



EMPLOYEE WELL-BEING

NEWSLETTER

BE MINDFUL OF YOUR WORK-LIFE INTEGRATION

May 2022

As the spring semester comes to a close and graduation approaches, you may find it more challenging to find that balance between your work and your life outside of work. A healthy work-life integration doesn't mean that everything is in perfect balance. Instead, it is more like a dynamic shifting between the time you spend working and the time you spend outside of work—your home life which includes family time, volunteering, working out, social time, and more.

If one area seems to dominate your schedule over an extended period of time, the dynamic shifting can stop. This lopsidedness may increase your stress level which can affect your physical and behavioral health as well as your social well-being. You may show signs of irritability, fatigue, anxiety, sleeplessness, eating at irregular hours, reverting to unhealthy habits, or not making time to exercise.

How can you get your work-life integration back on track? Be aware or mindful of any extended shift changes in your normal work-life schedule and develop a plan or practical time frame to resume or improve your work-life integration. You can discover more ways to do this by attending the Time Management workshop on May 17 where health coach Lindsay Bloom will discuss which time management hacks work, how they reduce daily stress, and more.

We invite you to join workshops and participate in activities which complement this month's pillar of wellness and relate to this month's theme—Move in May. Some of these include:

- Healthy Boiler Virtual Workshop: Time Management—Make It Happen
- Blood Health Screenings
- Tobacco Cessation: A Virtual Lifestyle Education Program
- 121 Group Exercise Classes and Employee Yoga
- Plant Sale with the Pros

Events and programs are open to ALL campus faculty and staff unless specified in program details. Please 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 Virtual Workshop: Time Management— Make It Happen

**Tuesday, May 17
Noon–1 p.m.
Virtual Meeting**

Join health coach Lindsay Bloom for this [virtual workshop](#), to discover which time management hacks work, how they reduce your daily stress, and how to incorporate self-care practices in your schedule.

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.

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

FOCUS ON WORK-LIFE INTEGRATION

The following programs led by health coach Lindsay Bloom have been filled. The Virtual Lifestyle Education Programs are open to all benefits-eligible employees and their spouses covered on the Purdue Health Plan. 121 classes are open to all faculty and staff.



HealthKick: A Virtual Lifestyle Education Program

Mondays, May 2–June 10

9–9:15 a.m.

ZOOM

The [HealthKick program](#) addresses physical activity, nutrition, creating healthy habits and decreasing stress. It includes brief daily videos (about five minutes long) Monday through Friday and three brief health coaching sessions, every other week during the program.

Please email Bloom at imbloom@pfw.edu to add your name to the list for the next HealthKick program which begins on September 12.



Taking Control of My Diabetes: A Virtual Lifestyle Education Program

Thursdays, May 5–August 4

Noon–1 p.m.

ZOOM

This [14-week program](#) 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.

Please email Bloom at imbloom@pfw.edu with any questions or to put your name on the list for the next session.



121 Fit

Mondays, May 2, 9, 16, and 23

Noon–1 p.m.

ZOOM

The 121 Fit Virtual Group Class which met on Monday, May 1, is full. This class is designed to establish a baseline fitness level, and explore the three types of exercise— aerobic, resistance training, and flexibility. Learn more about the [class details](#).

The next 121 virtual group class being offered is **121 Strong** on August 1. This class focuses on resistance training.

Email Bloom at imbloom@pfw.edu to add your name to the list for the 121 Strong class.



Employee Yoga Class: In-person and Virtual

**Wednesdays, May 4, 11, 18
and 25
Noon–1 p.m.**

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.



Healthy Boiler Workshop: Brain Train via Breathwork

**Wednesday, May 11
Noon–1 p.m.
Virtual**

Join this workshop to learn how breathing exercises affect the body and how they can be used for relaxation and for training your brain to promote healthy habits. Guided breathing exercises will be included.

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

Register at the [Healthy Boiler portal](#) or email health coach [Lindsay Bloom](mailto:Lindsay.Bloom).

Questions? Email Bloom at lbloom@pfw.edu.



Plant Sale with the Pros

**Saturday, May 14
9 a.m.–2 p.m.
Purdue Extension–Allen
County, 4001 Crescent
Ave.**

You're invited to the annual Master Gardener Plant Sale with the Pros. A wide assortment of plants will be available to purchase on a first come, first serve basis including annuals, perennials, and indoor plants.

Event will happen rain or shine. Cash or check only—sorry, no credit/debit accepted.

For up-to-date information, visit their [Facebook page](#). Be sure to mark your calendar for the [Garden Walk and Plant Sale](#) on June 25.

Questions? Call the Purdue Extension Office-Allen County at 260-481-6826.



Blood Health Screenings

Tuesday, May 17

7–10 a.m.

Confidential, fasting and non-fasting [blood health screenings](#) for employees, retirees, and their spouses include a free Wellness Panel (one per calendar year) and many other additional low-cost screenings.

- Online registration required. [Register](#) early to reserve your spot.
- Walk-ins are not available.

Visit the HB Employee Well-being [web site](#) for the complete list, schedule of screenings, and more. Next blood health screening day will be in the Fall semester. **Appointments are still available.**

Questions? Contact Eric Manor at manore@pfw.edu or call 260-481-6647.



ServSafe Food Protection Manager Training and Exam

Wednesday, May 18

8 a.m.–6:30 p.m.

Purdue Extension–Allen County

The Purdue Extension-Allen County is offering ServSafe®—a one day proctor-assisted certification course and exam for food service workers about food safety. [Learn more](#) about this course, cost, the [ServSafe program](#) and certification requirements for Indiana and more.

- Check-in: Begins before 8 a.m.
- Training course: 8 a.m.–4 p.m.
- Exam: 4–6 p.m.
- Bring photo ID with signature to take the exam

Pre-registration is required. [Register](#) by May 11. Online registration preferred.

Questions? Contact Kidane Sarko at ksarko@purdue.edu or 260-481-6437



Healthy Boiler Virtual Workshop: Skin Cancer Awareness

Wednesday, May 18

3–4 p.m.

Virtual

The sun can positively influence our lives in many way because it helps release our feel-good hormone serotonin, produce Vitamin D, and improve sleep quality.

In recognition of Skin Cancer Awareness Month, we will also discuss other important factors to take into consideration when spending time outdoors to protect your skin from sun damage.

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

Register at the [Healthy Boiler portal](#) or email health coach [Lindsay Bloom](#).

Questions? Email Bloom at lmbloom@pfw.edu.



Open to benefits-eligible employees and their covered spouses.

Tobacco Cessation: A Virtual Lifestyle Education Program

Tuesdays, May 31–July 5

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.

Visit the [Events Calendar](#) to register. Space is limited. Please register by **May 24**.

Questions? Please email Bloom at 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.](#)

May's [HealthKick](#) and [Taking Control of My Diabetes](#) lifestyle education programs are full, but you may still register for the [Tobacco Cessation workshop](#) which begins on May 31. Questions? Email health coach Lindsay 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.

Healthy Boiler Virtual Book Club: Feel Great Lose Weight

Thursday, May 26
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. Our last session focuses on the last chapter, *Where We Eat and How to Do Your Own Plan*.

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.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER APRIL CHALLENGE: GET SMART CHALLENGE

May 1-31

The Get Smart Challenge invites you to learn about something (any topic of your choosing) for 500 minutes this month (17 minutes a day). Learn a new skill. Read a book. Track how many minutes you spend learning each day. To complete the challenge, track 500 minutes or more. 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](#).



MAY WORK-LIFE CHALLENGE Get Smart Challenge

**Make time to spend 500 minutes
to learn something during May.**

**Daily breakdown = 17
minutes a day.**

THE HEALTHY BOILER PILLAR FOR MAY: WORK-LIFE INTEGRATION

You are your best self when you have work-life integration. In addition to our family-friendly benefits, we offer several resources to help working families balance the needs of both home and work. This includes some of the following:

- [Family Friendly Benefits](#) help our employees meet today's work-life demands.
- The [Care@Work](#) program provides the ability to search and find affordable caregivers—including childcare, senior care and pet care—along with other services.
- [SupportLinc](#), which is part of the Employee Assistance Program, provides information, resources, and videos for child care, elder care, housing needs and home repair, legal consultation, pet care, and more.
- Learn more about [other resources and benefits](#) which support the work-life integration pillar of wellness.



Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration

Your HB Employee Well-being Team:

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Office hours: Monday, Tuesday morning
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