

ENGAGE NEWSLETTER

JANUARY/FEBRUARY 2023

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EVENTS:

Mid-Morning Mindfulness | Tuesdays and Thursdays at 10:15 a.m.

Health and Wellness Symposium | Feb. 3, 2023



ADVENTURE2 EMPLOYEE SPOTLIGHT:

Amy and Karl Schindel

Amy Schindel, Agile Project Coordinator, and Karl Schindel, Associate Director of Data Analytics and Integrity, are both employees at the Iowa State University Foundation.

The Iowa State University Foundation is a new addition to the Adventure2 community, having implemented the program in August 2022.

Amy and Karl spoke to us about their first impressions and favorite aspects of Adventure2 so far.

Amy, a member of the ISU Foundation wellness committee, shared that a large percentage of their staff is signed up for and participating in Adventure2.

"I feel like it's more inclusive since there are so many activities to choose from," said Amy. "It also helps me feel more connected with people who work on campus, both ISU Foundation staff and my other friends that work at ISU."

For Amy, the WellBeing Assessment that participants take at the start of every program year is a stand-out activity. She likes how the assessment takes her

responses and tailors the suggested activities to her needs.

Karl noted that he is a fan of the financial challenges and attending Mid-Morning Mindfulness sessions when he is able.

"The Tuesday and Thursday 15-minute meditation sessions are a great way to break up my mornings," said Karl. "I think I bring a little more clarity to my meetings after those sessions."

Amy and Karl would both encourage other ISU employees to check out the Adventure2 program.

"I've already completed level 3 and redeemed my \$40 [Amazon] gift card," said Amy. "It's very easy to record progress in either the app on my phone or the web browser. And there are always new activities to explore and join!"

ADVENTURE2 IMPACT

Adventure2 continues to be an impactful resource for our people. This online platform and communication resource provides employees with activities to encourage wellbeing in their day-to-day lives at work and home. As of today, Adventure2 has:

3,673
total registered users

508
average daily users

4.5/5
user satisfaction rating

There's something for everyone in Adventure2! Participating in activities earns you points, and activity topics range from step challenges to preventative health screenings to maintaining a bedtime routine. Iowa State University recommended challenges currently include Volunteer in The Community (150 points), Stand Up and Stretch (15 points/week), Invite Colleagues to Adventure2 (25 points), and Track 45 Weekly Steps (15 points/week).

Join 3,763 of your colleagues today to start completing challenges to help you achieve your personal health and wellness goals! It's easy to get started. Just register using one of the options below with your @iastate.edu email and net ID:

- Click on the **direct link to Adventure2: iastate.limeade.com**
- **Download the LimeadeONE app** on your mobile device. Enter Iowa State University as your employer and follow the prompts.
- **Visit the [ISU Wellbeing Adventure2 webpage](#)** and click Sign In.
- **Add Adventure2 to your Okta apps** and join from there.

PARENTING SUCCESS SOLUTION HIGHLIGHTS



ENGAGEMENT AS OF 1/27/2023

129
registered users

947
minutes trained

239
sessions
completed

5
minute average
session length

What is Parenting Success Solution?

Parenting Success Solution is a new benefit catered to our employee population of parents and caregivers. A gap in resources was recognized, and this program was implemented to give you 24/7 access to tools and resources to help you understand, teach, and better communicate with your child. Parenting Success Solution is available now in Adventure2. The program and its resources come at no cost to you.

Content Highlights

Parenting Success Solution has an extensive library of parenting and childcare content available to Adventure2 users. When you sign into the resource, you will see Foundational and SEL Skills tabs at the top of your screen. Here is what you can expect to find under those tabs!



Foundational Courses

This section of foundational courses contains lessons designed for parents/caregivers, specifically of young children learning early skills or children with developmental disabilities.

Lessons include teaching skills in the areas of language, self-help, leisure, pre-academic, social, and more.

We recommend checking out the **Making Requests and Responses session series under the Develop Communication Skills catalog**. These sessions cover helping children learn to communicate their needs through pointing, voice output devices, verbal communication, and more.



SEL Skills

The Social-Emotional Learning (SEL) Skills section contains lessons designed for both parents/caregivers and children. Lessons are broken down by age and ability.

Lessons include relevant support in areas of self-awareness, decision-making, relationship skills, behavior management, and more.

We recommend checking out the **Live a Mindful Life session series under the Improve Your Mental Health catalog**. These sessions cover growing awareness, cultivating self-compassion, and improving focus with guidance from SEL and mental health experts.

ENGAGE is an ISU WorkLife/University Human Resources publication. If you have comments, questions or suggestions for story ideas, please email worklife@iastate.edu.

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