

June 2009

Quote of the Month

*The pessimist sees difficulty in every opportunity.
The optimist sees the opportunity in every difficulty.*

Winston Churchill, British statesman

HRA Work/Life Events/Programs/Activities

Walking Challenge Results

Before I even begin to announce results for the HRA Work/Life-sponsored IUPUI Walking Challenge, I want to commend each and every one of the participants. It isn't easy to change a habit, but by taking this challenge, the participants have started to do just that. I hope it was fun!

We had 143 individuals on 23 teams participate (8 more teams than last year). If even half of the participants continue to walk for exercise for the rest of their lives, who knows how many premature deaths may be prevented! Women in a study who walked just 3+ hours per week at a brisk pace achieved cardiac risk reductions of 30-40% as compared to women who walked infrequently; and men ages 61-81 who walked less than one mile a day had twice the mortality rate of those who walked over two miles per day. So, if living a healthy and long life is one of your goals, walking is one of the tools to get you there.

The winner of the team challenge, with the best average number of steps, was the team from the Dean of Medicine Development office with a team average of 272,316 steps per person. The best individual score was earned by Susan Joiner with 337,700 steps over the three-weeks. Special recognition also goes to the University College team and team leader Colleen Rusnak for having the greatest number of participants on their team at 18! The School of Law team, led by Faith Knotts and Janice Watson had 13 members, the second largest team. Congratulations for outstanding effort!

I also want to recognize the team leaders (even those few who were a team of one who took the lead by being good role models for their departments). Taking the lead on anything is not easy, but you did it! Teams and their team leaders were as follows: SPEA – Cortnee Martin & Kristin Lively-Smith; IU School of Nursing Research & Scholarship – Renee Stratton; Psychiatry – Angie Seibers; Office of Student Account Services – Anelia Hanes & Ingrid Toschlog; School of Law – Faith Knotts & Janice Watson; Graduate Office – David Koerner; Career & Employment Services – Stephanie Braun; Office of Student Financial Aid Services – Sarah Owen & Ginny Washington; Dean of Medicine Development – none listed; Engineering & Technology – Beverly Radloff; Pediatric Orthodontic Clinics – Dr. Joan Kowolik; Auxiliary Services – Angie Hill & Sharon Grohowski; Office of Equal Opportunity – Ruth Burns; Endodontics – Dianne Heid; School of Education – Lodema Lines; University College – Colleen Rusnak;

Surgery/Neurology – Ping Li; PE & Tourism Management – Christina Anderson & Nancy Barton; Pathology & Lab Medicine – Sandee Black; Office of Dental Education – Amanda Shumaker; HLA Lab – Kim House; Medical Student Affairs – Tiffany Fox; University Library Bibliographic – Ann O'Bryan; CFS Zone 4 – Lavell Harrel; Human Resources Administration – Maggie Stimming.

Participation certificates will be mailed to team leaders via Campus Mail next week.

The Supervisors'/Managers' Corner

Telecommuting: Your Go-To Tool in an Emergency

The recent H1N1 flu scare and the upcoming tornado season remind us that we need to be prepared to get the university's work done from remote locations. Is your department ready or will your department be the one that makes news headlines for its inability to operate?

Thinking Ahead

To ensure that employees can be productive at home, it is helpful to plan ahead by determining what types of access (PeopleSoft, EPIC, FIS, HRMS, IUIE, e-mail personal folders, etc.) each employee will need to work from home; gathering information about what types of Internet connection, hardware, modem speed, software, etc. each employee has at home; then having your department's technology support person work with employees to set up what they need (remote access, etc.) to work effectively at home.

Also review the items at http://www.hra.iupui.edu/hra/WorkLife/FWA/site_map.asp, under Telecommuting. Feel free to tailor the items to meet your needs and provide the needed protection from liability, overtime costs, etc.

If it is expected that the employee will telecommute on more than just a rare occasion, the employee must complete the Work-at-Home Health and Safety Checklist that can be found at http://www.hra.iupui.edu/hra/WorkLife/FWA/site_map.asp under the Telecommuting heading.

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

Weight Watchers at Work (WWW)

There is a Weight Watchers at Work group in the School of Nursing (but all IUPUI people are welcome). The next series will start June 25 if there are enough participants. The "open house" (where you pay and complete paperwork) would take place on June 18. If you are interested, call Kathy at 274-1485 as soon as possible, so they'll know if they have enough participants to move forward.

They are looking at the following options:

- Option #1 - Standard 12-weeks for \$144 which averages \$12 per week and is available for 15 or more participants
- Option #2 - "Savings for Success" which is 17 weeks for \$186 which averages \$10.94 per week (\$1.06 per meeting savings) for 20 or more participants. As part of this special offering, anyone who joins weeks 1 or 2 will receive FREE e-Tools.

Another Weight Watchers at Work Group

Clarian sponsors a Weight Watchers group, that IUPUI people are welcome to attend, on Thursdays at IU Hospital (Room UH 2005 on 5/28, 6/4, 6/25, 7/23, 7/30, 8/6; UH 3175 on 6/11, 7/9, 8/13; and UN 1004 on 6/18, 7/16) from 11:15-11:45 with weigh in the first 15 minutes. Starting date was May 28th, but you can join at any time for a prorated price. The price for a 12 week series is \$144. Questions? Contact Felicia at fcritten@clarian.org.

Men: Give Yourself a Gift This Father's Day

Heart disease is the leading killer of men. Give yourself the gift of better health this Father's Day and resolve to lower your risk by doing the following: (1) quit smoking and avoid secondhand smoke (2) get blood pressure check at least every two years and keep your blood pressure below 120/80 (3) get cholesterol checked at least every five years and keep the total below 200 (4) exercise at least 30 minutes per day (5) eat at least five servings of fruits and vegetables daily (6) eat less fat (7) after age 40 ask your doctor if taking a low-dose aspirin is good for you (8) learn to manage stress (9) maintain a healthy weight. Do all the above in consultation with your doctor. For more on men's health, visit <http://www.nlm.nih.gov/medlineplus/menshealth.html>

Physical Activity Guidelines for Americans

How many times a week do I need to be active? What's the difference between moderate and vigorous exercise? The answers to these questions and more can be found at the U.S. Health & Human Services Web site at <http://www.health.gov/PAGuidelines>.

Breastfeeding: Best for Baby, Best for Mom

The primary benefit of breast milk is nutritional. Human milk contains just the right amount of fatty acids, lactose, water, and amino acids for human digestion, brain development, and growth and contains at least 100 ingredients not found in formula. Human milk transfers to the infant a mother's antibodies to disease. Human milk straight from the breast is sterile, never contaminated by polluted water or dirty bottles. It is also thought that nursing provides psychological benefits for the infant as well, creating an early attachment between mother and child. Of course, some medical conditions and

medications can play a part in whether a mother should nurse, so checking with the doctor beforehand is a must.

Breast-feeding is good for mothers as there are no bottles to sterilize and no expensive formula to buy, measure and mix. It may be easier for a nursing mother to lose the pounds gained during pregnancy as well, since nursing uses up extra calories. Lactation also stimulates the uterus to contract back to its original size. Sources: Rebecca D. Williams and the Food & Drug Administration, a division of U.S. Health & Human Services Web site.

Women's Health in Indiana: An Update

Judith Monroe, M.D., Commissioner of Indiana State Department of Health, will speak on the above topic on Tuesday, June 23, 12-1:00 in the IU Cancer Research Institute Auditorium, 1044 W. Walnut Street. Live URL at [mms://wms.indiana.edu/womens_health](https://wms.indiana.edu/womens_health); archive URL at [mms://wms.indiana.edu/ip/vic/womens_health_20090623.wmv](https://wms.indiana.edu/ip/vic/womens_health_20090623.wmv).

Farmers' Market at Wishard

Beginning May 12th and continuing every Tuesday until September 1st, local farmers will be at the Farmers' Market at Wishard's Wellness Garden behind the Bryce Building (behind the pathway that leads from the Primary Care Center to the Main Entrance) to sell their fresh fruits and vegetables from 11:00 a.m. – 1:30 p.m. Questions? Call 630-7374.

Memory University

This Alzheimer's Disease (AD) series will be held from 1:30-2:30 on the following dates at the Riley Outpatient Center Auditorium (basement), 601 West Drive. Cost is \$25 for the series. FMI or to register, call 1-800-272-3900 or visit www.alz.org/indiana.

June 4 – Understanding Aging and Memory
June 11 – The Role of Neuroimaging Alzheimer's Disease
June 18 – Current AD Treatments and Promising Research
June 25 – Understanding the Genetics of Alzheimer's Disease

Brown Recluse Spider is Lurking

As you do your spring clean-outs, remember the danger of the brown recluse spider. This spider is common in central and southern Indiana. It ranges in color from tan to brown and has a fiddleback marking on its back. The male has a leg span about the size of a quarter and the female is slightly larger. The eggs are encased in an off-white silken sac about 2/3 of an inch in diameter. They are reclusive so will often hide behind furniture or in closets (in sleeves of clothing and unused shoes are favorites), attics, ducts, registers, outdoor sheds, garages, in stacks of lumber/stones, under piles of leaves, etc.

Some things you can do to prevent bites are wear heavy-duty work gloves, shake out clothing and other items that have been stored. To prevent entry of spiders, seal all

boxes with tape, caulk holes on house, leave firewood outdoors, remove stored items from under beds and eliminate clutter.

If you are bitten by a spider, apply an ice pack and seek medical attention. If possible, collect the spider to show the doctor. The initial reaction to a spider bite may range from no affect to minor redness and swelling or immediate pain. When the reaction is serious, you might see a white blister surrounded by redness or swelling at first, followed by death of the tissue and/or a lesion or hole. Itching, fever, chills, nausea, vomiting or shock are also possible. There is no antivenin, and while fatalities are rare, recovery may take six to eight weeks. Source: The Pro-Active newsletter

Personal/Home/Family/Financial Life

Using Mailboxes

According to WISH-TV, the post office is starting to remove items like flyers, etc. that were not mailed through the U.S. Postal Service from mailboxes. FMI, visit http://www.wishtv.com/dpp/news/local/region_3/Post_office_enforcing_mailbox_maxim_20090519.

Ron Hunter Summer Basketball Camp

IUPUI Head Basketball Coach Ron Hunter will hold a basketball camp at the Arthur B. Glick JCC (6701 Hoover Rd.). The camps are open to kids of all abilities, ages 5-17. The first session will run from June 29-July 2 and the second session goes from July 13-17. Campers will swim daily and are asked to bring a swimsuit and towel. Cost is \$165/week for JCC members and \$190/week for non-JCC members. FMI, contact Austin at auparkin@iupui.edu or 278-2474 or visit [link to the camp website](#).

Windshield Dings – Check with Insurance Company

In last month's issue I mentioned getting small windshield dings and cracks repaired before they spread and require windshield replacement. A reader let me know that some car insurance companies will pay for these types of repairs without making you pay the deductible, so you might want to check with your insurer to see if they do this and whether this would be treated like a claim that could raise your rates.

African-American Male Teen Summit

This summit, sponsored by the Society of African-American Professionals, will be held June 18 -21 at Purdue University's Stewart Center. Over the course of four days, young men will participate in team building workshops and activities designed to build individual character, promote self-discipline, self-awareness and self-sufficiency. FMI, contact Lincoln Ellis at lellis@bgcnwi.org.

Liquid Assets Movie and Discussion

On Friday June 12, 7:00 p.m. at St. Luke's Methodist Church, 100 W. 86th St., see this 90-minute Penn State documentary that explores the history, engineering and political/economic challenges of our water infrastructure. This is an important topic give the

need to protect public health and build economic prosperity. Allyson Pumphrey of the Mayor's office will be on hand for the discussion. Free event.

Be in the Know About Credit Scores and Credit Cards

The Federal Reserve is a reliable source of information (unlike a lot of the sites you find on the Internet), so I wanted to pass along their information on the following topics: How to Choose a Credit Card - <http://www.federalreserve.gov/pubs/shop/default.htm>; How to Best Use Your Credit Card - <http://www.federalreserve.gov/pubs/creditcardtips/default.htm> and Tips to Improve Your Credit Score - <http://www.federalreserve.gov/pubs/creditscore/default.htm> .

Good General Consumer Financial Information

The Federal Reserve has a good basic financial guide. Find it at <http://www.federalreserveeducation.org/pfed/fined/psa.pdf> .

Free and Fun/Interesting

Garden Walk at Indianapolis Museum of Art (meet at the Lilly House just west of greenhouse); Saturdays & Sundays, 1:00; FMI, call 923-1331
Concerts on the Canal; American College of Sports Medicine, 401 W. Michigan; Thursdays, May 28-June 25, 6-8 p.m.; FMI, call 232-1882
Classic Ragtime; June 7, 2-4:00; Central Library; FMI, call 275-4119
Indy Pride Parade/Festival ; June 13, 10 -7:00, University Park. FMI, call 435-4923
Talbot Street Art Fair – June 13, 10-6:00 & June 14, 10-5:00; on Talbot Street between 16th and 20th; FMI call 745-6479 or visit <http://www.talbotstreet.org>
Chronicle (folk-rock music); June 14, 2:00; Indianapolis Artsgarden; FMI, call 631-3301
Jazz Music in IUPUI's Ball Garden (just east of Union Building; June 16, Noon-1:00
Paradigm Jazz Band; June 20, 1:00; Indianapolis Artsgarden; FMI, call 631-3301
NBA Draft Party, June 26, 6:30 p.m. Conseco Fieldhouse; FMI, call 917-2500
Let's Meet PBS Kids in the Park, June 27, 10-4:00; American Legion mall; FMI, call 715-2006.
ManShip Loo Combo (pop, jazz, blues, swing); June 27, 1:00 Indianapolis Artsgarden; FMI, call 631-3301

Miscellaneous

Glenn W. Irwin, Jr., M.D., 2009 Experience Excellence Recognition Award

These awards recognize full-time faculty and staff members for service "above and beyond the call of duty." Service for the benefit of the University as a whole or for any of its affiliated units which is non-reimbursed and is not specifically job-related will be recognized. Nominations are due no later than August 7, 2009 at 5:00 p.m. Please review the nomination guidelines and submit your nominations online at <http://www.hra.iupui.edu/IrwinAwardNomination.asp>. Supporting documentation and any questions regarding the process should be directed to hrrtrng@iupui.edu.

University Library Offers Video-conferencing Service

University Library has opened a Skype video-conferencing room on the 2nd floor in the Academic Commons Room, UL2135A. Students, faculty, staff and those with a valid IUPUI network ID who are interested in using this service should contact the library's Computer Consultant Desk at 278-1360 to make reservations. In most instances, calls are free of charge. The video-conferencing room is available Monday through Thursday, 8:30 a.m. – 9:00 p.m.; Friday 8:30 a.m. – 7:00 p.m.; Saturday 8 a.m. – 6 p.m. and Sunday noon – 9 p.m. FMI, visit <http://www.ulib.iupui.edu/services/computers/consult> .

Last Lecture by Dr. Einterz Worth Viewing

In 2006, Randy Pausch, an award-winning teacher and researcher at University of Virginia, learned he had pancreatic cancer. As his health worsened, he did “the last lecture” as a way to say good-bye. His lecture was about things broader than his normal subject matter; it was more about life. The power of his lecture inspired others to imitate the concept of a last lecture even if those who gave it were only leaving the university, not life.

Recently, our own Dr. Robert Einterz gave his “last lecture” as he left IUPUI. If you want to hear it, visit <http://www.youtube.com/watch?v=BhwZa8CINPw> . He was co-founder of the IU-Moi Kenya project, and the life lessons are shares are worth hearing.

Becoming More World/Culture Wise

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

June 14 - Flag Day (U.S.)

June 21 – Father's Day (U.S.)

June 16 – Martyrdom Day of Guru Arjan (Sikh)

June 19 – Juneteenth (African-American)

June 21 – Summer Solstice

June 27 – Martyrdom of Joseph & Hyrum Smith (Mormon)

Ethnic/Cultural Festivals/Events/Classes

IUPUI

Set Up a Staff Travel Grant in Your Department - The IUPUI Office of International Affairs and University College have travel grants for their staff, and I'd like to encourage other departments to create a travel grant for their staff members. If you would consider that and would like to see their materials, let me (Maggie Stimmin mstimmin@iupui.edu) know.

Local

Italian Street Festival, June 12 and 13, Holy Rosary Catholic Church (corner of East and Stevens Streets). FMI, call 636-4478 or visit

http://www.italianheritage.org/index.php?option=com_content&task=view&id=81&Itemid=1

Di dia De La Familia Festival – June 20 Noon-11:00 p.m., Military Park (corner of West and New York Streets; FMI, call 924-1071._

Native American Indian Market, June 27 & 28, Eiteljorg Museum in White River State Park, Indianapolis. FMI, visit http://www.eiteljorg.org/ejm_WhatsHappening/SpecialEvents/Details.asp?ID=1779

Regional

Fort Wayne Germanfest, June 7-14, Headwaters Park in downtown Fort Wayne. FMI, visit <http://www.germanfest.org>

Gathering of Great Lakes Nations Pow Wow, June 13, 10-9:00 and June 14, 10-5:00, Tri-State Antique Gas Engine and Tractor Grounds in Portland. FMI, call 765-426-3022._

For the Highly Curious: Solar Cooking

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 solar cooking. Though solar cookers were included in a 1960s Peace Corps manual and have been used by many around the world, more widespread use of this simple way to cook food without cutting trees could have benefits for the environment and for the health of the users. To understand implications for the developing world, visit <http://www.youtube.com/watch?v=l7-1uuvknF0> .

Solar cooking might make for a fun family experiment in your back yard. For how to build a solar cooker/oven, visit http://solarcooking.wikia.com/wiki/Minimum_Solar_Box_Cooker <http://rj3sp.blogspot.com/2009/04/kyoto-box-solar-powered-cardboard.html>. For details on how to use a solar cooker/oven, visit http://solarcooking.wikia.com/wiki/Solar_cooking_frequently-asked_questions#What_are_the_basic_kinds_of_solar_cookers.3F . The link to food safety is especially important.

For comprehensive information, visit <http://solarcooking.org> . Though a recent prize was awarded for the solar cooker, the concept and use of solar cookers has been around for a long time. If you want the history, visit http://solarcooking.wikia.com/wiki/Solar_cooking_timeline .

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? ☺

Adopt a Median - Become the caretaker of a grassy median in your neighborhood. FMI, visit http://www.kibi.org/programs/greenspace/adopt_median/index.htm .

Homeward Bound Walk for Aging-Out Youth in Foster Care - June 14, Veteran's Memorial Plaza. Walkers and volunteers to assist are needed. FMI, call 639-6106 or visit <http://homewardboundindiana.org/central> .

Ronald McDonald House of Indiana Block Party and Yard Sale - Saturday, June 27th from 7:00 a.m. to 7:00 p.m. Contact Heidi Gorman at 267-0605 ext. 228 or hgorman@rmh-indiana.org.

Run for Ronald to benefit the Ronald McDonald House of Indiana is Saturday, June 20. Volunteers are needed to help with both indoor and outside activities. To learn more or to offer your help, contact Hillary Toivonen at htovivonen@ctmt.com or visit www.iremindy.org/runforronald.php.

The Alzheimer's Association is looking for volunteers to help with the 2009 Skeet Thompson Memorial Golf Outing, Tuesday, June 16th at Pebble Brook Golf Course in Noblesville. FMI, contact Emily Sherman at emily.sherman@alz.org.

Career/Professional/Personal Enrichment/Recognition

Student Employment 101

Thursday, June 18, 9-12:00 in UL1126 there will be a workshop for those new to hiring and supervising students. Included in the workshop will be discussions about how to write a job description and find students, what motivates students, what jobs students are looking for, how to interview and hire the right student...and much more. We will also explain the guidelines and processes for hiring a student and discuss the requirements of Federal Work-Study.

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.

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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