



EMPLOYEE WELL-BEING

NEWSLETTER

RE-FOCUS, RELAX, AND RECHARGE YOUR MIND AND BODY

AUGUST 2022

As August approaches are you still in the summer fun and vacation mode or back-to-school mode? For some, August is a continuation of July where you take time off, enjoy the weather, and spend time in the garden. For others, August is when you make the mental list of what needs to be done before the fall semester begins—projects around the house, deadlines at the office, class preparations, or research.

When we have a lot of things to do in a short time, it can be overwhelming, stressful, or frustrating. This is when it is important to make time to re-focus, relax, and recharge your mind and body, and if necessary, reset your routine. Being mindful of your behavioral health is important to your overall well-being.

That's why this month we are offering workshops, classes, and events to highlight behavioral health, this month's pillar of wellness as well as the theme—routine reset.

Be Active. Be Mindful.

Physical activity not only helps your cardiovascular system, but it can also improve your mood and your sleep as well. When your mind is focusing on the movement of your body, it helps you stay in the moment and not think about stress or your to-do list.

- 121 Strong
- Employee Yoga
- Healthy Boiler Workshop: Strength Training

Find a Hobby You Enjoy. Stay in the Moment.

Explore hobbies and find one or more that you enjoy. Working with your hands, dancing, or playing an instrument helps to de-stress because your brain and body are staying in the moment and concentrating on the task at hand.

- Healthy Boiler Workshops: Stress Relieving Hobbies
- Healthy Boiler Challenge for August: Write It Challenge

Make an Impact. Help Others by Donating Blood.

Helping others often distracts you from your own problems, improves your mood, and enables a more positive outlook on life.

- American Red Cross Blood Drive

These events, programs, and more are open to ALL campus faculty and staff unless specified in program details. Visit the HB Employee Well-being [web site](#) to print this newsletter or any of the previous newsletters in our archive.

Questions about our programs and events? Email HBwellbeing@pfw.edu.

Please forward this newsletter to others in your department.



Healthy Boiler In-person and Virtual Workshops: Stress Relieving Hobbies

Make time for yourself to do something fun and recharge. Health coach Lindsay Bloom shares ideas for hobbies that are useful in relieving stress and how to get started. Open to all faculty and staff.

IN-PERSON WORKSHOP

Tuesday, August 16

Noon–1 p.m.

**Rhinehart Music Center
Room 235**

Light lunch provided. Visit the [Events Calendar](#) to learn more. [Register](#) by noon on Friday, August 12.

VIRTUAL WORKSHOP

Thursday, August 18

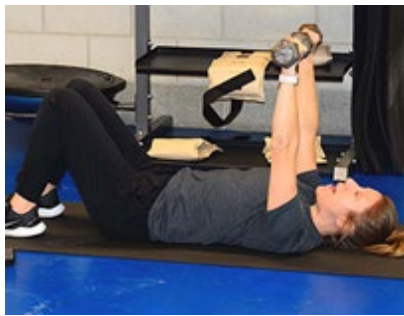
Noon–1 p.m.

ZOOM

Register for this virtual workshop on the [Events Calendar](#). Meeting link will be sent prior to event

Questions? Please email Bloom at lmbloom@pfw.edu.

FOCUS ON BEHAVIORAL HEALTH



121 Strong: A Group Coaching Virtual Workshop

Mondays, August 1–22

Noon–1 p.m.

ZOOM Virtual

Whether you are brand new to fitness, a seasoned exerciser, or anywhere in between, this class which is taught by health coach Lindsay Bloom is designed to:

- Establish an initial baseline fitness level and discuss your health and fitness goals
- Teach exercises to increase strength through resistance training
- Create a plan to incorporate the exercises into your schedule
- Assess goal progress and next steps on your fitness journey

Visit the [Events Calendar](#) to register by **Friday, July 29**. Email Bloom at lbloom@pfw.edu if you have any questions.



Employee Yoga: In-person and Virtual Class

Wednesdays, August 3–31

Noon–1 p.m.

Gates Center Fitness Studio and ZOOM Virtual

Yoga helps your balance, increases strength, focuses on deep breathing, and helps de-stress. Work at your own level guided by health coach Lindsay Bloom. All levels welcome. Open to all faculty and staff.

- In-person class: Join the day of the class at the Gates Center Fitness Studio.
- [Join the ZOOM class](#): Meeting ID: 971 2106 0966 | Passcode: Relax

Questions? Email Bloom at lbloom@pfw.edu.



Healthy Boiler Strength Training Workshop

Fridays, August 5–26

Noon–1 p.m.

Fitness Center Studio and ZOOM Virtual

Join health coach Lindsay Bloom as she leads this full-body strength training workout which uses your own body weight or weights to build muscle mass, endurance, and strength. You will need light to medium dumbbells for some exercises in this class. Open to all faculty and staff.

- In-person class: Join the day of the class at the Gates Center Fitness Studio.
- [Join the ZOOM class](#): Meeting ID: 959 3530 0006 | Passcode: Strong

Questions? Please email Bloom at lbloom@pfw.edu.



American Red Cross Blood Drive

Tuesday, August 23
9 a.m.–3 p.m.

Walb Union, Classic Ballroom

Make an impact. Donate blood to help others. Your donation impacts the lives of up to three patients in need. Visit the Red Cross [web site](#) for real life stories from patients who benefited from donations.

Visit the [Events Calendar](#) for to check the eligibility requirements, to [register to donate](#), and more. The incentive offered by the American Red Cross to those who donate will be announced soon.

Open to employees, students, and the community. Questions? Email Eric Manor, director of WellRec, at manore@pfw.edu.



RecFest

Monday, August 29
11 a.m.–2 p.m.
Science Mall

Faculty, staff, and current students are invited to attend RecFest, a fun welcome back mixer which features games, giveaways, and free food.

Attendees also have the opportunity to learn about the Fitness Center and the group exercise classes, join various intramural sports teams, and more. Visit the [Events Calendar](#) for details.

RecFest is sponsored by WellRec. Email Eric Manor, director of Well-being and Recreation at manore@pfw.edu if you have any questions.



MASTODON

MARKET

BEGINS AUGUST 18
THURSDAYS | 11 A.M.–2 P.M.

WALB STUDENT UNION
UNDER THE SKY BRIDGE

Enjoy the convenience of shopping on campus for your seasonal fresh vegetables and fruits from our local farms. Watch the Events Calendar in the next few weeks for details.

Questions? Email Eric Manor, director of WellRec, at manore@pfw.edu.



FRESH PRODUCE | LOCAL FARMS | ARTS AND CRAFTS | MUSIC AND MORE

DEVELOP LIFE-LONG 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.](#)

Our programs in September focus on:

- Workshop with a series of short videos and health coaching sessions to create healthy habits by being active and fueling your body with nutrient-rich foods.
- Workshop to help you reduce high blood pressure.
- A workshop which follows a complete health improvement plan with lab work to prevent, halt, and reverse chronic diseases.

Contact health coach Lindsay Bloom at lbloom@pfw.edu if you need assistance selecting a program that will meet your goals and schedule.



SAVE THE DATE: Upcoming Lifestyle Education Programs

Employee health coach Lindsay Bloom will offer three virtual lifestyle education programs in September for benefits-eligible employees and their covered spouses on the Purdue health plan. Registration will be available for most of the programs in mid-August.

- HealthKick | September 12–October 21 | 9–9:15 a.m.
- Pivio | Pending dates: September 27–December 13 | Noon
- Heart Knowledge: High Blood Pressure and You | September 23–October 28 | Noon

Visit the Healthy Boiler Employee Well-being [web site](#) for descriptions of these programs. Questions? Email Bloom at 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.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER AUGUST CHALLENGE: WRITE IT CHALLENGE

August 1-31

The **Write It Challenge** invites you to keep a private journal for 20 days in August. You don't have to spend too much time thinking about what to write or what people will think—just write what you let your stream of consciousness flow. Journaling could be the best (and cheapest) therapy you can give yourself.

To complete this challenge, track "Yes" for 20 days throughout the challenge. Learn more about the [Write It Challenge](#) and download the [Monthly Challenges Calendar](#) for the other challenges being offered.

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](#).



AUGUST BEHAVIORAL HEALTH CHALLENGE

Write It Challenge
Keep a journal for 20 days

THE HEALTHY BOILER PILLAR FOR AUGUST: BEHAVIORAL HEALTH

Whether you choose to increase your physical activity, start a journal just for you, or take up a hobby in August, all of these options can help your mental or behavioral health and overall well-being. Here are some other ways to strengthen this pillar of wellness.

- Participate in a [lifestyle education program](#) which fits in with your well-being goals and schedule. Pivio, HealthKick, and Heart Knowledge: High Blood Pressure and You are all being offered in September. You may begin to register for these programs in the middle of August. Email health coach Lindsay Bloom at imbloom@pfw.edu if you need assistance selecting a program or with any questions you have.
- There are times when you may feel overwhelmed, stressed, or anxious about situations in your life. Sometimes despite your best efforts to deal with these situations, you may need to talk to a professional, and that's where the Bowen Center, your Employee Assistance Program (EAP) can help. The EAP—open 24 hours a day, 7 days a week—is available through the [Bowen Center](#) at 800-342-5653.



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

Patricia Grime
Wellness Communication Specialist
Purdue University Fort Wayne
grimep@pfw.edu
pfw.edu/wellness



Lindsay Bloom | Health Coach
One to One Health | Purdue Fort Wayne
2101 E Coliseum Blvd., DSB 300
Fort Wayne, IN 46805
Richard T. Doermer School of Business, Room 305
P: 260-481-6651
E: Lindsay.bloom@121.health | lbloom@pfw.edu
OnetoOneHealth.com | pfw.edu/wellness

Office hours: Monday, Tuesday morning
and Wednesday

PURDUE UNIVERSITY.
FORT WAYNE