

IOWA STATE UNIVERSITY™

Professional and Scientific Council

June Council Meeting

Thursday, June 2, 2022
2:10 p.m.
Garden Room, Reiman Gardens
(council members only)



Writing Your Retirement Paycheck is back one more time as free workshop – don't miss out!



How can I be sure my retirement funds will last my lifetime? This important question will be one again be addressed in additional Iowa State University Extension and Outreach workshops June 16 & 23, 6:30-8:30 p.m at the 4-H Extension Building in Ames. The workshop is available FREE to ISU employees with a coupon code.

This workshop was offered in April and was sold out so it is being offered again in order to be available to those who were turned away from the earlier session. The June session is the last time the FINRA funding will be available to offer the workshop free to ISU employees.

"Writing Your Retirement Paycheck" is designed to provide information and resources needed by those approaching retirement within the next ten years. According to Barb Wollan, ISU Extension Human Sciences Specialist and workshop leader, topics include inflation, health costs, Social Security, required minimum distributions, income tax, and more. "Clear and non-commercial information is a necessary ingredient for effective retirement decision-making," says Wollan.

Wollan points out that even those who work with a trusted financial professional must ultimately make retirement financial decisions themselves. A financial professional can suggest or recommend products and strategies, but it is the consumer who decides and then lives with the results of the decisions.

The workshop is open to the public; a fee of \$25 per person or per couple will help to offset direct expenses and to support the Human Sciences County Extension Program. Employees of ISU are eligible for a coupon to cover the cost of participation, made possible, in part, by a grant from the FINRA Investor Education Foundation through a partnership with United Way Worldwide. Employees should register using their ISU email address and use the coupon code "ISUSTAFF."

[Register online](#) by June 14. Space is limited! Don't miss this last chance to attend at no charge! Contact Barb Wollan (bwollan@iastate.edu or 515-832-9597) with any questions.

Professional and Scientific Council Seminar Series invites you to grow in mindfulness and leadership this summer

Professional and Scientific Council welcomes you into summer with three Seminar Series events focused on mindfulness and leadership.

June: Stroll Into Summer: Well-Being Wherever You Are

On June 13 at 2 p.m., join Karen Couves, Centers for

Excellence in Learning and Teaching (CELT), and Sue Tew-Warming, ISU Wellbeing. The Strolls for Well-being at ISU are a series of resources available to the entire campus community whether you are on campus this summer or away from Ames. Explore the benefits of this flexible program with Karen and Sue in which mindfulness practices will be used to support the well-being of individuals and groups. Participants will leave this interactive session with practical ways to use these resources for themselves, their departments, and in their learning spaces.

This event will be in-person only and will meet in Memorial Union Room 3580. Weather permitting, this session will include an experiential component outdoors. To ensure enough printed guides for everyone who is attending, please register by June 10.



July: Mindful Eating: It Really Isn't About the Food

In July view Stephanie Downs, Senior WorkLife and Wellbeing Coordinator, and her presentation on this topic. Are you tired of feeling out of control when it comes to your eating? Mindful eating is about putting you in charge and the flexibility and freedom to fuel yourself the way you want to. During this presentation, Stephanie will look at several patterns of eating that disrupt our ability to listen and trust our body and will explore mindful strategies that provide a skill set to move beyond fearful eating to courageous living. Participants will leave this presentation able to describe the characteristics of three eating cycles, identify their own hunger/fullness scale and personal eating rhythms, and adopt some mindful eating strategies they can incorporate immediately.

This session was recorded at the 2022 Professional and Scientific Council Professional Development Conference held February 23, 2022. The recording will be available on [Learn@ISU](#) by July 1, 2022. Instructions for accessing this recording will be in the July issue of the Professional and Scientific Council newsletter and will be available on the Professional and Scientific Council Seminar Series web site by June 24.

August: Relational vs. Positional Leadership: Leadership in the Workplace

On August 9 at 2 p.m. you're invited to join Tera Lawson, Training, Development, and Outreach Coordinator in Procurement Services for this event. During this workshop participants will explore positional and relational leadership, how you can have one without the other, and how they are not mutually exclusive. Together we will unpack leadership, discuss how leadership is enacted in our workplaces, and discover how to cultivate opportunities to enhance our relational leadership skills. Following this presentation, participants will be able to define and recognize relational and positional leadership and implement relational leadership strategies in their work and workplace.

This Seminar Series event will be in Memorial Union Room 3560. Due to its interactive nature, it will be in-person only and will not be recorded, so be sure to mark your calendar.

Be sure to also always check the [Seminar Series page](#) of the Professional and Scientific Council web site for information about our events.

Professional and Scientific Council seeks your input on format of Seminar Series events



In the past Professional and Scientific Council's Seminar Series has consisted of in-person events, with an option for hybrid participation where possible. However, during the COVID-19 pandemic, the Seminar Series pivoted to being held 100% virtually. This past year, the Seminar Series was hosted almost entirely as hybrid events, with one virtual-only event.

As we plan for the future, the Professional Development Committee is evaluating whether to continue offering in-person and hybrid events or host the Seminar Series primarily as virtual events. We would like your input on whether you are most likely to attend a Seminar Series event in person or virtually.

Please complete this [online survey](#). It will be open through June 1, 2022.

Please let us know your opinion as we plan future Seminar Series events.

Did you know? Rummage RAMPage is a great way to help others and yourself through donated household items

Are you moving soon? Know someone who will be? Know someone who is new to the Ames community? Want to help reduce waste in our community?

The Rummage RAMPage is an annual event which is a

community sale hosted by the City of Ames in conjunction with ISU's Office of Sustainability.



Many leases in Ames terminate at the end of July, and ISU students and community members who are relocating often discard items that may still be usable. These items are often left on the side of the street for waste pickup. The Rummage RAMPAGE aims to keep these items out of the waste stream. These items can be collected and donated for the sale. If you are moving and need to get rid of some things, you can also donate them to the sale.

Non-profit agencies send volunteers to help run the Rummage RAMPAGE sale and share in any profit. The event is open to anyone to donate or shop. Rummage RAMPAGE is a collaborative effort to pair unwanted items with others seeking low-cost options for furnishing a home.

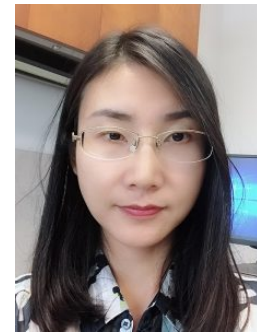
This year's Rummage RAMPAGE, will be held from July 29 through August 6 at the Ames Intermodal Facility, 129 Hayward Ave. Last year the event found new homes for more than 90,000 pounds of furniture and housewares, and raised more than \$40,000 for local non-profit agencies.

You can find details about this year's event, historical data about past events and learn how you can volunteer on the of the [City of Ames web site](#).

Highlighting ISU Staff: Xiaobo Xiong

This month we recognize Xiaobo Xiong, Grant Specialist, Engineering Research Institute (ERI).

Xiaobo was nominated by Lori Jarmon, Assistant Director of Grants at ERI, who said "Xiaobo is a high-performing staff member at ERI. She manages a high portfolio of proposals, most with complex budget requirements, multi-investigators, multi-subcontractors, and unique sponsor forms and requirements. A new faculty member recently shared that Xiaobo provided him with an invaluable amount of help when he came to ISU. Xiaobo's most impressive quality is her positive attitude; she is always willing to go above and beyond. She is kind and considerate to everyone she interacts with and spreads joy across campus every day."



Congratulations Xiaobo, 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.



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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