

ENGAGE NEWSLETTER

SEPTEMBER/OCTOBER 2023

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EMPLOYEE SPOTLIGHT



DANIELLE CLARK

Danielle Clark, Research Scientist III, manages the Agronomy Shared Labs in the Department of Agronomy and holds numerous other roles including the departmental safety coordinator.

Danielle has a long history at Iowa State and is a proud Cyclone. She has been a Professional and Scientific employee at the University for 10 years and in her current role for six. On top of that, she received her undergraduate and graduate degrees from Iowa State.

Danielle also has a history with ISU WellBeing! She has been an active participant in many of our programming opportunities over the years.

She joined the Adventure2 program in 2018 after hearing colleagues and gym friends talk about it. Participating in Adventure2 over the last five years has helped her think about important aspects of her well-being, including mental, physical, and emotional health.

"These [aspects] are essential to my well-being, and taking time for them is important," explained Danielle.

In particular, Danielle is a fan of exercise-based team challenges including wall sits, squats, lunges, and planks. She and her gym friends enjoy participating in competitive group and individual Adventure2 activities.

"A little healthy competition and a mental break from work for a few minutes really is the best medicine for some stressful or busy days," said Danielle.

When asked if she would recommend Adventure2 to other Iowa State employees,

"The Adventure2 program provides some great on-campus activities to provide that short distraction that is good for the mind, body, and soul," said Danielle.

Aside from Adventure2, Danielle has participated in other ISU WellBeing programming including Culinary Boot Camp, Health for Every Body, mindfulness workshops, the Am I Hungry? Mindful Eating Program, and more.

Danielle participated in Am I Hungry? in 2018 and Health for Every Body in 2019. These are the two programs that stuck out most to her, and she still finds herself reflecting on the meaningful group conversations and referencing the books provided to participants.

"I'm always looking for 'tools' to add to my 'toolbox' for helpful, meaningful, life skills," said Danielle. "These courses added to my life skills 'toolbox' for work/home life balance."

Danielle shared that she believes the ISU WellBeing program has been instrumental in

Danielle shared that she thinks the program is "five out of five stars," and would highly recommend it to others. She went on to explain that she believes the program would be beneficial for employees that get easily wrapped up in work and find it difficult to step away for a minute.

providing on-campus activities for employees with a wide variety of topics and programs, and that she hopes to see the work continue.

Interested in joining Danielle and other colleagues by getting involved in ISU WellBeing programming? [Check out our website](#) to learn more about available programming.

Stay Healthy! Get Your Flu Shot on Campus

The weather is starting to cool down, and we all know what that means: flu season is coming! [According to the CDC](#), the best way to reduce your risk from seasonal flu and its complications is by getting your flu shot. We've made it easy for you to get vaccinated by providing flu shots right here on campus.

2023 CLINIC DETAILS:

When: October 9-20, Monday-Friday from 9 a.m.-4 p.m.

Where: State Gym Fitness Studio, Room 1218
(Enter through the south doors.)

Who: The following groups are eligible to receive this free service: Faculty, Professional and Scientific employees, Merit employees, Post Docs, University Child Care employees, retirees on the health plan who are not yet 65, ISU Foundation employees, and Iowa State Daily employees. The following groups are NOT eligible for this campus clinic: Students (undergraduate and graduate), visiting scholars, spouses, and dependents.



Learn
More

EARN ADVENTURE2 POINTS: Earn 50 Adventure2 points by completing the The Flu- Give it Your Best Shot activity in Adventure2! Find this activity on the Discover tab under Recommended by Iowa State University. This activity is active now through December 10.

A Focus on Finance

When we think about well-being, healthy eating, exercise, and mental health are typically the first things that come to mind. But what about finances?

Financial well-being is a satisfaction with one's overall standard of living. It represents our ability to effectively manage our economic lives. It's our financial security! It might look like participating in voluntary retirement plans, confidence in budgeting, being undistracted by financial worries, and spending money on experiences instead of things.

In this newsletter, we are putting a focus on finance by providing various resources and opportunities to help you learn more about your finances and adopt healthy habits.

Adventure2 Financial Activities

Adventure2 is a great way to keep yourself motivated and on track with financial goals. Complete the following activities that are currently live in Adventure2 to earn points and boost your financial well-being.



Digging Out of Debt

Points: 15

Duration: September 18-October 29

To complete this activity, watch the embedded video to learn how to think strategically about debt and use a system to quickly pay it down.

This activity is located on the Discover tab under Recommended by Iowa State University.

Use The Past to Budget for The Future

Points: 25

Duration: August 1-July 16

Download all transactions from the last year and categorize them. Add up the totals for each category and divide by 12 to get the monthly average spent. Use those numbers as a starting point for your new budget.

This activity is located on the Discover tab under Top Picks.

New, Used, Rent, or Borrow?

Points: 25

Duration: August 1-July 16

Get in the habit of reviewing your shopping list and asking whether it makes sense to buy each item brand new. Could you buy second-hand, rent, or borrow it instead? Do this four times to complete the activity.

This activity is located on the Discover tab under Top Picks.

Financial Consultations on Campus

Did you know that as an Iowa State employee, you have access to free, on-campus financial consultations from TIAA, Corebridge, and Ameriprise? Keep reading to learn how you can schedule a consultation today!



TIAA, Corebridge (formally AIG), and Ameriprise all offer individualized meetings with financial advisors, both in-person and virtually. TIAA advisors hold on-campus one-on-ones a few days a month, and Corebridge (formally AIG) and Ameriprise agents are available to meet on campus by request, as well. The advisors can answer questions regarding saving for retirement and how to choose investments for your future. These services are free to Iowa State employees and their spouse/partners. Use the contact information below to schedule your appointment today.

TIAA

Paige Philips | [email](#)
or 515-268-8607

Jay Albrecht | [email](#)
or 515-268-8614

Corebridge (formally AIG)

Dan Allen | [email](#)
or 515-322-0990

Ameriprise

Colette Gunhus | [email](#)
or 515-233-5402

Emily Mickelson | [email](#)
or 515-253-8200

Financial Resources for Parents and Children

Money as You Grow is a resource from the Consumer Financial Protection Bureau that shares tips and activities to help your children's money skills, habits, and attitudes grow. Check out the following resources you can utilize when starting the conversation about money



with your children.

Talk About Money Choices

Learn about different strategies to start a conversation about money with your children, as well as specific examples for common events like getting a pet, buying a car, or moving.

[Read More](#)

Read Together

Books are a great way to start the conversation about money. If you aren't sure where to start, check out Money as You Grow's book recommendations. Age ranges are included.

[Read More](#)

Money Monsters

Money Monsters stories will introduce your children to ideas like saving money, what things really cost, and giving. You can download and read the stories on the Money as You Grow website.

[Read More](#)

Upcoming Programming and Events

Mid-Morning Mindfulness

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

Friday Walk and Talks

Fridays at 12:10 p.m. |
Meet in front of Beardshear

EAP: Civility in Today's Workplace

Tuesday, October 17 |
10 a.m.-12 p.m.

EAP: Empathy in Adversity

Wednesday, November 8 |
9-11 a.m.

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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