

## ADVENTURE2 EMPLOYEE SPOTLIGHT



### **Mook Bascomb**

#### **Custodian in Facilities, Planning, and Management**

Mook spoke with ISU WellBeing about how he engages with the Adventure2 program, his favorite aspects of the program, and how setting and achieving goals has positively impacted his life.

#### **How long have you been participating in Adventure2? Why did you join the program?**

I have been an active participant for about three years, maybe a little longer. I first joined because my wife said she was doing it regularly and it seemed helpful. I do it now because of the benefits I have gained in regards to mindfulness and setting/achieving goals.

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

I get a sense of accomplishment! My job can be mundane at times, so having the opportunity to find new ways to work toward a goal while on the job is a nice change in my day. I really enjoy the new activities Adventure2 launches for us to try out—some activities fit my lifestyle and some may not. I like that there are options given that allow us to decide what might work as a goal to achieve. I don't feel any pressure in Adventure2 and I can go at my own pace. I also enjoy the team challenges that I've recently been a part of.

#### **Do you have any favorite challenges or aspects of the program?**

My favorite challenges are the step tracking challenges! I do well at those, as I'm a custodian and I walk all day long. It makes for easy gathering of points! Along with that, Adventure2 offers rewards for completing challenges, and I'm a big fan of them. My favorite rewards are anything that gives access to the gyms on campus. I am a "gym rat" and love to visit the gyms as often as I can (outside of my own gym membership at a local gym in Ames).

## How do you think Adventure2 contributes to the employee experience at ISU? How has the program impacted your own work life?

Adventure2 is FOR employees BY employees. I get a sense of employees coming together for a greater good. The program is fresh, sparks my interest, and has impacted my workplace experience in a positive way. I have been able to use many of the activities and tools from Adventure2 to pull myself through some tough times on the job and in my personal life as well.

## Would you recommend Adventure2 to other employees and supervisors? If yes, why?

Of course. Although my experience is my own, I would encourage employees and supervisors alike to tap in. Try it out for yourself; set goals and challenge yourself daily. Step out of your comfort zone. I did and it's been great!

## Is there anything else you would like to share with the ISU community?

It has been a treat participating in this program. I send my thanks to those of you doing the work behind the scenes to bring this to us!

## READY TO START YOUR JOURNEY WITH ADVENTURE2?

Utilizing Adventure2, ISU's employee well-being program, is a great way to take care of your well-being and create healthy habits.

It's easy to get started. Just register using one of the options below with your @iastate.edu email and net ID:

1. Click on the **direct link to Adventure2: [iastate.limeade.com](https://iastate.limeade.com)**
2. **Download the LimeadeONE app** on your mobile device. Enter Iowa State University as your employer and follow the prompts.
3. **Visit the [ISU Wellbeing Adventure2 webpage](#)** and click Sign In.
4. **Add Adventure2 to your Okta apps** and join from there.

## THE EMPLOYEE FLU VACCINE CLINIC IS TEMPORARILY CLOSED THIS WEEK

**As of Monday, October 10, the employee flu vaccine clinic has been temporarily closed.** We are unfortunately experiencing vaccine shipment delays. The clinic will re-open as soon as possible once flu vaccines have arrived. Please know that this is not a shortage issue.

We will communicate the re-opening of the clinic once we have received our next supply via email and **[at this link](#)**. Thank you for your cooperation.

# FAMILY-FRIENDLY WORKSPACE ON CAMPUS

Working and studying while caring for children can be hard. To help meet the needs of our campus population who juggle caregiving with work/school, university partners came together to create the Family-Friendly Room (FFR) in Parks Library!

The FFR is a place where ISU faculty, staff, postdocs, and students with young children can work or study while keeping their children entertained. The room is located on the lower level of the library and is large enough for two adults and six children. Parents can utilize the two adult workstations with universal docking stations, black and white printer, whiteboards and markers for their studies, while their children learn and play with toys and computers equipped with educational software.



Parents must have their children with them in order to use the FFR and reservations are required. You can reserve the room [here](#).

## CYDAY FRIDAY WALK RECAP



**The annual CyDay Friday Walk on October 7 was a success!**

We had a turnout of **130 employees** and it was a perfect fall day. Thank you to everyone who showed up to walk with us, and congratulations to our prize winners!



Cy modeling good habits by stretching before the walk began! Cy led the walk, took pictures with attendees, and made sure everyone had fun.



Employees gather to hear remarks from Kristi Darr, Vice President of Human Resources, before the walk began. Thank you, Kristi, for kicking things off!

A special thank you to the Trademark Licensing Office for their continued support of the annual CyDay Friday Walk. The air plants they handed out this year were a hit!

## FREE WORKSHOPS FOR ISU EMPLOYEES

Did you know that as an ISU employee you have free workshops available to you on a regular basis? We want to make sure that our employees are aware of and taking advantage of these valuable opportunities.

Check out these workshops from the Employee Assistance Program (EAP) and Iowa State University Extension and Outreach that will be available in the coming months.



**EFR** EMPLOYEE & FAMILY RESOURCES

### Self-Care 101 (Virtual)

- November 9 from 10-11 a.m.
- [Click here to register](#)

Learn how to put yourself first at least once a day to enhance all areas of your life and maximize well-being.

### Gratitude: Key to a Good Attitude (Virtual)

- December 6 from 9-10 a.m.

**IOWA STATE UNIVERSITY**  
Extension and Outreach

### Mental Health First Aid (Virtual)

- November 30 from 9 a.m.-3 p.m.
- [Click here to register](#)

Mental Health First Aid is designed to provide key skills to help someone who is developing a mental health problem or is experiencing a mental health crisis.

Just as CPR training helps someone

- [Click here to register](#)

Learn how an attitude of gratitude can strengthen relationships, improve physical and emotional health, and help you sleep.

without medical training assist an individual following a heart attack, Mental Health First Aid training provides the skills to assist someone experiencing a mental health crisis. Mental Health First Aid certification must be renewed every three years.

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

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