



*Paresh Mishra teaches a popular elective class on managing stress holistically.*

## Popular Class Helps Students Better Address Professional and Personal Stress

The whirlwind of change accompanying the fall semester's first six weeks can be overwhelming for students. The adjustments can include living independently, managing finances, building new relationships, and learning to use new technology while simultaneously keeping up with coursework. Even the newfound independence that students often desire can become taxing.

Paresh Mishra, chair of the Department of Organizational Leadership and associate professor, annually teaches an elective class on managing job stress and health. It's among the most popular in the **College of Engineering, Technology, and Computer Science**. The class studies workplace stress, but also a wide range of stressors such as interpersonal relationships, academic pressures, financial difficulties, health concerns, and societal challenges.

"Stress does not compartmentalize itself—it may start in one area but spill over to other areas of our lives, so we must learn to manage it holistically," Mishra said.



## Catablu's BluSpoon Catering Takes the Spatula for Mastodon Family Picnic

An exciting new development for this year's Mastodon Family Picnic is the addition of Catablu's popular BluSpoon Catering, which has been recruited by the university to add some real flavor to the dining options. And on top of traditional beverages for picnickers of all ages, the Mastodon Watering Hole will also be serving up free specialty drinks for guests 21 and older with a valid ID.

Don't wait to register as time is running out to be part of this annual event for faculty, staff, and their families. All the festivities will take place Oct. 1 from 1 to 4 p.m. on the Alumni Plaza, next to the Mastodon Statue. The final day to RSVP is Sept. 26—one week from today.

Catch live music from the Fort Wayne Funk Orchestra, a local band known for their funk, hip-hop, rap, and soul tunes. A full list of fun and games for the entire family and more information can be found online at the [event website](#).

[REGISTER HERE](#)

## PFW Hosting First-Ever NE Indiana Mental Health Summit

For the first time ever, more than a dozen area organizations are convening a Northeastern Indiana Mental Health Summit. The event will be held at Purdue University Fort Wayne on Thursday from 7:30 a.m. to 4 p.m. in the International Ballroom at Walb Student Union.

Among the sponsors are PFW's Behavioral Health and Family Studies Institute, the Allen Superior Court, and the Allen County Mental Health Task Force. The keynote speaker will be Indiana Lt. Gov. Suzanne Crouch, with Fort Wayne Mayor Tom Henry, state Rep. Bob Morris, and state Sen. Michael Crider offering opening remarks.

Topics include the role of faith in mental health treatment, family engagement and support, the 988 Suicide & Crisis Lifeline, prevention efforts, law enforcement interaction with those experiencing a mental health crisis, and community resources. There will also be various booth exhibits.

Members of the public are invited to attend and participate. Admission is free, but **online registration** is required.

## Youth Programs Guidelines and Website

All PFW employees and students who work with minors are required to abide by Purdue University's **Programs Involving Minors** policy and follow the **Operating Procedures for Programs Involving Minors**. This applies to any program or activity, including camps, academic enrichment opportunities, daycares, clinics, conferences, fairs, workshops, clubs, lessons, projects, and practices for participants under the age of 18.

For additional information about youth programs on campus, visit [pfw.edu/youth](https://pfw.edu/youth). If you are planning to conduct a youth program during the academic year or summer, contact Mary Encabo Bischoff, director of youth programs, at [encami01@pfw.edu](mailto:encami01@pfw.edu) and Lisa Zerkle, director of special events and campus emergency preparedness, at [zerkle@pfw.edu](mailto:zerkle@pfw.edu) to discuss the latest procedures.

## Printing Services for Purdue Fort Wayne

As a reminder, all PFW business card, letterhead, and envelope orders should go through New Haven Print. To order these products, users will need to **create an account** using their PFW username and email address. Orders are placed through the website and paid for with a Pcard.

For other print orders such as brochures, posters, flyers, etc., individuals can obtain quotes from New Haven Print, Classic Graphics, and Courier Printing. Contact information for all three vendors is provided below:

New Haven Print  
260-493-3844  
[michele@newhavenprint.com](mailto:michele@newhavenprint.com)  
[info@newhavenprint.com](mailto:info@newhavenprint.com)

Classic Graphics  
260-482-3487  
[info@classicgraphics.net](mailto:info@classicgraphics.net)

Courier Printing  
260-627-2728  
[courierprintingco@gmail.com](mailto:courierprintingco@gmail.com)

Use your department or named Pcard for payment of printing services. If you need to request a permanent higher-cycle limit on your card, work with your business manager for an increase. You may also request a temporary, one-time **Pcard increase**.

Effective Sept. 15, Xerox stopped accepting orders from Purdue West Lafayette, as that campus is transitioning to Phoenix Innovate for printing services. Purdue Fort Wayne will work with the print vendors listed above. Contact Purchasing with questions at [purchase@pfw.edu](mailto:purchase@pfw.edu).

## Visit the Center for Healthy Living Open House Today

Representatives of the new PFW Center for Healthy Living will host an open house today from noon to 2 p.m. in Walb Student Union, Room 234, outside of the clinic space. Operated by One to One Health, this meet and greet will include an opportunity to speak with Leni Schwartz, nurse practitioner, the clinic's local provider. Lindsay Bloom, PFW's health coach, will also be there to book appointments.

There will be light refreshments, prizes, giveaways, and a sneak peek into what the new center's renovated space will look like when it reopens, which is projected to be later this year.

## Featured Events

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*There's always plenty to do at Purdue Fort Wayne. Some opportunities are exclusive to university employees and their families. Check the full [events calendar](#) often to see what's happening on campus.*

SEPTEMBER

19

Today, noon-1:30 p.m.

### DEI Talk Series: The Name Game

Learn about diversity, equity, and inclusion topics from others on campus. Each session is a 30-45 minute talk with time after for questions and networking. Presented by Shubitha Kever, associate chief diversity officer...

SEPTEMBER

21

Thurs., 1:30-2:30 p.m.

### Employee Well-being at Work: Teatime

Take a 10-minute break from work to sample teas and learn about the benefits of tea drinking. Attendees will receive a free mug...

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SEPTEMBER

22

Fri., 8–9 p.m.

## The Bald Soprano

Eugene Ionesco's absurdist comedy pokes fun at vapid, middle-class marriages. Set in the 1950s, two couples gather for after-dinner conversation and literally talk about nothing. The conversation's twists and turns lead to hilarity, but are also unsettling in a giddy kind of way...

## In a Snap

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*Seen and noted around campus. Monitor our university social feeds for more great moments of Mastodon life.*



The goal of this year's **Military Appreciation Day** at Purdue Fort Wayne was to bridge the gap between military and veteran students and more traditional students. **Watch this video** to see highlights of Thursday's event and learn how the Military Student Services office helps ensure the success of PFW's military-affiliated students.

News Center



Events Calendar



Athletics



Ripples



*Inside PFW* is an official university communication for faculty and staff. All submissions should be sent to [inside@pfw.edu](mailto:inside@pfw.edu) no later than 2 p.m. on the day prior to the next edition to be considered for inclusion. Newsletter guidelines can be accessed in the PFW News Center.

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