

Feel free to share.

March 2010

## Quote of the Month

*We will be known forever by the tracks we leave.*

Native American Proverb

## HRA Work/Life Events/Programs/Activities

### Adoption: Hear From Those Who've Done It

A panel of adoptive parents representing various types of adoption (international, from foster care, domestic, infant/older child, biracial, etc.) and an adoptee will be on hand Wednesday, March 10<sup>th</sup> 12:05-12:55 in University Library Lilly Auditorium to share what they think are the important things to consider when you're thinking about adoption and to answer YOUR questions. A couple of licensed adoption agencies who are members of IAAU will also be present, in the Lilly Auditorium lobby, to share resources.

Staff, faculty and students are invited to this FREE workshop and resource fair.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> – scroll down to Work/Life in left menu, click on “Adoption: Hear From Parents Who've Done It” in right menu that pops up, click on Sections & Registration tab in bottom left area and follow the prompts from there. Questions? Call Maggie at 274-5466.

## 21<sup>st</sup> Century Management/Leadership Cues for Current and Aspiring Leaders

### Summer is a Great Time to Pilot Flexible Work Arrangements in Your Department: Plan Now

In most articles that I read about employee engagement, in HR journals these days, the importance of integrating work/life balance opportunities into the workplace is mentioned as a key piece of the mix. These and other articles also mention that work/life balance options become even more important as pay raises are smaller or nonexistent and given the stress of the uncertain environment we've been in for the past couple of years.

One especially valued work/life balance option is flexible work arrangements, and IUPUI HRA Work/Life offers many tools to help you get started. Visit <http://www.hra.iupui.edu/HRA/WorkLife/FWA/Main.asp>. There, under WorkSmart, you'll see a short description of the program followed by a link to the FWA Site map, where you'll find employee proposal forms, supervisor assessment forms and other helpful items. These items (with the exception of the two Work-at-Home Safety Checklists) can be tailored for your purposes.

Summer is a great time to pilot FWAs in your department, so check out the information now and determine how to make it happen in your department/school this summer.

## **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**

#### **"Green" Book Authors Coming to IUPUI**

Hear *Shades of Green* book authors, Julie Vincent and Bob Dittmer, Wednesday, March 3, Noon-1:00 in Campus Center 409. You'll learn about small steps you can take to move towards sustainability.

#### **Get Healthy: Use Your Vowels**

The June 2008 issue of the Hope Health Letter reminds us to use our vowels to remind us how to stay healthier. A = always wear your seat belt; E = every day, make it a point to get at least 30 minutes of brisk physical activity; I = include 2 cups of fruit, 2½ cups of vegetables and 3 servings of whole grains in your daily diet; O = once a year, talk to your doctor about preventive screenings for cancer, heart disease, diabetes, etc.; U = use no tobacco – smoke or smokeless; Y = your family, friends and pets are an important supportive network, so take time with them. I would also add, "Protect yourself from excessive sun exposure."

#### **Weight Watchers on Campus**

Call Kathy (4-1485) if you are interested in joining a Weight Watchers group on campus and which day works best for you during the lunch hour. She can tell you the cost.

#### **Weight Watchers at IU Hospital**

I was just informed that a new Weight Watchers at Work 17-week series, with e-tools, has started at IU Hospital. Week two is on Thursday, March 4<sup>th</sup> in University Hospital 1004. Weigh-in is at 11:00. Questions? Call Felicia Crittenden at 963-5994.

#### **Stress Busters Workshop**

The IUPUI Art of Living Club is offering a free "Stress Busters" workshop on Friday evenings 6-7:00 in Campus Center 264. The workshops include games, yoga, meditation, laughter, snacks and breathing exercises. RSVP:

[iupuiaol@iupui.edu](mailto:iupuiaol@iupui.edu) or call 812-390-0345. Upcoming events: <http://mypage.iu.edu/~iupuiaol/>

#### **CPR and ACLS Training Available**

Learn lifesaving skills! CPR and ACLS (Advanced Cardiac Life Support) courses are available to ALL IUPUI students, faculty and staff. Both layperson and healthcare provider courses are offered. For more information, call 274-8731 or 274-8841, the School of Dentistry Continuing Education Office.

### **Cataracts: What are They? Who's at Risk? How can you Help Prevent Them?**

A cataract is a clouding of the normally clear lens of the eye. It can be compared to a window that is frosted or yellowed. The most common type of cataract is related to aging of the eye, but you may be at a higher risk of developing cataracts if you smoke, are obese, use steroid medications, have suffered an eye injury, have diabetes, have had prolonged exposure to sunlight, are an alcoholic or have a family history of cataracts. You can help cut your risk of developing cataracts and other eye problems by addressing the above risk factors; wearing sunglasses that block ultraviolet rays; avoiding sports like boxing; wearing protective eyewear with ANSI Z87.1 on the lens or frame when mowing the lawn, working on your car, working with tools or chemicals, etc. Cataracts are treatable, so see an ophthalmologist if you think you have a cataract or other eye problem. To learn more, visit

<http://www.eyecareamerica.org/eyecare/treatment>

### **IUPUI Tox-Away Day Changes Locations – No Longer at Union Building Parking Lot**

Put April 9, 7-1:00, 1325 Indiana Avenue (parking lot 401) on your calendar now, and start digging through your garage, under your sinks, etc. in order to take advantage of this opportunity to get rid of residential recyclables, toxins and e-waste. This includes car fluids, thermostats, pool chemicals, glues, pesticides, paint, fluorescent lighting, computer components, TVs (27" and smaller) and more. For more on what they will and won't take and the event itself, visit

<http://www.ehs.iupui.edu/ehs/Tox%20Away%20Flyer%204-9-10.pdf> . If you want to help spread the word, print off the flyer you'll find there and post in your area. This event is sponsored by the IUPUI Recycling Committee.

### **Food for Thought Conference**

On March 6th, faculty and local experts will offer the Food for Thought Conference on the IUPUI campus. Join thought-provoking discussions about food - its sources, quality, culture and markets and the consequences of our consumption on our local and worldwide community. View the schedule for the day and register (by February 26<sup>th</sup> if at all possible) at <http://www.myiupui.com/food>. FMI, contact Kimberly Helton at 274-8905 or [kdhelton@iupui.edu](mailto:kdhelton@iupui.edu) .

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

### **Know What You're Buying**

If you want to know more about the impacts of the products you buy, visit the GoodGuide at <http://www.goodguide.com> . Their research can help you find safer, healthier, greener products. Not all of the products they list are easy to find locally, but even if you find information on just a few locally-available products that causes you to

make changes in your consumer habits, it's a move in the right direction. You might also be interested in an article by Laurine Brown, Ph.D., visiting associate professor of health and environmental studies at Illinois Wesleyan University, visit [http://www.iwu.edu/~wellness/environment\\_folder/sp\\_bodyburden.html](http://www.iwu.edu/~wellness/environment_folder/sp_bodyburden.html) .

### **Plan Ahead: Use Academic Calendar**

If you like to plan ahead, here's a spot that has the academic calendar up to 2020 - <http://registrar.iupui.edu/longterm.html>

### **Classifieds on IUPUI OneStart**

Cleaned out your closets and want to get rid of all that "stuff" or looking to buy an item, score a free items, find your lost mitten or pair up with someone looking for a language tutor (and much more)? Consider the IU OneStart Classifieds. Just go to OneStart, log in, click on "Classifieds" in menu on left (it defaults to IUPUI campus, but there is the option to switch to other campuses) and pick the category of interest (antiques, electronics, lost & found, tickets and more). If, rather than searching by category, you want to only see the most recent additions, click on "Activity Partners" in menu on left, then click on "View All Ads" in menu on left. Thanks to a reader for this information.

### **Youth Needed to Maintain Trees this Summer**

The Youth Tree Team is a nine-week Keep Indianapolis Beautiful program to help preserve and maintain trees by working outdoors to water, mulch, prune and stake trees from June 7 - August 5. Participants will earn \$8 per hour for 20 hours per week and receive a free lunch. Applicants must currently be enrolled in high school to participate. [Register online](#) for Challenge Day by March 5.

### **IndyGo Updates**

As part of an effort to encourage more Indianapolis residents and visitors to use the local transit system, IndyGo has launched an online trip planner at [www.IndyGo.net/tripplanner](http://www.IndyGo.net/tripplanner).

The new stop for IndyGo's [Green Line/ Airport Express](#) will serve four new downtown hotels, including the Fairfield Inn & Suites (open February 3), Courtyard (opening February 18) and Spring Hill (opening February 18) as well as the J.W. Marriott (opening February 2011).

Given all the snow we've had, remember that IndyGo bus routes may be experience delays due to road conditions. To get the scoop, call the IndyGo Customer Service Center at 635-3344 (open weekdays 7 am – 7 pm) for details on bus locations. IndyGo will post service updates, including detours and delays, on Twitter (@IndyGo Bus).

If you would like to stay up-to-date on IndyGo news, let Jenny Brown ([jbrown@indygo.net](mailto:jbrown@indygo.net)) or 614-9266 know you'd like to get their online news.

### **IndyConnect: They Want YOUR Input**

IndyConnect has released a draft plan for Central Indiana transportation and wants to gather comments and answer questions from people throughout the area. Public feedback and suggestions will be incorporated into a revised plan in late 2010. The draft plan includes recommendations for enhanced bus, commuter and light rail, expanded roadways, pedestrian walkways and bike paths, and it outlines how these modes of transportation could work together to connect people and places in Central Indiana. For more information on IndyConnect or to submit feedback on the draft plan, visit the [IndyConnect website](#) or call 327-8601.

Indy Connect: Central Indiana's Transportation Initiative is a collaboration of the region's public transportation and planning agencies: the Indianapolis Metropolitan Planning Organization ([MPO](#)), Central Indiana Regional Transportation Authority ([CIRTA](#)) and the Indianapolis Public Transportation Corporation ([IndyGo](#)).

### Free and Fun/Interesting

[Ennis Clare \(Celtic Sounds\)](#), Saturday, March 6, 2:00, Central Library. FMI, call 275-4100. \*

[Grupo Acupe](#), Saturday, March 6, 1:00, Indianapolis Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Women's Empowerment Series](#), Saturday, March 6, 10-7:00, Murat Centre. FMI, call 231-0000.

[Acts 29](#), Sunday, March 7, 2:00, Indianapolis Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Science Education in the Modern World](#), Thursday, March 11, 4:30-7:00, Campus Center 450. FMI, call 274-1300.

[Bembe](#), Saturday, March 13, 1:00, Indianapolis Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Eight Men Out \(movie\)](#), Sunday, March 14, 2:00, Central Library. FMI, call 275-4100. \*

[Fever Inferno Dance Auditions](#), Tuesday, March 16, 7:00 p.m., Conseco Fieldhouse. FMI, call 917-2500.

[Joan Hamilton Band](#), Sunday, March 14, 2:00, Indianapolis Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[4<sup>th</sup> Normal Form Band](#), Saturday, March 20, 1:00, Indianapolis Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Madeleine Albright](#), Wednesday, March 24, 7:30 p.m., Clowes Hall at Butler University. Tickets (limit of 2) required, but they are free. FMI, call 940-6444.

[Robert Frank, internationally renowned behavioral economist and New York Times columnist](#), Thursday, March 25, 7:30 p.m., Clowes Hall at Butler University. Tickets (limit of 2) required, but they are free. FMI, call 940-6444.

[Journey Through Asia: Tales of the Silk Road](#) (target audience – children/families), Saturday, March 27, 11:30, Learning Curve area at Central Library. FMI, call 275-4100. \*

[Norbert Krapf \(poet reading by Indiana's poet laureate\)](#), Sunday, March 28, 3:00, Indianapolis Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Butler Symphonic Band](#), Sunday, March 28, 3:00 p.m., Clowes Hall at Butler University. Free, no ticket required. FMI, call 940-6444.

[Nin Andrews \(poet\)](#), Thursday, April 1, 7:30 p.m., IUPUI University Library.

\*For *branch* library events, visit <http://www.imcpl.org/events/index.php?action=search>.

## Miscellaneous

### Women's History Month at IUPUI: Events

[The Story of Madam CJ Walker with A'Lelia Bundles \(author of On Her Own Ground\)](#),

Monday, March 1, 5:30 (reception), 6:00 (presentation) 7:00 (book signing) Campus Center 450C. FMI, call Kathy Grove, 278-3600.

[Career Advancement from the Perspective of an HR Professional](#) (part of the Total Career Makeover series); Wednesday, March 3, 12-1:00, IUPUI University Library 1126. To register, visit <http://ofw.iupui.edu>. FMI, call Kathy Grove, 278-3600.

[Women's Appreciation Day](#), March 3, 11-1:00, IUPUI Campus Center 450C. FMI, call 274-3931.

[Women's Empowerment Luncheon](#), Wednesday, March 3, 11:30-1:00, Taylor Hall Open Space. FMI, call 274-3931.

[International Women's Day](#), Thursday, March 4, University Library Lilly Auditorium, opening reception at 6:30. FMI, call 274-3931.

[Start \\$mart: Learn to Negotiate a Fair Salary From the Beginning](#); Wednesday, March 10, 2-5:00; University Library 1126. To register, visit <http://ofw.iupui.edu>. FMI, call Kathy Grove, 278-3600.

[Building the Bridge Between Theory and Practice: A Multi-Method Feminist Child Rearing Approach](#), March 23, 11:30-1:00, Cavanaugh 508. FMI, call 274-3931.

[Multicultural Women's Leadership Luncheon](#), March 30, 3:30-5:30, Campus Center 450B. FMI, call 274-3931.

[Partnering for Promotion/Tenure: Excellence in Research](#); Thursday, March 25, 12-1:00, University Library 1126. To register, visit <http://ofw.iupui.edu>. FMI, call Kathy Grove, 278-3600.

## Discounts/Perks

### JagPerks

[Ace Rent A Car](#) – IUPUI employees receive 15% off regular rates on any vehicle

[A&A Tire & Auto Service](#) – A&A located at 2603 Lafayette Rd. now accepts Jagtag & offers 10% off all services of \$25 or more!

[AAA](#) – IUPUI employees receive waived enrollment fees and ½ off the associates rate

[Hospital Pharmacies](#) – The pharmacies located in Riley, University Hospital, IU Simon Cancer Center and Methodist are all now accepting Jagtag as payment. For other JagPerks, visit <http://jagtag.iupui.edu>.

## Becoming More World/Culture Wise

~ *March is Irish-American and Greek-American Heritage Month* ~



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

March 1 – St. David's Day (Welsh)

March 10 – Purim (Jewish)

March 17 – St. Patrick's Day (Ireland, U.S.)

March 21 – Naw-Ruz (Baha'i, Persia)

March 25 – Feast of the Annunciation (Christian)

March 28 – Palm Sunday (Protestant, Roman Catholic)

March 29 – Passover (Jewish)

**Ethnic/Cultural Festivals/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**

[Performance by Peiyang Chorus of Tianjin University in China](#). March 11, 7:30 p.m. \$10. Sponsored by IUPUI Department of Music and Arts Technology. Information: Michele King, 278-3264.

[Supply Chain Quality in China](#), presentation by Barb Flynn. March 24, 4:30 p.m. Lilly Auditorium, University Library, Indiana University-Purdue University in Indianapolis, 755 West Michigan Street. More [here](#).

[Zakat in America: The Evolving Role of Islamic Charity in Community Cohesion](#), March 25, 5-6:00 Lecture; 6-6:45 Book Signing; University Place Hotel and Conference Center. [Click here](#) to register. [Contact us](#) with questions.

[On the Edge: Socio-cultural Minorities in France Today](#) (Sabbatical Speaker Talks), presentation by Rosalie Vermette. March 26, 4:30 p.m. Room 264, Campus Center, Indiana University-Purdue University Information, [Patti Hair](#).

[Celebrating Latino Unity While Honoring Our Diverse Roots \(Cesar Chavez Celebration Dinner\)](#). March 28, 5:30 p.m. Room 450, Campus Center, IUPUI. Information, [online](#). Keynote speaker will be [Carlos Ojeda Jr.](#), author of *Mi Alma*.

**Local**

[Wall Street, Indiana and the World: The Global Financial Crisis](#), presentation by Steve Akard. March 3, 7 p.m. Church of the Savior, 6205 Rucker Road. More [here](#). Indianapolis Liederkrantz will host their annual [Bock Beer Fest](#). Come for an evening of German music, food and drink. The music will be supplied by the Original Alpine Express. The food will include brats, smoked sausage, German potato salad and more. The Liederkrantz is located at 1417 E. Washington Street. There is free parking across the street. Admission is \$7.00 for non members and \$3.00 for members and students with a student ID. Doors open at 6:30 with dancing from 7:00 to 11:00. Call 782-9216 or 266-9816 for more information. Visit our web site at [www.indyliederkrantz.org](http://www.indyliederkrantz.org).

[Regularly scheduled meeting of Nationalities Council of Indiana](#). March 8, 7 p.m. Max Kade Room, Athenaeum, 401 East Michigan Street, Indianapolis. Information, [Marlon Alfonso](#), president. All are welcome to attend.

[Shen Yun Performing Arts](#) (Chinese music and dance). March 9 and 10, 7 p.m. each evening. \$90-30. Murat Center, 502 North New Jersey Street. IU and IUPUI faculty, staff, and students are offered 10% special discount online, through phone and Murat Box Office. The code is sy2010.

[A Classic Hoosier-German Automotive Story: Harry Clayton Stutz and the Stutz Motor Company](#), presentation by John L. Rupp. [Moscow's Long Reach](#), presentation by John Clark. March 10, 7 p.m. Church of the Savior, 6205 Rucker Road. " ☐ More

[St. Paddy's Party](#). March 12, 6:30 p.m. \$12. 1417 East Washington Street. Information, 782-9216. Patrick Grant is the featured entertainer. Dinner will be served a la carte.

[Norooz Celebration](#). March 13, 6:30 p.m. Holiday Inn North at the Pyramids. Sponsored by the [Society for the Promotion of Persian Culture](#). Information, [email](#). Featuring [Morteza Barjesteh](#).

[The Persian Gulf](#), presentation by Milind Thakar. March 16, 7:30 p.m. Pharmacy Building, Butler University. More [here](#)."

[Chopin's 200th](#), presentation by Richard Pressley. March 17, 4 p.m. Christel DeHaan Fine Arts Center, University of Indianapolis, 1400 East Hanna Avenue.

[Presentation by Peter Clement, Deputy Director of Intelligence for Analytic Programs at the Central Intelligence Agency](#). March 17, 6 p.m. Marten House Conference Center, 1801 West 86th Street. Regularly scheduled dinner meeting of Indiana Council on World Affairs. Information and reservations, [Matt Fox](#).

[Power, Politics and the Persian Gulf](#), presentation by Pierre Atlas. March 17, 7 p.m. Church of the Savior, 6205 Rucker Road.

[The Cuba-Indy Relationship: Building Church Solidarity](#) (Part of Global Studies Speaker Series); presentation by Lynn Renner. March 23, 7 p.m. Auditorium, Mother Theresa Hackelmeier Memorial Library, Marian University. Information, [online](#).

[Russia and Its Neighbors](#), presentation by Martin Spechler. March 23, 7:30 p.m. Pharmacy Building, Butler University. More [here](#)."

[The Dutch Portrait in the 17th century](#), [presentation](#) by Pieter Biesboer. March 25, 7 p.m. DeBoest Lecture Hall, Indianapolis Museum of Art, 4000 Michigan Road.

## **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? ☺*

### **Volunteer Opportunities**

Goodwill Industries of Central Indiana is launching [Goodwill GoodGuides™, a new youth mentoring service](#) designed to assist youth in overcoming disadvantages and avoiding delinquency. If you're interested in becoming an adult volunteer mentor or know of a youth who would benefit from this service, call 524-4346 [or visit](#).



Girls Incorporated® of Greater Indianapolis is in need of [volunteers to facilitate programs that will inspire greater Indianapolis girls to be strong, smart, and boldSM!](#) Girls Inc.'s programs help girls develop positive self-esteem, healthy friendships and better body image. To sign up, please contact Lizzy Bartelt at [volunteerinfo@girlsincindy.org](mailto:volunteerinfo@girlsincindy.org) or 283-0086 x2612.

Do you know a veteran of the wars in Iraq or Afghanistan? Currently Mental Health America of Greater Indianapolis is recruiting [veterans to participate in focus groups to determine gaps in mental health assistance](#) and/or whether veterans are fully utilizing and participating in help that is currently available. If you know someone who would be willing to participate in a focus group (anonymously), please contact Amy Tobias, [atobias@mhaindy.net](mailto:atobias@mhaindy.net).

The Indiana Coalition Against Domestic Violence (ICADV) is in need of volunteers who can [staff informational booths during the day and occasionally on weekends](#). Volunteers for upcoming events are also needed. A volunteer training will be offered to those who are interested. Contact Bridgett Morales at [bmorales@violenceresource.org](mailto:bmorales@violenceresource.org) or call 917-3685.

## **Career/Professional/Personal Enrichment/Recognition**

### **Zonta Club Book Scholarship**

If you are a woman age 30 or over and a full- or part-time student, who has successfully completed at least two semesters, consider applying for the \$200 Zonta Club Women Scholars Book Award. You need to submit an application and a copy of your transcript by March 10<sup>th</sup> to the person listed on the application. Contact me if you want the details and application form.

### **Student or Recent Grad Heading for a Career in Auto Industry?**

If you know a student preparing for a career in the automotive industry or a recent graduate with outstanding student loans, SEMA is ready to lend a hand. The deadline to apply is April 2, 2010. Applications and details are now available online at: [www.sema.org/scholarships](http://www.sema.org/scholarships) . FMI, e-mail [member@sema.org](mailto:member@sema.org) .

### **Indiana Sheriffs' Association Scholarship**

Eligibility Requirements: Indiana Resident; must be committed to pursuing an education and career in law enforcement at an Indiana college/university, must be a current member of the association or a dependent child or grandchild of a current member of the association, must enroll as a full-time student (12 credit hours), must have taken the SAT or ACT. The deadline is April 1<sup>st</sup> . Applications available in (CA)Cavanaugh Hall Room 103. Question? Call 1-800-622-4779

## **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](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.*

Maggie Stimming M.A., CWPM  
Work/Life Effectiveness  
IUPUI Human Resources Administration  
620 Union Dr., Suite 340  
Indianapolis, IN 46260 - 5168

Ph: 317-274-5466  
Fax: 317-274-5481