



# EMPLOYEE WELL-BEING

## NEWSLETTER

### FOSTER RELATIONSHIPS THROUGH SOCIAL WELLNESS

April 2022

Signs of Spring are all around us—blooming daffodils and hyacinths, robins, and the promise of warm sunny days. With the warmer weather, you may find yourself spending more time outdoors such as going for walks, doing yardwork, planning your garden, and socializing with neighbors, friends and family.

Our theme for April is gardening and our focus is on social wellness, one of our five pillars of Wellness. On a simplistic level, social wellness refers to the relationships we have and how we interact with others. Think of the people with whom you share a healthy, nurturing, and supportive relationship as well as an authentic connection.

On a broader level, social wellness contributes to both the individual and collective well-being through social togetherness. The Healthy Boiler Employee Well-being and WellRec brings people together. This occurs on our campus in a variety of ways—through our HB Employee Well-being programs, workshops, group classes, our on-campus Fitness Center, and through WellRec events and activities. Wherever it takes place, the goal is the same—build healthy support systems, interact with others, express yourself, and become part of the Herd.

We invite you to join workshops and participate in activities which relate to the monthly theme and complement the pillars of wellness. Events and programs are open to ALL campus faculty and staff unless specified in program details.

They include:

- Healthy Boiler Virtual Workshop: Social Wellness
- CPR, AED and First Aid training
- Campus United 5K Run/Walk
- Healthy Boiler Virtual Workshop: Reduce and Reuse
- Healthy Boiler Book of the Month Club: Feel Great Lose Weight

These programs offered in May have registration deadlines in April.

- Virtual Lifestyle Education Programs: HealthKick and Taking Control of My Diabetes
- 121Fit: A Virtual Group Class

Questions about our programs and events? Email [HBwellbeing@pfw.edu](mailto:HBwellbeing@pfw.edu).

**Please forward this newsletter to others in your department.**



### Healthy Boiler Virtual Workshop: Social Wellness

**Thursday, April 21  
Noon–1 p.m.  
Virtual Meeting**

Positive social habits can help you build support systems and stay healthier mentally and physically.

Join health coach Lindsay Bloom for this [virtual workshop](#) to learn how to interact with others, express yourself, become part of different communities, and more.

Open to all faculty and staff. Meeting link will be sent prior to event.

Log in to the [Healthy Boiler portal](#), then scroll to Healthy Boiler Workshops to register online or email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).

Questions? Please email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).

**FOCUS ON SOCIAL WELLNESS**



Special thanks to the WellRec Peer Health Educators who painted the spirit rocks and to Rachel Ringler, student manager of The FRIENDS of the University Pantry for the photos.

## Well-Being Summit: Special Thanks

Thank you to the campus community, Chancellor Elsenbaumer, vendors, presenters, volunteers, Aladdin Food Services, and donors, whose support and attendance made this year's Well-Being Summit a success. Our students, faculty, and staff attended virtual presentations and participated in various in-person health screenings and events throughout the day and early evening.

Also, congratulations to the attendees who won the prizes from the gift drawings.

Natalie Brewer

Amy Jagger

Raina Keith

Dorothy Amie Nkumba

Marietta Frye

Bobby Nicola

Kevin McMahan

William Meyer

Aileen Delaney

Regina Gordon

Shaketah Ledford

Jodie Powell

Bhaskar Seshadri



### CPR, AED, and First Aid Certification Class

**Friday, April 22**

**11:30 a.m.–3:30 p.m.**

**Walb Union, Room G08**

This [American Heart Association Basic Life Support class](#) will teach basic life-support techniques—CPR and how to operate an AED, or automated external defibrillator—and offer an optional First Aid class. You will receive a CPR completion card when you complete the class.

Open to all students, all employees, and the community. Please choose one of these certifications classes when you [register online](#):

- CPR/AED Only: \$50 (3 hours)
- CPR/AED/First Aid: \$70 (4 hours)

Class sizes are limited to 20. Contact [learn@pfw.edu](mailto:learn@pfw.edu) or call 481-6619 with any questions.



### Campus United 5K Run/Walk

**Saturday, April 23**

**9 a.m.– Noon**

You're invited to participate in the [Campus United 5K](#) when PFW and IUFW will combine forces to raise money for the respective student relief funds of each university. We're united in our efforts to take care of students inside and outside of the classroom.

Students, faculty, staff, alumni, and community members from both universities are welcome to participate. Registration is \$25 plus \$2.45 signup fee, through April 22. Learn more about the event, find a participant, donate, or sign up on the [event website](#).

Questions? Email Nick Brand at [brannj01@pfw.edu](mailto:brannj01@pfw.edu).



### Employee Yoga Class: In-person and Virtual

**Wednesday, April 27**

**Noon–1 p.m.**

Join us every Wednesday to learn yoga poses and techniques to practice yoga anytime, anywhere. Work at your own level guided by health coach Lindsay Bloom. All levels welcome. Open to all faculty and staff.

In-person class registration: Join the day of the class or email [Lindsay Bloom](mailto:Lindsay Bloom) to reserve your spot. Meet at the Gates Center Fitness Studio.

[Register for ZOOM class:](#)

- Meeting ID: 971 2106 0966
- Passcode: Relax

Questions? Email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).



## Healthy Boiler Virtual Workshop: Reduce and Reuse

Thursday, April 28

Noon–1 p.m.

We know how recycling benefits the environment and our health. With the sharp increase in disposable items (masks, PPE, gloves, paper plates, plastic silverware, etc.), there is no better time to take a step back, analyze our current lifestyle and find ways to reduce and reuse. Presented by Megan Shidler and Whitney Soto, Purdue Center for Healthy Living Health Coaches. **Meeting link will be sent prior to the event.**

Benefits-eligible employees and their covered spouses: log in to the [Healthy Boiler portal](#), scroll to Healthy Boiler Workshops, then select Submit to register.

All other campus employees: [email Lindsay Bloom](#), health coach, to register.

Questions? Email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).

## PROGRAMS IN MAY WITH APRIL REGISTRATION DEADLINES



### HealthKick: A Virtual Lifestyle Education Program

**Mondays, May 2–June 10**

**9–9:15 a.m.**

**ZOOM**

Join health coach Lindsay Bloom for a 6-week virtual education program which addresses physical activity, nutrition, creating healthy habits and decreasing stress.

The [HealthKick program](#) includes brief daily videos (about five minutes long) Monday through Friday and three brief health coaching sessions, every other week during the program.

**Open to benefits-eligible employees and their covered spouses.** There are [two ways to register](#). Space is limited. Please register by **April 29**. Questions? Please email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).



### 121Fit

**Mondays, May 2, 9, 16, and 23**

**Noon–1 p.m.**

**ZOOM**

Whether you are brand new to fitness, a seasoned exerciser, or anywhere in between, 121Fit Virtual Group Class is designed to establish a baseline fitness level, and explore the three types of exercise— aerobic, resistance training, and flexibility. Join health coach Lindsay Bloom as she leads this virtual group class. Learn more about the [class details](#).

Keeping your camera on is optional during class. ZOOM meeting link will be sent prior to the class. Registration deadline is **Monday, April 25**.

Email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu) to register or if you have any questions.



### Taking Control of My Diabetes: A Virtual Lifestyle Education Program

**Thursdays, May 5–August 4**

**Noon–1 p.m.**

**ZOOM**

This 14-week program led by health coach Lindsay Bloom will explain what diabetes is and how nutrition, exercise, sleep, and stress management can influence your blood glucose levels. Participants receive a glucose meter with supplies to check their blood glucose levels.

**Open to benefits-eligible employees and their covered spouses.**

Visit the [Events Calendar](#) to register. Space is limited. Please register by **April 29**.

Questions? Please email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).

# DEVELOP LIFELONG WELL-BEING HABITS

## Lifestyle Education Programs

Lifestyle Education programs focus on creating lifelong habits to improve and maintain your health and well-being. They are offered exclusively to benefits-eligible employees and their covered spouses as part of the Healthy Boiler Program. [Read more about the Lifestyle Education programs.](#)

Register in April for the upcoming [HealthKick](#) and [Taking Control of My Diabetes](#) lifestyle education programs. Questions? Email health coach Lindsay Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).

## Purdue Extension-Allen County Programs

Your local extension office on the campus offers many programs throughout the year related to health, education, and well-being.

- [2021-2022 Educational Programs and Descriptions](#)
- [2021-2022 Special Interest Classes](#)

Questions? Call their office at 260-481-6826.

## Healthy Boiler Virtual Book Club: Feel Great Lose Weight

Thursday, April 28  
3:30-4:30 p.m.  
Virtual Meeting



The [Healthy Boiler virtual book club](#) will continue to discuss the book, [Feel Great Lose Weight](#) by Dr. Rangan Chatterjee, who offers a creative approach to maintaining weight loss by learning what triggers eating habits and how to apply what we learn into long-term, simple habits that improve overall health and well-being.

The book will be read and discussed from January to May. We will discuss the chapter How We Eat this month. View the [reading schedule](#).

Led by health coach Lindsay Bloom, the club will discuss the book, share tips, and explore ways to integrate health and wellness ideas into our daily lives. All faculty and staff are welcome. You may join the club no matter where you are in the book. The meeting link will be sent prior to the event.

For questions, book suggestions, or to join us, email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu).



## BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

### HEALTHY BOILER APRIL CHALLENGE: POSITIVE SPIN CHALLENGE

April 1-30

The Positive Spin Challenge invites you to find the good in one negative situation each day for the next 30 days. Negativity and constant complaining can not only drag you down a dark road, but it can infectiously do the same to those around you. Track 'Yes' for every day you find the positive. To complete the challenge track "Yes" 30 days. Download the [Monthly Challenges Calendar](#) for the other challenges being offered.



APRIL SOCIAL CHALLENGE  
**Positive Spin Challenge**

Join the challenges and track your activities by going to the [Healthy Boiler Portal](#), scroll down to Healthy Boiler Monthly Challenges. You may either click on the information icon to learn more or select track to record your activity for the challenges. Not signed up for the Healthy Boiler Program? [Learn more](#) and [join](#).

**Find the good in one negative situation each day.**

## THE HEALTHY BOILER PILLAR FOR APRIL: SOCIAL WELLNESS

Social wellness can impact both your physical and mental health. That's why HB Employee Well-being and WellRec encourage social wellness through group classes, workshops, and activities. This includes some of the following:

- The [Healthy Boiler Virtual Book Club](#) is a great way to get together with other readers and health and wellness enthusiasts. Led by health coach Lindsay Bloom, the club meets at the end of the month to discuss the book and share ideas and tips about overall well-being.
- 121 virtual group classes, such as [121 Fit](#), 121 Strong, and 121 Strength, offer various ways to come together as a group in a virtual setting to start a new fitness program, maintain your current fitness routine, or take your physical fitness to the next level. Techniques and exercises can be incorporated in your schedule at home as well. One-to-One health coach Lindsay Bloom leads the 4-week classes. Email [Bloom](#) to learn more about the classes.
- Visit the [Events Calendar](#), then search Wellness for upcoming programs, group classes, workshops and more related to social wellness and the other pillars of wellness.



Behavioral Health



Financial Wellness



Physical Health



Social Wellness



Work-Life Integration

Your HB Employee Well-being Team:

Lindsay Bloom  
Employee Health Coach  
[lbloom@pfw.edu](mailto:lbloom@pfw.edu)

Patricia Grime  
Wellness Communication Specialist  
Purdue University Fort Wayne  
[grimep@pfw.edu](mailto:grimep@pfw.edu)  
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Office hours: Monday, Tuesday morning  
and Wednesday

**PURDUE UNIVERSITY.**  
**FORT WAYNE**