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IUPUI HRA Work/Life E-News – August 2012

*The purpose of life is to live it, to taste experience to the utmost,
to reach out eagerly and without fear for newer and richer experience.*

Elean
or Roosevelt,
former First
Lady

HRA Work/Life Events/Programs/Activities

Sign Up for the IUPUI Get Back on Your Bike Program – Note: This is NOT a bike-to-WORK program; it's a bike-anywhere program.

Based on last year's results, I am excited about partnering with Bicycle Garage Indy (BGI) again to bring an innovative bicycling wellness program to campus staff, faculty and students. It's especially for people who haven't been on their bikes in years, but would also be a good program for current bicyclists who want to get a little more motivated, be part of a challenge and/or refresh themselves on safety and the rules of the road. The cost is \$29.95 and includes a bike safety check, a bicycle computer (which has an installed value of \$34.99), visual e-mail reminders with access to online educational materials, two learning clinics, and the option to participate in weekly wellness group rides and/or the Autumn Colors Team Contest (which you are HIGHLY ENCOURAGED to be a part of).

It's simple to complete this program. Just:

- Learn about, sign up and pay the registration fee, by the deadline of August 31st, at www.bgiwellness.com/find/bike5. Staff/Faculty: Don't have a bike or want to try a new bike? See details for renting a new bike with option to purchase at bike program Web site.
- After registering, bring your bike to our kick-off event Tuesday, September 11th in southwest corner of the Taylor Hall courtyard under the blue tent with the white BGI logo. We'll be there from 7:30 a.m. to 5:30 p.m. so you can potentially drop your bike off before work/school and pick it up after work/school. Depending on your program order, BGI will install a cycling computer and provide instruction on how to use it or give you a \$25 BGI gift card in lieu of the computer, perform a

thorough safety check and give you the program rewards card, with which you can earn BGI gift card credits as you attend various events. To encourage safety, BGI will be providing 20% off Bell Solar helmets and related fitting at the kick-off event. If attending the kick-off isn't convenient for you, take your bike, before 9/17/12, to any BGI location during regular store hours, for same services as listed above.

- Ride 150 miles at home, in your neighborhood or anywhere you want during the designated 6-week period (September 17th to October 28th).
- Attend the two on-campus sessions taught by Linda Hardcastle (avid cyclist with master's in physiology from Purdue). The first clinic is on Tuesday, September 25, 12:05-12:55 in Taylor Hall 104 and will cover bike fundamentals and rules of the road. The second clinic is a hands-on learn-to-change-a-tire-and-more clinic and will be held on Tuesday, October 2, 12:05-12:55 in at Taylor Hall 104. Get your rewards card punched at each session to build your gift card value. If you miss the campus clinics, you can attend the same clinics at BGI stores and have your rewards card punched there.
- If your learning style is to ride and learn, earn reward card punches at the optional weekly wellness rides.
- Finish the 150-mile program to earn your final reward card punch and a chance to win a \$400 Bike and other prizes!

After registering online at www.bgiwellness.com/find/bike5, you will receive weekly e-mail reminders from my BGI contact, Carl Bruhn (cbruhn@bgindy.com). Please set your e-mail to allow his e-mails to come to your Inbox so they don't end up in the Junk mail box where you might miss them.

Fall Semester Yoga Starts August 20th

Staff and faculty can begin registering for fall lunchtime yoga starting Wednesday, August 15th, and students can register starting Monday, August 20th. Registrants pay the semester recreation fee (\$83-staff/faculty; \$15-students who might also have paid when they earlier registered for classes) and may then attend the 12:05-12:45 classes, most of which are held in the Campus Center. FMI and the registration form, visit <http://www.hra.iupui.edu/WorkLife> under News & Upcoming Events. Staff, faculty and students welcome. Reduce your stress, get fit, do yoga! HRA Work/Life, the Student Wellness Coalition and Campus Recreation collaborate to offer this series.

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

Are You Neglecting the Marvelous Middle?

Understandably, a lot of attention is lavished on the high achievers in an organization and, often, the low performers require your attention. But don't forget to "feed" those in the middle -- the competent, solid, steady performers, often with broad networks, who provide stability, knowledge, mentoring and the long-term view. Communicate with

them, recognize/reward them (both publicly and privately), ask them for input, listen to them, provide for their work/life balance, value them for what they bring to the organization, ask what their career goals are and help them get there or you take a chance of losing them. Just as a play or movie can't happen without both stars and supporting actors, neither can effective organizations function without a full cast.

Research done by Thomas J. DeLong and Vineeta Vijayaraghavan indicates that "companies' long-term performance – even survival – depends far more on the unsung commitment and contributions of their B players [a term I don't care for]." They also remind that achievement is a complicated blend of intelligence, motivation and personality [IQ + EQ]. To learn more, I highly recommend that you read the above-named authors' article, "Let's Hear it for B Players," in the June 2003 issue of *Harvard Business Review*. [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> . A shorter summary can be found at http://www.usatoday.com/money/workplace/2003-09-09-bplayers-frontcover2_x.htm .

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.)

Weight Watchers

Looking to lose a few pounds? Consider joining Weight Watchers at Work which meets Wednesdays 12:45 to 1:30 in the IUPUI Education/Social Work building. This group has lost over 450 pounds since August 2011. This is an ongoing meeting and continues as long as there are 12 or more members signed up for Weight Watchers and using the monthly pass. Please contact Valerie Decker at vdecker@iupui.edu or 274-5163 for the details.

The new Weight Watchers monthly pass system allows you to attend meetings at ANY location, so you might be interested in IU Health-sponsored Weight Watchers meetings that are held nearby. Go to <http://www.iuhealthemployeeewellness.org> , click on "Weight Management, Fitness & Nutrition" (big red button), then click on "Weight Watchers at Work" in menu on left and scroll down through the details (schedule, registration, etc.). Questions about the IU Health Weight Watchers groups? Call 317-963-WELL.

ToxAway Day

Attend the ToxAway Day event being sponsored by Butler University and the City of Indianapolis on Saturday, August 11, 9-2:00 at Butler's Hinkle Fieldhouse, 510 W. 49th and get rid of household waste that could pollute our waterways if not properly disposed of at the. For a list of items that are a good fit for ToxAway disposal, visit <http://www.indy.gov/eGov/City/DPW/SustainIndy/RRR/Reuse/Pages/ToxDrop.aspx> . At that Web site you can also learn how to dispose of these items throughout the year.

Diabetes Prevention Program (DPP)

The Diabetes Prevention Program was developed in our own back yard and it works. The program is perfect for you if you are at risk for developing diabetes or are overweight and have been diagnosed by a physician as someone with pre-diabetes. If you are committed to making the time to attend this program, the DPP is committed to providing the program at no cost. This national program provides a 16-week core curriculum with eight additional post-core monthly sessions. FMI and to register, click [here](#) . Thirty-five percent of U.S. adults aged 20 years or older have prediabetes and type 2 diabetes is preventable. [Take this 1-minute test through the American Diabetes Association to see if you are at risk.](#)

Best Practices for Self-Care Workshop

Plan to attend the self-care workshop on Wednesday, September 7, 12-12:30 in University Library 1116. You'll learn how to (1) recognize when to treat common illnesses at home and when you need to get medical attention (2) manage your lifestyle and preventative care (3) communicate effectively with your doctor (4) respond in an emergency and (5) achieve a higher quality of life. This free program is especially recommended for those in the HDHP health care plans. FMI and to register - <http://www.iu.edu/~welliu/Classes/IUPUI.shtml> .

Shingles Vaccination

Some experts estimate that 50% of those who live to age 85 will get shingles and it IS painful (and can last for an extended period of time and recur repeatedly). The Centers for Disease Control & Prevention recommends that most adults age 60 and older get the shingles vaccination. For information on who should/should not get the vaccine, possible reactions, etc., visit <http://www.cdc.gov/shingles/vaccination.html> and consult with your doctor about whether you should get this and/or other adult vaccinations.

Many adult immunizations are considered "preventive" and are covered by IU health plans at no cost to the member when network providers are used and when consistent with the U.S. Preventive Services Task Force (USPSTF) guidelines and nationally recognized schedules. An immunization schedule based on age can be found at <http://www.immunize.org/catg.d/p4030.pdf>. If you have questions about coverage, call Anthem at 800-345-2460 or IUHQP at 866-844-9838.

FREE Individual Nutrition Counseling at IUPUI

Want to eat healthier, whether to lose weight, improve cardiovascular health or to just feel better? Schedule an appointment with Elin Grimes, Healthy IU's Registered

Dietitian (RD), who can address questions you may have about fiber, salt, vegan/vegetarian diets and more. She will be available between 9:00 a.m. and 4:00 p.m. on September 13 at University Library and on October 9th at Lockefield Village Building (intersection of 10th St., University Boulevard and Indiana Avenue) in room 1156. You can schedule your appointment via your outlook calendar on the hour between 9:00 a.m. and 4:00 p.m. at healthyu@indiana.edu or by phone, toll free, at 855-269-0002. Sessions last about one hour. Contact Elin directly at egrimes@indiana.edu if you'd like to host individual nutrition counseling in your department.

3-Credit Hour Class on Mindfulness-Based Wellness (based on work of John Cabot Zinn)- http://www.iu.edu/~welliu/Classes/K497_Wellness.shtml

IUPUI Employee Health Screenings Begin

IUPUI Health Services will begin providing free health screenings with informational feedback for eligible employees in August 2012. Eligible employees will receive an e-mail from Healthy IU inviting them to schedule an appointment, and the alphabetical rolling process of invitations will continue throughout the year. When you receive your invitation, please take advantage of the opportunity and encourage your co-workers to do the same. There is a \$100 incentive for completion of the screening. FMI, visit [Frequently Asked Questions](#) .

Employees who prefer to have the screening done by their personal physician, may do so. This could potentially be classified as a wellness visit and therefore incur no cost for you, but check your specific health plan coverage to learn whether or not you will have any financial responsibility and be aware that if you go in for routine screening and then are found to have an illness, costs can result. If you choose to see your own physician, you are still eligible for the incentive. The form is at <http://www.iu.edu/~welliu/health-screenings/verification%20form.shtml> . Be sure to print it off and take it with you to your doctor's office. If you've completed the screening at your doctor's office in the past six months, you can still send the doctor the form, have him/her complete/sign it and send it back to you so that you can submit it to the address on the form. This form does NOT ask for screening RESULTS; it only asks the doctor to attest to the fact that the required screenings were done. Employees seeking their screening via their primary care physician are responsible for any applicable co-pay or deductible. *Healthy IU is not responsible for co-pays or deductibles.*

Personal/Home/Family/Financial Life

Save Energy, Save Money

Would you rather "throw away" \$50 a month on heating/cooling costs or button up your house or business and have the \$600 in yearly savings to spend on other things [this is just an example of the savings, some will save less, some more]? My guess is, it's the latter, so why not tap into the "Energizing Indiana" program which provides FREE home

energy assessments and installations of CFL bulbs (limit of 9), low-flow faucet aerators (limit of 3) and shower heads (limit of 2)?

This program is available to customers of Duke Energy, Indiana Michigan Power (I&M), Indiana Municipal Power Agency (IMPA), Indianapolis Power & Light Company (IPL), NIPSCO and Vectren. FMI or to schedule an assessment, visit www.energizingindiana.com or call 888-446-7750. If you are not a customer of the above-listed companies, call your own power company and see if they have a similar program; many do.

IU Tuition Benefit

To learn about employee or dependent eligibility and subsidy rates and access the needed forms for the IU Tuition Benefit (formerly called “fee courtesy”), visit <http://www.indiana.edu/~uhrs/benefits/tuition.html>. Quick links on right can be especially helpful.

Bus Riders and Van Poolers Can Save \$\$ with Pre-tax Commuter Benefit

Eligible employees who ride the bus or van pool can save money (for full-time riders, the savings are over \$100 per year) by taking advantage of the IU Pre-tax Commuting Expense Plan. It’s easy to do, and you do not need to sign up for this at open enrollment. Information can be found at <http://www.indiana.edu/~uhrs/benefits/commuting.html>. The claim form is at upper right.

To learn about setting up a van pool, visit <http://www.cirta.us/commuterconnect/vanpool> or contact Commuter Connect (formerly Central Indiana Commuter Services) at 327-7433. Their site also has a tool to help you create a car pool and more.

Nature Deficit Disorder

“When a child is out in nature, all the senses get activated” says Richard Louv, author of *Last Child in the Woods*, so go outside with your kids this summer. You can find activity ideas at www.greenhour.org.

Master Gardener Class Registration Open

Information about the popular Purdue University Marion County Extension Office’s Master Gardener series is available at <http://www3.ag.purdue.edu/counties/marion/Pages/CurrentMasterGardenerClasses.aspx>.

State’s Poor Recycling Rate: How Seriously is it Hurting the State’s Economy?

According to a recent article in the Indianapolis Business Journal, “Indiana’s makers of glass, plastic and aluminum beverage containers say a shortage of recycled materials is raising their manufacturing costs and could discourage others from locating here.” So do your part -- recycle! There are many containers on campus for recycled material and you can find locations of recycling locations in the community at http://www.kibi.org/drop_off_locations.

Free and Fun/Interesting - Get Out Your Calendar and Plan in Some Fun!

IUPUI

Green Generation Fair; Thursday, August 23, 10-2:00; Taylor Hall Courtyard. FMI - http://events.iupui.edu/event/?event_id=6931 .

Local

Get IndyVolved (young professionals learn about opportunities to get involved in community); Wednesday, August 1, 6-8:00; Indianapolis City Market, 222 E.

Market. FMI – 317-634-9266.

Free Night at Children's Museum; Thursday, August 2, 4-8:00; 3000 N. Illinois St. FMI, call 334-3322. They currently have a cool shipwreck exhibit to see.

Deb Mullins (standards, bluesy jazz and pop); Thursday, August 2, 6-8:00; Glick Indiana History Center, 450 W. Ohio St. FMI, call 232-1882. Seating in grass is free.

Swing Shift Indy Big Band; Thursday, August 2, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

Placentality: A Skateboard Event; Saturday, August 4, 11-10:00; Big Car Service Center, 3819 Lafayette Rd. FMI – www.bigcar.org Free skate lessons (11-2:00), free skating, music (6-10:30), food, discussion (2-5:00).

IDADA First Friday Art Tour; Friday, August 3, 6-9:00. FMI - <http://www.idada.org/first-friday-map>

Veteran's Appreciation Day; Saturday, August 4, 10-4:00; American Legion Mall. FMI - http://www.indianapolis.va.gov/docs/veteransappreciationday_2012.pdf . Fun, food, music, games and camaraderie.

This Land is Your Land (express disinterest in being dependent on unsustainable oil/fuels); Saturday, August 4, 11:00; Monon Trail at corner of Coil and Cornell Ave. FMI, call 317-520-2783.

Local/Regional Musical Acts; Saturday, August 4, 4:00; Windsor Village Family Center, 6510 E. 25th. FMI, call 327-7162.

All About Bees; Sunday, August 5, 1:30-3:30; Garfield Conservatory and Sunken Garden, 2505 Conservatory Dr. FMI, call 327-7184.

Lockerbie Community Pot Luck; Sunday, August 5, 5:00; Earth House Collective, 237 N. East St. FMI - <http://www.earthhousecollective.org/events/2012/august/lcumc> .

Johnny Dial & Friends (jazz); Sunday, August 5, 5:00; Watkins Park, 2360 N. Dr. Martin Luther King, Jr. Dr. FMI, call 327-7175.

Drum Corps International World Championships Warm-Up; August 9, 8-10:00 a.m.; Military Park (near campus at corner of West and New York Streets).

Second Thursday on Georgia St.; Thursday, August 9, 11-8:00. FMI -

<http://www.indydt.com/SecondThursdays.cfm> . Visit Colts, Pacers, Fever and IMS stations, play cornhole, get autographs, see drum corps performances and try the field goal challenge.

Indianapolis Jazz Orchestra; Thursday, August 9, 6-8:00; Glick Indiana History Center, 450 W. Ohio St. FMI, call 232-1882. Seating in grass is free.

Jazz Renegades Dance Band; Thursday, August 9, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

Indianapolis Symphonic Band; Thursday, August 9, 7:00; Holliday Park, 6363 Spring Mill Road. FMI, call 327-7334.

Mystikos concert; Friday, August 10, 7:00; Broad Ripple Park, 1550 Broad Ripple Ave. FMI – 327-7161.

Trust Walk (walk through areas of the park using only your ears as your guide); Saturday, August 11, 9:00; Indianapolis Museum of Art's 100 Acres: The Virginia B. Fairbanks Art and Nature Park, 3900 N. Michigan Road. FMI, call 923-1331.

Celebrate Indy Arts! Parade; Saturday, August 11, 11:00; downtown Indy. FMI - <http://www.dci.org/parade> .

Mass Ave Criterium (bike race); Saturday, August 11, 11:45 a.m.-9:00 p.m.; Mass Ave. FMI, call 459-0059 or visit <http://mac.nuvo.net> .

Chamber Music Concert; Sunday, August 12, 2:00; Central Library's Clowes Auditorium, 40 E. St. Clair. FMI, call 275-4100.

Chubby & the All Stars (blues); Sunday, August 12, 5:00; Watkins Park, 2360 N. Dr. Martin Luther King, Jr. Dr. FMI, call 327-7175.

Concert featuring Harry and the Potters (wizard rock); Sunday, August 12, 5-7:00; Central Library's Clowes Auditorium, 40 E. St. Clair. FMI, call 275-4100.

Genealogy for Night Owls; Wednesday, August 15, 5:30-8:30; Indiana State Library, 315 W. Ohio St. FMI, call 232-3692.

Patrick Rothfuss discusses his book, "The Wise Man's Fear," Thursday, August 16, 7:00; Central Library, 40 E. St. Clair. FMI, call 275-4100.

Indianapolis Municipal Band; Thursday, August 16, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

Gregg Bacon concert; Friday, August 17, 7:30; Municipal Gardens Park, 1831 Lafayette Road. FMI, call 327-7190.

Planting the Fall Garden; Saturday, August 18, 10-11:30; Unleavened Bread Café, 3001 Central Ave.

Indy Free Market (freecycling or free version of a flea market); Saturday, August 18, 2:30-4:30; Earth House Collective, 237 N. East St. FMI - <http://www.earthhousecollective.org/events/2012/august/the-really-really-free-market> .

Martine Lockee concert; Saturday, August 18, 6:00; Ellenberger Park, 5301 E. St. Clair. FMI, call 327-7176.

Assorted Musical Acts; Saturday, August 18, noon; Wes Montgomery Park, 3400 N. Hawthorne Lane. FMI, call 327-7461.

Benjamin Harrison 179th Birthday Celebration; Sunday, August 19, 1:30-4:00; Benjamin Harrison Home, 1230 N. Delaware St. FMI – www.pbhh.org or 631-1888. Concert by Alexandra & the Good Batch, tours, ice cream, cake, kids' crafts and more.

Blue River Band (country); Sunday, August 19, 5:00; Southeastway Park, 5624 S. Carroll Rd., New Palestine. FMI, call 861-5167.

Performances by Soul2Soul (traditional & contemporary gospel) and the Circle City Ringers handbell ensemble; Sunday, August 19, 2:30 p.m.; Central Library's Clowes Auditorium, 40 E. St. Clair. FMI, call 275-4100.

Natural History of Central Indiana; Tuesday, August 21, 6:30-7:30; Garfield Conservatory and Sunken Garden, 2505 Conservatory Dr. FMI, call 327-7184.

[Indianapolis Brass Choir](#); Thursday, August 23, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

[Jennie DeVoe concert](#); Friday, August 24, 7:00; Broad Ripple Park, 1550 Broad Ripple Ave. FMI – 327-7161.

[Bicycle Swap Meet \(sell/buy used bike gear\)](#); Saturday, August 25, 1-5:00; Indy Bike Hub, 222 E. Market St. FMI - <http://www.theindycog.com/news/2012/july/downtown-bike-swap-meet> .

[Arts Adventure Day](#); Saturday, August 25, 12-4:00; Garfield Park Arts Center, 2432 Conservatory Dr. FMI, call 327-7135.

[Bug Fest](#); Sunday, August 26, 1-5:00; Southeastway Park, 5624 S. Carroll Rd., New Palestine. FMI, call 861-5167.

[Native American Flute Workshop](#); Sunday, August 25, 1:15-2:30; Unity Church, 907 N. Delaware, St. FMI, call 635-4066.

[Finnell Factor \(jazz\)](#); Sunday, August 26, 5:00; Watkins Park, 2360 N. Dr. Martin Luther King, Jr. Dr. FMI, call 327-7175.

[Indianapolis Jazz Orchestra](#); Thursday, August 30, 7:00; Garfield Park Sunken Garden, 2505 Conservatory Dr. FMI, call 327-7184.

[Indy Film Fest Presents: "The Nooner,"](#) Friday, August 31, Noon; Earth House Collective, 237 N. East St. FMI, call 636-4060.

Regional/State

[Knox County Watermelon Festival](#); Saturday, August 4, Patrick Henry Square in Vincennes, IN. www.knoxcountychamber.com or 812-882-6440.

[Perch Festival and Gran Prix](#); August 10-12; Founders' Square Park in Portage, IN. FMI – www.ci.portage.in.us/parks or 219-762-1675.

[Glass Festival](#); August 17-19; Callaway Park in Elwood, IN. FMI – www.elwoodglassfestival.com or 765-552-0180.

[Wabash Herb Fest](#); August 18; Paradise Spring Historical Park in Wabash, IN. FMI, call 260-563-6682 or <http://www.wabashcountycvb.com/festivals/festivals.html>

[Trucks in Paradise](#); Saturday, August 25; Paradise Spring Historical Park in Wabash, IN. FMI, call 260-571-0681 or <http://www.wabashcountycvb.com/festivals/festivals.html>

[Ligonier Marshmallow Festival](#); August 31-September 3; Ligonier, IN. FMI – www.themarshmallowfestival.com or 260-215-1982. Selected for ABA's 2009 Top 100 Events in North America.

[Marshall County Blueberry Festival](#); August 31-September 3; Plymouth, IN. FMI – www.blueberryfestival.org or 574-936-5020.

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

Becoming More World/Culture Wise

Host Family Needed

One or more host families is needed to host a guest from Germany on August 18-24 and September 2-6. Contact Sven Schumacher, of The Foundation for Lutheran Child & Family Services, at 317-359-5467.

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

August 1 – Lammas & Lughnassad (Britain, U.S.)

August 1 – Ramadan begins (Islamic, Muslim, Moslem)

August 14 – Pakistan's Independence Day

August 15 – Liberation Day (Korea, South Korea)

August 18 – Bon Festival/Feast of Lanterns (Japan)

August 18 – Eid-Al-Fitr (Islamic, Muslim)

August 28 – March on Washington 46th Anniversary (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

German Language School for Children; (separate classes for 3-4 year olds, pre-K and K, grades 1-3 and grades 3-6); 10 Saturdays, starting September 22, 9:30-Noon; International School of Indiana. There is a fee. Sponsored by IUPUI German Department. FMI, contact Claudia Grossman, Ph.D. at 274-3943 or cgrossma@iupui.edu .

Local

Liederkrantz Summerfest; German Park, 8602 S. Meridian St. Saturday, August 4; German Park, FMI, call 317-782-9216.

India Day; Sunday August 12, 10-3:00; Monument Circle. FMI, contact, Kavya Sadhu at kavya@svtechglobal.com ; Raju Chinthala at rajuchinthala@gmail.com or Jane Gehlhausen at jane.gehlhausen@indy.gov .

Regional

Strassenfest (German festival); August 2-5; courthouse square in Jasper, IN. No admission fee. FMI – www.jasperstrassenfest.org or 812-482-6866.

Schweizer Fest; August 8-11; Tell City's City Hall Park, 700 Main St. No admission fee. FMI – www.tellcityschweizerfest.org or (toll-free) 888-343-6262.

Mihsikhinaahkwa Pow Wow; Columbia City's Morshes Park on SR 205. FMI – www.miamipowwow.org or 260-609-7844.

Work/Life Balance Tip

Time is Limited, but Energy is Renewable

"Doing more with less," has become the mantra, and people are trying to comply, but the usual method – putting in more hours – has backfired. They're getting exhausted,

disengaged and sick. And they're defecting to healthier job environments. This is the message of Tony Schwartz and Catherine McCarty, authors of the Harvard Business Review article, "Manage Your Energy, Not Your Time." They remind us that time is a finite resource but that energy is renewable and suggest some rituals that can help rejuvenate personal energy. Their suggestions include: taking brief breathing breaks at specific times, expressing appreciation to others, reducing interruptions, and spending more time on activities that you do best and enjoy most. They also address diet, sleep, exercise, looking at things with a new lens and living your core values. Read the complete article at <http://www.med.umich.edu/Leadership/resources/Manage%20Your%20Energy%20Not%20Your%20Time.pdf>.

Miscellaneous

Green Line Bus to Stop Trips to Airport

IndyGo's Green Line bus will cease airport runs on September 16th. Consider using [Route 8](#) which runs between downtown and the airport. For schedule and ticket information, call 317-635-3344.

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/Donation Opportunities

IUPUI Mentors Needed - The IUPUI Office for Women and the Office for Student Involvement are collaborating again this year to repeat the successful "Advancing Women Mentoring Program." The "Advancing Women Mentoring Program" exists to empower individuals toward academic, personal and professional success by engaging participants in authentic mentoring partnerships. Specifically, the program will highlight topics pertaining to the advancement of women both in the university and the workplace. This program is open to all interested faculty, staff and graduate/undergraduate students. Faculty and staff members who are interested in serving as a mentor, are asked to contact Kathy Grove at ksgrove@iupui.edu before August 15th.

On August 11, 2012, the Indiana Coalition Against Domestic Violence will host its' annual Race Away from Domestic Violence and needs [volunteers for the course directional, water stops, rest and recovery area, finish line, children's activities and registration](#). Volunteer shifts begin as early as 6:00 a.m., but end by 10:30 am. The Race Away will begin and end at Victory Field in downtown Indianapolis. FMI, contact Caryn Burton at cburton@icadvinc.org or by calling 317-917-3685.

The ALS Association Indiana Chapter is looking for [interns who are interested in working for the ALS Chapter](#) promoting the chapter's events/mission, doing communication to donors, updating chapter documents, creating new materials and performing Web site maintenance. Contact Cindy Wise at 317-915-9888 or cwise@alsaindiana.org.

The ALS Association Indiana Chapter is also looking to contract with a [professional grant writer](#) who has proven success. Contact Cindy Wise at 317-915-9888 or cwise@alsaindiana.org.

Kinnear Avenue Neighborhood Association needs volunteers on Saturday, August 25 from 8-1:00 to [help community prepare two short blocks off 38th St. east of State Fairgrounds for back-to-school bus traffic](#). Volunteers will pull overgrown vegetation from sidewalks and clear an overgrown lot to make the adjacent bus stop safe for school children. Call Lynn, registered KIB block captain, at 317-924-2872.

The Leukemia & Lymphoma Society is looking for an organized and professional [student intern to provide support to the Team In Training \(TNT\) campaign](#) from August through December, specifically working on logistics for the Indianapolis Monumental Marathon, volunteer management and retention efforts, and grassroots marketing. [More](#)

D.R.E.A.M. Alive, Inc., will be holding its inaugural Community Day on August 4, 2012, at Arsenal Tech High School. The organization will be working with volunteers, corporate sponsors, community partners, IPS educators, Arsenal Tech football team, and D.R.E.A.M. Alive scholars to [revitalize the Arsenal Tech football stadium](#), advancing the Legacy Project started by Super Bowl 2012. FMI, [go to our website](#).

[Career/Professional/Personal Enrichment/Recognition/Funding](#)

[Conference for Pre-Tenure Women](#)

A panel of department heads from various disciplines discussing, "Planning for Success," workshop topics including "How to Survive and Thrive by Asking the Right Questions," "GPS: Mapping Your Course to Faculty Vitality" and "Managing Work-Life Relationships in the Flexible Job Age," and an opportunity to have your promotion and tenure document reviewed comprise the offerings at the Purdue Conference for Pre-Tenure Women being held September 24th and 25th. FMI, visit <http://www.purdue.edu/butler/pretenure> Register [here](#)!

Grants, Scholarships, Fellowships, Student Internships and Study Abroad

[America's Best Blogging Scholarship](#) is for \$1000. Application at <http://yourlocalsecurity.com/scholarship> . Questions? Contact Brandon Mercury at Brandon@yourlocalsecurity.com .

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 & Upcoming 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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