

liveWELL

FALL 2018 VOLUME 14 ISSUE 4



IN THIS ISSUE

DOWNTIME: MAKING THE MOST OF "FOUND TIME" •
A MASSAGE OASIS • FREE FLU VACCINES • WELLNESS
HEROES • UI HEALTH FAIR • HEALTHY WEIGHT FOR
THE HOLIDAYS • SAVVY SAVER TIPS FOR NATIONAL
RETIREMENT SECURITY WEEK • LADDER SAFETY

UI Wellness

A UNIT OF UI HUMAN RESOURCES

 THE UNIVERSITY OF IOWA®

UI Wellness *staff*

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

Megan Hammes

Director, UI Wellness
megan-hammes@uiowa.edu
335-5424 • E119 CRWC

Ilona Lichty

Health Coach
ilona-lichty@uiowa.edu
467-0192 • E119 CRWC

Erin Litton

Senior Health Coach
erin-litton@uiowa.edu
353-2974 • E119 CRWC

Carla Melby-Oetken

Health Coach
carla-melby@uiowa.edu
353-2975 • E119 CRWC

Allison Hursh

Health Coach
allison-hursh@uiowa.edu
353-2973 • E119 CRWC

Jean O'Donovan

Secretary
jean-odonovan@uiowa.edu
353-2973 • E119 CRWC

Liz Heffner

Secretary
elizabeth-butler@uiowa.edu
353-2973 • E119 CRWC

Diana Kremzar

Family Services Manager
diana-kremzar@uiowa.edu
335-1371 • 121 USB



It is that time of year when the leaves change and extra activities fill our calendars. As a working mom of four kiddos, I get caught in the hustle and grind of work and kid-life. This newsletter provides a vital reminder to fill our own cups and that in doing so, we will be more present for those around us, and more effective

and efficient in our daily goals. We are all working on limited time, no one can create more. However, our energy can be enhanced and restored when we take care of our basic needs; good sleep, proper nutrition, movement, connection, and breaks-both momentary and vacations.

I appreciate the perspective shift that “downtime is an investment that helps you get control of your life” (page 4). My favorite insight to *relieve the pressure* is to adjust my expectation of what downtime should be, and to be present and enjoy the moment. The Wellness Heroes (page 10) inspire our campus to be healthier. Research show that behavior is contagious which means these heroes are infecting other with wellness! Finally, I am excited for the UI Health Fair: Restore and Rejuvenate on November 7. This year the Walking Labyrinth will be available for attendees to shift into a moment of downtime and restore.

No matter the how, self-care can reignite our spirit and passion for life. Give yourself the gift of ‘found time’ to kindle your fire and see how bright you can burn!

Erin Litton, MA, NBC-HWC, MCHES, ACSM-CEP
Senior Health Coach

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Human Resources provides leadership in shaping an inclusive culture that drives excellence and innovation by supporting talent, engagement, and the employee work experience.

IN THIS ISSUE

4

**DOWNTIME:
MAKING THE MOST OF
“FOUND TIME”**



6

**A MASSAGE OASIS:
RELAX, REJUVENATE,
RENEW**



8

FREE FLU VACCINES



12

**UI HEALTH FAIR:
NOVEMBER 7**



14

**SAVVY SAVER TIPS
FOR NATIONAL
RETIREMENT
SECURITY WEEK**



15

**UI SAFETY
COMMITTEE:
LADDER SAFETY**



liveWELL @ UI

At the University of Iowa, we aspire to fully incorporate health and well-being 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.

A close-up, over-the-shoulder view of a person with dark hair reading an open book. They are wearing a light-colored sweater. In their other hand, they hold a white mug filled with coffee. The background is a soft, out-of-focus white surface, possibly a bed or a couch.

Downtime: MAKING THE MOST OF "FOUND TIME"

You're rushed. You're overbooked. You're going at top speed. Feels like the more you do, the less you seem to get done. How do you stop this stressful cycle?

Force yourself to create some downtime. Downtime is usually structured or unplanned time to do whatever you want to do or nothing at all! Try to give yourself some downtime at least a few times a week. Whether we think so or not, everyone needs time for themselves, to refresh and recharge both mentally and physically. And with practice, you may find that when you come back to completing the task at hand, not only will you feel better you might also find you are tackling things more efficiently.

Most Americans don't get even a small amount of time to themselves due to the number of demands placed upon them and constant interruptions from the 24-7 world of cell phones, email, or voice mail. People have become experts at multitasking, juggling family, career and other demands. While this may help you accomplish a lot, it is an energy drainer and leaves little time to just be idle.

By the same token, you're missing the point if you use your multi-tasking skills to obsessively schedule periods of "downtime" at the same time each week, which is not really downtime. Downtime means going with the flow. Give in to that urge to take a walk or to pick up that book you've been wanting to read. Pour a cup of tea and stop to watch the sunset.

Adapted from the Healthy Living Center

“Found Time”

Downtime is an investment that helps you get control of your life—particularly of the stress and tension. It calms down your body and makes your mind more focused so you can deal with things more effectively. Even when you give yourself permission, it can still be hard to spot opportunities to take a break. We call this “found time,” or in other words, time that we make room for and notice. Pay attention to what your mind and body need at that moment. Do what feels right.

The following suggestions can help you find more time for yourself:

- **Cut the cords.** Don't feel you have to respond to every signal from the outside world. Turn off your computer and leave the cell phone behind.
- **Say no to “emotional vampires.”** If someone is constantly coming to you with gripes, set boundaries. Tell the person you have only five minutes, then use the time to focus on solutions.
- **Play hooky.** Look over your daily routine to see what's truly important and where you might cut yourself some slack. Can you put off that trip to the store?
- **Seize the moment.** The best downtime opportunities are often unplanned. Open your mind to what's happening around you and be willing to respond.
- **Free your mind.** Worries and other negative feelings can keep you from enjoying your downtime. To get rid of the clutter, visualize a vacuum cleaner as it pulls the bad feelings out of your head.
- **Relieve the pressure.** Don't expect too much of your downtime. The point isn't to write the great American novel, it's just to relax. Keep your expectations simple.

“When he worked, he really worked and when he played, he really played...”

—Dr. Seuss

A Massage **asis**

Relax • Rejuvenate • Renew

A Massage Oasis – founded by Kristen Stephens Sharma with the goal of meeting clients' stress and pain management needs – offers three convenient locations on the UI campus with licensed, insured, educated and experienced professionals providing your massage services.

University of Iowa Hospitals and Clinics

Pomerantz Family Pavilion

Level 2, near Elevator L

Fountain Entrance, Level 1

- Specialize in Chair Massage
- 10:00 am-4:00 pm Monday-Friday
- Walk-in appointments only



Campus Recreation and Wellness Center

Wellness Services Area, 1st Floor

- 10-30 minute chair massages
- 30-, 60-, and 90-minute table massages
- Swedish, Shiatsu, Sports, and Hot Stone massage are available and service is tailored to the individual's needs and requests
- Scheduling available by calling (319) 353-2973



For more information on pricing, the massage therapists, and more, visit:

amassageoasis.com

Health Care When You Need It

UI Health Care has a range of options—including the new Urgent Care clinic—for when you need care sooner than your doctor can see you. And UI Health Care’s new online scheduling lets UI QuickCare and Urgent Care patients save their spot in line from the comfort of home, reducing time spent waiting in the clinic.

How do you choose where to go when sudden illness or injury strikes? Katherine L. Imborek, MD, UI Health Care director of offsite primary care, breaks it down.

Emergency room

For some conditions, the emergency room at UI Hospitals & Clinics is still your only option, Imborek says.

“Chest pain, severe shortness of breath, stroke-like symptoms, head injuries, thoughts of suicide, or fever in an infant under 6 months of age should be treated in the emergency room,” she says.

UI QuickCare locations

For non-emergency conditions like sprains and strains, cuts and scrapes, sore throat, ear pain, or skin rash, Imborek says visiting a UI QuickCare location is the way to go.

UI QuickCare locations are open 7 a.m. to 7 p.m. on weekdays and 7 a.m. to 5 p.m. on weekends. Saving your spot in line ahead of time is easy at uihc.org/ui-quickcare.

Urgent Care

“Urgent Care can handle conditions usually seen at UI QuickCare,” Imborek says, “but Urgent Care also has advanced practice providers who use X-rays, lab testing, IV fluids, and medications to diagnose and treat more complex issues like broken bones, dehydration, and migraine headaches.”

Urgent Care also offers convenient extended hours: 7 a.m. to 9 p.m. on weekdays and 7 a.m. to 7 p.m. on weekends. And Urgent Care is open holidays (except Thanksgiving and Christmas) with special reduced hours.

Located off of Scott Boulevard in Iowa City, Urgent Care lets you reserve your spot in line ahead of time at uihc.org/urgent-care.

FLU CAMPAIGN 2018

Here's a thought:
get the shot.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades.

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Did you know?

- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
- A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.
- Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.
- Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

FREE FLU VACCINES

for UI EMPLOYEES

UI faculty and staff in 50% or greater, regular positions and ALL UI Health Care employees (regardless of percentage of time worked), are eligible to obtain a free flu vaccine on campus.

DATE	TIME	LOCATION
THROUGH NOV. 9	7:30 am–4:30 pm	University Employee Health Clinic (UEHC): Room 1097-1 Boyd Tower
THURS., OCT. 18	9:30 am–2:30 pm	Health Care Support Services Building (HSSB) Coralville
TUES., OCT. 23	3:30 pm–5:30 pm	University Services Building (USB): Room 302
THURS., OCT. 25	9:00 am–1:00 pm	University Capitol Centre (UCC): Executive Board Room (Room 2390)
THURS., NOV. 1	12:00 pm–2:30 pm	Pappajohn Business Building (PBB): South Galleria (S101) & Room S104
FRI., NOV. 2	1:00 pm–3:00 pm	BioVentures Center Multipurpose Room Coralville
WED., NOV. 7	7:30 am–4:00 pm	UI Health Fair UI Field House Main Deck

Important:

- 1) Faculty/staff 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 <https://uihc.org/ui-health-care-employee-flu-vaccinations>
- 2) Bring your University of Iowa ID Card

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.

INGE CLANCY UIHC GUEST SERVICES

NOMINATED BY JAYNE NELSON

Inge models health and wellbeing during every shift at UI Health Care. Her role as a Patient Escort provides her an opportunity to walk during her shifts and interact with staff, patients, and visitors across the UI Health Care campus. Every time I see her walking in the halls she has a smile on her face, greets others, and is the first to help others navigate the hospital. Inge encourages others to stay active by challenging them to track their steps, recently took the initiative to request becoming a Wellness Ambassador, and leads a Live Healthy Iowa team. Inge consistently makes a healthy lifestyle her priority and shares her passion—she is a role model and has made a positive impact on Guest Services and UI Health Care.



CHRISTOPHER MALLOY STUDENT LEGAL SERVICES

NOMINATED BY AMANDA ELKINS

Chris has been an active person as long as I've known him and a recent injury got him down. He's back on track with marathon training and is a regular stand-up paddle boarder and weight lifter. His love of the outdoors is apparent and he is supportive of his co-workers' health and wellness goals.



ANAT LEVTOV GLOBAL EXPERIENCES & ADVISING

NOMINATED BY KERBY BOSCHEE

Anat inspires her colleagues and friends across campus with her dedication to her workout regimen and healthy eating. She is fearless in the new physical activities she will try and always encourages others to participate with her. She shares her journey with her colleagues and motivates others to get involved in health and wellness both on campus and off. She is a true inspiration!

MARGALEA WARNER COLLEGE OF MEDICINE - INTERNAL MEDICINE

NOMINATED BY CAROL KERN

Margalea Warner uses excellent techniques to not only survive, but thrive with the difficult hand life has dealt her. She practices daily Tai Chi, does her best to eat healthy foods, gets in 10,000+ steps a day, and helps others through the Compeer program through NAMI and sharing her positive attitude. She is consistent, hard working, and an inspiration to many.



SUSAN MONKMAN

STUDENT HEALTH AND WELLNESS

NOMINATED BY LISA JAMES

Suzi is always cheerful, has a positive demeanor at work, and shares an “attitude of gratitude” in everything she does. Her positivity is contagious and contributes to good morale and a healthy environment here at Student Health & Wellness.

ANDREA ROSSMAN STUDENT HEALTH AND WELLNESS

NOMINATED BY HEIDI BOHALL

Andrea is often trying to pull others into more modes of physical activity like creating a walk/workout lunch-hour group, including her co-workers in consistent weekly workweek Fitbit Challenges, and requesting wellness resources for her work team. Andrea is committed to leading a physically active lifestyle and encourages others to do the same.

SHAWN FUHRMAN-SMITH

UIHC PATIENT FINANCIAL SERVICES

NOMINATED BY ALEX MATHEASON

Shawn has a very busy lifestyle, but still ensures that she maintains her well-being every day. Shawn gets up and walks laps every day and attends **liveWELL** program/class sessions when they are offered. Shawn encourages her counter parts to get up and get moving throughout the day as well.

JESSICA WELTER

UIHC PATIENT FINANCIAL SERVICES

NOMINATED BY ALEX MATHEASON

Jessica is a Wellness Hero to our Medicaid Team. She frequently attends class sessions put on by our Wellness Team to make sure she is staying engaged in a healthy lifestyle. Jessica also encourages team mates to get up and move throughout the day by taking frequent walks around our pond or walking at least 15 minutes within the building throughout the day.





UI HEALTH FAIR: *Restore & Rejuvenate*



Services include:

- Fitness Demonstrations
- Blood pressure screening
- Cholesterol screening
- Blood glucose screening
- Flu vaccines
- Master gardening tips
- Walking Labyrinth Meditation
- And much more!!!

Date: Wednesday, November 7

Time: 7:30 am - 4:00 pm

Who: University of Iowa
Faculty and Staff

Where: UI Field House Main Deck

More information at

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.

HEALTHY WEIGHT

for the Holidays

VIA ZOOM
GROUP HEALTH COACH SERIES

The holiday season can be a *Sleigh Ride* to maintain healthy habits. Join Erin Litton in Healthy Weight for the Holidays, a four part series, to support your well-being during *The Most Wonderful Time of the Year*. Join others via Zoom to explore tips and tricks to keep yourself from feeling like *Frosty the Snowman*.



ERIN LITTON

SECTION 1

TUESDAYS | 12:10PM-12:50PM

ZOOM VIDEO CONFERENCING*

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

SECTION 2

WEDNESDAYS | 5:30PM-6:00PM

ZOOM VIDEO CONFERENCING*

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

Registration opens: **November 1**

*Details on how to access class via ZOOM will be sent via email before class begins.

TO SIGN UP, CONTACT US AT

livewell@uiowa.edu OR **(319) 353-2973**

hr.uiowa.edu/livewell/group-health-coach-service

FINANCIAL WELL-BEING

SAVVY SAVER TIPS FOR NATIONAL RETIREMENT SECURITY WEEK OCT. 21-27

Are you a savvy saver? National Retirement Security Week (NRSW) is October 21-27! It's the perfect time to make sure you're thinking ahead to your future. Follow these five savvy saver tips to get started. Visit [TIAA.org/tools](https://www.tiaa.org/tools) anytime for a comprehensive list of calculators and other resources.

1. MAKE SURE YOU'RE ON TRACK. Reaching your goals is easier when you know where you stand. Get a retirement check-up in less than 30 seconds. Just by entering a few numbers, you can see if you're saving enough and get tips to help you get on track. Visit [TIAA.org/UIcheckup](https://www.tiaa.org/UIcheckup).

2. BE A BEST-IN-CLASS SAVER. Knowing what others like you are saving can help you set your own goals. See how you compare. Simply enter your age and salary and you'll see how you're doing compared to others like you. Visit [TIAA.org/UIpeers](https://www.tiaa.org/UIpeers).

3. SMALL CHANGES CAN ADD UP BIG. Saving more can have little impact on your paycheck. Putting a little more toward retirement can save you money on taxes and give you the benefit of compound interest. With compounding, you earn money on what you save and on any earnings. Given time, your money can really add up. Use the calculator at [TIAA.org/UIcompounding](https://www.tiaa.org/UIcompounding) to estimate the impact on your take-home pay when you increase your savings.

4. KNOWLEDGE IS KEY. Knowing how finances work will help you better plan for a secure future. From the basics on investing to understanding tax reform and more, TIAA offers a range of helpful webinars that you can attend live or view on demand. To see the full lineup visit [TIAA.org/webinars](https://www.tiaa.org/webinars).

5. MAKE IT LAST. Choosing retirement income options that never run out may help you pursue the future you want without worry. Calculate the monthly income you could have in retirement from choosing lifetime income options. Visit [TIAA.org/UIcalculate](https://www.tiaa.org/UIcalculate).

Spending a few minutes each day during National Retirement Security Week to take advantage of these resources can help you become a savvy saver.*

To meet with a TIAA Financial Consultant for a more personalized investment review, visit [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow). Or call 800-732-8353 weekdays from 7:00 am-7:00 pm CT.

LADDER SAFETY

Every year more than 30,000 people are injured by falls involving ladders. These accidents occur both at work and at home. In fact, using a ladder at home could be even more dangerous because home users are less likely to have formal ladder safety training. Even simple tasks such as changing light bulbs could be risky if ladders are not used correctly. Here are some basic do's and don'ts of ladder usage:

DO'S

- Inspect the ladder to ensure it is in good working condition
- Select the right size and style of ladder for the task. Do not exceed weight limits set by the manufacturer
- Set up properly on a firm level surface
- Stay centered on the ladder and maintain 3 points of contact (hands or feet) while climbing
- Set up an extension ladder at the proper angle. Its base should be a quarter of its working length from the wall or other vertical surface
- Guard doorways near any type of ladder so no one can open it and knock you off
- Extension ladders should extend 3 ft. above the upper landing surface

DON'TS

- Do not use a damaged ladder
- The top two steps on either a ladder or stepladder should not be used
- Do not place a ladder on top of boxes, bricks or pallets to get more height
- Ladders should not be placed on uneven or unstable surfaces
- Do not try to carry heavy or awkwardly large items up a ladder
- Do not use extension ladders in windy or inclement weather

ADDITIONAL RESOURCES AND TRAINING

- www.americanladderinstitute.org
- University of Iowa ICON course: Ladders #W0400S

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:

DOWNTIME

CODE EXPIRES 12/1/2018

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
liveWELL program
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.