



# Indiana State University Staff Council Newsletter



December 2020

What a year 2020 has been! Mental exhaustion has settled in and we're all ready for winter break. Looking back this year many great things did come forth. We all heard about the icky stuff that happened but let's reflect on some of the wonderful and positive things that happened in 2020. This month, ISU Staff Council sponsored a Bleed Blue Blood Drive collecting 17 whole blood products and 2 double red products which are on their way to positively impacting the lives of 63 patients.

Sycamores are saving lives! We see you!

During the summer and fall during a world pandemic nearly 70 ISU staff utilized over 300 community service hours to volunteer for area non-profits in our community. We all know there are many more of you that give to our community than you take credit for. ISU staff acting swiftly to hand make masks for essential workers, assisted area churches/schools/hospitals/nursing homes, collected and delivered toys/clothes/household items/food, crafted artwork for nursing homes, knitted blankets for animal shelters, donating time, talent and much more to folks in need! You are all amazing and our community is a much better place because of your leadership! Thank you for all the extra work you put in and for being a great example for our students.



Terre Haute Catholic Charities Foodbank



## Announcements

Make sure to visit and "like" the [Indiana State University Staff Council Facebook](#) and watch for upcoming fun games and contests the Public Relations Committee is developing. There are prizes involved so make sure to like the page and check it often. You don't want to miss out!



Thank you to all who purchased an ISU ornament this season. Proceeds of just over \$1000 from the sale went to the Staff Council Scholarship Fund.



Thanks Holly at [HHClayCreations](#) who created the ornaments. If you missed the sale, make sure to check out her Etsy page.

Got a side hustle you want to boast about? We know some of our awesome staff create handmade/custom items or sell products that would make awesome holiday gifts. Go to our Facebook page and tag yourself on our "side hustle" post and let us know what item(s) you have available and how to reach you to purchase items.

**MEALS ON WHEELS TERRE HAUTE AREA**  
**SHARE A MEAL**

*You're Invited!*  
It's time for our annual chicken noodle dinner!  
On the Friday before Christmas, let us do the cooking for you!  
MEAL INCLUDES CHICKEN & NOODLES, MASHED POTATOES, GREEN BEANS & BREAD

*When?*  
Friday, December 18th, 2020  
Lunch Delivery or Drive Thru 11am-2pm  
Dinner Drive Thru 4pm-7pm

*Where?*  
Drive Thru downtown - 5th & Poplar  
(300 S. 5th - Wabash Activity Center)  
DELIVERY AVAILABLE AT LUNCH

*Buy Tickets:*  
\$10 per meal. Free lunch delivery on orders of 6 or more. Visit <http://bidpal.net/shareameal> to order lunch or dinner tickets in advance. Delivery orders must be purchased in advance.  
DESSERTS BY DONATION AT DRIVE THRU

*Give a Meal:*  
Donate a Holiday Meal for a client!  
We deliver every week day, including holidays.  
Visit <http://bidpal.net/shareameal> to donate for our Christmas and New Year holiday meals.

[www.mowth.org](http://www.mowth.org) 812-232-3878

## Wisdom from the Keyboard© - Martha Reed, MSP Program Coordinator

How many times a day do you laugh or even smile? I know this question is not rocket science, but it is our most overlooked necessities of life when it comes to being human. Yes, and this one is on the free list! You have heard that old saying “laughter is the best medicine,” it has proven to heal people faster from illness even. It helps bring balance and strength to your immune system. It reduces stress. Plain and simple, it just makes us feel better!

How many times have you made a mistake and gotten angry about it? How about the next time you try not being so hard on yourself. Try to laugh about it, fix it, kick some dirt over that stuff and move on! I need to listen to my own words here!

Laughter can be used as a coping mechanism. For example, laughter may serve as a relief maker or even deflect anger in an embarrassing situation. If you can laugh at yourself, others will join in and lessen the whole ordeal!

I have been a professional clown for many years now. I have seen mature adults turn into children again, if only for a few moments when Peanuts enters the picture. My reward in all this, the smiles and sounds of laughter! I LOVE that sound and those happy faces. I once was pulled over by a police officer. I thought to myself, How will I explain who I am with my clown face? He had just wanted to tell me how great I looked, and I had made his day. I watched him in the rearview mirror; he was still chuckling as he drove away.

You do not have to put on paint, though, to make someone else’s day. A big smile is just what someone might need from you. A package of M & Ms or a shiny red apple helps too! Smiles and laughter are contagious. When you make someone laugh, you make yourself feel better also! As in the name of a workshop, I assisted with once, *“If You Are Too Busy to Laugh, You Are Too Busy!”*

*“The most wasted of all days is one without laughter.”* E. E. Cummings, American Poet and Painter (1894-1964)

LAUGH OUT LOUD! Enjoy the season no matter how you celebrate!

be the good!

be the difference



## Letter from the Editor

Happy Holidays to my Sycamore Family!



The holidays are fast approaching with winter recess right around the corner. I am ready to snuggle up on the sofa with a hot cup of coffee, watch holiday movies, and reflect back on a great year. Wait, say what?! A great year? What am I thinking? Hurry, someone take my temp!

Honestly, I wish I could forget all about 2020 but truthfully it made me take the much needed time to realize how much my priorities were out of sorts. The trials of 2020 put in perspective how we need to appreciate the small things, not fret on issues we can't do anything about, and focus on making our own little world a better place. Try not to focus on the negative, but dig deep to find the positive from any situation and build on it. At least that is my 2021 story and I'm sticking to it.

*Happy Holidays and many blessings, Pam Chamberlain*

BYE! 2020





# WHERE'S SAM?

Can you spot Sycamore Sam in The Forest?

The Forest is the official student cheering section for Sycamore Athletics

