

## Adventure2 Spotlight: Cindy Thompson

*Human Sciences Specialist, Family Wellbeing for Iowa State University Extension and Outreach*

Pictured: Cindy (left) and one of her children geode hunting in the rain. (Geodes are rocks containing a cavity lined with crystals or other mineral matter!)



### **What made you start participating in Adventure2?**

I have always taken my physical wellbeing for granted. For example, I've always been healthy, able to physically do most things I want to do, and comfortable with my weight. As I navigate through middle age though, I've found some of those things have changed. I still want to be healthy and active, especially so I can do things with my adventuresome adult children. I saw Adventure2 as a guide for helping me keep habits and behaviors that support my physical wellbeing in front of me on a regular basis. Also, I'm a very goal-driven person, so the format of the program with small and large goals feeds the way I operate.

### **What do you get out of being a part of Adventure2? What do you most enjoy about it?**

I enjoy how I can feel good about those well-being behaviors I already do while also trying new things. I enjoy how Adventure2 isn't focused on just one element of well-being; I can explore physical activities like planks but also activities that are good for my social, emotional, and financial well-being, like writing note cards or stopping to ask myself if something is a need or a want before I make a purchase. As a human sciences specialist, I lead workshops on the many elements of well-being, so I appreciate that this is reflected in what Iowa State University offers.

### **How has Adventure2 impacted you in your work life?**

Each year I've reached the last level of completion, which means a visit with President Wintersteen. I serve Northeast Iowa as an Extension professional so I am not on campus much, but one year I did make getting to the gathering a priority. The event was held in the Knoll, which was pretty cool. I met President Wintersteen and her husband, who I learned writes about lucid dreams, something I knew nothing about before meeting him.

### **How has it impacted your life outside of work?**

I am intentional about being active for the first time in my life. Nearly every day I stretch, drink lots of water, and am physically active for at least 10 minutes or more. While these are activities in Adventure2, I've now done them so long that they are a part of my daily routine and I don't really think about them anymore.

## **What Adventure2 achievement levels have you reached?**

Every year since Adventure2 started, I have achieved the highest completion level.

## **Do you have a favorite thing about Adventure2?**

I really enjoy the team challenges where I can get outside of my comfort zone and try something new. For example, several years ago I was part of a team challenge doing wall push-ups. Those first few were pretty tough, but now I do 35 every morning as part of my morning routine. I first avoided the team challenges because I didn't want to have to put a team together, so I really appreciate that I can search for existing teams and jump on one that is looking for more people.

## **Would you recommend participating in Adventure2 to other employees?**

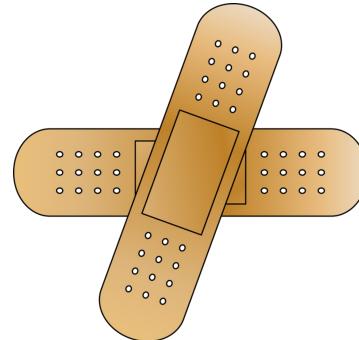
Definitely! Does it feel a little awkward at first? Yes, but you'll quickly find the route that's best for you, either via the app or the website, and activities that fuel your goals. And there is no minimum of activities you have to do, so you can try one or two and add more if you want. There is no pressure to achieve certain levels; it's just a format to help those who are motivated that way. Plus, there are some really cool incentives along the way. Over the years I've received a lunch cooler, a duffle bag I use daily, and probably my favorite is the yearly gift certificate that I always use for something that will make me smile (usually books or puzzles). This year, I was one of the recipients of the \$300 grand prize. Still pondering what to spend that on!

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## **This Year's Flu Shot Clinic Was a Success!**

Keeping our ISU community safe and healthy is a top priority of the WorkLife team, and we know that the best way to protect yourself and your loved ones during flu season is to get vaccinated.

To encourage employees to get the shot, we once again partnered with Ames Laboratory Occupational Medicine to provide vaccines at no cost to eligible ISU employees.



This year's flu vaccine clinic ran October 4-15, Monday-Friday, from 9 a.m.- 4 p.m. at State Gym. COVID-19 safety precautions such as requiring masks, encouraging social distancing and reserving the first hour of the day for high-risk employees were implemented.

Free vaccines were given to Faculty, Professional and Scientific employees, Merit employees, Postdocs, retirees on ISU's health plan who are not yet 65, ISU Foundation employees, Iowa State Daily employees and University Child Care employees.

**This year,  
2,983  
vaccines were given at the clinic!**



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## Family-Friendly Room in Parks Library Available to Parents and Young Children

There is a Family-Friendly Room (FFR) located in Parks Library that may be reserved online by ISU faculty, staff, postdocs and students with young children. The room opened in August 2021 as a collaboration of ISU WorkLife and Family Services, the University Library, Student Government, Graduate and Professional Student Senate, and the Iowa State Daily.

The room is located on the lower level of the library and is large enough for two adults and six children. Parents can utilize the two adult workstations with universal docking stations, black and white printer, whiteboards and markers for their studies, while their children learn and play with toys and computers equipped with educational software.



The FFR has proven itself to be a valuable campus resource by allowing parents to study, research and access necessary resources while keeping their children entertained nearby. The room is available to anyone with a Net-ID who is a caregiver.

Parents must have their children with them in order to use the FFR and reservations are required. You can reserve the room [here](#).

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## Child Care Openings at Eagle's Loft in Ames

Are you in need of child care for the upcoming spring semester? You're in luck!

## Eagle's Loft Early Learning Center

Ames (2715 Dayton Ave.) is currently enrolling for January 2022 and has immediate but limited openings for ages 6 weeks through preschool.

Eagle's Loft is affiliated with Iowa State University, which means the center offers tuition on an ISU-subsidized income-based sliding scale and adheres to the university's requirements for service quality, staffing, security and safety. ISU families who enroll their child at Eagle's Loft may be eligible for a lower monthly tuition rate; proof of income is required. This opportunity is open to students, faculty, staff and postdocs.



If you're interested in enrolling your child at Eagle's Loft, click[here](#) to schedule a visit. The center can also be reached at (515) 232-8299.

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## Tips and Tricks for Traveling with Children during the Holidays

Will you be traveling with kids this holiday season? In a perfect world, travel would always be a fun, carefree experience. But when you're met with thoughts of packing enough snacks, keeping little ones entertained and the dreaded meltdowns ... things can seem pretty stressful.

The good news is you don't have to panic! Check out the articles below that can help you navigate this season of travel with ease (or at least as much as possible!).

### 7 holiday travel tips for keeping kids (and yourself!) chill along the way

- This article from Care.com is packed full of helpful tips for parents about sleep schedules, meltdowns, the importance of having an "emergency bag of tricks" and more.



### 15 Fun DIY Travel Crafts to Keep Kids Busy on Long Trips

- diyncrafts.com gives 15 fun DIY crafts that are travel appropriate and guaranteed to keep your kids occupied.

### 70 Road Trip Snacks for Kids that Will Make Your Trip 10x Better

- Check out these 70 snack ideas from treasuredmom.com that to keep kids happy and full while traveling.
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## Spread More Kindness This December

It's the season of giving! Kindness is contagious

(and free!), so we encourage you to give out small acts of kindness this month to the people around you.

**Action for Happiness** has put together a December Kindness 2021 calendar that gives you one kind action to do every day this month. [\*\*Click here to download and/or print out the calendar!\*\*](#)



P.S. We recommend hanging the calendar in your break room/office area to encourage others to spread kindness this December!

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