



October 2021

Autumn Greetings!

Fall is here, with daylight savings and the holiday season fast approaching. This edition of *Healthy State of Iowa Employees* highlights tips, activities, and recipes for good health and wellness during the changing seasons and year-round. Enjoy!

5 Ways to Create a Resilient Workforce

It's been a difficult year (or two) for many, taking a toll on both our mental and physical health. In times of stress or challenge, it's important to have a resilient mindset to work through adversity and thrive. Employees and employers alike benefit from fostering an engaged workplace with resilient practices.

Read Wellmark's [5 Ways to Create a Resilient Workforce](#) to learn more!



Staff Spotlight

Name: Kenneth Sulma

Current Position: Senior Utility Analyst - Iowa Utilities Board

Years with the State: 2 years

My Healthy Choice: Triathlons

I have not always been an athletic person. My journey started with Couch-to-5k in 2006, and has since led me to a number of half marathons, full marathons, and now triathlons. Although I may never be the fastest or at the top of my age-group, I keep the mentality that it's all about being better than I was yesterday. Progress is gradual and it takes consistency to reach your goals - whatever those goals happen to be. Goal setting can be intimidating, but they are 100% achievable with a positive mindset and mindfulness. I encourage everyone to find something you're passionate about and set goals, both large and small, to achieve them.

Iowa State Park Passport Offers Endless Adventure

The Iowa Tourism Office and the Iowa Department of Natural Resources have developed the Iowa State Park Passport to provide a fun and engaging way for Iowans to track their visits to state parks. Last year the program saw nearly 30,000 check-ins at parks across the state!



You can [sign up for the free passport](#) online or text *PARKS* to 515-531-5995. Participants are eligible for prizes simply by visiting and checking in to one or more of Iowa's 62 participating state parks!



Healthy Recipe Ideas

ISU Extension and Outreach's [Spend Smart. Eat Smart. Program](#) provides great recipe ideas, how to videos, and shopping tips. Make it a goal to try a new recipe each week! Dishes like the [Autumn Soup](#) are great for warming up on a chilly day.

Did you Know?

- SEHARC (State of Iowa Health and Recreation Committee) receives offers for discounted tickets to area events and hosts fun activities throughout the year. Interested in receiving information on these opportunities right in your inbox? Complete this [form](#) to be added to SEHARC's mailing list.
- **For more great information, be sure to check out these Wellmark publications - [Wellmark Blue Magazine](#) and [Blue at Work](#).**

The *Healthy State of Iowa Employees* quarterly newsletter is a cooperative effort between the Department of Administrative Services, Wellmark, and the State of Iowa Wellness Champions' Education and Engagement Committee. It's designed to help keep State of Iowa employees connected and informed of wellness opportunities around the state.

If you have questions or suggestions for future content, please contact us at healthyemployees@iowa.gov.