

IOWA STATE UNIVERSITY™

Professional and Scientific Council

January Council Meeting

Thursday, January 6, 2022

2:10 p.m.

Hybrid Meeting

Join us in-person:

- Room 3580, Memorial Union

Join us Online:

- Via **Webex**
- Join by phone: +1-312-535-8110 United States Toll (Chicago)
- Access code: **2620 792 6501**



General meetings are open to all Professional and Scientific employees and the public.

January Seminar Series Event: Non-diet, Weight Inclusive Approaches to Well-being: Learn how to establish food freedom and body liberation.



The Professional and Scientific Council invites you to join Alison St. Germain (ISU Student Wellness Dietitian and former Associate Professor of Clinical practice at ISU in Food Science and Human Nutrition) on January 11th from 2 to 3 p.m. to discuss nutrition and health.

The diet and exercise industry is now in full swing trying to get you to purchase their product or program in order to lose weight and be healthy. However, these programs are usually not realistic or sustainable, can cause harm AND just want your money. Alison will share with you sustainable ways to nourish and respect your body that promotes food freedom through Intuitive Eating and Health at Every Size® principles. You will also explore some myths and truths around nutrition and health and leave the presentation with resources for further study and exploration.

This event will be held in a hybrid format. You may join us in person in Room 3580 (formerly the Gallery Room) of Memorial Union. If you wish to attend virtually via WebEx, please use one of the following options:

1. **By URL.** Click on the following event link: <https://iastate.webex.com/iastate/j.php?MTID=md418a07e5a14b37cb6f0b505e2c4a1b1>.
2. **By WebEx Application.** Enter the event number and password in WebEx:
Event number: 2621 382 4453
Event password: 9hdFfaBde37 (94333223 from phones)
3. **By Phone.** Dialing the event phone number and entering the access code:
+1-312-535-8110 United States Toll (Chicago)
Access code: 2621 382 4453

Registration for Professional and Scientific Council Professional Development Conference is NOW OPEN!

We are excited to announce that registration for the 2022 Professional and Scientific Council Professional Development Conference is **NOW OPEN!** This year's conference, *Cultivate Your Adventure: Engage, Innovate, Evolve*, will be held **February 23, 2022**, at the **Gateway Hotel and Conference Center**.



Cultivate Your Adventure

Engage, Innovate, Evolve

2022 Professional Development Conference

This year's conference will feature a dynamic keynote speaker, sessions presented by Iowa State colleagues, and opportunities to connect and build relationships with staff across campus. The Professional and Scientific Council Professional Development Subcommittee missed the opportunity to see each of you last year, and are looking forward to building those connections with you in person this year!

The early registration rate will be \$120 and will be open January 4 through January 31. The regular registration rate will be \$140 and will be open February 1 – February 15. Be sure to [register early](#) for the discounted rate!

Please visit the [conference web site](#) for additional details and additional registration information. We look forward to seeing you at the Gateway Hotel and Conference Center on February 23rd!

Did you know? Winter Weather Tips for Navigating Campus



While our winter hasn't yet been too cold or snow-filled, snow, ice, and wind may soon impact your commute, transportation, and on-campus parking. Here are some Winter Weather tips for navigating around campus. FP&M is in charge of snow and ice removal and they work hard to keep all roads, parking lots, sidewalks and entrances as clear as possible. However, if you notice a spot of concern please use the [Problem Report Form](#) to report any such instances. For urgent requests you can also call (515) 294-5100 (all hours, all days).

During inclement weather, you are encouraged to use CyRide, which has routes all over Ames, including free shuttles to and from the Iowa State Center. There are also designated parking lots (including lots 29, 30 and 41) where employees can park if their usual parking lot isn't clear. Any valid ISU parking permit will be honored in these designated lots.

Once you've parked or arrived on CyRide be careful as you navigate a snow-filled campus. EH&S recommends that you give yourself sufficient time and plan your route, wear shoes or boots that provide traction on snow and ice, and use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings. For more detailed advice, please see this link: <https://www.ehs.iastate.edu/weather/winter/walking>

To learn more about designated parking lots and other insightful Winter Weather information, please see the following link: https://www.fpm.iastate.edu/campuservices/snow_removal.asp

For more information on closings and cancellations, home safety, winter driving, and walking FP&M also recommends visiting: <https://www.ehs.iastate.edu/weather/winter>.

Highlighting ISU Staff: Peter Cruz, Program Specialist II

This month we recognize Peter Cruz, Program Specialist II.

Peter was nominated by Shawn Boyne who said "Although Peter joined the SVPP only within the past year, he has worked at ISU for over 6 years. Peter single-handedly provides support and training for our EAB Navigate app which aims to ensure that all students are part of a

coordinated care network. Over the past four months Peter has masterfully lead a campus team to launch our new student mobile app. The app helps students to find a study buddy, make campus appointments, and access key resources. Peter is a great listener and problem-solver. His positive attitude and passion for student success enables him to serve our faculty, staff, and students well."

Congratulations Peter, and thank you for all you do!

You can nominate a fellow Professional and Scientific employee (or team of employees) for Highlighting ISU Staff! It only takes a few minutes. 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 P&S Council Awards Committee. Other submissions will be featured on social media with the tag #highlightingISUstaff, on council's Highlighting ISU Staff [web page](#), and/or included in future newsletters.

Building Financial Wellness: FREE Virtual Workshops for You!

**IOWA STATE
UNIVERSITY**
Extension and Outreach

A new year is a great time to plan for building financial wellness. In partnership with University Human Resources and the overall Wellness program, ISU Extension and Outreach offers new financial wellbeing resources to ISU employees. Currently the project has two components: 1) one-on-one financial consultations (free and confidential) with an Accredited Financial Counselor; and 2) free workshops on key financial topics. To learn more, and to access the one-on-one consultations, check <https://www.extension.iastate.edu/humansciences/financial-wellness> *Note: watch for news of a third component in the next couple of months!*

The winter-spring series of noon-hour virtual workshops has just been announced, below. All sessions are held virtually from noon till 1:00. Pre-registration is required at least 24 hours prior to each session, and registrants will receive login information by email.

January 26 – Time for a Financial Checkup *New topic!*

A review of your family's financial situation is a great way to make sure you are moving in the right direction – it can also boost your momentum. This session will introduce a practical tool for reviewing your financial status, and help you clarify financial goals.

Register at: <https://go.iastate.edu/T2FKDE>

February 2 and 9 (2-part workshop) - Money Smart: Taking Control of Your \$

This workshop provides a "big picture" overview of what it means to be in control of your money on a month-to-month basis, and then looks at specific strategies to make that easier. Spending plans will be covered, including how to make a spending plan that is truly realistic, AND how to put plans into action effectively. The overall focus is on *your* priorities – making money choices with your priorities in mind.

Register at: <https://go.iastate.edu/OG0KYQ>

March 2 - Mission Possible: Saving

Saving -whether for short-term needs or long-term goals – can feel like a challenge, but there are strategies to help you succeed. You will leave this session with clearer motivation, realistic goals, and a plan to move forward. Some ideas will not be new to you, but you will put them into a new savings plan to help you make real progress.

Register at: <https://go.iastate.edu/5YWND1>

March 23 - Borrowing Smart

This session reviews basic credit principles with a focus on reducing both the cost and the risk of borrowing. It will address ways to build or maintain a good credit history and credit score, ways to monitor your debt levels to avoid excessive indebtedness, along with tools and strategies to reduce credit costs. It will also briefly review credit protections under the law and resources for assistance when needed.

Register at: <https://go.iastate.edu/VNGUTZ>

The workshops are offered by ISU Extension and Outreach, with partial funding under a Financial Wellness@ Work implementation grant from FINRA, the Financial Industry Regulatory Authority. With questions about the workshops, contact Barb Wollan, Human Sciences Specialist, bwollan@iastate.edu or 515-832-9597. For more information about the overall project see <https://www.extension.iastate.edu/humansciences/financial-wellness>



Chris Johnsen is the 2021-22 Professional and Scientific Council President.

[Email](#) President Chris Johnsen

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

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