Safety%20Store%20Eng%20white.pdf> .

Register with Commuter Connect (formerly CICS) and Log Your October Commuting

The 2012 Commuter Challenge – held during the month of October, Rideshare Month – encourages employees (full- or part-time) to use alternative transportation. If you are an employee who car pools, van pools, rides the bus, bikes or walks to work and you register/log your commute online at www.CommuterConnect.us/Challenge, you’ll get a chance to win prizes – including a \$500 gift card. Questions? Call 317-327-RIDE or e-mail cs@cirta.us. Their site can also help you to connect to others to form a car pool.

Author to Visit IUPUI

The IUPUI Common Theme book for 2012-13 is *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*. Sheryl WuDunn, co-author (with Nicholas Kristof) of the book, will visit IUPUI for a lecture and book signing on November 14th at 6:00 in Campus Center 450. A related documentary, which you may want to see prior to the November event, will be aired on PBS October 1st and 2nd. Broadcast time for WFYI and WFIU is listed as 9:00 p.m. on both dates. If you are in areas not served by those two stations, check your local listings. FMI on the documentary, visit <http://www.pbs.org/independentlens/half-the-sky> . FMI on the IUPUI Common Theme, visit http://www.iupui.edu/common_theme . The book *is* available in the IUPUI Barnes & Noble bookstore.

Got a Musically Talented Child?

The Carmel Symphony Orchestra is looking for student musicians up through the 12th grade to compete in its 32nd annual Young Artists’ Competition. The prize is a chance to perform with the orchestra, plus a \$1,000 cash award. [More](#)

Balanced Sources of Information

If you are interested in more balanced information about the issues of the day, here are some bipartisan/nonpartisan sites that may be helpful:

- www.Factcheck.org - Nonpartisan ‘consumer advocate that aims to reduce the level of deception and confusion in U.S. politics

- Center for Strategic & International Studies, <http://csis.org/topics> - bipartisan; deep level of information on defense/security, energy/climate change, global trends, global health, human rights, economic development/reconstruction, governance, technology and trade/economics.
- Kaiser Family Foundation, <http://www.kff.org/about/index2.cfm> - nonpartisan source of facts, information and analysis on health policy
- Bipartisan Policy Center, <http://www.bipartisanpolicy.org> – economic policy, energy, infrastructure, health, governance and national security are their focus

IndyGo's Green Line Gone but Other Options Available

Though IndyGo no longer runs the Green Line to/from the airport, Bloomington Shuttle has picked up the route which runs from 8:00 a.m. to 11:00 p.m. See details at http://www.bloomingtonshuttle.com/indy_express . IndyGo's route 8 is another option - <http://www.indygo.net/maps-schedules/transit-service-between-airportdowntown-indy> .

Free and Fun/Interesting - Get Out Your Calendar!

Note: Each event is listed in color so that you can quickly scan down through the items to find those of interest.

IUPUI

"Nefarious: Merchant of Souls" (documentary about the growing problem of sex slavery); Saturday, September 29, 8:00 p.m. in Campus Center 450. Caution: the content is very disturbing.

Careers in World Languages; Tuesday, October 2, 10-3:00; Campus Center 148. FMI - http://events.iupui.edu/event/?event_id=7430

"Did Othello Lose His Voice? Douglass as Revisionist Autobiographer" (a presentation by Yale's David Bight, professor of American history and Director of Gilder Lehrman Center for the Study of Slavery, Resistance and Abolition); Thursday, October 4, 6:00; Campus Center 450. FMI - http://liberalarts.iupui.edu/douglass/uploads/docs/ad_fredrick_douglass_0911.pdf .

Frederick Douglass Symposium: "Rediscovering the Life and Times of Frederick Douglass;" Thursday-Friday, October 4-5; IUPUI Campus Center 450. FMI - <http://liberalarts.iupui.edu/douglass>

"Turnin' It! The Art & Culture of Drag" Exhibition Opening and Reception; Friday, October 5, 6-9:00; Basile Gallery in Eskenazi Hall, 735 W. New York St. FMI – <http://www.herron.iupui.edu/galleries/exhibitions/turnin%E2%80%99it-art-and-culture-drag> . Exhibition is in place until October 25th.

State of the University Address; Tuesday, October 9, 1:00; Campus Center Theatre (lower level). A reception follows.

"Improving Women's Lives Through Philanthropy and Community Service" (Hazelett Women in Leadership Forum featuring Marianne Glick); Tuesday, October 9, 5:00 Reception, 6:00 Program; Indiana Historical Society, 450 W. Ohio St. FMI and to reserve a seat, call 317-278-2800 or visit <http://www.tobiascenter.iu.edu/conferences/hazelette.html> .

Campus Sustainability Day; Wednesday, October 24. Check www.facebook.com/sustainiupui for updates on activities. Sponsor is Student Sustainability Council.

Local

The Hofbrau Band; Saturday, September 29, 1-2:00; Indianapolis Artsgarden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15121> .

Ballroom Dance Showcase; Saturday, September 29, 3-4:00; Indianapolis Artsgarden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15169> .

Indianapolis School of Ballet; Sunday, September 30, 2-3:00; Indianapolis Arts Garden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI -

<http://www.indyarts.org/calendar.aspx?id=15709> .

Roots Concert with Clang (improvisational percussion); Sunday, September 30, 2:30; Central Library, 40 E. St. Clair. FMI, call 275-4100.

Clifford Ratliff & the Indy Jazz Company; Sunday, September 30, 4:00; Watkins Park, 2360 Martin Luther King, Jr. St. FMI, call 327-7175.

Presentation by Steven Amstrup, world-renowned polar bear and climate scientist; Monday, October 1, 7:30 p.m.; Butler University's Atherton Union, 4600 Sunset Ave. FMI, visit <http://www.butler.edu/absolutenm/templates/?a=3617&z=41> or call 317-940-9269.

Bach to Boogie; Monday, October 1, 7:30 p.m.; University of Indianapolis' Christel DeHaan Fine Arts Center, 1400 E. Hanna Ave. FMI, call 317-788-3255 or visit www.uindy.edu/arts .

Found Footage Festival; Wednesday, October 3, 7:00; Big Car (gallery and community center), 3819 Lafayette Road. FMI, visit <http://do317.com/event/2012/10/03/found-footage-festival> or call 317-347-0238. This is a showcase of strange and outrageous footage from videos that were found at garage sales, thrift stores, etc.

Trombonanza (jazz concert); Wednesday, October 3, 7:30; University of Indianapolis' Christel DeHaan Fine Arts Center, 1400 E. Hanna Ave. FMI, visit www.uindy.edu/arts or call 317-788-3255

Free Night at Children's Museum; Thursday, October 4, 4-8:00; 3000 N. Illinois St. FMI, call 317-334-3322.

Food Con III; Celebrating the Art & Culture of Food in Indiana; Friday, October 5, 5-9:00; Harrison Center for the Arts, 1505 N. Delaware St. FMI - www.harrisoncenter.org .

MRIs for Vintage Buildings; Thursday, October 4, 6-7:00; Indiana Landmarks, 1201 Central Ave. FMI, call 317-639-4534.

Glass Arts Show; Friday, October 5-Friday, October 26, all day; Indianapolis Arts Garden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15858> .

Fine Estate Art & Rugs; Friday, October 5, 6-9:00; Indiana Landmarks, 1201 Central Ave. FMI, call 317-639-4534.

Color Me; Friday, October 5, 6-11:00 p.m.; Indianapolis Museum of Contemporary Art, 1043 Virginia Ave. FMI - www.indymoca.org

Ask a Lawyer (one-on-one at various locations around the city or by phone call to 317-269-2000); Tuesday, October 9, 2-6:00. FMI - <http://www.indybar.org/community/legal-advice/ask-a-lawyer.php>

Celebrate Science Indiana; Saturday, October 6, 10-5:00; State Fairgrounds, 1202 E. 38th St. FMI - <http://www.celebratescienceindiana.org> . Experience an earthquake simulator, learn about wildlife, speak with scientists, see a weather balloon, see robots in action, learn about computer gaming, participate in BrainQuest and more.

Circle City Classic Parade; Saturday, October 6, 10:00; downtown parade route, north of Circle. FMI - <http://www.circlecityclassic.com/Event.asp?id=117> . A complete list of Circle City Classic events at <http://www.circlecityclassic.com/calendar.aspx> .

Bud Light Tailgate; Sunday, October 7, 10-1:00; Georgia Street downtown. FMI - <http://www.1070thefan.com/BudLightTailgateParty.aspx>

Voter Registration Booth; Sunday, October 7, 2-4:00; Central Library, 40 E. St. Clair. FMI, call 275-4100.

Commuter Networking Event; Wednesday, October 10, 5:30-6:30; Tomlinson Tap in City Market. 222 E. Market St.

Creating Period-Look Kitchens (with Gordon Bock, Old House Journal contributor); Thursday, October 11, 6:00 p.m.; Indiana Landmarks, 1201 N. Central Ave. FMI, call 317-639-4534. Cash bar at 5:30, book signing at 7:00.

The City Dark (part of Eco Film Series); Friday, October 12, 7:30 p.m.; 5233 E. 79th St. FMI - <http://www.indianalivinggreen.com/event/2012-eco-film-series-the-city-dark>

A Beginner's Guide to Zombie Apocalypse Survival: The Hunger Games Movie Showing; Sunday, October 14, 2:00; Central Library, 40 E. St. Clair. FMI, call 275-4100.

Walking Through the Medicare Maze; Monday, October 15, 7-8:30; St. Luke's Methodist Church, room E107. Learn about Medicare A, B, D, Advantage, Supplement and more. FMI, call 317-846-3404.

Truth or Consequences: Address by Lt. Dan Choi, LGBT Activist and Iraq veteran; Monday, October 15, 7:30 p.m.; Butler University's Clowes Hall, 4602 Sunset Avenue. Free, but ticket required (limit of 2). FMI - <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=24&-Token.Action=>

National Alternative Fuel Vehicle Odyssey; Thursday, October 18, 8-5:00; White River State Park, 801 W. Washington St. FMI - <http://www.indianalivinggreen.com/event/national-alternative-fuel-vehicle-afv-day-odyssey>

Irvington Halloween Festival; Saturday-Saturday, October 20-27; Irvington neighborhood in Indianapolis. For dates/times of various events, visit <http://www.irvingtonhalloween.com/events>. Questions? Call 317-713-1100. Spooky organ concert, haunted puppet show, costume party, zombie face painting and more.

Bud Light Tailgate; Sunday, October 21 (time and location for this date not listed on Web site). FMI - <http://www.1070thefan.com/BudLightTailgateParty.aspx>

Duo Cognito; Sunday, October 21, 2-3:00; Indianapolis Artsgarden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15135>.

Joyful Sound; Sunday, October 21, 4-5:00; Indianapolis Artsgarden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15841>.

New World Youth Orchestra; Sunday, October 21, 6:30-7:30; Indianapolis Artsgarden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15842>.

Roots Concert featuring Bleu Jango (jazz/swing); Sunday, October 21, 2:30; Central Library, 40 E. St. Clair. FMI, call 275-4100.

Wind Ensemble; Sunday, October 21, 3:00; Butler University's Clowes Hall, 4602 Sunset Avenue. FMI - <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=14&-Token.Action=>

Yelp Paints the Town Red; Thursday, October 25, 7-9:00 p.m.; Mavis Event Center, 121 S. East St. RSVP required. Must be 21 or over.

Heid E. Erdrich, poet and playwright (part of Kellogg Writers' Series); Thursday, October 27, 7:30; University of Indianapolis' Christel DeHaan Fine Arts Center, 1400 E. Hanna Ave. FMI, visit www.uindy.edu/arts or call 317-788-3255

Genealogy & Local History Fair; Saturday, October 27, 9-3:30; Indiana State Library, 315 W. Ohio St. FMI - <http://www.in.gov/library/4612.htm>. Sessions on finding information in funeral home and cemetery records; how to make your ancestry come alive and difficulties researching Native American ancestry. Questions? Call 317-232-3675.

Naptown Boogie band; Sunday, October 28, 2-3:00; Indianapolis Artsgarden in Circle Centre Mall, intersection of Washington and Illinois Sts. FMI - <http://www.indyarts.org/calendar.aspx?id=15139>.

Ghoulish Garfield; Monday & Tuesday, October 29 and 30, 5:30-9:00; Garfield Park Arts Center, 2432 Conservatory Dr. FMI, call 327-7135.

Regional/State

Riley Festival (celebrating the anniversary of the birth of James Whitcomb Riley); Thursday-Sunday, October 4-7; Greenfield, IN. FMI, visit www.rileyfestival.com or call 317-462-2141. Fine arts, crafts, food, flea market, decorated pumpkin show and more.

Metamora Canal Days; Friday-Sunday, October 5-7; Metamora, IN. FMI, visit www.metamoraindiana.com or call 765-647-2194. Operating grist mill, canal boat and train; along with antiques and crafts.

Newport Antique Auto Hill Climb; Friday-Sunday, October 5-7; Newport, IN FMI, visit www.newporthillclimb.com or 765-492-4220. Uphill drag race for antique cars and motorcycles; antique and street rod car show, gospel music jamboree, flea market, fireworks, food and more.

Popcorn Festival; Friday-Sunday, October 5-7; Brazil, IN. FMI, visit www.popcornfest.net or call 812-448-2307.

Apple Festival of Kendallville; Saturday-Sunday, October 6-7; Kendallville, IN. FMI, visit www.kendallvilleapplefestival.org or call 260-350-1119. 1800-1865 pioneer festival offering skill demonstrations, primitive village, crafts, contests, antiques, food and more.

Parke County Covered Bridge Festival; Friday-Sunday, October 12-14, Rockville, IN and surrounding area. FMI, visit http://www.coveredbridges.com/index.php/covered_bridge_festival?cfid=11 or call 765-569-5226. Thirty-one covered bridges, civil war era village, grist mill, flea market, crafts, entertainment and more.

A Renaissance in Roanoke; Saturday, October 13, 10-5:00; Roanoke, IN. FMI, visit www.renaissanceinroanoke.org or call 260-672-2837. Plein art paint-out, juried art show, young artists' competition, farmers' market and more.

Harvest Moon Festival; Saturday, October 20; Vincennes, IN. FMI, visit http://www.knoxcountychamber.com/news_specific.asp?newsid=111 or call 888-895-6622.

Fort Vallonia Days; Saturday-Sunday, October 20-21; Vallonia, IN. FMI, visit www.fortvalloniadays.com or call 812-216-3946. Muzzleload shoot, tomahawk and knife throwing, food, crafts, flea market and more.

Bradford Woods Fall Harvest Festival; Saturday, October 27; Martinsville, IN. FMI, visit <http://www.bradwoods.org/events/fallharvest> or call 765-342-2915. Acoustic roots music, pioneer village and a variety of activities.

Chamber Music Concert; Sunday, October 28, 2:00; Central Library, 40 E. St. Clair. FMI, call 275-4100.

The above represents only a sampling of the many Indiana festivals. For information on other festivals, visit www.IndianaFestivals.org.

See "Becoming More World/Culture Wise" section below for ethnic events.

Becoming More World/Culture Wise

~ *German-American, Polish-American and Italian-American Heritage Month* ~

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

October 1 – Sukkot (Jewish)
October 7 – Simchat Torah (Jewish)
October 8 – Columbus Day (U.S.)
October 8 – Shemini Atzeret (Jewish)
October 26 – Eid al-adha (Islamic, Muslim)
October 31 – Halloween (U.S.)

Ethnic/World/Cultural Events/Classes

Note: I gather information from a variety of sources. Some sources include contact information, cost, etc. and others don't, so please excuse the sometimes less than comprehensive information.

IUPUI

World Languages & Cultures Career Day; Tuesday, October 2, 10:00–3:00; CE 148. FMI - http://events.iupui.edu/event/?event_id=7430

Chinese Culture Hour; Wednesdays, October 3, 10, 17 and 24; Cavanaugh 129. Contact xueywang@iupui.edu to reserve a seat.

Local

Double-feature Movies, Maria Candelaria and Modisto de Senoras; Friday, October 12, 7:00 and 8:45; Indianapolis Museum of Art, 4000 N. Michigan Rd. FMI - <http://www.imamuseum.org/toby/films>. Free.

GermanFest; Saturday, October 13, noon-11:00; Athenaeum, 401 E. Michigan St. Dachshund races, Lederhosen Lauf run/walk, yodeling contest, food, dance, music, and more. Tickets: \$5 in advance, \$10 at the door. FMI - <http://www.athenaeumfoundation.org/theatre-buildingevents/germanfest>.

Scottish Highland Games and Festival; Saturday, October 13, 9-9:00; German Park, 8600 S. Meridian St. FMI – www.indyscotgamesandfest.com. Admission fee.

Taste of Italy Street Festival; Saturday, October 13, 3-midnight; 520 Stevens St. FMI, visit <http://www.facebook.com/TasteOfItalyFestival#!/photo.php?fbid=534675496549038&set=a.531572296859358.137878.518146631535258&type=1&theater> or call 317-974-5077. Free admission.

Journey Through Eastern Europe: Songs, Stories, Dance and a Taste of Europe; Saturday, October 27, 2:00; Central Library, 40 E. St. Clair. FMI, call 275-4100. Free.

Regional

Conference on African-American History: A Progressive Journey through Indiana History, Indiana's Legacy of Slavery, Indentured Servitude and Pioneer Justice; Wednesday-Friday, October 10-12; Jeffersonville, Clarksville and Laconia, Indiana. FMI, contact Maxine Brown, mxnbrown@aol.com. Reenactments, music, panel discussion, lunch at historic Cedar Farm, presentations by Eunice Trotter, Brian Dirck, Ph.D., Maxine Brown and others. There is a registration fee.

For the Highly Curious

How to Extract Your Own DNA

While it won't help you *decode* your DNA, the video at <http://www.pbs.org/wgbh/nova/body/extract-your-dna.html> shows you how to use simple ingredients (bottled water, salt, clear dish soap, blue food coloring, isopropyl alcohol 70%) to *extract* your DNA. It is an interesting process and would be something out of the ordinary to do on a Saturday night. Depending on the age of your children, you might want to have them do theirs when you do yours.

Get Involved in the Community: Volunteer Opportunities/Civic Engagement

Comment: You might wonder why I include a section on volunteerism. 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. Plus, civic engagement is part of IUPUI's mission. Reason enough to include this section? ☺

Want to Build Your Leadership Skills? Serve on a Board/Committee

The 10th Annual Get on Board, showcasing *100 local, non-profit organizations who are seeking board members*, is October 1, at The Children's Museum of Indianapolis from 4- 6:30 p.m. It is a

one-stop-shop for skilled and passionate individuals who want to make a difference at a leadership level. Admission and parking are free. FMI and to pre-register, [visit here](#).

Other Volunteer/Donation Opportunities – Your Chance to Pay it Forward

Dammar needs 100 volunteers to help with a variety of beautification projects on their main campus on Saturday, October 6, 9-1:00. Projects include *weeding, mulching, removing brush and painting*. Must be 16 years of age or older. Families, schools, church/civic groups and businesses welcome. Lunch and work gloves will be provided to all. Volunteer registration deadline: October 1. To register, contact Mike Kraft at 317-856-5201 or mikek@damar.org.

Donate your old camera (minimum of 6-8 mega pixel) to Peace Learning Center to help 10 Shortridge students create a mobile photo exhibit. To share the peace, contact: Jay Horan at jhoran@peacelearningcenter.org or drop off at the PLC, 6040 DeLong Road, Indianapolis, IN 46254.

Join the IUPUI DIGS group just west of the IUPUI softball fields on Friday, October 5 from noon-4:00 to *prepare beds and sow carrots, beets, greens, and a cover crop of hairy vetch and winter rye*. RSVP on Facebook <https://www.facebook.com/events/420829484644558/> or e-mail digs@iupui.edu

CICOA Aging & In-Home Solutions is in need of volunteers for the "Safe at Home" event in Hamilton and Marion Counties on Saturday, October 6, 2012, from 9-1:00. Help low-income homeowners age 60 and over to make their homes and yards safe and accessible for daily living. Projects *include installing grab bars in the bathroom, installing banisters and handrails, replacing batteries in smoke detectors, installing new smoke detectors, and yard clean-up*. To register, go to www.cicoa.org/volunteer_form or contact Patric McDowell at 317-803-6079 or pmcdowell@cicoa.org.

Volunteers are needed for the American Diabetes Association Step Out: Walk to Stop Diabetes on Sunday, October 7th at Celebration Plaza, White River State Park. Volunteers will assist with *set-up, registration, cheering groups, Red Strider activities, Kids Zone, VIP festivities, route logistics and tear-down*. There is a variety of tasks and shifts for all ages and abilities. Contact Tina Kaetzel at tkaetzel@diabetes.org 317-352-9226 ext. 6738.

The Alzheimer's Association Greater Indiana Chapter is seeking *volunteers for its Walk to End Alzheimer's fundraising walks* at various locations in October. The greatest need is on Sunday, October 14, 2012 at Military Park in downtown Indianapolis. Volunteer shifts are available from 8:00 a.m. to 5:00 p.m. the day of the walk. Contact Amber at amichel@alz.org or call 800-272-3900. FMI, visit www.alz.org/indiana.

Volunteers are needed on October 20th to help out with Making Strides Against Breast Cancer *set-up, directing walkers along the route, cheering on the walkers, registration, tear-down and at water stations*. Volunteer shifts start at 6:00 a.m. and all shifts will end by 1:00 p.m. depending on your job for the day. FMI about the event, visit www.MakingStridesWalk.org/IndianapolisIN. To sign up as a volunteer, call Andrea at 317-344-7813 or e-mail at Andrea.Kennett@cancer.org.

The Arthritis Foundation needs volunteers for its Bone Bash, a Halloween costume gala at The Indiana Roof Ballroom on Friday, October 26, 5:30-11:30. Volunteers *will assist with silent and live auction, games and crowd control*. Volunteers MUST be 21 or older. Dinner will be served. Contact Tammy Sander at tsander@arthritis.org or call 317-879-0321 x203. FMI about Bone Bash, [visit here](#).

Big Brothers Big Sisters of Central Indiana *is in need of Big Sisters, Big Brothers and Big Couples* in Marion County. FMI, [visit here](#) or contact Amy Easley at 317-472-3726.

Career/Professional/Personal Enrichment/Recognition/Funding

Your Map, Your Goals: Getting the Most from Your Professional Network

Research shows that faculty [and others] need a mix of mentors, sponsors and a robust professional network to maximize their careers. Men and women faculty, post docs, house staff, graduate and medical students, as well as staff, are welcome to attend the session, featuring Susan Butler, CEO of the SSB Institute for the Development of Women Leaders and Monica Heuer, Sr. Manager at the Center for Applied Research, on Wednesday, October 3, Noon-5:30 in Fairbanks Hall 1110-12. FMI - <https://faculty.medicine.iu.edu/registration/indexDirect.asp?id=701> .

Grants, Scholarships, Fellowships, Student Internships and Study Abroad

The *500 Festival Spring Internship* deadline is Monday, October 1, and they are still accepting student resumes for the eight paid internships. The 2013 500 Festival internship program is designed to allow the intern to experience the month of May in Indianapolis in a new and exciting way. The internships begin January 7, 2013 and conclude May 31, 2013. FMI, visit <http://www.500festival.com/node/124> .

The American Heart Association's Go Red For Women(TM) and Macy's offer the Go Red(TM) Multicultural Scholarships. Sixteen \$2,500 scholarships are being offered to *multicultural women pursuing higher education in health care*. Deadline for entry is November 30, 2012. FMI, visit www.GoRedForWomen.org/GoRedScholarship.

The Elie Wiesel Prize in Ethics is open to *registered undergraduate full-time Juniors or Seniors at accredited four-year colleges or universities* in the U.S. during the Fall 2012 semester. The essay must be the original, unpublished work of one student. Only one essay per student per year may be submitted. Submissions will be accepted online through Monday, December 3, 2012, at 5:00 p.m. PST. FMI, visit <http://www.ethicsprize.org>.

The Dr. Helen L. Scheibner Life Science and Public Health Scholarship will be awarded to a *student pursuing a degree in public health and life sciences* . FMI, visit <http://iphf.us/scholarship.htm> or pick up a copy from the IUPUI Office of Student Scholarships (CA 103). The deadline for application is October 5, 2012. Questions? Contact Helen L Scheibner at 317-902-1160 or helenscheibner@netscape.net.

The \$500 L. Suzanne Boutros Memorial Scholarship is awarded to a *student (full-time or part-time) pursuing a degree or certificate program at an institution providing legal secretary or legal assistant studies; or a CCLS member taking courses to update skills*. FMI, visit <http://www.circlecitylegalsecretaries.org/scholarship.html>

Notes

If someone forwarded this Work/Life e-newsletter to you, you picked it up via the Web or link or received a paper copy and want to subscribe to receive online, just send a note to mstimmin@iupui.edu. This newsletter can also be found at www.hra.iupui.edu/worklife under "News & Events," generally within a day of when it was sent.

All phone numbers used in this newsletter have a 317 area code, unless otherwise indicated.

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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