



# EMPLOYEE WELL-BEING

## NEWSLETTER

### BE MINDFUL ABOUT MONEY MATTERS

SEPTEMBER 2022

This month take the opportunity to explore ways to be mindful about your financial wellness—one of the pillars of wellness. Every person has a different idea of what financial wellness means to them from saving for retirement to packing your lunch for work.

Simply put, financial wellness is being mindful of where and how you spend or save your money as well as knowing when to seek help if a financial situation is causing stress. September’s workshops and events focus not only on ways to be mindful about money matters, but they also reflect this month’s theme—Plan Your Plate.

- Learn ways to save time and money as well as reduce the amount of food you waste at the Healthy Boiler Meal Planning and Workshops.
- Fuel your body with nutrient-rich foods. Buy fresh vegetables and fruit at the Mastodon Market every Thursday.
- Create lifelong healthy habits which increase your energy and reduce stress with HealthKick, a virtual lifestyle education program.
- Assess the time you spend on activities which promote self-care at the Healthy Boiler Virtual Workshop: Seeking Self-Care.

These events, programs, and more 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](mailto:HBwellbeing@pfw.edu).

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



**FRESH PRODUCE  
LOCAL FARMS**

MASTODON  
**MARKET**  
THURSDAYS  
11 A.M.–2 P.M.  
WALB STUDENT UNION  
Under the Sky Bridge



**ARTS AND CRAFTS  
MUSIC AND MORE**

Enjoy the convenience of shopping on campus for your seasonal fresh vegetables and fruits from our local farms. Visit the [Events Calendar](#) for details.

Questions? Email Eric Manor, director of WellRec, at [manore@pfw.edu](mailto:manore@pfw.edu).



### Healthy Boiler In-person and Virtual Workshops: Meal Planning and Prepping

Meal prepping can help save time, energy, and money throughout the week. Health coach Lindsay Bloom shares tips to plan and prepare healthy meals to put on the table. Open to all faculty and staff.

#### IN-PERSON WORKSHOP

**Friday, September 16**

**Noon–1 p.m.**

**Walb Union, Room G08**

Light lunch provided by Farmer’s Fridge Delivery. Visit the [Events Calendar](#) to learn more. [Register](#) by noon on Friday, September 9.

#### VIRTUAL WORKSHOP

**Monday, September 19**

**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 [lbloom@pfw.edu](mailto:lbloom@pfw.edu).



### WellRec Happy Hour

Employees can learn more about the benefits of becoming a member of the Fitness Center as well as upcoming WellRec events. Invite your colleagues to take a break and join you for a free beverage and light snack. Happy Hour begins at 11:30 a.m. and will occur in various locations around campus.

- **Thursday, September 1**
- **Tuesday, September 6**

Questions? Email Eric Manor, director of WellRec, at [manore@pfw.edu](mailto:manore@pfw.edu).



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

*Breathe. Stretch. Balance. Relax. De-stress. Refocus.* Join health coach Lindsay Bloom every Wednesday from noon to 1 p.m. for this mid-day yoga class. All levels are welcome. Learn how to join the in-person or virtual class for the following dates:

**September 7, 14, 21, 28**

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



### Healthy Boiler Virtual Workshop: Decreasing Financial Stress

**Thursday, September 8  
Noon–1 p.m.  
ZOOM Virtual**

Discover ways to reduce the physical, emotional, and mental effects that financial stress can cause. Visit the [Events Calendar](#) for more information and to register.

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

## Meet the Parks Series: Salomon Farm, Promenade Park, and Shoaff Park



### Salomon Farm: Wild Plant Foraging Walk

**Friday, September 9  
4–7 p.m.**

Take a walk on the wild side at the Wild Edible Plant Foraging Walk where you will learn to identify common edible wild plants in our area and their toxic look-alikes. Visit the [Events Calendar](#) to learn more and to register. Register early. Space is limited.



### Promenade Park: Kayaking

**Friday, September 16**

**4–7 p.m.**

Join us for an afternoon of kayaking where you can see Fort Wayne from a different angle from one of the three rivers that run through our city. Learn more and register for this event on the [Events Calendar](#). Register early as space is limited.



### Shoaff Park: Golf

**Friday, September 23**

**4–7 p.m.**

This park is closest to the campus and offers free tennis courts, a golf course, and a paved path around the park for walking, running, biking and more. Enjoy the fall weather, physical activity, and social fun—sign up to play nine holes of golf on us. More details and registration link can be found on the [Events Calendar](#). Space is limited; register early.

Questions? Email Eric Manor, director of WellRec, at [manore@pfw.edu](mailto:manore@pfw.edu).



### HealthKick: A Virtual Lifestyle Education Program

**September 12–October 21**

**Monday–Friday**

**9–9:15 a.m.**

**Virtual: ZOOM**

No time to attend long workshops over your lunch hour? Consider joining HealthKick—a virtual program where you watch a series of short videos lasting about 10-15 minutes and schedule three convenient health coaching sessions with Lindsay Bloom. This 6-week program offers ways to increase your energy, to reduce stress levels, and fuel your body with nutrient-rich foods.

Visit the [Events Calendar](#) for more information and to register. Open to benefits-eligible employees and their covered spouses.

**Registration deadline: September 9.**

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





## **CPR, AED, and First Aid Certification Classes**

**Monday, September 19**

**5:30–9:30 p.m.**

**Walb Union, Room 114**

The American Heart Association will offer a CPR and AED Basic Life Support class to learn various CPR methods. A First Aid class teaches skills that can be performed with minimal equipment until emergency medical personnel arrive. Visit the [Events Calendar](#) to register.

Please choose certification option when registering.

CPR/AED/First Aid: \$70 (4 hours)

CPR/AED Only: \$50 (3 hours)

Questions? Email [learn@pfw.edu](mailto:learn@pfw.edu).



## **Healthy Boiler Virtual Workshop: Seeking Self-Care**

**Wednesday, September 21**

**Noon–1 p.m.**

**ZOOM**

Making time to incorporate self-care into your daily life can help you recharge, relax, and feel ready to face the challenges that come your way. Join this workshop if you would like some ideas for self-care activities—stress reducers, nutrition, and physical activity to name a few—or if you feel like your usual self-care routine needs a refresh. Visit the [Events Calendar](#) for more information and to register.

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



## **Charity Partnership: Fort4Fitness Fall Festival**

**Friday, September 30 | Packet Pick-up | Noon–8 p.m.**

**Saturday, October 1 | Race Day | Start times vary**

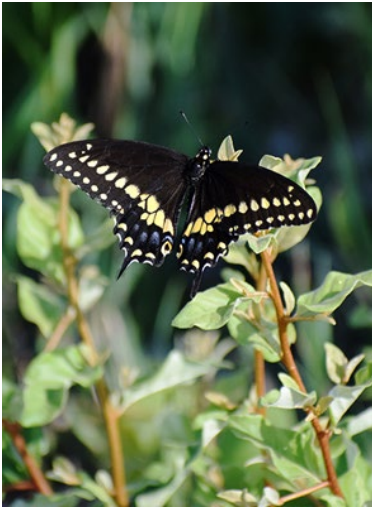
**Parkview Field**

The [Fort4Fitness Fall Festival](#) features four races with different distances to suit people of all ages and abilities including a 4 Mile Run/Walk. Visit the Fort4Fitness [web site](#) for race start times and details about the in-person and virtual races, cost, and more. Pick up your race packet from noon to 8 p.m. on September 30 and stop by the PFW table/tent for light refreshments.

Visit the [Events Calendar](#) to discover how you can support your Wellness program by selecting Purdue Fort Wayne as your Charity Partner as well as register for the Fall Festival. **Cost of the race varies according to the distance you select.** Registration deadline: September 28, 11:59 p.m.

Questions? Email Eric Manor, director of WellRec, at [manore@pfw.edu](mailto:manore@pfw.edu)

# MENTAL HEALTH AWARENESS WEEK OCTOBER 10–14



Details on events for Mental Health Awareness Week will be available soon on the Events Calendar.

## 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.](#)

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 260-481-6826.

### Pivio and Heart Knowledge Virtual Programs Are Full



#### Pivio Orientation

Thursday, September 15

The Pivio program being offered in September is full. You may email health coach Lindsay Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu) to put your name on a wait list and visit the [Events Calendar](#) to learn more about the Pivio program.



#### Heart Knowledge: High Blood Pressure and You

Friday, September 23

This program is full. In case of any cancellations, you may put your name on a wait list by emailing health coach Lindsay Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu). Learn more about the Heart Knowledge program at the HB Employee Well-being [web site](#).



## BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

### HEALTHY BOILER SEPTEMBER CHALLENGE: BREAK TIME CHALLENGE

**September 1-30**

The **Break Time Challenge** invites you to consciously take a break at work each day for the next 30 days in September. Breaks often get overlooked, but leaving your desk for 10-15 minutes can help your mind refocus, give your eyes a break from the screen, and relieve muscle tightness from sitting as you take a short walk down the hall. These breaks can not only help you feel more alert, refreshed and ready to handle the tasks for the rest of the day, but also make your day more productive as well.

To complete this challenge, track "Yes" for 20 days throughout the challenge. Learn more about the [Break Time Challenge](#) and download the [Monthly Challenges Calendar](#) for other challenges to try.

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](#).



SEPTEMBER CHALLENGE:  
WORK-LIFE INTEGRATION

### Break Time Challenge

**Take a break at work  
each day for 30 days**

### THE HEALTHY BOILER PILLAR FOR SEPTEMBER: FINANCIAL WELLNESS

Every person has a different idea of what financial wellness means. For some, it means planning for retirement, contributing to an HSA, or consistently allocating part of your paycheck to your savings. Others may practice financial wellness in a more personal way on a daily basis by opting to pack a lunch for work, reduce how many times you buy coffee from a coffee shop, clip digital coupons for groceries, and more. Here are some mindfulness tips to strengthen this pillar of wellness.

- If you normally schedule annual dental cleanings, eye exams, or preventive care exams, sign up for the [Healthy Boiler Program](#) where these appointments count towards [earning financial incentives](#).
- Find the best health care at the most cost-effective prices based on Purdue's medical plans by reviewing [smarter healthcare resources](#) for you and your family.
- Take the Penny Counter Challenge and track every penny you spend for the next 30 days either on paper, a spreadsheet, or online. Put every receipt in a box each time you come home to help you form the habit. The goal of this challenge is to categorize each item so you can better understand where your money goes each month. Once you know where your money is going, you can better optimize your spending.



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)  
[pfw.edu/wellness](http://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](mailto:Lindsay.bloom@121.health) | [lbloom@pfw.edu](mailto:lbloom@pfw.edu)  
[OnetoOneHealth.com](http://OnetoOneHealth.com) | [pfw.edu/wellness](http://pfw.edu/wellness)

Office hours: Monday, Tuesday morning  
and Wednesday

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