

ENGAGE NEWSLETTER

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EMPLOYEE SPOTLIGHT



CHERYL ERVIN

Cheryl Ervin, Program Specialist for Specialty Business Services and Cultural Arts (SBSCA) has been with the University since 1995 and in her current position since 2007.

Cheryl's office is a team of three that oversee and support eight ISU business and cultural units: Logistics and Support Services, Postal and Parcel Services, Printing Services, Reiman Gardens, Transportation Services, University Book Store, University Museums, and Veenker Memorial Golf Course.

Cheryl has participated in a handful of ISU WellBeing programming, including Adventure2, Mid-Morning Mindfulness, and Health for Every Body. She got started with Adventure2 within the first few years of the launch and enjoys the flexibility and variety of topics offered.

"Whether you want to explore a topic or participate in fun challenges related to physical, mental, emotional, financial, or social wellbeing, there's something for you in Adventure2."

Cheryl appreciates the ample opportunities to connect with fellow employees through Adventure2. She enjoys hearing (and joining in on) the banter of colleagues competing against each other in team challenges, joining teams with people she's never met, and scrolling the My Updates feed for Kudos and fun photos.

Cheryl utilizes the Adventure2 program to support her health habits and keep progressing on her journey.

"I've never reached the top level, and this year I've barely made it out of the lowest level, but that's part of the beauty of the

and burnout, and the afternoon transitioned into mindfulness.

"Some of our directors were a little skeptical when we started the day, but people were open, honest, and vulnerable, which made for great discussions—and we had a lot of fun throughout the day," said Cheryl.

"Everybody left with at least one takeaway, along with a toolkit to take back to their offices. I'm overwhelmed that Stephanie [Downs] and Sue [Tew-Warming] would make the time and put in the effort to create a program tailored to our needs."

Cheryl believes that ISU Wellbeing programs and services positively influence the employee experience and culture at Iowa State. From her perspective, the programming enhances employees' mental and emotional well-being, brings people together, and sends a message that the University sees value in wellness promotion.

"A mentally and emotionally healthier staff could have immeasurable positive impacts not only in the lives of the employees, but the life of the ISU organization (e.g., increased

program— it can be tailored to whatever fits your needs at any given time," said Cheryl. "Like many things, you get out of it what you put into it, but I appreciate that it's there and I can pick it back up at any time."

Cheryl would challenge supervisors to openly support their employees' participation in ISU WellBeing programming. Her own supervisor has voiced his support, which she finds encouraging.

"Knowing my supervisor supports my involvement [in ISU WellBeing programming] frees me to participate openly and guiltlessly in Mid-Morning Mindfulness, a brief walk, or another form of mental break that takes a few minutes out of my workday. In the long run, these activities produce greater focus, creativity, and productivity."

Recently, the ISU WellBeing team crafted a day-long work/life harmony and mindfulness workshop for the SBSCA directors' retreat. The morning discussions focused on stress

productivity, decreased absence, invigorated engagement, collaboration, and creativity)."

As the needs and preferences of our campus community evolve, Cheryl has witnessed ISU WellBeing responding to feedback through new Adventure2 challenges, parenting resources, and the recent training her team participated in.

"I think we're seeing a need for conversations and support regarding work/life harmony, stress and burnout, mental and emotional wellbeing, and mindfulness in ways we haven't seen before," said Cheryl. "ISU WellBeing staff and programming have laid a strong foundation and will be vital to the university in meeting needs and continually developing the program."

Cheryl hopes to encourage her colleagues to reach out to ISU WellBeing for resources and support. "They are there to support you, your employees, and your department," said Cheryl. "They want to engage with you!"

MEET YOUR SUMMER GOALS WITH ADVENTURE2

This summer, design an **Adventure2** experience that caters to your goals. Take a moment to reflect on the goals you've set for the summer (or create some if you haven't already!) and select activities that will keep you on track.

Whether you want to spend more time outdoors, get active, or focus on mindfulness, there are challenges in the program that can help keep you accountable. The ability to create a personalized experience is what makes the program so great!

How to find activities in Adventure2:

- The **Discover** tab shares featured, recommended, and trending activities, as well as top picks and activities based on your Well-Being Assessment results.
- The **My Results** tab allows you to browse activities based on areas from your Well-Being Assessment. Under your areas to improve, click "get started now" to see related activities. You can do the same for your strengths by clicking "explore."

Not sure where to start? Here are some of our recommendations for summer.





Sand Volleyball League

Join the ISU Recreation Services faculty/staff summer sand volleyball league to earn 25 points.

Inspire Yourself

Find and reflect on inspiring images and phrases to earn 25 points.

Visit the Farmers' Market

Shop at the farmers' market three times this summer to earn 25 points.



Practice Mindfulness Together

Form a team and work together to track 1,000 minutes of mindfulness to earn 100 points.



Spend Quality Time Outdoors

Spend 30 minutes outdoors once a week to earn 25 points.



Track 70,000 Weekly Steps

If you're spending more time outdoors, use this opportunity to track 70,000 steps a week and earn 15 weekly points.

ADVENTURE2 HIGHLIGHTS



3,393

users registered



4.4/5

user satisfaction rating



494

users active daily

In July, year six of the Adventure2 program will come to a close, and what a year it has been! Below, we have shared some highlights and statistics from the year so far.

This Year's Highlights

- **48% of ISU employees are in the program**, making this our most registered users to date.
- **639 employees** joined the program

10 Most Popular Challenges

1. Benefits Survey
2. Take the Well-Being Assessment
3. Track 35,000 Weekly Steps
4. The Flu: Give it Your Best Shot
5. Dental Exam

for the first time.

- **30% less turnover** was seen for employees registered in Adventure2 vs. those who are not.
- **Over 1,568 employees have accessed the Parenting Success Solution portal** since its implementation in January.

6. Intuitive Eating Principle One
7. Annual Physical Exam
8. Bring Your Lunch to Work
9. Download the Limeade ONE App
10. President Wintersteen's 2 Million Steps Challenge

SUMMER RESOURCES FOR FAMILIES

Summer break as a caregiver is tricky — from coming up with new ways to keep kids entertained, making sure they flex their brain muscles, and adapting to a new schedule, it can be a lot! Check out these resources that can help you navigate the next few months.



Extension and Outreach Programs

ISU Extension and Outreach of Story County is hosting a number of youth programming opportunities this summer. Programs vary in age range from preschool to middle school with themes including storybooks, technology, farms, and more. Pre-registration is required for all programs, including free offerings.

- [Dates, times, and details](#)
- [Register for a youth program](#)



Ames Public Library

The Ames Public Library at 515 Douglas Avenue offers a wide range of free activities for families, children, and teens this summer. Events include toddler and family story times, Terrific Tuesday performances, and a free lunch program.

- [Events for families and children](#)
- [Events for teens, Teen Space, and Teen Advisory Group](#)
- [Free lunch program](#)



Parenting Courses

The [Parenting Success Solution portal](#) in Adventure2 houses a plethora of foundational parenting courses that can



Parenting Discussion Groups

Adventure2's [Parenting Success Solution portal](#) offers virtual parenting discussion groups with a new theme each

benefit parents and children this summer.
Topics include:

- [Prepare for School](#)
- [Foster Play and Leisure](#)

month. July's theme is screen time.
Register by age group:

- [Preschool](#)
- [Elementary](#)
- [Teens](#)



Helping with Transitions

The transition from school to summer can be challenging for kids. The linked article from Child Mind Institute teaches parents how to help kids who struggle with transitions and what tools can be utilized to make the transition easier.

- [How Can We Help Kids with Transitions?](#)



ISU Child Care and Family Services

Whether you need assistance looking for child care services, resources, or developing networks, Child Care and Family Services can help! [The website](#) houses many resources, including child care services, scholarships, upcoming events, and student parent resources.

Questions? Email ccfamily@iastate.edu

Upcoming Programming and Events

[Mid-Morning Mindfulness](#)

Tuesdays and Thursdays |
10-10:15 a.m.

*Currently on a pause; sessions
resume June 13*

[Rediscovering Our Why](#)

Wednesday, June 28 |
9-11 a.m.

[TIAA Webinars](#)

Wednesdays in June |
11 a.m.-12 p.m.

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Iowa State University Human Resources | 3750 Beardshear, 515 Morrill Rd, Ames, IA 50011

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