



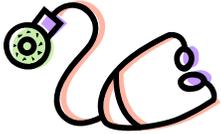
# The Staff Scoop

March 2013

Next Meeting: March 1<sup>st</sup> at 10:00am (Community Room)

Editor: Judy Ford

## EMPLOYEE HEALTH SCREENINGS



The Center for Health Promotion has completed about 300 employee health screenings to date. If you have not yet scheduled your screening to receive your \$100 incentive, it's not too late! The CHP will continue employee health screenings through June.

*Note:* This health incentive is offered through the Health & Wellness Program at IU East. You **do not** have to carry IU insurance to receive this initiative nor is it a requirement for insurance.

## STAFF SCHOLARSHIP AWARDED

The Staff Scholarship for spring semester, sponsored by IUE Staff Council, was awarded to Joni Thornburg (*Financial Aid*). Joni is completing her Bachelors in General Studies and will graduate in May. Congratulations Joni and the best of luck!



Need help paying for those textbooks? Staff Council awards a \$150 scholarship each semester to a support staff employee pursuing higher education. Be sure to watch for information on the next scholarship to be awarded this fall!

## MARCH BIRTHDAYS

- 1 Donna White
- 4 Aimee Crass
- 15 Larrienne Bland
- 17 Marcia Sloan  
Tim Swift
- 18 Terri Hamm



## IS YOUR DESK MAKING YOU SICK?



Wonder where you got those sniffles and scratchy throat from? Maybe it's your desk. Seeing as it has up to 10 million bacteria, the answer is likely "yes." Here are a few facts from Ragan.com about your desk as to why it may be making you sick.

- There are 21,000 germs per square inch that exist on your mouse, keyboard, and chair.
- A typical desk has up to 10 million bacteria which is 100X more germs than the average kitchen table and 400X more germs than the average toilet seat.
- 27% of Americans eat breakfast at their desk.
- 62% eat lunch at their desk.
- 50% of people snack at their desk.
- Only 20% of people clean their work space before they eat.
- And then we touch our faces 16 times every hour.
- The dirtiest surfaces in the office is the microwave, refrigerator and faucet handles, keyboards, computer mouse, vending machine and water fountain buttons.
- Men's work spaces are 20% dirtier than women's.
- Flu viruses can survive on hard surfaces for up to 48 hours.
- 1 out of 3 people go to work when sick.

Grossed out yet? Well, here are 5 helpful tips they suggest to spruce up a dirty work space making it a healthier place to work:

- Wash your hands repeatedly.
- Place sanitizer where colleagues can see it.
- Sanitize surfaces regularly.
- Eat away from your desk.
- Stay home if you are sick.

# Stress Management

(contributed by Marcia Sloan)



A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can."

"Relax; pick them up later after you've rested. Life is short...enjoy it!"

## And then he shared some ways of dealing with the burdens of life:

1. Accept that some days you're the pigeon, and some days you're the statue.
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully. It's not only cars that can be recalled by their maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.

7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
10. Nobody cares if you can't dance well. Just get up and dance.
11. Since it's the early worm that gets eaten by the bird, sleep late.
12. The second mouse gets the cheese.
13. When everything's coming your way, you're in the wrong lane.
14. Birthdays are good for you. The more you have, the longer you live.
15. You may be only one person in the world, but you may also be the world to one person.
16. Some mistakes are too much fun to only make once.
17. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
18. A truly happy person is one who can enjoy the scenery on a detour.

(reprinted with permission from [www.appleseeds.org](http://www.appleseeds.org))

Try this tip for overcoming stress when it threatens to overwhelm you: things you like to do, that you look forward to, and that help you relax. When you're feeling stressed, take a look at your list and pick one that you can do right away, even if only for a few minutes. You'll feel better and just knowing you've got options should help you maintain your cool.

