

IUPUI Health & Wellness E-News – February 2013

To create one's own world takes courage.

Georgia O'Keefe (1887-1986), artist

Maggie retired but her newsletter continues

We wish Maggie well and hope to honor her outstanding work by continuing her newsletter. We are a small group who have worked together to improve the health and wellness of the IUPUI community over the last several years. More information about the group is at the end of this newsletter. We want to update you about the continuation of her programs.

HR will continue the programs that Maggie offered through the spring semester. Several individuals have been recruited to maintain the progress she offered. Yoga, Tang So Doo, Get Back on Your bike, and the Mother's rooms are being coordinated by other staff members. Sandy Stone coordinates the Mother's rooms. Campus Recreation is coordinating Yoga and Tang So Doo (see below). Maggie's position will be filled and the newsletter may revert back to HR, but that has not been determined.

It will take considerable time to learn how she put her extensive newsletter together. Please be patient with us as we learn. Initially on-campus activities will be promoted. We hope to add public offerings as the newsletter evolves. The format may change. Please read on for activities-most are on-campus but a few are in the public sector. A source of activities around the state can be found on the Around Indy website (<http://aroundindy.com/mar2013.php>).

Campus Recreational Activities

Lunch Time Yoga

Campus Recreation and the Student Wellness Coalition will continue the coordination and planning of the Lunch Time Yoga series. We are in the process of updating (and creating) a Yoga only contact list. All of the Yoga classes have been advised of this transition.

Tang So Doo

We also offer Tang So Doo every Friday from noon – 1 pm in the main gym. This program will continue during the summer.

Please go to our website www.iupui.edu/~iupuirec for a complete listing of our group fitness activities.

Relay for Life:

April 13 – 14

Spring Intramural Activities:

Battleship, Softball, Kickball, Soccer, Golf and Volleyball. Registration deadline is March 18th.

Office of Sustainability

Recycling Town Hall Meetings

Come to learn about the new single stream recycling program on campus.

Session 1 – Tuesday, 2/26 11:30-1:00 UL0130 Lilly Auditorium

Session 2 – Wednesday, 3/6 11:30 – 1:00 Med Science 1st Floor Atrium

Session 3 – Wednesday, 4/24 11:30-1:00 Campus Center 148 (PNC Meeting Room)

<http://sustainability.iupui.edu/img/photos/Town%20Hall%20Events.png>

Bike Safety Seminars

IndyCog presents a seminar on the Sustainability of Biking on Tuesday, March 5. The event will take place from 12:00PM to 1:30PM in Taylor Hall, room UC104.

Wednesday, April 10 IndyCog will continue the series of seminars, this time discussing Bike Culture. This event will also take place in Taylor Hall, room UC104, from 12:00PM to 1:30PM.

<http://sustainability.iupui.edu/img/photos/2013%20Bicycling%20Seminars.jpg>

Inaugural Indiana Eco Student Summit

The Summit will be a great opportunity to network, share ideas, and compare the eco-minded activities taking place on campuses throughout the state. Interest groups will be invited to set up informational tables, distribute literature, and share their work and vision with students. The Inaugural Indiana Eco Student Summit 2013 will take place on March 30 from 10 am - 4 pm on the IUPUI campus in the Atrium of the law school (530 W New York Street, Indianapolis, IN 46202). Students, faculty and staff from across the state will be invited to attend and participate in workshops and panel discussions on pressing Indiana environmental issues.

http://events.iupui.edu/event/?event_id=8439

Earth Month Kickoff Event and Efrogmson Lecture Series, Monday, April 1, 2013

CE Theater

Speaker: Doc Hendley <http://dochendley.com/>

Presentation and Book Signing

5:00 - 5:45 Alumni Reception

5:45 - 6:45 Doc Hendley presentation, followed by Q&A

7:00 - 8:00 Doc Hendley, "Wine To Water", book sales and signing
http://events.iupui.edu/event/?event_id=7990

Sustainability Vendor Fair

Monday, April 8th 11am-2pm
CE 450

This event provides an opportunity to learn about sustainable office products, furniture, promotional products, and Indianapolis sustainable companies and non-profits.

JCC Earth Day

Celebrate Earth Day on Sunday, April 21 with the Student Sustainability Council and IUPUI School of Public and Environmental Affairs at the JCC of Indianapolis. The SSC will be face painting from 10:30AM to 2:00PM. JCC is located at 6701 Hoover Road, Indianapolis 46260.

<http://www.jccindy.org/page.aspx?id=251633>

Sustain a Better Indy

Businesses, health care organizations, churches, nonprofits, higher education institutions, other groups and residents in Indianapolis are being asked how they view sustainability in a survey sponsored by the Indiana Construction Roundtable and conducted by Indiana University-Purdue University Indianapolis. The Sustain a Better Indy meeting will feature the survey results, a summary of sustainability findings and perspectives from other cities similar in size to Indianapolis, and a discussion panel of community leaders, who will respond to the survey results. It will take place from 8 to 10 a.m. April 24 at the Indiana Historical Society, 450 W. Ohio St.

<http://newscenter.iupui.edu/5928/Survey-to-gauge-how-Indianapolis-views-sustainability>

Arbor Day

Friday, April 26th
Campus tree planting

Earth Day Indiana Festival

April 27th 11am – 4pm
White River State Park
<http://www.earthdayindiana.org/>

How do we dispose of medications?

Do you know that traces of many medications are found in our lakes and ponds? They affect aquatic life. See what to do with your medications at

<http://www.indianalivinggreen.com/how-do-we-dispose-of-meds/>

Got a Concern (pot hole, abandoned car, etc.)?

Any type of concern (abandoned vehicle, animal problem, traffic signal problem, weedy/trashy lot, zoning violation, etc.) that relates to the city or county, can be reported to the Mayor's Action Center at <http://www.indy.gov/eGov/Mayor/Mac/Pages/Home.aspx> or 317-327-4622. Potholes can also be reported at www.indy.gov/pothole or by using the mobile application that you can download [here](#)

School of Public Health- Upcoming Survey for all full-time IUPUI Employees



In the next two weeks, the Indiana University Richard M. Fairbanks School of Public Health will be inviting all the full-time employees of Indiana University's [eight](#) campuses across the state to participate in the first-ever ***IU Workplace Health and Wellness Survey***. The purpose of the survey is to assess how well our IU workplaces are supporting the health of employees, identify the health advantages and challenges of our university community, and develop recommendations for University leadership. Specifically, survey results will help guide and evaluate the *Healthy IU* program. Participation is voluntary and anonymous. The project is being led by Co-Principal Investigators, Gregory Steele, DrPH, MPH and Lisa Staten, PhD. IU employees throughout the state will be hearing from the IU Fairbanks School of Public Health soon about how they can add their voice and guide our university to a healthier future. We encourage everyone to complete the survey so that the results are an accurate picture of IU workplace health and wellness. For more information, visit the project's website at <http://pbhealth.iupui.edu/index.php/research/bhealthy/>.

Health, Wellness & Safety

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, are overweight and/or have been diagnosed by a physician as someone with prediabetes. If you are committed to making the time to attend this program, the DPP is committed to providing IUPUI employees the program at no cost. This national program provides a 16-week

core curriculum with eight additional post-core monthly sessions. The program will begin May 1 from Noon-1:00 pm at the Campus Center. FMI and to register, call Healthy IU's toll free number: 855-269-0002.

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 to see if you are at risk..](#)

FREE Individual Nutrition Counseling for IUPUI Employees

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 8:00 a.m. and 4:00 p.m. on Wednesday, March 20 at Lockefield Village Building (intersection of 10th St., University Boulevard and Indiana Avenue). You can schedule an appointment via your Outlook calendar, on the hour between 8:00 a.m. and 4:00 p.m., at askanrd@indiana.edu or by phone at (812) 855-4948 (54948 if from a campus phone). Sessions last about one hour.

Employee Incentive (\$100) Based Health Screening

To encourage employees to take stock their your health and well-being, IUPUI Campus Health Services provides eligible full time employees a free health screening. The confidential, voluntary health screening includes: blood pressure; glucose, total cholesterol; HDL; LDL; triglycerides; height; weight and total body mass Index; free self-care book and a 1:1 feedback session with a health professional. Full time faculty and staff are eligible as well as their covered spouses or same sex domestic partners. To help offset the cost of making positive lifestyle choices, a \$100 incentive (before tax) is given for edible participants.

TO SCHEDULE YOUR PERSONAL APPOINTMENT (Please have your employee ID number ready when you call) call Health Services at (317) 278-5483 (LIVE). Screenings take place at Coleman Hall, suite 100.

For more information on this screening and Healthy IU go to:

<http://www.iu.edu/~welliu/index.shtml>

IU Clinic at University Hospital, Indianapolis

IU has partnered with IUH to open a clinic for IU employees within University Hospital. Primary and urgent care services will be available. The clinic is not yet open. More information is available in The Informed Employee newsletter at

<http://hr.iu.edu/benefits/bulletin/2013/feb/4.html>

IU Health Fitness Facilities

If you are an IU or IU Health employee, you are eligible to join the employee fitness facilities at IU Health. The cost is \$7.50 per biweekly pay, \$15 per monthly pay or \$180 per year and there is no initiation or cancellation fee. Membership includes access to the facilities in Fairbanks Hall (suite 1200), University Hospital (UH 0761), Methodist Hospital (AG 043) and Goodman Hall (LL 178). All facilities are open 24/7. There is also a fitness facility in the IU Health Pathology Building, but that is only for the use of

those who currently have access to that building. Contact Bryland Sutton (bsutton1@iuhealth.org or 962-8104) for orientation details, rules/regulations and the membership form.

Sexual Assault: Prevention and After-the-Attack Resources

If you or someone you know is a victim of sexual assault, call the Wishard Center of Hope at 317-630-6180 as soon after the attack as possible. They are a caring and invaluable resource for victims. Bystander intervention can help prevent sexual assaults and you can learn how to do it at <http://www.stopabuse.vt.edu/bystander.php>. Some ways to reduce your risk of sexual assault can be found at <http://rainn.org/get-information/sexual-assault-prevention>. If the sexual assault involves someone in the IUPUI community, contact the Office of Equal Opportunity at 317-274-2306.

IUPUI Students- some activities are for employees too

Sexual Assault 101

Get ready for Spring Break! Pre Spring Break Awareness activities include **Sexual Assault 101** on **Tuesday March 5th from 4:30 – 6:00 pm** in **CE 148** and **Alcohol Awareness 101** on **Wednesday March 6th from 5:30 -6:30 pm** in **CE 268**. Visit the **Campus Center Information Table** on **Wednesday March 6th from 11:00 am to 1:00 pm** and receive a free Spring Break Survival Kit from the Peer Educators.

HIV/STD Testing-FREE Monthly Event

The next **Free HIV/STD Testing** will be offered **Thursday March 21st from 11:00 am – 2:00 pm** in **Campus Center 148**. Open to all IUPUI community. For the remaining dates for the Spring semester, please call 317-274-WELL.

Student Health & Wellness Fair

Thursday April 18th from 10:00 am – 2:00 pm in **Taylor Hall Courtyard**. Screenings include free dental exams, vision exams, free HIV/STD testing, glucose/cholesterol screenings, pregnancy tests, and much more. Various activities offered include a green smoothie demo, exercise class demo, and a bike workshop. It is open to the IUPUI community.

Get connected with all things wellness by “liking” the IUPUI Student Health Facebook page and visiting the IUPUI Wellness Blog at <http://blog.iupui.edu/wellness>

Children

Helping Kids Cope When Tragedy Occurs

When it comes time to go back to school in January, children may think, once again, about the tragedy that occurred at Sandy Hook School in Connecticut and be fearful. Traumatic events such as this may cause the child to revert to old behavior such as thumb-sucking. The child may also have trouble sleeping, have more toileting accidents, etc. It's important to be understanding, listen and give plenty of hugs. Some more good tips for parents and teachers can be found at <http://www.nasponline.org> .

Free Movies, Courses on Various Topics and Language Instruction

The Open Culture Web site opens the doors to free movies; courses taught by professors from MIT, Johns Hopkins, Stanford and others; K-12 Instruction; things to download to your Kindle and more. Check it out at http://www.openculture.com/biology_free_courses .

Fun, High-Quality Web Sites for Creative Kids

Kids (ages 8 and up) can learn to create interactive games, stories, music and art at <http://scratch.mit.edu> . Play Fidget and send in your own ideas to earn points at <http://pbskids.org/designsquad/games> . Play games at this PBS site - <http://pbskids.org/arthur/games/#1> .

Fun Conversation Starters

If you find it difficult to get to know people, whether they are members of your own family, coworkers or friends, consider using conversation starter questions and make getting acquainted a game. You may have seen sets of table talk questions for purchase, but you can make your own by putting individual questions on slips and placing in a jar that each person can draw from. Find ideas for questions at <http://www.buzzle.com/articles/dating-conversation-starters.html> , <http://casafamilyday.org/familyday/tools-you-can-use/conv-starters> , <http://www.ahaparenting.com/parenting-tools/communication/family-discussions> , <http://www.familyminute.com/tools/build-relationships/conversation-starters-for-kids> , or <http://www.sheknows.com/parenting/articles/842449/7-quick-conversation-starters-for-families> .

Children's Development & Exposure to the Arts

According to Eric Cooper, president and founder of the National Urban Alliance for Effective Education, "Arts education enables those children from a financially challenged background to have a more level playing field with children who have had those enrichment experiences." Be proactive. Take your children to museums, art shows/galleries, plays, film festivals, dance productions, musical presentations of all types and, where possible, involve them in opportunities to try various arts for themselves. To learn more, visit <http://www.edutopia.org/arts-music-curriculum-child-development> , the source of some of the information in this article.

Indianapolis offers many free opportunities to expose children to the arts, so being of modest means is less of a barrier. The Indianapolis Museum of Art has free admission except for some special exhibitions; the Eiteljorg Museum of American Indian and Western Art is free to all IUPUI employees and children under age four (non-IUPUI-employed spouses and children over age five will have an admission charge); the

Marion County Public Library offers free classical concerts and other arts events (often listed in the Free and Fun/Interesting section of this newsletter); Indianapolis Art Center (<http://indplsartcenter.org>) has a lot of outdoor art; and Big Car arts collective (<http://bigcar.org>) offers many free events and interactive activities. See the Free & Fun/Interesting and Ethnic/World/Cultural Events sections of this newsletter (below) for ideas and make it a priority to attend an event at least once a month. Your life and the life of your children, if applicable, will be the better for it.

Free Night at Children's Museum

Thursday, March 7, 4-8:00; 3000 N. Illinois St. FMI, call 334-3322 or visit <http://childrensmuseum.org/target-free-family-night> .

Miscellaneous

Movie Night (ages 1 and above); Fridays, January 4-April 12, 6:00 p.m.; Bethel Park, 2850 Bethel Avenue. FMI, call 327-7480.

Dancing (slide, cha-cha and more); Tuesdays, January 8-June 25, 6:30-8:00; Washington Park, 3130 E. 30th St. FMI, call 327-7473.

Movie Night (ages 5 and above); 2nd and 4th Fridays, January 11-March 15, 6:00 p.m.; Riverside Park, 2420 E. Riverside Dr. FMI, call 327-7171.

Final Fridays; March 1st and each last Friday of the month; 6:30-11:30 p.m., Indianapolis Museum of Art, 4000 N. Michigan Rd. Food, beverages, music, adult art making, tours and cultural experiences highlight these new after-hours events at the IMA. FMI, call 923-1331.

Selected Holidays of Note (Source: [Holiday Insights at http://www.holidayinsights.com/everyday.htm](http://www.holidayinsights.com/everyday.htm))

Did you Know? March was named for the Roman God "Mars"

- March**
- 8 [International Women's Day](#)
 - 10 Daylight Savings Begins at 2:00 a.m.
 - 15 [Ides of March](#)
 - 17 [St. Patrick's Day](#)
 - 20 [Spring \(Vernal\) Equinox](#)
 - 20 [International Earth Day](#) - also called Sun-Earth Day
 - 23 [Purim](#) begins at sundown
 - 24 [Palm Sunday](#)
 - 25 [Feast of the Annunciation](#)
 - 25 [Passover](#) begins at sundown, lasts 8 days.
 - 29 [Good Friday](#)
 - 31 [Easter Sunday](#)
 - [More March holidays and special days](#)

Notes

Members of the Wellness Coalition are from the following departments: Counseling and Psychological Services, Campus Recreation, Health, Physical Education and Tourism, Human Resources, IUPUI Health Services, Healthy IU, IU Communications, InShapeIUPUI, Office of Sustainability, and the School of Public Health.

This newsletter, information about the Wellness Coalition and other links to wellness resources can also be found at <http://www.health.iupui.edu/wellness/coalition.html> If you have comments or wish to be added or removed from the email list, contact Lee Bernard at labernar@iupui.edu

Health & Wellness 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. This newsletter 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.

Note: 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.

"Helping you have the best of all your worlds - work, family, school & personal."