Dear College of Earth and Mineral Sciences,

In 2021 we marked our college’s 125th Anniversary. The college continues in the strong tradition started more than a century ago. Building deep disciplinary expertise along with interdisciplinary teams that focus on the interfaces of the natural science, social science, and engineering disciplines, where answers to the most pressing problems facing society await discovery, remain the core strengths of our college. I invite you to read the 2022 issue of the college’s magazine, *Impact*, which showcases a few of our accomplishments. Enjoy, and let me know what you think!

Read *Impact* online >>
Download pdf >>

I hope you enjoy reading *Impact*. To keep up between issues, you can follow us on Twitter, Facebook, Instagram, and Flickr, and subscribe to our EMS Headlines.

Best regards,
Lee

**ENERGY INSTITUTE DIRECTOR SEARCH**

Presentation by Arash Dahi Taleghani - Professor and Quentin E. and Louise L. Wood University Endowed Fellow in Petroleum and Natural Gas Engineering and Candidate for Director of the EMS Energy Institute

A vision for EMS Energy Institute; Navigating a Transition

In this talk, we review recent developments in the energy sector and the role that EMS Energy Institute can play in addressing some of the technology challenges in pursuing secure, economic, and low-emission energy sources. A rapid energy transition to very-low or zero-carbon sources requires mitigating a considerable number of roadblocks limiting generating renewable energies on commercial scales. Soaring energy costs and supply shocks triggered by the war in Europe have added to these complexities and prompted some countries to put more weights on energy security. Despite these challenges, the energy transition will be an ongoing process to expand low carbon energy sources. The energy transition is imposing significant structural changes in the
energy systems regarding supply and consumption, however, some of these new problems can be addressed by existing solutions developed initially for fossil energies. EMS Energy Institute has been an active research organization in energy science and engineering for couple of decades. Although, the energy transition may limit available funding for some of the classic areas of research, but it also provides a historical opportunity to redefine the research portfolio of the institute and expand into new research areas to meet new expectations and technology needs.

Wednesday, September 7, 2022, from 2:30 – 4:00 pm on Zoom at [https://psu.zoom.us/j/93131897783?pwd=SmiVQZe43MitSeVcxK1FmWEi0V25Bdz09](https://psu.zoom.us/j/93131897783?pwd=SmiVQZe43MitSeVcxK1FmWEi0V25Bdz09) and in 603 Barron Innovation Hub

All faculty, postdocs, and staff are welcome to attend. The presentation will also be recorded. Please contact Meranda Kaiser at mlp5247@psu.edu to request a link to the recording.

PROMOTION AND TENURE WORKSHIP FOR TENURE-LINE FACULTY
presented by Dean Kump
Today, Monday, August 29 from 1:30 – 3:30 p.m. in 401 Steidle and on zoom at [https://psu.zoom.us/j/91525834475?pwd=UDY2cUhvczdlRwV3hTVWxZFNyZz09](https://psu.zoom.us/j/91525834475?pwd=UDY2cUhvczdlRwV3hTVWxZFNyZz09)

GENERAL SALARY INCREASE
The announced 2.5% general salary increase (GSI) is now available for employees to view in Workday
As a reminder, in order to be eligible for the increase, the university defined the following criteria:
- You must have completed the 2022 Annual Compliance Training by July 21st, 2022.
- You had to be an EMS employee as of June 30th and remain employed by EMS through August 31st, 2022.

Additionally, if you were contacted by our HRSP (John Barlett) directly, you won’t see a change in your salary for the reason he shared with you. For nearly all, it was because your offer letter salary or another salary increase was already inclusive of the 2.5% GSI you received.

The salary increase was effective on July 1st and the adjustment for both July and August will appear for eligible employees in the August paycheck.

To view your new pay information, please visit [Workday](https://psu.zoom.us/j/91525834475?pwd=UDY2cUhvczdlRwV3hTVWxZFNyZz09).

1. Log into Workday using your credentials. Upon logging in, you will land to your Homepage.
2. From your homepage, click on menu icon at the top left and select the Pay app.
3. Under the View section, click on Payslips.
4. From the Payslips section, click the View button related to the desired pay period. The Payslip window will open.
5. To navigate to the previous payslip without returning to the Payslips window, click on the Previous Payslip button located at the upper left of the Window.

Alternate instructions for viewing the pay change:
To view your new pay information, please visit [Workday](https://psu.zoom.us/j/91525834475?pwd=UDY2cUhvczdlRwV3hTVWxZFNyZz09).

1. Log into Workday using your credentials. Upon logging in, you will land to your Homepage.
2. From your homepage, click on the person icon located at the top right of the page.
3. Click on View Profile.
4. Then click **Compensation** from the blue bar on the left.
5. Your updated base salary will appear on this screen.
6. To see your previous salary, you can choose **Pay Change History** tab on the same screen.

**MARKETING AND COMMUNICATION**

**Calling all faculty, staff, and students!**
The college’s Marketing and Communications Office has been holding a series of outdoor photo shoots and all EMS faculty, staff, and students are invited to have their picture taken. These will be professional headshots for use on college and department web directories and in other marketing materials. Participants will receive digital copies. We especially need photos from all new EMS faculty and staff!

**When:** Wednesday, September 7: 10 a.m. - 1 p.m. is the final date (weather dependent). **Note:** no preregistration is required.

**Where:** Outside the main entrance to the Deike Building that faces Burrowes Road. Sessions will take less than five minutes.

**Please help distribute to all:** Please help distribute to all. No appointment necessary, just stop by to get a professional headshot. PLEASE come and have your photo taken!

**Questions:** David Kubarek | Email: dak207@psu.edu | Phone: 814-424-3402

**FACILITIES - Rec Hall Locker Rental**

Rec Hall Operations currently offers locker rental for $200/year. If you are interested, please contact Tara Hohenshelt at tmr130@psu.edu. The men utilize Room 152, and the women use Room 157.

Facility access will be granted once membership is paid. Card swipe access to the facility will be Monday through Friday 7a - 7p...**hours subject to change.**

- Includes use of 152 or 157 locker room amenities
- Showers, Restroom
- Includes the rental of 1 locker within 152 or 157
  - combination lock will be provided.
- Includes 2 laundry loops. Laundry will be done daily.
  - Place dirty laundry in “dirty” laundry hamper.
  - A clean loop will be placed back on your locker hook.
- Towels will be provided for shower usage.
  - Place dirty towels in “dirty” laundry hamper once soiled

Membership is strictly for access to the designated Locker Room. No other building access is permissible. **Membership DOES NOT include use of Rec Hall for Recreational purposes or Hepper Fitness Center.**

**HAPPY VALLEY LAUNCHBOX - Fall Programs at the Happy Valley LaunchBox!**

**Happy Valley LaunchBox – FastTrack Accelerator**

- This 10-week program will focus on helping you build an actionable plan to launch your business, test the market quickly, and build a solution based on customer feedback.
• **NEW THIS FALL** - The program will culminate in a pitch competition during [Global Entrepreneurship Week](#) with a chance to win up to $5,000
• Open to all University and local community members
• These sessions will be held in person at Happy Valley LaunchBox (Eric J. Barron Innovation Hub – 2nd Floor, 123 Burrowes Street) on Wednesday evenings from 6-8 PM
• Application form: [Click here](#)
• Applications close – Sept 1

**Happy Valley LaunchBox – Idea TestLab**
• A 4-week program that helps you figure out if you can turn your idea into a viable business. Get help better defining the problem you’re trying to solve, who has it, and what value you can provide to them.
• Open to all University and local community members
• These sessions will be held in person at Happy Valley LaunchBox (Eric J. Barron Innovation Hub – 2nd Floor, 123 Burrowes Street) from 6-8PM
• Application form: [Click here](#) (not yet open)
• Applications will open 8/29 and close 9/19

**Happy Valley LaunchBox – E-ship CrashCourse**
• A one-hour session aimed at dispelling common myths of entrepreneurship and provide actionable next steps for folks interested in building their own startup. It will answer questions like:
  o What is a startup?
  o Do I need a technology idea?
  o Can I start a startup?
• Open to all University and local community members
• These sessions will be held in person at Happy Valley LaunchBox (Eric J. Barron Innovation Hub – 2nd Floor, 123 Burrowes Street)
• These sessions will be held twice a month from
  o First Thursday of each month – From 6-7PM
  o Third Thursday of each month – From 1-2PM
• Register: [Click here](#)

**GRADUATE EDUCATION AND RESEARCH**

**Annual Effort Certification**
Thank you to all Principal Investigators and Department/Institute Heads for your timely approval of Effort Certifications. Our status as of 8/26/2022:

- Fully Certified: 297 😊
- Awaiting PI Approval: 98
- Awaiting Dept/Inst Head Approval: 55
Please continue to review and approve all Effort Certifications in your SIMBA inbox in a timely manner.

**Limited Submission - Hearst Foundation Grants**

**Internal Submission Deadline:** Wednesday, October 12, 2022

**Funding Organization's Deadline:** Wednesday, December 7, 2022

**Cycle:** 2022

**Discipline/Subject Area:** Mental Health and Environmental or Agricultural Projects

**URL:** [https://www.hearstfdn.org/general-overview](https://www.hearstfdn.org/)
Institutional Limit: Proposals from institutions with multiple departments (e.g., universities, medical centers, etc.) should be coordinated through the institutions’ central development offices such that only one proposal will be submitted to the Hearst Foundations.

Description: The Hearst Foundations are national philanthropic resources for organizations working in the fields of culture, education, health and social services. In addition, the William Randolph Hearst Foundation operates two programs, the United States Senate Youth Program and the Journalism Awards Program. Since inception, the Foundations have made over 22,200 grants to 6,300 organizations, totaling more than $1.4 billion in funds awarded. Through its grantmaking, the Hearst Foundations support well-established nonprofit organizations that address significant issues within their major areas of focus—culture, education, health and social service—and that primarily serve large demographic and/or geographic constituencies. While accepting proposals in all of these areas, current emphases for the Foundation’s focus in Education this year are projects in Mental Health and Environmental or Agricultural Projects. In each area of funding, the Foundations seek to identify those organizations achieving truly differentiated results relative to other organizations making similar efforts for similar populations. The Foundations also look for evidence of sustainability beyond their support.

Eligibility: The Hearst Foundations provide grants, typically in the $75,000-$150,000 range, with a project period of two to three years. The Foundations are only able to fund approximately 25% of all grant requests, of which about 80% is directed to prior grantees and about 20% is targeted for new grantees. In the recent past, 30% of total funding has been allocated to Education. Organizations with budgets over $10 million have received 80% of the funding in Education. Institutions receiving a grant must wait three years from the award start date before reapplying. Interested PIs can review the Foundation’s Awardee Recipient Database to review the nature of recent awards.

Funding Priorities in Mental Health

- Types of Support:
  - Program, scholarship, capital and, on a limited basis, general and endowment support
- Preference Will Be Given To:
  - Counseling and Psychological Services programming/operating support
  - Peer Counseling Programs
  - Community-facing services, especially those serving rural and/or underrepresented populations
  - Counselor Education programs, including scholarship support

Funding Priorities in Environment/Agriculture

- Types of Support:
  - Program, capital, research, and, on a limited basis, endowment support
- Preference Will Be Given To:
  - Development and/or delivery of high-quality agricultural education and training such as climate-smart agricultural practices and techniques, especially for farmers in rural communities
  - Development and/or delivery of high-quality environmental education programs for community members (e.g., K-12 students in either school or extracurricular settings, college students, adult learners)
  - Water research and/or conservation programs

For University Park and Commonwealth Campus applicants, if you plan to apply for this funding opportunity, you must contact: Jara Dorsey Lash, Associate Director, Foundation
Relations (jed72@psu.edu). The internal deadline refers to the date drafts should be submitted through this site for Foundation Relations to review. If you would like to discuss your project, please contact Yan Lu to schedule with Jara.

**Internal Nomination Requirements:** Interested applicants should upload the following documents in sequence in one PDF file (File name: Last name_Hearst_2022) no later than 4:00 p.m. on the internal submission deadline:

1. **Cover page** (1 page, pdf):
   - Descriptive title of proposed activity
   - PI name, departmental affiliations(s) and contact information
   - Co-PI’s names and departmental affiliation(s)
   - Names of other key personnel
   - Partner organizations, if applicable

2. **Project Description** (no more than 2 pages, pdf) identifying the project scope that addresses goals for funding, results of prior evaluation, and what makes the program/project unique among other similar projects.

**Limited Submission - VentureWell Course & Program Grants 2023**

**Internal Submission Deadline:** Thursday, September 22, 2022

**Funding Organization's Deadline:** Wednesday, November 2, 2022

**Cycle:** 2023

**Discipline/Subject Area:** STEM based inventors and innovators

**Funding Available:** 30000

**URL:** [https://venturewell.org/course-program-grants/](https://venturewell.org/course-program-grants/)

**Limit on Number of Proposals per Organization:** Each VentureWell member institution is eligible to submit up to two applications. Each Campus is eligible to join as a member institution.

**Description:** VentureWell Course and Program (C&P) Grants of up to $30,000 are awarded to US higher education institutions to support curriculum to grow and expand the entrepreneurial ecosystem in order to engage students in science and technology (S&T) innovation and entrepreneurship (I&E). Ideally, C&P Grant funding should act as a catalyst for increased entrepreneurial activity and help faculty and universities leverage other opportunities to launch and/or grow their I&E ecosystems.

**Please note that there is only one funding cycle for this fiscal year:** C&P grants may be used to strengthen existing curricular programs or to build new, pedagogically inclusive courses and programs that engage student teams in developing and pursuing scalable solutions to real-world needs through S&T I&E. The end goal is to support diverse groups of faculty, staff, and students in collaborating to develop novel inventions and technologies that have positive environmental and social impact. Activities supported by C&P grants should lead to effective courses and programs that are sustained by the institution, lead to the formation of student teams by leveraging experiential learning practices, and expand opportunities for learning across S&T I&E. C&P grant proposals may include plans to create or improve an individual course, course sequence, minor, major, certificate program, or other co- and extracurricular programs that are directly tied to and support I&E-focused curriculum. S&T focus area may include, but are not limited to:

- General (science- and technology-based) entrepreneurship
- Sustainable technologies (new materials, clean tech, green energy and chemistry innovation)
- Climate change solutions (technology to mitigate and/or adapt to climate change), especially technologies that support communities most impacted by climate change
- Biomedical and healthcare innovation
- Technologies that address poverty alleviation and basic human needs

To advance our organizational commitment to advancing equity, VentureWell has made diversity, equity, and inclusion a priority on ALL of our faculty grants. Successful VentureWell C&P grantees must make clear how funding will increase access and broaden the participation of traditionally underrepresented, underestimated, and under-resourced groups, specifically those who identify as Black, Latinx, and Indigenous, women from all backgrounds, individuals who identify as coming from low-income backgrounds, and others who are marginalized due to racism, sexism, classism, and/or other forms of marginalization (referenced throughout this document as URGs; see definitions in Appendix). We especially encourage faculty and staff applicants from URGs or from Minority Serving Institutions (MSIs), including Tribal Colleges, Historically Black Colleges & Universities (HBCUs), Hispanic Serving Institutions, etc., and other institutions that demonstrate clear support for students from URGs in S&T I&E.

**Institutional Limitations:** Current VentureWell member institutions are Penn State University Park, Penn State Berks, Penn State Behrend, and Penn State Great Valley. For information on your campus becoming a member see: [https://venturewell.org/membership/](https://venturewell.org/membership/). Membership in VentureWell’s network of higher-education institutions is currently available at no cost.

**Characteristics of Successful Proposals:** VentureWell C&P grants are competitive. Course & Program grant applications should address all criteria below and will be evaluated on these criteria in order of importance:

- **Educational Approach and Experience:** The proposal describes curriculum that includes:
  - Student team-based learning, preferably multi-disciplinary
  - Experiential learning and entrepreneurship
  - Science and technology projects that have a strong focus and positive, enduring impact on society, and/or the environment
  - Innovative thinking and problem-solving
  - Diversity, equity, and inclusion in the student experience
  - A faculty PI, teaching team, mentors, partners, advisors, and/or external consultants and resources that have the disciplinary/domain expertise necessary to oversee, advise, and support the project

- **Strengthening the Institutional I&E Ecosystem:** The proposal describes:
  - Meaningful connections to the entrepreneurial ecosystem (faculty, colleges, departments, centers) that can support student entrepreneurship
  OR
  - How the course/program will contribute to entrepreneurial ecosystem development

- **Catalyzing Institutional Growth:** The proposal describes:
  - Multiple leaders, administrators, and/or partners that support program objectives
  - A complete and realistic plan for how the course or program will be financially sustained beyond the grant period
• How grant funding could be a catalyst to build a stronger entrepreneurial ecosystem

Examples of projects that are NOT strong candidates for C&P grant funding include:

  o Courses or programs that do not directly encourage development of innovations and technologies that have a positive environmental and social impact.
  o Courses or programs that do not lead to the creation of student teams.
  o Pure research or single project courses (i.e. where there is no student team ownership or commercialization plan for the innovation/venture).
  o Courses or programs that are unlikely to continue beyond the grant period.
  o Existing courses or programs where there is little change or improvement proposed (i.e., ongoing support requests).
  o Proposals that focus solely on extracurricular activities (e.g. hack-a-thons, business plan competitions, etc.) without a clearly stated connection to existing curriculum or other coursework.
  o Courses or programs that are disconnected from other campus and community-based resources (i.e., without a description of how the course/program is part of a larger plan for entrepreneurial ecosystem development).
  o Proposals that do not demonstrate support for the most promising technologies and teams to move beyond the classroom, lab, or club.
  o Proposals that do not include a plan to address both supporting diversity and inclusion, and environmental and social sustainability in S&T I&E.

For more information, please view the VentureWell guidelines. The Office of Foundation Relations is the designated institutional contact responsible for communicating with the Foundation and is collaborating with OSVPR on the internal downselect process. Questions concerning the application process and other foundation-related questions should be directed to Jara Dorsey-Lash, Associate Director, Foundation Relations (jed72@psu.edu).

Required for Penn State downselect: Interested applicants should send the following documents in sequence in one PDF file (File name: Last name_VentureWell_2022 no later than 4:00 p.m. on the internal submission deadline:

  o Cover Page:
    ▪ Proposal Title
    ▪ Principal Investigator's (PI's) names and departmental affiliation
    ▪ Co-PI's names and departmental affiliation(s)
    ▪ A list of possible participating organizations (if applicable)
  o Proposed Initiative (2-3 pages):
    ▪ The more SPECIFIC, CLEAR and COMPELLING your narrative is, the more competitive your proposal will be. Tell the reviewers a story: what currently exists, where are the gaps, what are you proposing to create and what are the hoped-for outcomes? In other words, why this idea now?
    ▪ Differentiate between what already exists vs. what you are asking for funding to support. Emphasis should be placed on what you are proposing, however, it is important to briefly share what already exists to support I&E on your campus (e.g. institutional resources, personnel support, makerspaces, competitions, etc.).
    ▪ Describe the project’s potential for positive educational, environmental, and social impact.
Who is/are your target audience(s)? How will your work support student innovators from URGs in invention, innovation, and entrepreneurship. As part of the narrative, include a specific plan that articulates how you will broaden participation in your course/program by answering the following questions:

- How will you market to and recruit students from URGs to participate in the proposed course/program?
- How will you recruit mentors that will reflect the URGs of student participants?
- How will you mentor students to ensure inclusivity?
- How will you create an inclusive curriculum? How else will you support these students’ success in I&E?
- How will you measure success? (Share metrics.)
- Explain the process: How will the proposed course or program lead to the creation of student teams? How will teams be formed? Where will the S&T ideas come from?
- Describe the experiential learning opportunity for students.
- How will your entrepreneurship ecosystem support the most promising teams and technologies towards commercialization?

**Letter of Support from Department Head/Chair:**
- Letter of support should indicate that there is ongoing institutional support for your project. A more extensive letter would be required with your external application.

**If resubmission to Venturewell, one page explaining changes to your initiative that respond to feedback from VentureWell submission**

### Formatting Guidelines:
- Font/size: Times New Roman (12 pt.)
- Document margins: 1.0” (top, bottom, left and right)
- Standard paper size (8 ½” x 11)

Questions concerning the limited submissions process may be submitted to limitedsubs@psu.edu.

**EDUCATIONAL EQUITY, DIVERSITY, AND INCLUSION**

All Campus LGBTQ+ Welcome Reception presented by the Center for Sexual and Gender Diversity

Today, Monday, August 29 from 4:30 – 6:00 pm in the Alumni Hall.

Diversity, Equity, and Inclusion Workshops

**Designing Inclusive Learning Experiences Using the “Who’s in Class?” Survey:** This workshop will introduce the "Who's in class?" survey (Addy et al., 2021), a tool you can use to uncover aspects of your students' identities that might impact their learning. You will examine a template of the survey and consider how you might adapt this for your own courses. You will have an opportunity to discuss the process of using student
survey responses to make your courses more inclusive. Wednesday, November 9, 2022, 12:00-1:00 p.m. SITE Events

**An Introduction to Inclusive Teaching:** As we question our assumptions about what teaching and learning could and should look like, we will explore Inclusive Teaching, which is both a set of techniques and a mindset. Join us for this 60-minute introduction to Inclusive Teaching. Monday, August 22, 2022, 2:00-3:00 p.m. SITE Events

**DEI Journal Club:** Are you interested in learning more about the research on diversity, equity, inclusion, and accessibility and how they apply to teaching? We invite you to join our DEI Journal club. Sessions will be hosted on Zoom every other week throughout the semester, and each session will focus on a separate article. Fridays, 2:00 - 3:00 p.m. starting Friday, September 9th SITE Events

**A Path to Decolonizing the Syllabus:** The syllabus conveys important information about the course and also signals our approach to teaching and learning. In this interactive workshop, participants will discuss what it means to decolonize curricula and syllabi, where we might begin the process, and how collaborations might support this work. Friday, October 28, 2022, 1:00-3:00 p.m. SITE Events

**FOR MORE INFORMATION ABOUT THE EMS DIGEST:**

- Please contact Nicola Kiver at nmk17@psu.edu or Olivia Butts at orr3@psu.edu.
Get on track with health tests and screenings!

During the pandemic, you may be among the millions who put off getting screening tests for cancer and other diseases. However, a postponement could delay a diagnosis and treatment for a health problem. Here are some reminders to help you get back on track:

- **Screening tests can help find possible problems or diseases, even if you don’t have symptoms.** Checkups and screening tests help find diseases or health problems early, when they are easier to treat and cure. While they can’t diagnose a disease, they can help you find out if you need more testing for a possible problem.

- **Tell your doctor about diseases that run in your family.** This may determine what additional specialized screening you may need.

- **Prepare a list of questions.** Ask how the tests are conducted, what they may find and how often you need them. Ask about any potential benefits and risks of the tests, including the chance of false positives (meaning it says you may have a disease you really don’t have, which could lead to more tests).

- **Find out about when you will get the test results.** Ask your provider if they have an app to view the results online. Call your health practitioner’s office if you do not receive the results and/or ask the doctor or nurse to explain what the results mean.

- **Know the recommended tests based on your age, sex, risk factors and family history.** Ask your healthcare provider about screening for high blood pressure; cholesterol; diabetes; osteoporosis; skin, breast, colorectal, cervical, prostate and lung cancers; HIV; and Hepatitis C. Your doctor may also recommend screening for STDs or mental health conditions, like depression. For more information, visit: health.gov/myhealthfinder/doctor-visits/screening-tests/get-screened

- **Additional checkups and exams are vital.** Healthy adults should see a dentist once or twice a year and an eye doctor regularly. Get exams more frequently as recommended by your provider if you have dental disease, vision or eye problems or chronic conditions, or are at high risk for specific diseases.

- **Want personalized help?** Depending on your company’s health benefits, Health Advocate can help with questions, test result interpretations, doctor appointments and more.
The importance of winding down

With all of our day-to-day obligations, the pressures of home and work life, and other issues you and your loved ones may be facing, it is easy to get caught in a whirlwind of stress, frustration and anxiety. The culmination of these feelings can be detrimental to well-being if you don’t have an outlet to release these feelings and wind down. These tips can help.

Take time to unplug. Spend time free from technology and screens. Pick an out-of-sight place to stash your devices, and enjoy the peace and quiet.

Lose yourself in something you love. Did you previously have a hobby that you just couldn’t get enough of? Well, what are you waiting for—get back to it! Hobbies are a great way to get some “me time.”

Tense your tension. Select the area of your body where you hold stress. Inhale and tense this area (for example, if it’s your forehead, wrinkle your forehead and furrow your brows) and inhale to the count of three. Next, release the tension while slowly exhaling to the count of four.

Exercise. Take a walk around the neighborhood, practice yoga in your living room, or do any activity that gets you moving. Exercise is a tried and true method of stress relief as it releases feel-good hormones that can help give you a sense of well-being.

Just take a break. Sit on your couch and look out the window, spend a few minutes enjoying your outdoor space, or take five minutes to sit quietly and follow your breath —there are countless options to help you feel less fragmented and more connected and balanced.

Find a bedtime routine. By doing the same activities each night before bed, you can train your body to wind down in preparation for sleep, which is crucial for sleep quality and quantity.

Find activities that work for you and make them part of your routine—you’ll be glad you did!
The best help to offer aging parents

Like many adults, you may have a senior parent or parents facing health, financial, safety or other issues including prolonged isolation brought on by the pandemic. If so, you may wonder how to respectfully help them navigate aging for better well-being. Here are some tips to consider:

**Share your concerns with close relatives.** Bonding early and often over these issues can help ease the responsibility, especially when seniors reach an advanced age.

**Don’t try to control the conversation.** Gently bring up sensitive subjects, acknowledging their role in decision-making and asking for their ideas. To start the dialogue, you might say, “I noticed your fenders are dented, and I’m concerned that driving may be becoming difficult for you. What do you think about discussing some options to help make this easier and safer for you?”

**Keep them engaged and independent.** Physical, social and mental engagement helps improve brain function and can increase longevity! A growing number of seniors are now connected to the internet, so help them engage virtually. Set up social media accounts to involve them in their family and friends’ lives, locate online exercise classes for seniors, or arrange attendance at a virtual event or religious service.

**Choose the right time to discuss their plans for their future.** You might start by asking about where they keep their financial documents like insurance policies, wills, tax returns, investment, or banking records, in case they are ill.

**Do some homework and offer information.** Gather brochures about affordable or free meal services, transportation, and other community services. Check www.benefitscheckup.org for assistance for people over 55 that helps pay for prescription drugs, healthcare, utilities, and other essential items or services. Provide pamphlets about additional Medicare, Medicaid or other government assistance.

**Know when to seek professional help.** Is your loved one showing symptoms of extreme forgetfulness, depression/apathy, weight loss, lack of interest in eating nutritious food, etc.? Are they struggling with loneliness? Ask your practitioner for a referral to an expert or call Health Advocate to help your parent get an appointment. This may include virtual counseling.

For more help, talk to Health Advocate, your health practitioner or a licensed counselor.

**FREE Webinar:**
Helping Aging Parents at Every Stage
Visit HealthAdvocate.com/members to log onto your member website and access the EAP+Work/Life homepage. Click on Webinar.

**Immunization Awareness Month**
Over the past few years, the COVID vaccines may have been the immunization that is most top of mind. To learn about other vaccinations, the CDC’s handy assessment tool, What Vaccines Do You Need? aimed at those 19 or older, can guide you based on your age, medical status, job and other factors.

www2.cdc.gov/nip/adultimmsched/

Go to the CDC’s main vaccination site and search the immunization schedule for infants, children, pre-teens, pregnant women, travel and more: www.cdc.gov/vaccines/schedules/

866.799.2728
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/psu
August Newsletter

Highlight of the Month

Celebrate Wins Beyond the Scale!
Success isn’t measured by a single number. Our wellness partner, WW, can help you reach your weight-loss and wellness goals—and honor every milestone along the way.

What’s a Non-Scale Victory (NSV)?
An everyday wellness win that isn’t tied to your weight. I’m no longer the mom on the sidelines, I can keep up with my kids—total NSV!

Get Inspired by WW Members
- “Don’t get stuck on the scale—it’s only one measure of progress. Now I’m all about stopping and celebrating the little things in life!” — WW member, Sim G.
- “One day I walked two miles before breaking a sweat. Walks turned into runs and I pushed past my perceived barriers.” — WW member, Jacqueline S.

Gift for New WW Members

Time to get shopping!
Join by August 31 and get a $25 WW Shop credit + free shipping to help kickstart your wellness journey!

Recipe of the Month

Cowboy Caviar
Also known as Texas Caviar, this Summer dip goes perfectly with chips, chicken or fish. Click here!

Ready for weight loss to feel easier?
Join WW through Penn State for as low as $8.48 per month – that’s 50% off the retail price!
Select plan purchase required.
Visit ww.com/PSU to learn more and sign-up.