



liveWELL

FALL 2017 VOLUME 13 ISSUE 4

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POWERFUL TOOLS FOR CAREGIVERS

UI Wellness

A UNIT OF UI HUMAN RESOURCES

 THE UNIVERSITY OF IOWA®

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*UI Wellness is a unit of
UI Human Resources.*

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All year, we've focused on the Building Resilience @ UIowa theme of "Work, Life and Wellbeing: Being your best at work, at home and everywhere in between." The premise for this theme is that the boundaries between the office and home life are often blurred. No longer do we work a tidy, predictable schedule. Rather, our work filters into our home life and vice versa.

One thing that we already know, but has been reinforced in our work this year, is how absolutely amazing the faculty and staff of the University of Iowa are. In our one-on-one work, small and large groups in all corners of campus, the people of the University continue to amaze with hard work, innovation, and extremely high capacities for change.

Whether thriving or going through a challenging period, gaining an edge by focusing on self-care is something we all can benefit from. **liveWELL** offers employees the chance to work with a professional health coach to meet health and wellness goals. Learn about health coaching and other programs to help you gain that edge in this newsletter.

Yours in good health,

A handwritten signature in black ink that reads "Megan Hammes". The signature is fluid and cursive.

Megan Hammes, MS, MCHES
Director, UI Wellness

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**FAMILY CAREGIVING
RESOURCES**



liveWELL @ UI

At the University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.

BUILDING RESILIENCE @ IOWA:

All About Health Coaching

If you are not feeling well, you are not working well or able to enjoy the things in life that you appreciate the most, consider working with a health coach. A Health Coach works with a client in a thought-provoking, client-centered, growth-promoting, and creative process to support their fullest potential in well-being. **liveWELL** Health Coaches are professionally trained and certified in this emerging field (conceptualized about 30 years ago) and are extremely skillful at helping UI faculty and staff (their clients) achieve a higher level of well-being and performance in life and work, even during times of uncertainty or even times of overwhelming and stressful periods.



WHAT CAN A HEALTH COACH DO FOR ME?

A Health Coach will help you discover and clarify what it is you want to achieve in terms of your overall health and well-being goals. Then, once a solid vision is created, they help you work towards this vision through a series of meetings and checkpoints built into the service. Throughout this partnership, a professional coach helps you leverage your strengths and enhance motivation. They help you connect the dots between who you are and who you want to become.

A coach is an ally in change. Coaches take a partner approach rather than an authoritative or expert approach; coaches do more listening than advising and more asking than answering.

WHAT IS THE BACKGROUND/EDUCATION OF MY HEALTH COACH?

Health Coaches have diverse backgrounds in health professions whether that be nutrition, physical activity/fitness, or other areas of behavioral psychology. All coaches that work for **liveWELL** have also gone through a professional certification program specifically for health coaching. Biographies of the **liveWELL** Health Coaches can be found at hr.uiowa.edu/livewell/meet-health-coach.

HOW DO I GET STARTED?

It's easy to get started with a Health Coach through **liveWELL** at no cost. You can call our office at **319-353-2973** or email livewell@uiowa.edu to set up an initial appointment with a Health Coach on campus. A Health Coach can meet with you at the Campus Recreation and Wellness Center or the University Employee Health Clinic (1st Floor Boyd Tower, UIHC) between 7:30 a.m. and 7:00 p.m. If you can't make it to campus, we can also do a telephone or Skype visit. Ongoing health coach sessions can be done in person, via phone, Skype and/or email.

WHAT WILL MY FIRST VISIT WITH A HEALTH COACH BE LIKE?

Your first visit will be scheduled for a full 60 minutes as there is a lot to cover.

- The first 15 minutes are spent getting to know one another (i.e. "What brings you to coaching?"), doing a brief review of health history, as well as allowing the Health Coach to explain a few things such as our privacy/confidentiality policies.
- The real work begins as you outline a "Vision for Best Self" with your coach. This is a process that allows you to start to describe your longer-term goals, dreams and plans.
- Using coaching protocol, your health coach will help bring this vision to life and start to help you "own" this vision. You are more likely to be successful in achieving this vision if you allow the time up front to plan for it.
- Subsequent visits are then scheduled which allow coach and client to continue to work with one another by taking smaller steps towards this larger vision.

SOME OF THE MOST COMMONLY CITED REASONS PEOPLE WORK WITH A HEALTH COACH:

Quick fixes over. *"I'm done with quick fixes and want to make changes that last."*

Self investment. *"My well-being is my most precious asset, and I'm ready to invest for the long term."*

Get off the fence. *"I am fed up with sitting on a fence and want to commit to a healthier path."*

Reality check. *"An extreme makeover or biggest loser contest isn't the answer, and I want to take small steps which are powerful and right for me."*

Peak performance. *"In order to perform exceptionally and excel at work and home, I need to optimize my well-being."**

*Adapted from Coaching Psychology Manual, 2nd Edition - wellcoaches®

**IMPORTANT
PUBLIC HEALTH
ANNOUNCEMENT:**

**GET YOUR
FLU
VACCINE**



The Centers of Disease Control (CDC) recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against this serious disease for you as well as those around you: family, children, and co-workers.

In addition to getting a seasonal flu vaccine, you can take everyday preventive actions to prevent the spread of germs. Those actions include:

- Wash your hands often with soap and water, or use alcohol-based hand rub.
- Try to avoid close contact with sick people, and stay home if you are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects routinely like doorknobs, keyboards, and phones.

Source: www.CDC.gov/flu

FREE FLU VACCINES

for UI EMPLOYEES

UI regular full-time and part-time (50% or greater) faculty and staff and ALL UI Health Care employees, regardless of percentage of time worked, are eligible and encouraged to obtain a free flu vaccine.

DATE	TIME	LOCATION
FRI., OCT. 13	6:30 am-6:30 pm	Pomerantz Family Pavilion Level 5, UIHC: Melrose Conference Center Rooms 1 & 2
WED., OCT. 18	9:00 am-2:00 pm	Health Care Support Services Building (HSSB) Coralville
FRI., OCT. 20	9:00 am-11:30 am	Pappajohn Business Building (PBB): South Galleria, 1st Floor & Room S104
TUES., OCT. 24	9:00 am-1:00 pm	University Capitol Centre (UCC): Executive Board Room, 2nd Floor
WED., OCT. 25	3:30 pm-5:30 pm	University Services Building (USB): Room 302
MON., OCT. 30	1:30 pm-3:00 pm	BioVentures Center Coralville
WED., NOV. 1	7:30 am-4:00 pm	UI Health Fair UI Field House Main Deck

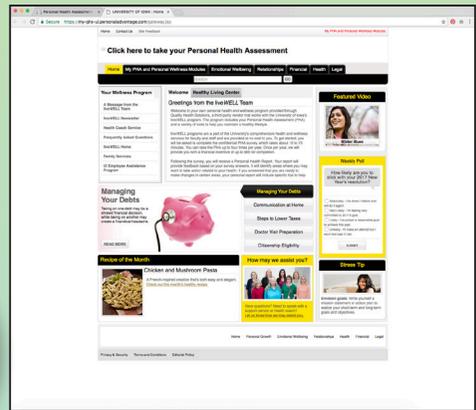
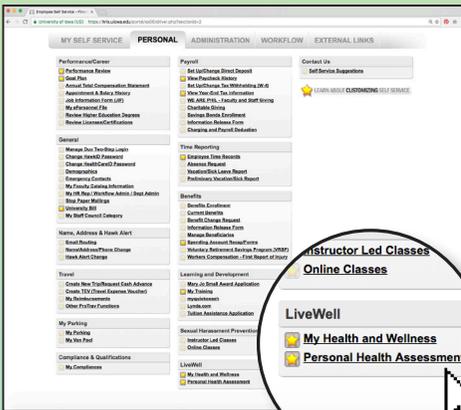
Instructions:

- 1) Anyone wishing to receive the flu vaccine at one of these events must create a ReadySet account and complete a Flu Survey through ReadySet. Find more information at uihc.org/2017-seasonal-flu-vaccination-information
- 2) Bring your University of Iowa ID Card

Healthy Living Center Recipes

All University of Iowa employees in regular, 50% or greater positions have access to the “Healthy Living Center.” The Healthy Living Center is a one-stop-shop for all things health and wellness.

Access the Healthy Living Center



Go to your employee Self-Service website and select Personal Health Assessment.

Before navigating all the way to your PHA, you will see this screen, which is the Healthy Living Center.



liveWELL Dietitian and Health Coach, Ilona Lichy, looked up the following recipes and recommends them as meeting her healthy, seasonal, and colorful criteria!

Blender Bean Dip

This is a very healthy dip that provides a great combination of nutrients and flavors. It's a nice alternative to commercial dips and serves as good source of protein as well.

Ingredients Makes 2 cups

- 1 15.5-oz. can beans (red kidney beans, navy beans, or black beans)
- 1 14.5-oz. can diced tomatoes, with chilies and spices added
- 1 Tablespoon powdered cumin
- 1 Tablespoon chili powder
- 1/2 Cup fresh cilantro

Directions

Drain and rinse beans and put into blender. Drain tomatoes and add to blender. Add cumin, chili powder, and cilantro. Blend to desired consistency. Refrigerate until ready to serve with baked corn chips or toasted whole-wheat pita triangles.

Each 1/2-cup serving contains about 56 calories, 3 g protein, less than 1 g fat, 0 mg cholesterol, 10 g carbohydrates, 4 g fiber, and 492 mg sodium.



live**WELL**
Recommends:

*A perfect dip
for a healthy
tailgate!*

Ginger Grilled Pork

This nutritious and flavorful recipe is very quick to prepare. Just spend 5 minutes mixing marinade ingredients the night before, and you'll have a dinner in 15 minutes next day.

Ingredients Makes six servings

- 2 pork tenderloin fillets (about 1-1/2 lbs total)
- 2 teaspoons coarse ground pepper
- Marinade ingredients
- 1/4 Cup soy sauce
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 2 teaspoons fresh gingerroot, chopped

Directions

Mix marinade ingredients in plastic container or sealable plastic bag big enough to hold tenderloin fillets. Coat fillets well and refrigerate six hours or overnight. When ready to cook, pat dry with paper towel and encrust with coarse pepper. Cook on hot grill about 15 minutes per side, until meat reaches internal temperature of 160 degrees. Let rest five minutes before slicing.

Each serving contains about 143 calories, 1 g carbohydrates, 24 g protein, 4 g fat, 402 mg sodium, and 0 g fiber.

*Hlona's
Tip:*

*Try Reduced
Sodium Soy
Sauce!*

HEALTH COACH SPOTLIGHT:

Erin Litton

MOM AND MOTIVATOR



Erin Litton has been with **liveWELL** since it launched in 2006. Erin is known for her contagious, positive energy in her work promoting individual health and well-being whether it is through Health Coaching, speaking, or leading wellness initiatives such as the 10-week Live Healthy Iowa Challenge. Since she has worked with literally thousands of faculty and staff over the years, many know that Erin is definitely one who practices what she preaches.

"I am like many of the people I work with; I balance work and home on a daily basis. My four kids range in age from three years old to 10 years old, and the time and energy each demand is unique. From coaching their sports or taxiing them across town, I face the challenges of feeling overwhelmed, meal planning, house upkeep, and exercising."

So how does she do it? "With a sense of humor and kind expectations. I try to keep perspective that grabbing a bag of baby carrots to take to the ballgame at least gives us a healthy option—even if it never actually gets opened!"

Erin often tells her clients that the best way to influence the health of those around you is to "Motivate by Modeling," that if you want someone to be healthier, you must be healthier yourself. Erin feels that her love of fitness has positively influenced her family. "They love wearing activity trackers and are trying to out-step me daily! My favorite is when I actually beat them, which is really hard to do!"

In addition to keeping up with her kids, she is a life-long learner, just recently increasing her credentials to support her role at the University of Iowa. "I became Exercise Is Medicine® certified through American College of Sports Medicine, and MCHES (Master Certified Health Education Specialist) through National Commission for Health Education Credentialing, Inc.."

When looking at her Health Coaching role, Erin reflects, "I love my job. The struggles of balancing everything can be difficult, but my favorite part of coaching is learning from my clients and paying it forward. So many of the things I do to influence my health and the health of my family have come from my interactions with creative faculty and staff at the University of Iowa."

Erin by the numbers

11.5 years with UI Wellness **liveWELL** program

2,200+ faculty/staff health coach clients

Erin's Profile

ERIN'S TEAM: James (husband), Reese (10), Will (9), Emma (6), Luke (3)

FAVORITE FOOD: Mediterranean Salad

HOW DO YOU DRINK YOUR COFFEE? Caramel Soy Latte

FAVORITE WAY TO BE ACTIVE: Dance Party - anywhere possible!

FAVORITE VACATION SPOT: Sandy Beach

FAVORITE MUSIC: Most 90s rap and Chris Stapleton



Erin's Life Hacks for better health

- Squats while I brush my teeth
- Add one bag of frozen veggies to any meal that has a sauce (*it hides them - I promise!*)
- Social support! It takes a village! My husband encourages me. My running group ensures I put my shoes on. My family, neighbors, and friends help with humor and kids.
- Laundry - pre-sort before washing! With four kids, clean laundry always piles up. Now I give the basket of clean clothes to each child to put away.
- Delegate! My family is a team - and together we accomplish the to-do list.
- Hy-Vee Grocery Delivery and Amazon Prime. Life changing.
- Sleep is a non-negotiable. I try not to go below 7 hours.
- Car Dance Party! One of my favorite times with my kids jamming out to their favorite songs!
- Keep perspective. Stress will pass, look for the good stuff in front of you.
- Don't get comfortable, try new things for food, fitness, fun or school - growth keeps things exciting!

NEW GROUP!

TRAIN *your* BRAIN

Brain health affects our ability to focus, our working memory, and agility between tasks. Join **liveWELL** as we explore the brain and ways to cultivate a healthier brain state that will improve the way we work and play.

- Understand what impacts brain fatigue
- Explore strategies to improve focus and memory
- Identify techniques for a calmer mind

SECTION 1: East Campus

TUESDAYS | 12:00 PM-12:45 PM

CRWC, 1ST FLOOR WELLNESS
SERVICES CONFERENCE RM.

Oct. 17, Oct. 24, Nov. 7, Nov. 14

SECTION 2: West Campus

WEDNESDAYS | 12:00 PM-12:45 PM

MED LABS,
ROOM 3189

Oct. 18, Oct. 25, Nov. 8, Nov. 15

MAINTAIN, DON'T GAIN: *Healthy Weight for the Holidays*

Create accountability with research-supported strategies for maintaining or reaching a healthy weight during the holiday season.

- Explore simple behaviors that support weight loss and maintenance
- Identify realistic exercise options for tight schedules
- Create nutritional options that are healthy and support healthy weight goals
- Maintain accountability to a supportive group

SECTION 1: East Campus

MONDAYS | 12:00 PM-12:45 PM

CRWC, 1ST FLOOR WELLNESS
SERVICES CONFERENCE RM.

Nov. 27, Dec. 4, Dec. 11, Dec. 18

SECTION 2: West Campus

TUESDAYS | 12:00 PM-12:45 PM

MED LABS,
ROOM 2114

Nov. 28, Dec. 5, Dec. 12, Dec. 19

WELLNESS HEROES

Wellness Heroes is a program to recognize faculty and staff members who are practicing healthy behaviors that are inspiring to others in the workplace. To acknowledge their efforts, a Wellness Hero will be awarded a certificate and a prize. **liveWELL** hopes to have our pages filled with Wellness Heroes in each newsletter!

Any faculty or staff member can nominate any other faculty or staff member. For more information or to nominate your Wellness Hero, visit hr.uiowa.edu/livewell/wellness-heroes.



MARIO ZANATY

RESIDENT 3 | UIHC - GRADUATE MEDICAL EDUCATION

NOMINATED BY ROYCE WOODROFFE

RESIDENT 4 | UIHC - GRADUATE MEDICAL EDUCATION

As a Neurosurgery resident, Mario works extremely hard with long hours but his research entails investigating the anti-inflammatory response of the body on blood vessels in the brain. Recently a study came out in a prominent journal showing that artificial sweeteners significantly increase risk of stroke and dementia later in life, so Mario presented this study to the residents and was able to work with the catering coordinators to eliminate artificial sweeteners and substitute other healthy options into the beverages provided at our meetings. This has greatly influenced the health and wellness of our entire department.



UI HEALTH FAIR: *Walk this Way!*



- Free Health Screenings
- Foam Rolling and Stretching Demos with Recreational Services
- Door Prize Drawings and Giveaways
- Registration for Live Healthy Iowa 2018 teams
- Representatives from TIAA, UI Benefits, Delta Dental and Wellmark to assist with your 2018 Benefits enrollment questions
- Flu Vaccines (*wear loose-fitting clothing and bring University ID!*)

Date: Wednesday, November 1

Time: 7:30 am - 4:00 pm

Who: University of Iowa Faculty and Staff

Where: UI Field House Main Deck

More information at

<http://hr.uiowa.edu/livewell/health-fair>

#UIHealthFair

The UI Health Fair is sponsored by the University of Iowa Community Credit Union and TIAA along with UI partners: UI Health Care, Recreational Services, and UI Wellness.

Family Caregiving RESOURCES

Powerful Tools for Caregivers of Children with Special Needs is a 6-week educational program designed to help family caregivers/parents take care of themselves while caring for a child (minor or adult child) with special needs.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

When you take care of yourself, everyone benefits.

Powerful Tools will begin February 1 and will be held consecutive Thursdays for 6 weeks from 3:00-5:00 pm in the Campus Recreation and Wellness Center. This class is offered at no cost to UI faculty and staff. Participants are allowed to bring a friend or relative, also at no cost.

For more information or to enroll, contact **familyservices@uiowa.edu**. If you are bringing a guest, please indicate that as well.

Free Appointments to discuss and plan your Elder Caregiving Needs

Schedule a free, one-hour, private appointment, in-person or via phone, with an Elder Care Specialist. Email **familyservices@uiowa.edu** to schedule an appointment. Please let us know if you wish to meet with an Elder Care Specialist and if the pre-determined appointments are not convenient.

Upcoming Appointment Times

October 11, 1:00-5:00 pm | W462 GH, UIHC

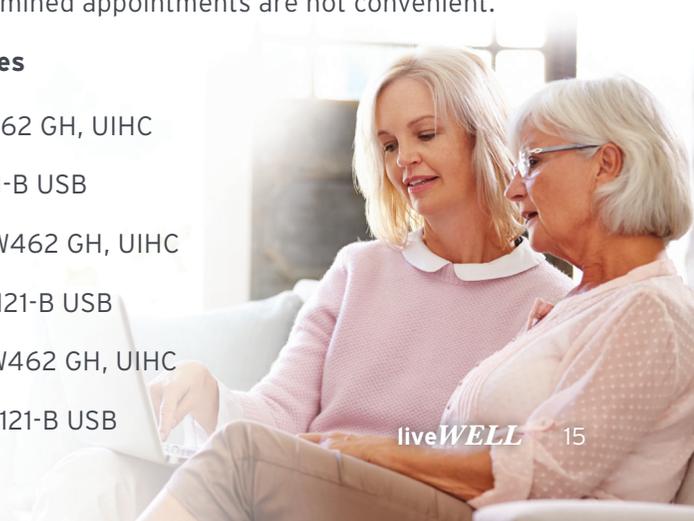
October 18, 1:00-5:00 pm | 121-B USB

November 8, 1:00-5:00 pm | W462 GH, UIHC

November 15, 1:00-5:00 pm | 121-B USB

December 6, 1:00-5:00 pm | W462 GH, UIHC

December 13, 1:00-5:00 pm | 121-B USB



BACK-UP *Child Care*

Sick kid? School closed?
Try back-up child care!

The University has resources available if your child's school or child care program closes intermittently or if your child is mildly ill and unable to go to school or child care. Paperwork needs to be submitted in advance of using these services.

Please visit the back-up child care page on the Family Services website at hr.uiowa.edu/family-services/back-up-child-care to learn more about the programs and access the required forms.



Find **liveWELL** on Social Media
@UIowaLiveWELL

My Health & Wellness Bonus Code:

HEALTHCOACH

Submit Bonus Code in Self-Service at My Health and Wellness for 50 Points.
Learn more about prizes and points at hr.uiowa.edu/livewell/my-health-and-wellness.

Human Resources
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E119 CRWC, Iowa City, IA 52242
phone 319-353-2973
livewell@uiowa.edu



WE WELCOME YOU

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact **liveWELL** at 319-353-2973.