



The Staff Scoop

October 2013

Next Meeting: October 4th at 10:00am (Community Room)

Editor: Judy Ford

WELCOME NEW STAFF!



Micole Leverette has accepted the full-time position of Information Assistant for the Area 9 Agency. She previously served in this capacity as part-time hourly. If you happen to drive by the office sometime (520 S. 9th Street), stop in and say hello!

Another new face on campus is that of Angela Callahan. Angela is the new secretary for External Relations and Marketing. When you see her in the hall, make sure to welcome her to the IUE Community.

FLU SHOTS AVAILABLE

Flu season is right around the corner and the Center for Health Promotion would like to help you stay healthy by offering the seasonal flu vaccine. Clinics are scheduled on a walk-in basis – no appointment is needed!



Monday	September 30 th	10am-12pm
Friday	October 4 th	1pm-4pm
Wednesday	October 9 th	1pm-3pm
Wednesday	October 23 rd	1pm-3pm
Friday	October 25 th	9am-11am

New this year...Employees enrolled in an IU sponsored medical plan will receive the vaccination at NO CHARGE! Cost for all others is \$20, which includes spouses/domestic partners who are not IU employees, dependents, and students.

Employees will need to bring their insurance card and wolf card on the day of vaccination. *If you are not covered by IU insurance, you will need to pay the Bursar's Office and bring your receipt on the day of vaccination.*

Bombeck's Rule of Medicine: Never go to a doctor whose office plants have died.

HALLOWEEN CHILLS: WHY DO WE ENJOY BEING SCARED?



Halloween may be one of the scariest holidays of the year, but people seem to take delight in being scared in every season. What's the appeal of ghost stories, horror movies, frightening novels, and things that go bump in the night? Experts have a few theories:

- We like the adrenaline. Fear has the same adrenaline-producing effect as excitement. It feels good. Scary movies, stories, and books are methods of releasing adrenaline in a controlled environment.
- Shared fear helps us bond. The "creeps" create social bonding. Activities like telling ghost stories around a campfire or watching a scary movie together allow us to form ties with strangers as well as family and friends.
- Horror helps us deal with real-life terrors. We can deal with the very real horrors of modern times by transforming them into fictional movies and stories in which the monsters and bad guys are always caught and punished.

HAPPY HALLOWEEN!

HAPPY BOO DAY!

OCTOBER BIRTHDAYS

6	Vicki Colley
11	Carla Bowen
22	Alyssa Tegeler
23	Kim Macket
30	David Quinter



10 Signs You Are a Grownup at Work



It's back to school time. Finally, parents can return to a schedule without teenager late nights in the middle of the week or requests to go to the pool during a conference call. We can go back to being the grownups that we are.

Maybe. We all know that the office at times can resemble a throwback to the playground or the middle school lunch table—but it's time to be the grownup there, too.

Here are some signs that you are already there:

1. **You can have a great working relationship without being friends or having lunch together.** Not everyone has to be a good friend or someone you want to hang out with after work. It may even be better that way.
2. **You finally realize it's not all about you.** The business must stay profitable, others' needs have to be considered, and not everything happens according to your timetable. This is an ensemble cast—not your one-person show.
3. **If someone disagrees with you, that's not a personal attack.** It's OK to agree to disagree. To each his own.
4. **You can share your views without shutting down the room.** Likewise, another point of view isn't a reason to make it all about you. Learn how to give your opinion without pouting, yelling, or derailing progress.
5. **You can hear some juicy gossip about a co-worker and you run and tell...no one.** Don't be a contributor to (nor a high-volume consumer of) the office grapevine. It hurts your reputation more than theirs. (You've known this since high school.)
6. **You've learned to listen more than you talk.** You don't talk just to listen to your own voice. Less is more. For you interviewers who ask the candidate two questions and then talk for 45 minutes: You've got it backward.
7. **When something goes wrong, you don't throw everyone else under the bus.** You can see your own mistakes or misses and don't blame everyone else in sight. It's a learning "opportunity," remember? Repeat.
8. **You bask in applause—for others.** You can share credit and enjoy the successes of other team members. Look at that Jennifer doing amazing work.
9. **The highs aren't too high, and the lows aren't too low.** You know that there are both peaks and valleys. You don't think you are superhuman after a success. When something goes wrong, you know it's not the end of the world. Level it out, and your co-workers will thank you for it.
10. **You get that the jokes you heard from your basketball buddies aren't gonna work at the office.** You know where to draw the line on jokes and how to conduct yourself at the office holiday party. Forgetting you're still at work isn't worth it, and you know it.

It's OK not to want to grow up, but let's keep middle school drama out of the office, please. That'll make it so much easier for everyone.

(Article by Patti Johnson for www.ragan.com; reprinted with permission)

"Our bodies change our minds, and our minds can change our behavior, and our behavior can change our outcomes."

~ Suman Rai