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## IUPUI HRA Work/Life E-News - September 2010

### Quote of the Month

The greatest achievement of the human spirit is to  
live up to one's opportunities  
and make the most of one's resources.

Marquis de Vauvenargues, 1715-1747  
French writer

### HRA Work/Life Events/Programs/Activities

#### Rooms for Nursing Mothers – We Need More

Nursing is a benefit to the mother, the nursing baby, the baby's family and society (<http://www.womenshealth.gov/breastfeeding/why-breastfeeding-is-important/#a>), so it is especially important for a health science campus with a medical school to “walk the talk” by doing what it can to make it possible for nursing mothers to continue once they return to work/school. To that end, we have established several nursing mothers' rooms on campus. Problem is – we need more, and I can't just come in and grab space in buildings. I need your help to identify small, lockable spaces which have an electric socket and room for a comfortable chair, small table and trash can. If you have a space to offer, contact me ([mstimmin@iupui.edu](mailto:mstimmin@iupui.edu) or 274-5466). We also welcome donations of new or used (but still in good condition), comfortable vinyl/leather chairs, small coffee/end tables, bulletin boards, individually wrapped nursing pads, small trash cans and appropriate art work to use in furnishing/decorating the rooms.

The IU system has a policy relating to lactating mothers (<http://www.indiana.edu/~uhrs/policies/uwide/lactating.html>), the state of Indiana has a related law (<http://www.hallrender.com/library/articles/333/Lactation%20Support%20in%20the%20Workplace%20Required%20Beginning%20July%201,%202008.pdf>) and federal health reform (which has not been finalized) also contains language related to this topic, so it is appropriate that we raise our awareness and proactively initiate action. Please refer nursing mothers with questions about current nursing mothers' room locations, etc. to me.

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

#### Thinking Ahead on Demographics

The May *Harvard Business Review* article, “Back to the City,” caught my attention, especially since The Cultural Trail will soon go right through IUPUI on Blackford Street, presenting us with more opportunities to draw people into IUPUI. If you are planning for the future of your department or the university, this “new urbanism,” as it is sometimes

called, might be of interest to you, too. The gist is that more people and, as a result, more companies are moving back to urban areas.

Given that IUPUI is in an urban area, how might you plan for the possibility that a greater number of your employees and prospective students (adult and otherwise) might live in closer proximity to campus. Could there be need for more transit connections to IUPUI? Would your employees find flexible work schedules even more attractive? Would night classes get bigger? Would there be interest in more speakers, wellness offerings and cultural/arts events in the evening? Would more retail (some of which is already in the IUPUI Master Plan) outlets and attractive green spaces draw people to our campus? Could it change our marketing? Will it call for more involvement in how the neighborhood around IUPUI is designed? The entire article can be found at <http://hbr.org/2010/05/back-to-the-city/ar/1> . See a related Web site on the principles and benefits of new urbanism at <http://www.newurbanism.org/newurbanism/principles.html> .

## **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**

#### **Wellness Tip of the Month (from Wellness Councils of America)**

Calcium is important throughout the lifespan. Do you know if your calcium intake is at the proper level? Visit

<http://www.nebmilk.org/familyhealth/handouts/Calcium%20Quiz.pdf> .

#### **Paid Semester Recreation Fee? Get Your Money's Worth. Do Lunch Time Yoga!**

If you are taking classes here at IUPUI and paid the semester recreation fee, the lunch time yoga classes are open to you, without an additional fee. If you are a student, faculty/staff member and have not yet paid the fee but wish to join the yoga series, visit [www.hra.iupui.edu/worklife](http://www.hra.iupui.edu/worklife) (under News & Upcoming Events) for the registration form and details. The fall classes have already started, but it's not too late to join.

#### **Low-Cost Fitness Option in the Community**

PARCS (Physically Active Residential Communities and Schools – formerly Fit for Life) is an exercise program created through a partnership between the IUPUI Department of Physical Education and Indianapolis Public Schools and is available to all community members. Locations and their PARCS hours are George Washington Community High School, M-F 4:30-7:00 p.m., entrance #2; Howe High School, M-Th 2:30-7:00 p.m.; and Manual High School, M-Th 4:30-6:30 p.m. The cost is \$20/calendar year, so you'll get the rest of 2010 for \$20 and will have to pay again in January for 2011. All membership fees must be paid to the Main Office at each school during regular school hours. The membership fee includes access to the fitness facility, group fitness classes, personalized exercise prescriptions and more. FMI, contact Jennifer at 274-7681 or [jzarembk@iupui.edu](mailto:jzarembk@iupui.edu) .

### Take It Outside

Just five minutes of exercise such as walking, bicycling, gardening, etc. in the great outdoors can boost mood, as well as improve mental health and self-esteem according to research at the University of Essex in England. All natural environments including city parks were beneficial, but green areas with water seemed to have an even more positive effect. To read the entire Reuters article, visit <http://www.reuters.com/article/idUSTRE6401Y620100502> .

### Quick and Healthy Snacks

Snacking is not necessarily a bad thing, but what and how much you eat are important. Here are some healthy snack ideas (consider using lower fat and whole grain choices): microwave popcorn; fresh/canned/dried fruit; fresh vegetables like carrots, celery, radishes; cheese; peanut butter; whole grain cereal; hummus with pita bread; or yogurt.

### Free Breast Exams

The Little Red Door Cancer Agency is providing free breast health education and clinical breast exams for women in the community (for those who qualify) on Thursday, September 2, 6-8:00 p.m. at 600 Paul Hand Blvd. (County Road 400 North- off of US 31), Franklin, IN. To make an appointment and determine your eligibility (it's not just for unemployed/uninsured), call (317) 925-5595 Ext. 321.

### Alcohol Screening at IUPUI

Counseling and Psychological Services (CAPS) will be doing alcohol screening on Thursday, September 9, 10-4:00 in Campus Center (CE) room 148. Questions? Call 274-2548.

## Personal/Home/Family/Financial Life

### Understanding Your Credit Report & Score

Find out how to obtain and read your credit report at the workshop on Thursday, September 23<sup>rd</sup>, 12:00-1:00 in Campus Center, Room 409. You'll also learn how your score is determined and how the information contained in it can affect your job prospects. Tips will also be provided on improving your score, reducing debt and avoiding credit repair scams. FMI, call Jen Schott at 278-7372. Instruction will be provided by Momentive Consumer Credit Counseling Service.

### IndyHub: Connect with Other Young Professionals

Attend social events, do community service and more as you get to know Indy and other young professionals. That's what IndyHub is about. To join, visit <http://www.indyhub.org/membership.aspx> .

### Geography is Fun, No Matter Your Age

National Geographic, a highly respected source, is leading a campaign to improve geographic literacy. Although the "My Wonderful World" site is designed for kids, along with their teachers/parents, I think it's a fun site for everyone. At the site - <http://www.mywonderfulworld.org> - I especially recommend, "Test Your Global IQ" and "Games and Cool Stuff." You can also sign up for updates to stay current and print out a world map. You could discuss world events at dinner or watch the evening news and use your map to point out the places you talked about or heard about (but, if involving children, make sure they are old enough to handle the violence that is often in the news).

### Centers for Working Families

Hawthorne (70 N. Mount, 637-4312) Southeast (901 Shelby, 236-7400), John H. Boner (2236 E. 10<sup>th</sup>, 633-8210) and Mary Rigg (1920 W. Morris, 639-6106) Community Centers are locations for Centers for Working Families. These centers endeavor to provide long-term financial planning, commonplace for wealthier families, to low- and moderate-income families. They also provide assistance with finding a job, opening bank accounts and obtaining credit reports.

### Do-It-Yourself Weatherization

Weatherization saves you money on your utility bills, and fall is a good time to tackle this. For information on a variety of topics, visit

[http://www.bpa.gov/energy/n/energy\\_Tips/weatherization](http://www.bpa.gov/energy/n/energy_Tips/weatherization) . For information about caulking and weatherstripping -

[http://www.pueblo.gsa.gov/cic\\_text/housing/weather/weather.htm](http://www.pueblo.gsa.gov/cic_text/housing/weather/weather.htm) . For very detailed information about insulation, visit

<http://www.dmme.virginia.gov/DE/ConsumerInfo/HandbookInsulation.pdf> . For

information about putting an insulation blanket on your water heater, visit

[http://www.energysavers.gov/your\\_home/water\\_heating/index.cfm/mytopic=13070](http://www.energysavers.gov/your_home/water_heating/index.cfm/mytopic=13070) .

### Online Financial Education

IUPUI offers online financial education designed for students (but helpful to anyone) at

<http://www.cashcourse.org/iupui/Default.aspx> .

### IndyGo Updates

Student S-Pass - Remember that the student S-Pass allows you to ride the Red Line for free. The Red Line circulates between IUPUI and downtown Monday-Saturday, 7:00 a.m. to 10:00 p.m. FMI or to print a Red Line map, visit

[http://www.indygo.net/red\\_line.htm](http://www.indygo.net/red_line.htm) .

Labor Day Bus Schedules - On Labor Day, the IndyGo Service Center is closed.

Routes 2, 3, 5, 8, 10, 12, 14, 15 and 17 will run on the Sunday/holiday schedule.

Routes 4, 11, 16, 21, 22 and 24 will not be in operation.

Green Line Airport Express Service Continues - The Green Line Downtown/Airport Express delivers non-stop service between the Indianapolis International Airport Ground Transportation and downtown Indianapolis daily from 5 a.m. until 9 p.m. with a 20-minute frequency. The cost to ride the Green Line is \$7 per trip. Half fare is available to adults 65 and older, youth 18 and under and persons with disabilities. Identification is required to receive the half-fare price. FMI - [www.indygo.net/green\\_line.htm](http://www.indygo.net/green_line.htm)

### Free and Fun/Interesting – local bands, a farm equipment catalog display, a magic show and more

#### Local

Variety of Computer Classes, Central Library, various dates/times. FMI -

<http://www.imcpl.org/events/index.php?action=search> .

IUPUI's Green Fair, Wednesday, September 1, 10-1:00, Taylor Hall courtyard. FMI -

[http://events.iupui.edu/event/?event\\_id=2905](http://events.iupui.edu/event/?event_id=2905) .

[Children's Museum Free Night](#), Thursday, September 2, 4-8:00, 3000 N. Meridian St. FMI, call 332-3322.

[IDADA First Friday Art Tour](#), Friday, September 3, 6-9:00. FMI - [http://www.idada.org/?page\\_id=57](http://www.idada.org/?page_id=57)

[Cathy Morris and the Wright Brothers](#), September 4, 6:30 p.m., Garfield Park. MacAllister Center, 2505 Conservatory Dr. FMI – 327-7220 or <http://webcal.indygov.org/webevent/scripts/webevent.plx>

[Rob Dixon Quartet \(jazz\)](#), September 8, 7:30, University of Indianapolis DeHaan Fine Arts Center, 1400 E. Hanna. FMI - <http://arts.uindy.edu/event.php?id=47753>

[Map Show \(historical, hand-drawn, 18<sup>th</sup> century maps from their collection\)](#), Thursday, September 9, 5:30-6:30, State Library, 315 W. Ohio St. FMI, call 232-3657 or visit <http://www.in.gov/library/events.htm>.

[An Evening of Jazz with Rob Dixon & Friends](#), Saturday, September 11, 6:30 p.m. White River State Park. FMI, call 233-2434 or visit [www.inwhiteriver.org](http://www.inwhiteriver.org).

[Chinese-American Festival](#), Sunday, September 12, Noon-9:00, Military Park. FMI, call 327-3611.

[Jordan College of Fine Arts at Butler University's Music Showcase](#), Sunday, September 12, 3:00. FMI, call 940-9697 or visit <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=1813&-Token.Action=>

[Billy Ball and the Upsetters \(blues band\)](#), September 12, 4:00, Watkins Park, 2360 Dr. MLK Jr. St. FMI - <http://webcal.indygov.org/webevent/scripts/webevent.plx>

[Faculty Artist Concert with Maestro Raymond Leppard](#), September 13, 7:30 p.m. University of Indianapolis' DeHaan Fine Arts Center, 1400 E. Hanna. FMI - <http://arts.uindy.edu/event.php?id=47856>

[National POW-MIA Recognition Day](#), September 17, 7-3:00, Indiana War Memorial, 431 N. Meridian. FMI, call 988-4055.

[Sky's the Limit \(rock, pop, funk, disco and reggae\)](#), Saturday, September 18, 1:00, Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Fiesta Indianapolis](#), Saturday, September 18, Noon-midnight, American Legion Mall. FMI, call 275-9256.

[Concert](#), September 18, 7:00, Irving Circle, 236 S. Audubon Rd. FMI - <http://webcal.indygov.org/webevent/scripts/webevent.plx>

[Fountain Square Art Parade](#), Saturday, September 18, 4:00, Fountain Square. FMI, call 658-1011.

[Magic Show with Don Miller](#), Saturday, September 18, 2:00, Central Library. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down). \*

[Joan Hamilton Band \(folk/rock, jazz, blues\)](#), Sunday, September 19, 2:00, Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Faculty Artist Concert: French Music for Winds](#), September 20, 7:30 p.m. University of Indianapolis' DeHaan Fine Arts Center, 1400 E. Hanna. FMI – <http://arts.uindy.edu/event.php?id=47858>

[IUPUI Student Fall Career Week](#), September 20-23, Campus Center. FMI - <http://fallcareerweek.iupui.edu>

[Follow Me Home with Filmmaker Peter Bratt](#), Friday, September 24, 7:00, Indianapolis Museum of Art Tobias Theatre. FMI – 923-1331.

[Singin' Time with Miss Bobbie](#) (for infants to age 2), Saturday, September 25, 2:00, Central Library. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down). \*

[Concert](#), September 25, 6:30, Ellenberger Park, 5301 E. St. Clair. FMI - <http://webcal.indygov.org/webevent/scripts/webevent.plx>



[Classical Concert at Central](#), Sunday, September 26, 2:00, Central Library. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down). \*

[Norbert Krapf \(poet\) and Gordon Bonham \(musician\)](#), Sunday, September 26, 2:00, Artsgarden at Circle Centre Mall. FMI, call 631-3301.

[Indy Jazz Company Concert](#), September 26, 4:00, Watkins Park, 2360 Dr. MLK Jr. St. FMI - <http://webcal.indy.gov/webevent/scripts/webevent.plx>

[Indiana Farm Machine Company Catalog Exhibit](#), Wednesday, September 29, Noon-1:00, State Library, 315 W. Ohio St. FMI – 327-7175 or <http://www.in.gov/library/events.htm>

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

Regional (all in Indiana) – no admission charged per Indiana Festival Guide

[Marshmallow Festival](#), September 3-6, Ligonier. Marshmallow cook-off and games; midway rides; bluegrass, country, Christian and gospel music; car show; and more. FMI, call 260-564-4706.

[Bridgeton Milling & Craft Days](#), September 11-12, Bridgeton. FMI – 765-548-2136 or <http://www.bridgetonindiana.com/events/calendar.htm#September>.

[Cambridge City Canal Days](#), September 11-12, Cambridge City. FMI – 765-478-4689 or <http://www.cambridgecityindiana.org/Documents/CanalDaysScheduleofEvents2010.pdf>.

[Civil War Days & Grand Ball](#), September 11-13, Princeton. FMI – 812-385-3752 or <http://www.princeton-indiana.com/pages/civil-war.htm>.

[Oktoberfest \(German\)](#), September 16-18, Terre Haute, IN. FMI - <http://www.terrehauteoberlanderclub.org/oktoberfest.html>

[Popcorn Festival](#), September 11, 7-6:30, Valparaiso. FMI – 219-464-8332 or <http://www.valparaisoevents.com/popcorn%20festival>

[Wizard of Oz Festival](#), September 17-19, Chesterton. FMI – 219-926-9900 or <http://ozfestivalchesterton.com>

[Johnny Appleseed Festival](#), September 19-20, Fort Wayne. FMI - <http://www.johnnyappleseedfest.com>  
[Persimmon Festival](#), September 20-25, Mitchell. FMI – 812-849-4441 or [www.persimmonfestival.org](http://www.persimmonfestival.org)  
[James Dean Festival](#), September 23-26, Fairmount. FMI – 765-948-4555 or [www.jamesdeanartifacts.com](http://www.jamesdeanartifacts.com)  
[Scarecrow Festival](#), September 24-26, Wanatah. FMI – 800-548-1417 or [www.scarecrowfest.org](http://www.scarecrowfest.org) .

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

*~ September is National Hispanic Heritage Month ~*

**Tip of the Month** (from 101 Tools for Tolerance, Tolerance.org) – Attend services at a variety of churches, synagogues and temples to learn about different faiths.

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

September 1 – Israel Miraji Ascent of Prophet Muhammad (Islamic)

September 6 – Labor Day (U.S.)

September 8 – Rosh Hashanah (Jewish New Year)

September 10 – Eid al Fitr (Islamic)

September 16 – Lailat-UI-Quadr (Islamic)

September 16 – Mexican Independence Day

September 17 – Yom Kippur (Jewish)

September 19 – San Gennaro Day (Italian-American)

September 19-25 – Deaf Awareness Week

September 22 – Sukkot (Jewish)

September 30 – Shemini Atzeret (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.*

### **Local**

[Introduccion a Computadoras](#), September 1, 6-8:00 p.m. Central Library. En este curso el adulto se familiarizará con las partes básicas de la computadora y aprenderá vocabulario esencial. Para registrarse, llame al 275-4099. Este programa se llevará a cabo en el Laboratorio de Entrenamiento de la computadora.

[Little Italy Festival](http://www.littleitalyfestival.org/lift/), September 3-6, Clinton. FMI - <http://www.littleitalyfestival.org/lift/>

[Explorando los Programas y las Herramientas del Sistema Operativo](#), September 8, 6-8:00 p.m., Central Library. Conozca los programas que vienen incluidos en el computador. Aprenda a organizar sus archivos y a personalizar su computador. Además, aprenda a utilizar las herramientas que le pueden ayudar a salir de apuros cuando su computador presenta un mensaje de error. Para registrarse, llame al 275-4099. Este programa se llevará a cabo en el Laboratorio de Entrenamiento de la computadora.

[Oktoberfest](http://www.indianapolisgak.com/german_park_oktoberfest.html), September 9-12, German Park, 8600 S. Meridian St., \$5 admission. FMI – 266-9816 or [http://www.indianapolisgak.com/german\\_park\\_oktoberfest.html](http://www.indianapolisgak.com/german_park_oktoberfest.html) .

[Bilingual Storytime \(Spanish/English\)](#), Saturday, September 11, 2:00. Central Library, Learning Curve. FMI - <http://www.imcpl.org/events/index.php?action=search>  
[Andersontown Powwow and Indian Market](#), September 11-12. FMI - <http://www.andersontownpowwow.org>  
[Chinese-American Festival](#), Sunday, September 12, Noon-9:00, Military Park. FMI, call 327-3611.

[Navegando en Internet](#), September 15, 6-8:00, Central Library. Los adultos están invitados a aprender las funciones del Internet. Aprende vocabulario esencial, como acceder los enlaces, y como navegar los sitios del web. Para registrarse, llame al 275-4099. Este programa se llevará a cabo en el Laboratorio de Entrenamiento de la computadora.

[Indy Irish Fest](#), September 17-19, Military Park, corner of West and New York Streets. FMI - <http://www.indyirishfest.com>

[Hispanic Fiesta Indianapolis](#), Saturday, September 18, Noon-midnight, American Legion Mall. FMI, call 275-9256.

[Trail of Courage Living History Festival \(Native American and frontier\)](#), September 18-19, Tippecanoe River, north of Rochester. FMI - <http://www.rochestertourism.org/FestivalDetails.asp?FestivalID=4> and <http://www.potawatomi-tda.org/trailoc.htm>

[Creando una cuenta de Correo Electronico](#), September 22, 6-8:00 p.m., Central Library. ¿No tiene una cuenta de correo electrónico? ¡Esta clase es para usted! Los adultos están invitados a crear una cuenta de correo electrónico para solicitar trabajo o comunicarse con familia y amigos. Para registrarse, llame al 275-4099. Este programa se llevará a cabo en el Laboratorio de Entrenamiento de la computadora.

[Campequine Film Festival \(short films by Hispanic youth\)](#), September 23-25, Indianapolis Museum of Art Tobias Theater, 4000 Michigan Rd. Free, but ticket required. FMI – 923-1331.

[Presentation by Greg Mortenson, author of Three Cups of Tea and Stones into Schools \(about building schools in Pakistan and Afghanistan\)](#), Monday, September 27, 6:30 p.m., St. Luke's Methodist Church, 100 W. 86th. Free but must get tickets (limit of 4; available after August 15<sup>th</sup>). FMI, call 846-3404.

[Good Fortune](#) (Kenyan film), September 30, 7:00 p.m. Indianapolis Museum of Art Tobias Theater, 4000 N. Michigan Rd. \$9; IUPUI students free with ID. FMI - <http://www.imamuseum.org/film/good-fortune>

#### Regional/U.S.

[Scottish Festival and Highland Games](#), September 11-12, Bartholomew County Fairgrounds, Columbus, IN. FMI - <http://scottishfestival.org>

[Oktoberfest](#), September 16-18, Terre Haute, IN. FMI - <http://www.terrehauteoberlanderclub.org/oktoberfest.html>.

[Gathering of the People Powwow \(Native American\)](#), September 25-26, VCCC Club Grounds 10382 Grotto Road, Terre Haute. FMI - <http://www.vccc.info/id18.html> or 765-435-3041.

### Work/Life Balance Tip

Make meal time more pleasant and calm. Turn off your phone, blackberry, etc. and play soothing music.



## 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? ☺*

### Volunteer Opportunities

Volunteers needed to staff activities and tear down at [The American Heart Association's Indianapolis Start! Heart Walk](#) on Saturday September 18, 2010 at White River State Park. FMI, e-mail or call Laura at [lkauth@ecomunity.com](mailto:lkauth@ecomunity.com) or 621-8785.

[Helping Homeless Veterans & their Families](#) needs volunteers to cut hair, set up and tear down for the [6th Annual Stand Down](#) on September 9th, at AMVETS Post 99, 2840 Lafayette Rd. FMI, call or e-mail Tina at 951-0688 x 227 or [tshelley@hvaf.org](mailto:tshelley@hvaf.org).

[The American Diabetes Association](#) needs volunteers for the Step Out Walk to Fight Diabetes on Sunday, October 3<sup>rd</sup>. FMI visit [www.diabetes.org/indywalk](http://www.diabetes.org/indywalk), e-mail [jburrese@diabetes.org](mailto:jburrese@diabetes.org) or call 352-9226 ext. 6731.

George Washington Community School is seeking volunteer tutors to assist middle and high school students. There is specific demand for [tutors proficient in high level math and science, as well as French and Spanish](#), though tutors for all subjects are needed. FMI e-mail Kelly Hannon: [hannonkj@ips.k12.in.us](mailto:hannonkj@ips.k12.in.us).

[The Dyslexia Institute of Indiana \(DII\)](#) is looking for volunteers for the annual [Indianapolis Monthly Dream Home](#), September 4th - 19th. Volunteers will be assigned a room of this beautiful home to highlight its features to guests. Visit [www.dyslexiaindiana.org/forms](http://www.dyslexiaindiana.org/forms) or contact Lindsay: [lgolden@dyslexiaindiana.org](mailto:lgolden@dyslexiaindiana.org) or 545-5451.

[Cystic Fibrosis Foundation](#) need volunteers for the "[Create the Cure](#)" Art Show on Friday September 10th, 7:30 - 11p.m. at the Rathskeller (Upper Ballroom). FMI, contact Jeffrey at [jlefors@gmail.com](mailto:jlefors@gmail.com) or 809-0471.

[The Coalition for Homelessness Intervention and Prevention](#) needs volunteers on Saturday, September 25, 2010 at Washington Square Mall from 10:00 a.m. to 2:00 p.m. to assist families and individuals who are in financial crisis. No special skills necessary. Contact Autumn at [agale@chipindy.org](mailto:agale@chipindy.org) or 472-7631 or visit [www.chipind.org](http://www.chipind.org).

Indianapolis Hospice needs volunteers to [provide comfort and ease pain for persons approaching the end of their lives.](#) FMI - <http://www.volunteermatch.org/search/opp723121.jsp>.

The Abby Hunt Bryce Home provides care to central Indiana citizens who are terminally ill and without resources. They need [volunteers to do light cleaning](#). Call 860-0484.

[StepOut: Walk to Fight Diabetes](http://stepout.diabetes.org/site/PageServer?pagename=OUT_gi_vol_home) needs volunteers for October 3 at IUPUI's Michael A. Carroll Track & Soccer Stadium. FMI – [http://stepout.diabetes.org/site/PageServer?pagename=OUT\\_gi\\_vol\\_home](http://stepout.diabetes.org/site/PageServer?pagename=OUT_gi_vol_home) or call 1-888-diabetes x 6738. If you want to walk, visit [http://stepout.diabetes.org/site/PageServer?pagename=OUT\\_gi\\_register](http://stepout.diabetes.org/site/PageServer?pagename=OUT_gi_register).

## Career/Professional/Personal Enrichment/Recognition/Funding

### IUPUI Graduate School Expo

Have you ever considered graduate school or professional school? If yes, plan to attend the Graduate Expo on Wednesday, September 29, 11:30-5:30 on the 4<sup>th</sup> floor of the Campus Center. You'll have the opportunity to attend workshops, network with university graduate/professional school representatives and get advice on applying for and funding of further schooling. FMI - <http://www.iupui.edu/~gradoff/gradexpo/index.html>.

### Be in the Know

Being in the know about campus happenings is important. If you don't currently subscribe to JagNews, Inside IUPUI, etc. or want to get news via Twitter, visit <http://www.iupui.edu>, click on "News" in left column and view "Subscribe" section at lower right. To subscribe to the HR Update, contact Sandy Stone ([sastone@iupui.edu](mailto:sastone@iupui.edu)) and to subscribe to Work/Life e-news, contact me ([mstimmin@iupui.edu](mailto:mstimmin@iupui.edu)).

### Book Club Featuring Themes About Women

The IUPUI Office for Women (OFW) is starting a book club, and all staff, faculty and students are invited to participate. The first discussion will be held in University Library 1116 from Noon-1:30 on September 15<sup>th</sup>. The book to read is *The Female Vision: Women's Real Power at Work* by Sally Helgesen & Julie Johnson. To register, visit <http://ofw.iupui.edu/Events/eventsCalendar.asp>.

## 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, I 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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