

September 2009

Quote of the Month

Courage is knowing what not to fear.

Plato, philosopher and mathematician

HRA Work/Life Events/Programs/Activities

Reduce Stress: Register for Yoga

HRA Work/Life, Intramural & Recreational Sports and the Student Wellness Coalition offer ongoing yoga classes. Fall classes started Wednesday, August 26th but it is still okay to enroll. Registrants pay the semester recreation fee (\$83-staff/faculty; \$30-students) and may then attend the 12:05-12:45 classes in the Campus Center on Mondays and Thursdays (usually) and the Union Building Room 130 on Tuesdays and Wednesdays. FMI and the registration form, visit <http://www.hra.iupui.edu/HRA/WorkLife/default.asp> under News & Upcoming Events.

Tanq Soo Do Classes - Class is full, so we can't accept further registrations unless you are willing to be on the waiting list. Sorry.

Indiana Long-Term Care Partnership Insurance

HRA Work/Life is offering you a workshop to learn about the Indiana Long-Term Care Partnership Program. The workshop will be held on Tuesday, September 15th, 12:05-12:55 in the Lilly Auditorium (lower level) of the University Library. Staff, students, faculty and IU retirees are welcome to this FREE workshop. You're welcome to bring your lunch, as long as you eat it before you enter the auditorium.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> (scroll down to and click on "Work/Life" in left menu and select "Estate Planning & Indiana Long-Term Care Partnership Insurance" from menu that comes up on right and follow directions from there; or RSVP to me (mstimmin@iupui.edu)).

Save Money/Energy: Weatherize your Home - Tuesday, October 6, 12:05-12:55, University Library 1126

Discover the three major things you need to address to improve energy use in your home and save money on utility bills. Learn the do-it-yourself skills for proper caulking, insulation, appliance care and get tips on proper equipment and more. Staff, students, faculty and IU retirees are welcome to this FREE workshop. You're welcome to bring your lunch.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> (scroll down to and click on "Work/Life" in left menu and select "Save Money/Energy: Weatherize Your Home" from menu that comes up on right. Follow directions from there.

Comfortable Retirement: Financial Fantasy or Reality - Tuesday, October 13, 12:05-12:55, University Library 1126.

Learn the facts that you need to consider when creating a realistic plan that will enable you to have a secure retirement. The earlier you plan, the sooner you can get there. Learn how to estimate retirement income needs and how to close the financial gap between what you have and what you will need. A 25-page workbook and Web site will help you through the process. Staff, students and faculty welcome to this FREE workshop. You're welcome to bring your lunch.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> (scroll down to and click on "Work/Life" in left menu and select "Comfortable Retirement: Financial Fantasy or Reality" from menu that comes up on right. Follow directions from there.

Thinking About Adoption - Tuesday, October 27, 12:05-12:55, University Library 1116

You'll get tips on what to consider when you're thinking of adopting (therapeutic family needs, adoption from foster care, custody/relative adoption, international adoption, how to select an agency, helpful resources, etc.)? There will also be time to get your questions answered. Staff, students and faculty welcome to this FREE workshop. You're welcome to bring your lunch.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> (scroll down to and click on "Work/Life" in left menu and select "Thinking About Adoption" from menu that comes up on right. Follow directions from there.

21st Century Management Cues

Diversity/Communication/Decision-Making: Are You Running a "Mushroom Farm"?

Diversity, of course, doesn't just mean hiring diverse people; it ultimately means being inclusive of people with a variety of perspectives as decisions are made. If an institution espouses diversity as a value, yet allows its people to (1) neglect to involve diverse people (by rank/classification, too) in initiatives from the outset when their input could affect the outcome (2) question the supervisor of those who dare to speak truth to power, in a "who does this staff member think he/she is" fashion and (3) fail to provide timely, accurate, comprehensive information to all constituents, certainly the integrity of that institution's commitment to diversity will be questioned.

James O'Toole and Warren Bennis, in "A Culture of Candor" (*Harvard Business Review*, June 2009) maintain that an organization whose leaders tell the truth, actively encourage people to speak truth to power, reward contrarians, diversify their sources of information, admit mistakes and build an organizational architecture that supports candor are more effective and efficient.

O'Toole and Bennis also remind us of how pervasive the failure to be inclusive with information is when they share that in the many years they've studied organizations, the

most common metaphor they've heard managers use to describe their cultures is "a mushroom farm," as in, "people are kept in the dark and fed manure." They contend that "most executives expect their people to be good soldiers and not question company policy, but a *great* leader will welcome alternative viewpoints."

Let's ask ourselves, "Do we want to be great leaders or "mushroom farmers"?"

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

Free Prostate Screenings at IU Simon Cancer Center

Men – Call 274-6988 today (because slots are limited) to schedule an appointment for a free prostate screening on September 16th, 5-7:00 p.m. at the Urology Clinic in Simon Cancer Center, 535 Barnhill Drive. Then mark it on your calendar and GO. Participants will have a small amount of blood drawn for the PSA (prostatic specific antigen) test, and a digital rectal exam will be done by a urologist. It takes less than 15 minutes. If caught early, prostate cancer, the second most common cancer in American men, can be readily treated.

Campus Weight Watchers Group

Things are bustling this time of year, but you still need to take care of yourself. Weight Watchers starts a new series on Thursday, September 24th in the School of Nursing (specific room will be determined once participant number is known). The series will be held on Thursdays from 11-11:45 (weigh-in 11-11:15, meeting 11:15-11:45). There are two possible options:

- Option #1 - Standard 12-week session for \$144 which averages \$12 per week and is available for 15 or more participants.
- Option #2 - "Savings for Success" offering 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.

If interested, contact Kathy at klane2@iupui.edu, AS SOON AS POSSIBLE (because she has to get at least 15 participants before the session is a "go"). Also tell her if you (1) prefer option #1 (2) prefer option #2 or (3) are okay with either option.

By the way, you can still join the summer session which runs through September 17th by paying a pro-rated amount. Get details from Kathy.

[Indy Play Celebration](#)

Play is fun and a great way to stay fit and learn. Indy Parks is sponsoring Play Day on September 26, 11-3:00. They are still gathering the information about the activities, so visit www.indyparks.org later in the month to view the list of activities.

[Vitamin D](#)

There has been a lot of information about Vitamin D in the news, some from reliable sources and some not. Read what the University of Michigan Health System and Medline Plus (a service of the U.S. National Library of Medicine and the National Institutes of Health) say at <http://www.med.umich.edu/1libr/guides/calcium.htm> and <http://www.nlm.nih.gov/medlineplus/ency/article/002405.htm> (scroll down). Note that International Units (IUs) and micrograms are different – one microgram is the same as 40 IUs. Talk to your doctor before taking supplements because there can be harm from having too much Vitamin D in the body as well as too little.

[Notice that a Student Might Need Help with Stress, Depression, Etc.?](#)

If you believe that a student might benefit from the services of Counseling and Psychological Services (CAPS), visit <http://life.iupui.edu/caps/refer.html> for information on when and how to refer.

[Help for Cancer Patients & Their Families](#)

For some cancer patients, the soles of their feet and the palms of their hands burn or tingle, while others may become forgetful because of some types of chemotherapy. For quick answers or more detailed information about a broad range of topics involving cancer diagnosis, treatment or unexpected symptoms, visit the new section of the IU Simon Cancer Center's web site at www.cancerinfo.cancer.iu.edu. [Read complete news story.](#)

[Alcohol Screening](#)

IUPUI Counseling and Psychological Services (CAPS) is sponsoring alcohol screening on Thursday, September 10, 10 – 4:00 in Campus Center 148.

[Lite 'N Up](#)

NIFS' (our neighbor on the south edge of campus) Lite 'N Up series will be held September 29th to November 17th; Tuesdays, 6-7:30 p.m. It is designed to provide tools that support a healthy lifestyle and includes presentations by registered dietitians and certified health and fitness instructors on a wide variety of topics related to nutrition, fitness and wellness. Cost is \$165 for NIFS members and \$195 for nonmembers and includes full NIFS membership for that period of time. FMI or to register, call 274-3432 x 239.

[Dry Beans & Peas: Low Cost and Good for You](#)

Dry beans and peas are great low-cost sources of protein, fiber and folate and also provide iron and zinc. In addition, they help you feel full and satisfied. Think about a steaming bowl of bean, lentil or pea soup; red beans and rice; curried garbanzo beans;

pasta e fagioli; baked beans; gigantes (Greek lima beans) and other luscious dishes. Try to find recipes without a lot of oil or sugar.

Personal/Home/Family/Financial Life

Toward Healthier, Greener, Sustainable Consumption: Join the Conversation

“More does not equal better.” “Let’s align what we truly value with how we consume.” “Let’s create an economy that creates community and ennobles our lives.” These are typical of the themes in Bill McKibben’s book, *Deep Economy*, the chosen book for the IUPUI Common Theme in 2009-10. Read the book (other readers have just gotten started), follow the blog - <http://iupuicommontheme.wordpress.com>, and/or join in events (sustainability panel 9/8, presentation by Senator Lugar 9/21, author McKibben’s lecture 11/9 and much more) to share your perspectives and listen to those of others. FMI, visit http://events.iupui.edu/calendar/?cal_id=126 or http://www.iupui.edu/common_theme .

Green Generation Fair at IUPUI

The Green Generation Fair, cosponsored by Student Life and the Common Theme Project (see above) will be held September 8th, 10-2:00 in Taylor Hall Courtyard. There will be a Sustainability Panel at Noon. FMI - http://events.iupui.edu/event/?event_id=963 .

Want to Blog with Others Who Love Art?

Check out the Indianapolis Museum of Art’s ArtBabble at <http://www.imamuseum.org/blog/2009/07/09/what-next-for-artbabble> .

Optional Voluntary Benefits

If you receive *The Informed Employee* IU newsletter, be sure to read the article about new voluntary benefits (long-term care, short-term disability, critical illness, pet, and auto/home/renter’s insurance plans; vision wear program; home mortgage program; ID theft program) that’s in the August 2009 edition. The Web site with details is at www.iuvoluntarybenefits.com . Don’t delay; there is a special enrollment period for these.

Walking through the Medicare Maze

Medicare A, Medicare B, Medicare D, Medicare Advantage, Medicare Supplement. What are they and how are they different from one another? How do I choose? When do I choose? If you’d like to learn more and feel a little more comfortable as you try to decide what to do, attend an overview at St. Luke’s Methodist Church, 100 W. 86th St., Room E 107 on Monday, November 30, 7-8:30 p.m. No specific insurance plans or carriers will be highlighted, and no one will try to sell you anything. No registration or fee.

FMI, call 846-3404.

Cardboard Recycling

Some of the Indy recycling locations that used to take cardboard, no longer do. To recycle your corrugated cardboard (whether it comes from your home or office), feel free to use the gray or brown containers labeled for cardboard outside of most IUPUI buildings. In addition, the container behind the Psychiatric Research building at Elmwood and Wishard allows you to put corrugated cardboard in with the newspapers. Questions? Call Phillip Warren, CFS Recycling Manager at 274-7696.

Circle City Recycling takes both corrugated and noncorrugated (like the kind crackers are sold in) cardboard. They are located at 3617 Southeastern Avenue and their phone number is 356-5491. A list of other locations can be found at [http://www.kibi.org/recycle/recycle_reuse_guide.htm#Corrugated Cardboard](http://www.kibi.org/recycle/recycle_reuse_guide.htm#Corrugated_Cardboard), but some only take corrugated, so call ahead if you have both corrugated and noncorrugated.

[Group Hayride Reservations at Southeastway Park](#)

Pull together a group of friends and plan a hayride at Southeastway Park. It includes a shelter and a bonfire. Call 861-5167 for reservations. It's first-come, first-served and the slots fill fast.

[Free and Fun/Interesting](#)

[Twelfth Night](#), Shakespeare in the Park, September 4, 5, 11, 12, 7:00 p.m., Garfield Park's MacAlister Center. FMI, call 327-7135.

[Cynthia Layne Concert \(groove R & B\)](#), Sunday, September 6, 3:00, Holiday Park. FMI - <http://www.hollidaypark.org/programs.html>

[Living Lean & Green](#) – Tuesday, September 1, 8, 15, 22 or 29; 6:30, Marion County Central Library. FMI and to register -

http://www.imcpl.org/events/detail/?event_id=1016&schedule_id=15484

[Riviera Camera Club Meeting](#), Tuesday, September 1, 7:30, Holliday Park. FMI - <http://www.hollidaypark.org/programs.html#September>

[IUPUI Ball Gardens Violin Quartet](#), Tuesday, September 8, Noon-12:45, grassy area east of Union Building.

[Audubon Society Meeting](#), Tuesday, September 8, 7:30, Holliday Park. FMI - <http://www.hollidaypark.org/programs.html#September>

[Chamber Music](#) – Saturday, September 12, 2:00, Marion County Central Library. FMI - http://www.imcpl.org/events/detail/?event_id=1488&schedule_id=15860

[Beekeeping for Beginners](#), Saturday, September 12, 1:00, Holliday Park. FMI - <http://www.hollidaypark.org/programs.html#September>

[IUPUI Ball Gardens Violin Quartet](#) (east of Union Building), Thursday, September 17, Noon-2:45, grassy area east of Union Building.

[Family Fun Day](#), Sunday, September 20, 1-5:00, Holliday Park. FMI - <http://www.hollidaypark.org/programs.html>

[Free Tour of Gardens and Outdoor Sculpture](#), September 12, 1:00, Indianapolis Museum of Art. FMI - <http://www.indyarts.org/calendar.aspx?id=11028>

[Fountain Square Art Fair](#), Saturday, September 19, 10-6:00, intersection of Shelby St. and Virginia Ave. FMI - <http://www.indyarts.org/calendar.aspx?id=11268>

[Blues Concert](#) – Sunday, September 20, 1:30, Marion County Central Library’s Clowes Auditorium. FMI -

http://www.imcpl.org/events/detail/?event_id=2033&schedule_id=15925

[Kids’ Salsa Dancing](#) – Sunday, September 20, 2:00, Marion County Central Library’s Learning Curve room. FMI -

http://www.imcpl.org/events/detail/?event_id=2056&schedule_id=16229

[Rocky Ripple Art Festival in the Park](#), Saturday, September 26, 11-6:00, Hohlt Park.

FMI - <http://www.indyarts.org/calendar.aspx?id=11228>

[Kids’ Merengue Dancing](#) - Sunday, September 27, 2:00, Marion County Central Library’s Learning Curve room. FMI –

http://www.imcpl.org/events/detail/?event_id=2057&schedule_id=16230

Discounts/Perks

Low-Priced Indiana Fever Game Tickets

For a limited time only (don’t delay; these tend to go fast), you can purchase a \$14 Fever game ticket for \$5, a \$20 ticket for \$10 and a \$32 ticket for \$15 (there is probably tax and maybe a Ticketmaster fee) for the September 2nd game with Phoenix and the September 6th game with Washington. Visit

https://oss.ticketmaster.com/html/group_corp_start.html?l=EN&team=fever&owner=8308759&group=2567&err=&event=&customerID= and enter special offer code FEVER.

Call Lynn at 917-3092 if you have problems with any of the above or if interested in play-off specials.

Becoming More World/Culture Wise

September 15-October 15th is National Hispanic Heritage Month

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

September 7 – Labor Day (U.S.)

September 16 – Lailat-UI-Quadr (Islamic, Muslim)

September 16 – Mexican Independence Day

September 19-20 – Rosh Hashanah (Jewish)

September 19 – San Gennaro Day (Italian-American)

September 20-26 – Deaf Awareness Week

September 21 – Eid-Al-Fitr (Islamic, Muslim)

September 22 – Autumnal Equinox (Japan)

September 27-28 – Yom Kippur (Jewish)

Ethnic/Cultural Festivals/Events/Classes

IUPUI and IU

[International Learning Workshop](#) - There has been a change of date for the International Learning Workshop to Friday, November 6th, 9-4:00 at Neil Marshall Black Culture Center at IU Bloomington. Persons from ALL campuses with an interest in campus

internationalization are welcome. To get on the list to receive further details, contact Hilary Kahn at hkahn@indiana.edu .

Local

[*Expanding The Circle: Indiana and Its Global Connections*](#), Wednesday, September 2, 4-6:00 Tobias Theatre at the Indianapolis Museum of Art, 4000 Michigan Road. There is no charge to attend, but do RSVP. For details, please contact Aliya Chaplin at 955-5150, X221, or achaplin@icenterindy.org. [RSVP NOW](#)

[*Oktoberfest*](#), September 4, 5, 6, 11, 12, various times; Indiana State Fairgrounds. FMI http://indianapolis.metromix.com/events/fair_festival/oktoberfest/1408802/content

[*The Two Gustavs: Mahler and Klimt & Vienna's Golden Decade*](#) presentation by professor and author Alessandra Comini, September 10, 7:30 p.m. Eidson-Duckwall Recital Hall, Butler University. Free. FMI -

<http://www.butler.edu/absolutenm/templates/?a=1200&z=53>

[*Greek Festival*](#), September 11, 4-11:00 and September 12, Noon-11:00, Holy Trinity Greek Orthodox Church, 3500 W. 106th. FMI -

<http://nationalitiescouncil.blogspot.com/2009/08/indianapolis-greek-festival-moves-to.html>

[*Chinese Festival*](#), Saturday, September 12, Noon- 9:00, Military Park (near IUPUI), will feature performances, food, lantern ceremony, children's games, crafts. Free. FMI -

<http://www.indydt.com/InternationalFestivals09.cfm>

[*French Market*](#), Saturday, September 12, Noon-10:00 St. Joan of Arc Catholic Church, 4217 N. Central; French menu, live entertainment and artisans. Free admission. FMI - <http://www.sjoa.org/FrenchMarket/2009FMflyer.pdf> .

[*Friends of Umoja Dinner*](#), September 15, 6:30, St. Monica Catholic Church, 6141 N. Michigan Rd. FMI, call Amy at 253-6461.

[*Irish Fest*](#), September 18-20, various times, Military Park (near IUPUI). FMI -

<http://www.indyirishfest.com/festivalinfo/festivalinfo.html>

[*Hispanic Fiesta*](#), September 19, Noon-midnight. FMI - <http://www.laplaza-indy.org> .

Regional

[*Scottish Festival*](#), September 12, 11-9:00 and September 13, 11-4:00; Bartholomew County Fairgrounds, Columbus. FMI - <http://www.scottishfestival.org> .

[*Andersontown Powwow and Native American Market*](#), Saturday, September 12, 11-9:00 and Sunday, September 13, 11-4:00. FMI, call 1-800-533-6569 or 765-643-5633.

For the Highly Curious

Have a Garden on Your Roof

A green roof prevents excess storm water runoff, makes for cleaner runoff, cuts energy costs and creates habitat. The initial cost is still a bit more than a conventional roof, but do-it-yourselfers could probably do it economically. If you'd like to learn about the American Society of Landscape Architects' green roof, visit

<http://land.asla.org/050205/greenroofcentral.html> . There you can see the roof using a webcam, read the performance data and more. If you are a middle school teacher and

are interested in this, visit <http://www.asla.org/greenroofeducation/teacher-resources.html> .

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? ☺

[American Cancer Society Walk Against Breast Cancer](#), Saturday, October 17 at 9 a.m. at White River State Park. FMI, call 344-7800 or visit www.cancer.org/stridesonline . The dollars raised fund research, advocating for all women to have access to mammograms and treatments – regardless of income – and providing free programs and services that improve the quality of life for cancer patients and their families.

[Help Beautify the City: Plant Daffodils](#) - In the fall of 2002, Keep Indianapolis Beautiful, started planting daffodils in prominent public spaces. If you'd like to help plant, volunteer at http://www.kibi.org/programs/greenspace/daffodils/daffodils_volunteer_contribution.htm .

The Indianapolis Museum of Art (IMA) is seeking outgoing, energetic [volunteers to help promote IMA Membership at the 43rd annual Penrod Arts Fair](#) on Saturday, September 12th. FMI, contact Norma Jean Snyder at njsnyder@imamuseum.org or 923-1331 ext. 263.

Indiana Education Savings Authority and CollegeChoice 529 are seeking [volunteers to assist at its 1st Annual Walk Into My Future](#) on Friday, September 25th from 10:00-1:00 at Military Park/White River Canal. They have partnered with 5th graders in IPS to help them raise funds for their very own college savings account. FMI contact [Temeka Easter](#).

Career/Professional/Personal Enrichment/Recognition

How to Introduce People

- a. The basics - <http://www.thelmadomenici.com/askthelma/column/20050412.html>
- b. Just a step beyond the basics: Making the distinction between business and personal introductions and gender - <http://www.rightattitudes.com/2007/11/03/etiquette-protocol-introducing-people>
- c. Another step: How to respond - <http://books.google.com/books?id=7NwjTfyNIFgC&pg=PA30&lpg=PA30&dq=etiquette+%22how+do+you+do%3F%22&source=bl&ots=kFCC73K6q9&sig=E0x2asICAk70Y3qSNegv9TML8bq&hl=en&ei=auGbSoDjl->

[KFmQedwKmxBA&sa=X&oi=book_result&ct=result&resnum=6#v=onepage&q=&f=false](http://www.kfmd.com/KFmQedwKmxBA&sa=X&oi=book_result&ct=result&resnum=6#v=onepage&q=&f=false)

d. For teaching kids, you might select the book, *Emily's Everyday Manners*.

Online Training Available

IU is piloting Lynda.com, an award-winning provider of educational materials, especially video-based e-learning courses on topics such as open source applications, multimedia, Web design/development, etc. FMI, visit <http://ittraining.iu.edu/lynda>.

Administrative Support Professionals Series (ASPS)

The registration deadline for this dynamic series is September 17th. The series, which starts September 24th, includes topics such as self-assessment, setting/achieving goals, assertiveness, communication, decision-making, managing conflict and more. FMI, visit <http://www.hra.iupui.edu/hra/training/flyerlargelogo.pdf>.

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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