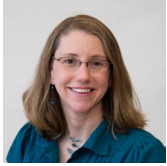


## CHAIR'S CORNER



JOY MAY

Hello! My name is Joy May and I come to you as the new Chair of APSAC. Before we get too far along, I would like to give you a little background about myself.

I am what some would consider a "townie," as I have never lived anywhere but here in good old Tippecanoe County — although I have moved from the South side of town to the West side. I earned my undergraduate degree here at Purdue University, and have now been an employee at Purdue for almost 11 years. I have held various positions around campus, both as a clerical staff member and an A/P staff member, both on the student side and the business side. I am a cancer survivor and mother of two beautiful children, and each of these life-changing experiences took place during my time here at Purdue. With the continuous changes in my circumstances, and the different roles I have held here on campus, I hope that I may be able to relate to you when others may not. I consider myself pretty outgoing, and rather humorous, so please take my writings with the utmost positive spin.

### Change.

It seems to be a never-ending source of reaction, whether positive or negative. Change is unavoidable and the way of life. You would think that Indiana residents might be accustomed to change, due to the fact that we can wake up in -30 degree weather, and it be 80 degrees outside by the time 4 p.m. rolls around. Being a native to the area though, I can't really say I've ever gotten used to it. Why do I live in Indiana again?

Working on a university campus, there are continuous changes happening. Students come, students go, then once again, students come back again, and wait, they leave again – it's a never-ending cycle. With fall semester quickly approaching, we will see a flood of incoming freshmen swarm campus once again. However, this year, Boiler Gold Rush (BGR) will look a little different. Instead of the usual move-in dates over the weekend timeframe, BGR move-in times will be Monday, August 17, from 9 a.m. to 5 p.m. and Tuesday, Aug. 18, from 9 a.m. to 2 p.m. As champions of change here on the Purdue University campus, I am sure we will take this new format in stride, but for precautionary reasons, I am going to provide a few tips:

- 1) Don't freak out – we got this in the bag!
- 2) Freshmen really are harmless – throw them a bag of skittles, and they're good to go.
- 3) We are not the first or only campus to have freshmen move-in dates on weekdays – if other colleges can do it, we can, too!
- 4) The residence halls are on the northwest end of campus, and move-in time starts at 9 a.m. – that means they will all miraculously show up all the way over there at 8:59 a.m., right?

All joking aside, the Student Success department is putting together information to help make this transition a smooth one. There will be a red, yellow, and green traffic map along with other helpful information, which will be located on their website: [www.purdue.edu/bgr](http://www.purdue.edu/bgr).

### Construction.

This word seems to run simultaneously with the Greater Lafayette/West Lafayette area. Purdue literally has a map dedicated to the construction around

campus. While the pessimist may look upon this negatively, I believe us here on campus see this as an opportunity for growth. It means the campus is bustling with energy, the tides are continuing to shift, the incoming freshmen continue to venture through their college careers, and on to their bright futures. From the newly opened Krach Leadership Center to the up-and-coming Active Learning Center and the new Honors College, there are exciting and new changes coming.

### Help me?

If you do find the stress of change is too much for you, don't forget the Center for Healthy Living. The Center provides many different services that can help you through the difficult task of change, many at no cost to you. Plus, their phone number is super easy to remember, 765-494-0111. Of course, there are many other issues the Center can provide you assistance with. Check out all the information I found on their website:

- [Treatment for common illnesses](#)
- [Primary care and wellness](#)
- [Condition management](#)
- [Employee assistance counseling](#)
- [Health coaching](#)
- [Living with Diabetes](#)
- [Medication therapy management](#)
- [Tobacco cessation](#)
- [Workshops and multi-programs](#)
- [On-site departmental training](#)

While I know sometimes change can be a little difficult, I'm sure we can find ways to embrace the changes that are headed our way, and find ways to encourage and join in on the excitement. Besides, if it wasn't for the constant string of never-ending students, what would we be here for?

# BOILER GOLD RUSH TRAFFIC MAP

BGR Activities on August 17 and 18, 2015 will likely cause disruptions on campus. This map will give you some idea of the areas most effected. The times of greatest impact on these days will be from 9:00 am until 6:00 pm. During this period as many as 6,000 new students will be moving into the residence halls. We encourage you to take note of this and adjust your travel plans accordingly.

## Delays Probable



- State Street
- 3rd Street (West of Russell)
- John R. Wooden Drive
- Tower Drive (East of Beering Drive)
- Northwestern Ave (North of W. Stadium Avenue)
- Area surrounding Residence Halls on the west side of campus, including:
  - 1st Street
  - McCutcheon Drive
  - MacArthur Drive
  - McCormick Road

## Delays Possible

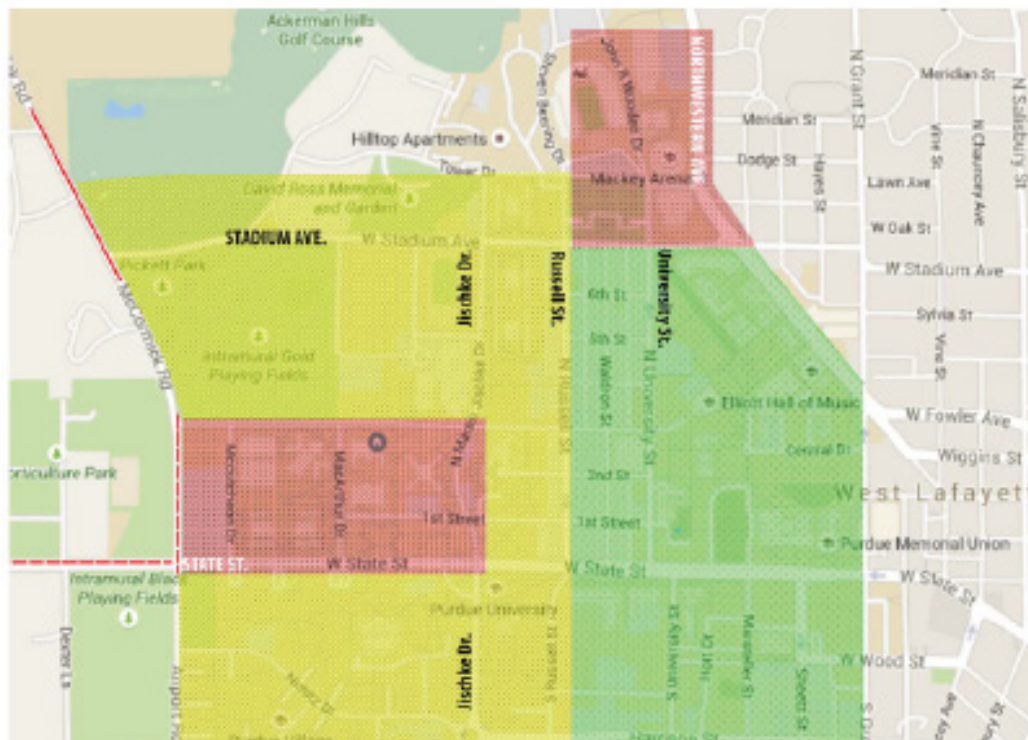


- Jischke Drive
- Russell Street
- W. Stadium Avenue
- Steven Beering Drive
- Tower Drive (West of Beering Drive)

## Delays Unlikely



- Northwestern Avenue (South of W. Stadium Avenue)
- University Street
- Waldron Street
- Grant Street







# INDIANA BEACH TICKET DISCOUNT THROUGH CSSAC

Purdue's Clerical and Service Staff Advisory Committee (CSSAC), in partnership with Indiana Beach, is offering discounted tickets for the 2015 summer season.

To receive the corporate discount code to purchase tickets online, send an email to [carrie@purdue.edu](mailto:carrie@purdue.edu). Discounted tickets may also be purchased at Freehafer Hall – please call in advance at 49-47397.

| Online Corporate Discount (Promotion Codes)   |                                     |
|---|-------------------------------------|
| Funday Ticket<br>(Includes Waterpark & Amusement Park)  | Season Pass                         |
| <b>\$21.00</b> (Gate Price \$31.95)   | <b>\$55.95</b> (Gate Price \$69.95) |
| Funday Ticket<br>(Includes Waterpark & Amusement Park)<br>AND Unlimited Soft Drinks from 11a-5p |                                     |
| <b>\$23.00</b>  |                                     |



The use of this code will be valid for the entire 2015 operating schedule. Online discount tickets are not valid on buy out or blackout dates and cannot be used with any other discounts or promotions. See [www.indianabeach.com](http://www.indianabeach.com) for details. Employees cannot share this unique code with any other persons - only Purdue employees are allowed to use this code. Employees may purchase multiple tickets for their family and friends. Indiana Beach does not offer rain checks or refunds for online corporate discounts. Corporate discount tickets have no cash value.

## DID YOU KNOW ABOUT INDIANA'S ENDANGERED MUSSELS?

A new Purdue University Extension [website](#) explains how the public can help protect the rich diversity of mussel species of Indiana's Tippecanoe River.

With more than 45 species of mussels, the Tippecanoe River is home to one of the most diverse populations of freshwater mussels in the U.S., including six endangered species. Protecting mussels is critical for maintaining good water quality, healthy fish and wildlife populations, and recreational use of the river, said Linda Prokopy, an associate professor of natural resource social science and leader of the mussel education effort.

"Mussels are like the heart of a river," she said. "A single mussel can pump eight gallons of water a day. It's crucial that we protect these organisms that help keep our rivers clean."

Freshwater mussels use their gills to filter water for microorganisms and

nutrients, returning the water to the river in a purer condition.

"Heart of the Tippy," an education campaign headed by Purdue's Department of Forestry and Natural Resources and the Indiana Department of Natural Resources, aims to educate the public on the ecological importance of mussels and what people can do to protect them.

The website offers three main ways the public can help preserve mussels and their habitats:

- Don't pick them up: Mussels may look tough, but they are actually delicate organisms. It is also against the law to collect any part of an endangered mussel, whether it is dead or alive.
- Don't litter: Mussels work hard to keep rivers clean. Littering the waterways makes their job harder and threatens their health.
- Carry your canoe or kayak: Mussels can be crushed under the weight of a canoe or kayak dragged over shallow



water. Riverside residents can lend mussels a hand by preventing fertilizer and sediment runoff into the waterways. One way to reduce runoff is by planting native vegetation that helps stabilize the shoreline and prevent erosion.

The website also features an online pledge the public can take to protect mussels by agreeing to properly dispose of trash, avoid handling mussels, and carry their canoes and kayaks.

For more information, check out the [website](#) [here](#).

# BE WELL AT WORK

Have you been searching for ways to promote wellness within your department but aren't sure where to start? The Center for Healthy Living's (CHL) team is nearby, ready and willing to assist you.

According to Gallup data from 2013 and 2014 surveys, full-time employees are averaging a 47-hour work week. This means we are spending nearly 30 percent of each week at work. With so much time being spent in the workplace, it is even more important to promote health and wellness in the office.

The center has a host of resources for employees to improve their health. However, making a trip across campus doesn't work for everyone. Are you unable to get away from work to visit the center? Don't worry, guest speakers can come directly to you – a department meeting, retreat or lunch is a perfect time for the CHL to provide a workshop or lunch and learn presentation at no cost.

Topics may include, but are not limited to: nutrition, weight control, co-worker relationships, stress relief and physical activity. Some presentations currently offered by our registered nurse health coaches, registered dietitian and employee assistance counselors:

- Building a Better Lunch
- Stress and Work/Life Balance, with a meditation exercise
- Introduction to Services at the Center for Healthy Living
- Women's Wellness and Aging
- Food Labels/Portion Distortion
- Coping with Grief
- Introduction to Health Coaching

Call the center today at 49-45239 and see how you can promote health and wellness within your department, on your schedule.

Also, don't forget the CHL providers are available to serve as your primary care physician. The center also provides other services including lab work, sick visits and wellness checks. For more information on services offered at the CHL, please visit the center online. For tips to boost your wellness and other news, follow the CHL on Twitter.

The center is open Monday through Friday, 7:30 a.m. to 5 p.m. Lab hours are 7 a.m. to 4 p.m. Monday through Friday. For assistance after hours or on weekends, please contact the Anthem nurse line at 888-279-5449 for assistance.

# SPOTLIGHT ON PURDUE'S EMPLOYEE RELATIONS MANAGER

We all know there are thousands of behind-the-scenes movers and shakers at Purdue University. In our busy, day-to-day roles on campus it's rare we think of the others in the trenches making things happen – that is, until we need help.

When it comes to helping employees, the Employee Relations department's priority is assisting supervisors and employees with work-related situations they may encounter. Acting as the employee's or supervisor's connection, Employee Relations team members help maintain and manage employer-employee relationships.



At the helm of Purdue's Employee Relations department is Sharon Williams, employee relations manager. With 32 years of experience in Employee Relations, Williams has crafted her abilities and has had the opportunity to see a variety of different scenarios play out, making her a valuable resource for both employees and supervisors.

According to Williams, she enjoys working with the Extension office and in all 92 Indiana counties where there are offices, as well as with the great people on Purdue's campus.

"I like working with employees and supervisors to give them the tools to help them be great at what they do," she said. A tool that would help Williams in her own job would be her chosen superpower: reading minds.

As a life-long West Lafayette native, third-generation Purdue graduate and lover of Purdue sports, Williams feels right at home on campus and proudly explains that she "bleeds black and gold." Therefore Williams takes on each day with the hope of being able to manage the ever-changing needs of the employees and managers on campus. The areas that Williams supports are the executive offices, Agriculture, Veterinary

Medicine, Public Affairs, Enrollment Management, as well as Teaching and Learning.

Like most of us on campus know, a normal day doesn't really exist. The same goes for Williams; within her realm of responsibilities there isn't a normal, either. Things can and do quickly change with employees' needs that mandate the assistance of Williams or one of her co-workers in Employee Relations.

They handle the good, the bad and the unexpected. While the majority of the work done by Williams and her team is positive, there are situations that arise, of course, that are more challenging.

"It is difficult when a situation I am working with ends in a termination," Williams said. "I like to think that everyone can be successful, but sometimes the job the person is in is just not the right fit at that particular point in time."

Williams tries to handle each situation with respect and compassion for those involved, knowing each person and situation is different and each is an opportunity to learn.

"I spend my days working with employees and supervisors to help resolve conflicts," she said. "I also do a lot of training to be proactive in trying to avoid those conflicts. Much of my time is spent listening to people's concerns and helping them figure out what options and alternatives will work best to help them resolve their concerns."

When Williams isn't at work assisting employees and managers resolve conflict, you can usually find her spending time with her granddaughter or watching Purdue sports.

