

Message from Craig

Have you noticed the new energy and focus surrounding the concept of wellness? We see it in the headlines, and it is getting that buzzed-about quality. Sometimes when important concepts attract so much attention, I am concerned that the public begins to tune it out due to overexposure.

I am here to tell you, we should not tune out the concept of wellness, either for ourselves or for those around us in personal lives or work lives.

What does wellness mean? If I don't have the flu, does that mean I am well? If I am feeling unmotivated, does that make me unwell? Yes and no.

In short, "wellness" is being free from a physical illness, and also relates to how we take care of ourselves. This concept is about the intentional behaviors and choices we make that either help us feel fulfilled, or lead us to feel stressed or unmotivated, and include best practices in sleep, exercise, nutrition, stress reduction, financial management, family and personal relationships, and being mindful of emotions.

This semester's newsletter message is focused on wellness as I want you to be aware of and have access to all that Penn offers. We have strategic initiatives across several departments such as Finance, Human Resources, University Life, Student Health, among others (not to mention the best health system in the world). While tactically varied, these initiatives all share a common goal of fostering discussion, collaboration, problem-solving, and idea sharing about how best to take care of ourselves, and seek to take care of others.

This is no simple task; as we serve 20,000 students and 37,000 employees, all engaged in a high performance organization with increasingly high expectations seemingly coming at us from many angles.

But try as we must, because the quality of lives of every individual on this campus matters, and as a result we provide excellent and creative services to faculty, students and staff on a range of topics. A few examples:

- [Our Human Resources Division offers terrific programs that cultivate a culture of wellbeing across campus, including Wellness and Work-Life.](#)
- [And to help us stay focused on being active and healthy, we have the incredible Be in the Know wellness campaign.](#)
- [The Wellness at Penn initiative provides support, resources, and practical tools for wellness across the Penn community, and includes resources that range from the physical and emotional to the financial and spiritual.](#)

I am just scratching the surface here, as I did not even mention the discounts for gym memberships, smoking cessation programs and the free annual flu shots. And, ultimately, enhancing our wellness is up to each of us as individuals. However, I am so



very proud to work for Penn which offers opportunities for all of us in adopting healthier behaviors so that we can live productive and happy lives.

I encourage you to set the tone in your workplace by taking a walk at lunch, attending an HR workshop on mindfulness, participate in a financial literacy workshop, and support those colleagues who do.

Be well,
Craig

Craig's List

Congratulations to the Finance team for securing a record-breaking century bond deal in August! Check out the story [here](#).

Short on time? Skip the line by downloading [PennEats™!](#) [Penn Dining launches PennEats™ mobile app](#), a new mobile ordering app available via Apple and Android devices, which allows you to order meals ahead for pick-up at your favorite Penn Dining locations.

Penn Transit rolls out [PennRides on Request](#) to the University! Similar to popular rideshare apps like Uber and Lyft, PennRides on Request is a new app that enables passengers to request a ride on the University's on-demand free services such as [Pennovation Works](#), [Penn Accessible Transit](#), and [Penn's Evening Shuttles](#).

Penn Police Department's Lieutenant Nicole McCoy graduates from [Northwestern University's School of Police Staff and Command](#), one of the most challenging and rewarding law enforcement management programs in the nation. Congratulations!

[ISC's Year in Review](#): Click here to learn about ISC's collaborative efforts to modernize, secure & transform IT at Penn.

The OACP Team is participating in The Philadelphia Outward Bound Program at The Discovery Center this Fall. Learn more about the program [here](#).

It's a new year for [Be in the Know Wellness!](#) Penn's faculty and staff wellness campaign returns for 2019-2020 with fall biometric screenings and the opportunity to earn up to \$300 in incentives.

Nominate a staff member or team during the [2020 Models of Excellence Call for Nominations](#) period, open until October 25th.

Since [Workday@Penn's](#) launch on July 1, over 20,000 users each month have successfully logged on to view their information, perform self-service actions, or initiate other business processes. More than 100 online [tip sheets](#) and other resources, live and recorded webinars and meetings, in-person office hours, and a newsletter are available for assistance. A [new phase of training](#) begins soon.

Check out recent awards given to Business Services for Houston Market winning the [Platinum in 2019 Loyal E. Horton Dining Award](#) and Facilities & Real Estate Services for [Stemmler Hall](#) being recognized as Groundbreaker Award Finalist and [Richards Medical Labs, A&B Towers](#) receiving LEED gold status from the U.S. Green Building Council. Congratulations!

