

IOWA STATE UNIVERSITY™

Professional and Scientific Council

May Council Meeting



The May Professional and Scientific Council general meeting will be held online. The meeting can be accessed May 7 on [Webex](#) or by phone +1-312-535-8110 United States Toll (Chicago), access code 289 214 451 . The meeting is open to all Professional and Scientific employees.

**Thursday, May 7
2:10 - 4:00 p.m.
Online**

May Council Seminar Series event - Don't Let Surprises Spoil Your Retirement!



Login to [Learn@ISU](#) to view our May Council Seminar Series event! Knowing what to expect always makes it easier to plan, and when planning for an "ideal retirement" no one wants unpleasant surprises! View this presentation to learn about costs you'll experience related to issues your employer takes care of while you're working, what current low inflation rates may mean for you, and more.

During this presentation Barb Wollan, Human Sciences Specialist in Family Finance with Iowa State University Extension and Outreach, will show you where to locate tools to

help plan for expenses during retirement, how to avoid income tax penalties during retirement, and get you ready to develop a plan for how expenses typically change at retirement and throughout retirement, including health insurance costs.

This session was recorded at the 2020 Professional and Scientific Council Professional Development Conference held February 13, 2020, and is being released as this month's Council Seminar Series event.

The handout she refers to at the beginning of the session can be found by logging into [Learn@ISU](#), typing FY20-10 into the search bar, clicking on the Council Seminar Series event title, and scrolling to the bottom of the pop-up window.

To view the video recording you will need to log into [Learn@ISU](#), type FY20-10 into the search bar, and click launch!

Additional information about all of the Council Seminar Series events can be found [here](#).

The results are in! Meet your newly elected Professional and Scientific Council members

Please join us in congratulating the individuals listed below as they have been elected or re-

elected to represent their fellow employees on the Professional and Scientific Council. They will be seated at the June council meeting and their terms begin July 1, 2020.

Division of Academic Affairs:

- Chris Beedlle
- John Burnett-Larkins
- Lynne Campbell
- Ritushree Chatterjee
- Emily Dougill
- Jason Follett
- Brigdette Hare
- Sarah Larkin
- Jacob Larsen
- Chris Myers
- Misty Zimmerman
- Valyn Bodensteiner
- Matthew Femrite
- Cameron Hall

Division of Operations and Finance:

- Jennifer Schroeder
- Joy Stroud
- Butch Hansen
- Gayle Mastbergen
- Katie Getting
- Barry McCroskey

President's Division:

- Clayton Byrd
- Tom Elson
- Lindsay Moeller
- Robert Grandin

Division of Student Affairs:

- Deann Sargent
- Liz Luiken

Did You Know? Adventure2 is an option for your well-being

During this difficult time, ISU WellBeing works to bring a sense of caring to our ISU community. One important resource is Adventure2, an online program available throughout the year for Iowa State employees.



Every four to eight weeks new tips, nudges, and everyday challenges that support your well-being journey are posted. Right now there are even more resources added weekly for self-compassion, mindfulness, reducing anxiety, working remotely, connecting with others, and truly helping to normalize a very challenging pandemic.

See what your ISU colleagues are sharing in Adventure2:

"I have returned to a daily practice of being out in nature with my camera during the golden hour after dinner. During that time, I feel a glimpse of normalcy again!" - SM

"Finished taxes, did my filing, improved our work space and cleaned the house this weekend... and sat out and listened to the birds. It was a good weekend!" - CN

"Happy Monday! Here we are again starting another week of remote work for some of us. Stay upbeat and positive and take care of yourselves!!" - DCF

"I am absolutely missing the 5-6th grade girls I teach at my church. I started writing them letters of encouragement, and now I have 4 pen pals." - JS

Interested, but not sure where to start? Three steps to begin your journey:

Step 1: Join the program at the [ISU WellBeing website](#).

Step 2: Complete your Well-being Assessment for insight and suggestions on where to start.

Step 3: Select the challenges that interest you most!

Here are a few recommended challenges to consider joining:

- Take the Next Step with Martino (team challenge)
- Social Distancing? Stay Connected with Coworkers
- Mid-Morning Mindfulness
- Be Kind to Yourself!

Be sure to visit [ISU WellBeing](#) for more resources to stay calm, be present, and embrace life!

More than "shop talk:" Use virtual meetings for human contact, morale building with co-workers



As Iowa State University Professional and Scientific employees continue to work from home or work under new and different conditions in their offices, the need to maintain connection with co-workers beyond routine phone or email communication has become highly important.

Virtual meetings have become a large part of the daily work routine for many.

Professional and Scientific Council suggests utilizing virtual meetings in new ways to maintain contact with your peers. Consider these options for staying connected:

- Hold informal "touch base" meetings: Schedule a virtual meeting time to come together to not "talk shop," but to connect on a more personal level. Discuss the pros and cons of working from home or in an isolated office setting. Share things you have read or viewed that you found interesting or beneficial for professional development. Share how you're handling life with children or pets as part of your workspace. Share common concerns about future challenges and uncertainties.
- Schedule a professional development video watch: Arrange with co-workers the viewing of a professional development video and then set a virtual meeting to discuss and share take-aways from it (don't forget to check Professional and Scientific Council Seminar Series professional development videos and others available on [Learn@ISU](#)).
- Online games and virtual team activities: There are a number of web sites that offer many suggestions for games and other team building activities you can employ in a virtual setting. Here are just a few to get you started:

<https://museumhack.com/virtual-team-building-for-remote-teams/>

<https://biz30.timedoctor.com/virtual-team-building/>

<https://www.teambonding.com/5-team-bondingtips-for-remote-employees/>

Remember that your work team and other professional contacts can be a great source of human connection, morale building and enhanced productivity in this time of isolation and uncertainty. Take advantage of the many ways you can spur engagement electronically.

Highlighting ISU Staff: Jamie Niman

This month we recognize Jamie Niman, Accessibility Coordinator in Student Accessibility Services.

Jamie was nominated by Ian Allen, Accessibility Coordinator in Student Accessibility Services (SAS), who said, "Jamie began working for ISU shortly before the beginning of the Fall 2019 semester. She immediately took the lead on a coaching/mentoring program that involves an in-depth awareness of disability. SAS has been trying to develop similar programs for years. She organized graduate students and staff, recruited qualified students, and systematized strategies to support academic and social development. Jamie also hosts a neuro-diversity group every Thursday evening in the SSB. Fantastic person and teammate! "

Congratulations, Jamie, and thank you for all you do!

You can nominate a fellow Professional and Scientific employee (or team of employees) for Highlighting ISU Staff! Submit your nominations using the [Highlighting ISU Staff form](#) to tell us about a P&S employee or team doing great work in your area. The form will ask you to tell us about who you are highlighting and why, in 100 words or less, and to include a picture of the person, team, or output

for which they are being highlighted.



One submission will be regularly included in the newsletter as determined by the Professional and Scientific Council Awards Committee. Other submissions will be featured on social media (with the tag #highlighting ISUstaff), on the Professional and Scientific Council web page (Highlighting ISU Staff), and/or included in future newsletters.



Amy Ward is the 2019-20 Professional and Scientific Council President.

[Email](#) President Amy Ward

Your Professional and Scientific Council representatives are here for you. Their names and contact information can be found on the [Council Members page](#) of the council web site.

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