

Adventure2 Spotlight: Keith Kutz

Senior Award Administrator, Wellbeing Champion for the Office of Sponsored Programs Administration



What made you start participating in Adventure2?

I found the concept of a program to promote well-being intriguing and the idea of tracking 'progress' was appealing. At first I thought it would be mostly physical well-being but quickly realized it was much more.

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

In part, a degree of personal accountability. I struggle with work-life balance (and lately with life-life balance!), so being able to participate in a variety of activities that let me focus on those aspects of mental, health, exercise, financial, and more helps me remember to try to be accountable to myself for each area of well-being. I really enjoy the group challenges and group activities. These add a social component to Adventure2 that I'm not as comfortable seeking and sometimes takes me out of my comfort zone, which can be good.

Do you participate in the ISU WorkLife live events? If so, which ones?

I am an occasional participant in the Mid-Morning Mindfulness sessions but not many of the others. I got a bit burned out on all of the COVID and work-from-home discussions and sort of tuned out. I'm also not a parent, so many of the events were less relevant to me. However, as a WellBeing Champion I did try to make sure that my colleagues knew about the events and could take advantage if they wished to.

What do you most enjoy about the live events?

I do like the mindfulness concepts and being able to spend a few minutes out of the day just relaxing my body and clearing my mind. Sue, Stephanie, and the occasional guest host for the Mid-Morning Mindfulness sessions do a great job!

How have these events impacted your life?

A bit lower stress level (at times at least) and awareness of being mindful. I'm not very good at it but, hey, I'm trying, and that's the important first step.

Would you recommend participating in ISU WorkLife and WellBeing programming to your colleagues? If so, why?

As a WellBeing Champion, that's part of what I signed on to do. I don't force anything on people, but making the information available is important. There is so much virtual information that people probably don't see most of it unless they're looking for something specific. Finding ways to let people know about the programming at a more 'local' departmental level is a good option.

Year 5 of Adventure2: A Well-being Partner During COVID!

Over 40% of our eligible population, 2,688 employees, are now registered in Adventure2 and

—ADVENTURE2—

receiving information and activities to support their health, well-being and engagement throughout the year. It's a wonderful resource to keep you motivated and connected at ISU. **Employees utilizing the program rated user satisfaction at a 4.4 on a 5.0 scale.** Even with the increasing risk for burnout this last year, **ISU Adventure2 registered participants experienced 1.6x less turnover than those employees not yet registered in the program.** And participants experienced **increases in nutrition, sleep, self-care, exercise/fitness, energy level and work-life balance** throughout the challenging times.

Let's not forget our Level 3: Live Well \$100 Gift Card winners and our Level 4: Soar Confidently \$300 Grand Prize winners:

Level 4: Soar Confidently Winners:

- Cynthia Thompson (EXT HSEO)
- Jamie Barker (CONTR)

Level 3: Live Well Winners:

- 1st Qtr: Denae Foster (VMed), Jody Fox (CSSM), Nicole Bergman (FINDL), Debra Power (KIN), Nancy Qvale (CCE E)
- 2nd Qtr: Marina Kraeva (ITACD), Sara Compton (MUSIC), Corinne Goode (FPM), Lauren Schwab (CCE E), Kristi Swedean (UHR)
- 3rd Qtr: Shari Miller (SOE), Stephanie Larson (BUSUP), Carolyn Gill (PROC), Danielle Clark (AGRON), Heidi Nye (VDL)
- 4th Qtr: Kenneth Toft (AGLS), Luisa Orticelli-Pinto (UHR), Kevin Dennis (A LAB), Emma Estrada (FINDL), Tina Becker (ST HL)

All level three and four winners will be invited to a special celebration later this month to acknowledge their achievement and well-being focus.

If you've been looking for a way to stay focused on your health and wellbeing or to feel a little more connected in your work, Adventure2 is the perfect resource for a little nudge. Join us for year five! You can start with the activities that interest you the most, come and go throughout the year, create a team to meet and engage with others at ISU, send cheers to colleagues, and win some fun prizes including stress tokens, Recreation Services membership discounts, lunch items, gift cards and more.

Download the **LimeadeONE app** on your phone, and you've got immediate access at your fingertips to information on programming, events and news across the university. You can see fun posts by colleagues and send them kudos for all to enjoy!

It's not too late to start your well-being journey with Adventure2. The program kicked off on September 7 and will run through July 15, 2022. Just click [here](#) to navigate to the ISU WellBeing Adventure2 page and click **Sign In**. Another way to access the program is by visiting your Okta dashboard (login.iastate.edu), adding the Adventure2 app and logging in from there.

One way to stay active and join in the Adventure2 fun is to participate in the **Friday Walk**

& Talks this fall. You'll earn 15 Adventure2 points for each walk you attend. The walks begin at 12:10 p.m. in front of Beardshear Hall.

Jump Start to Level One: Complete Your Well-being Assessment TODAY

Want to jump start your Adventure2 journey? Complete your Well-being Assessment today! Not only will the assessment inform the AI and start to recommend activities for you, but you will earn all 500 points needed to achieve the first level and win our fun-little-talking-stress-relieving-desk-accessory-dude!



It's important to complete the well-being assessment every program year, which is now through July 2022! Answering the questions will help you see a more holistic picture of where you are at the current time (My Results), provide you with nudges to explore different ways to improve your health and well-being (Based on Your Well-being Assessment), and deliver insight into how our institution supports your experience at ISU.

You can access the Well-being Assessment by clicking on the My Results tab in the [Adventure2 portal](#). In the app, click on the Services button, then on the My Results button to access the assessment. As a reminder, Adventure2 can be accessed from the [ISU WellBeing website](#), or you can bookmark the app in Okta.

Flu Vaccine Clinic is Oct. 4-15

Make sure to take the time to get your flu shot this year! Not only is getting the vaccine a way to care for yourself, it's also a great way to care for those around you.

According to the [Centers for Disease Control and Prevention \(CDC\)](#), "Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications."

The 2021 ISU Flu Vaccine Clinic will take place Oct. 4-15 at State Gym. The service is being offered through a partnership with ISU WellBeing and Occupational Medicine. The flu vaccinations are provided at no cost to benefits-eligible ISU employees.

WHEN:

- Weekdays from October 4-15
- 9-10 a.m. is reserved for at-risk employees
- 10 a.m.-4 p.m. is open to all employees

WHERE:

- State Gym (South Court)

To ensure the safety and well-being of all staff and employees, the four key Cyclones Care behaviors will be



strictly followed at the Flu Vaccine Clinic.

1. State Gym was chosen as this year's clinic location to accommodate maximum **physical distancing**.
2. **Face coverings are required** to enter the building to get your flu shot.
3. **Hand sanitizer** will be available for use in several locations.
4. Employees presenting with fever and/or symptoms of illness will not be allowed to get a flu vaccine.

Please stay home if you are ill!

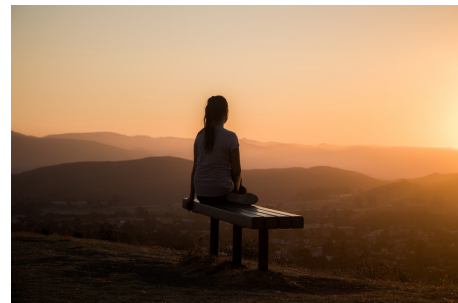
For more information regarding the Flu Vaccine Clinic, including parking, click [here](#). You can also visit the Adventure2 My Updates section for up-to-date notifications directly from the clinic, including where to enter, what the lines look like and friendly smiles of staff waiting to help!



Meditation 301: Beyond Mindfulness- Compassionate Action

We understand that the world is a dynamic and difficult place where it's easy to feel overwhelmed, which is why we are pleased to be offering Meditation 301 to our employees again this fall.

Meditation 301: Beyond Mindfulness- Compassionate Action focuses on meditation techniques and teachings that can help the ISU community build trust in ourselves and our ability to handle our experiences.



Previous offerings of Meditation 301 have been met with great feedback from employees. Here are a few comments from previous participants:

- "Breathing- I never realized how much deep breathing could relax me."
- "That pausing for meditation is worth the time, even in a 'timed' workday. That my work improves in efficiency and effectiveness after taking time to meditate. That there are some caring, compassionate people at ISU."
- "Even slowing down for a few minutes can help so much. You don't need to carve out a specific time or place to do a brief meditation, but being able to devote to a daily practice helps immensely. "

The group meets **every Monday through December 17 from 2:30-3 p.m. via Zoom**. It is led by ISU professor and zen monk Dr. Douglas Gentile.

Click [here](#) to register for Meditation 301.

ENGAGE is an ISU WorkLife/University Human Resources publication. If you have comments, questions or suggestions for story ideas, please email worklife@iastate.edu.

