

HRS
NEWSLETTER
March 2021



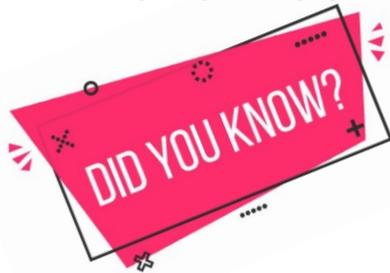
Upcoming Celebration Days:

Employee Appreciation Day	March 5, 2021
St. Patrick's Day	March 17, 2021
1st Day of Spring	March 20, 2021



***Update to State of Idaho Vision Plan:**

To view Vision Benefits flyer, [click here!](#)



Daylight Saving Time starts in 2021 on Sunday, March 14. The clocks will spring forward starting that Saturday, March 13.

**Check out March's list of
Wellness and PDT opportunities and the March
Kindness Calendar!**

MY KINDA YOGA

DOWNWARD DOG



WARRIOR



COBRA



SLOTH



SLOTHILDA.COM

Check out the [PDT](#) and [Wellness](#) websites to register for this month's Warrior Wellness and Professional Development events! We are always adding new workshops, events, etc.! **If you have any suggestions for PDTs and/or Wellness events, please email akgreco@lsc.edu**



We are in search of Learn a Latte' courses! If you are interested in teaching a Learn a Latte' course, or know someone who may be interested, please contact Amanda Greco!



BE HEALTHY

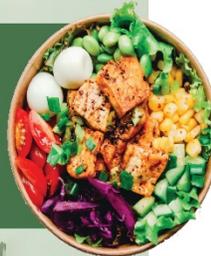


ROMAINE CALM AND CARROT ON.

DITCH THE YO-YO DIET!

Aim for progress, not perfection for sustainable nutrition success. Focus on **adding** healthier items (like fruits, vegetables, lean proteins, high fiber foods, and more water) instead of depriving yourself.

- Add more water to your day.** Make a rule that you must drink a certain amount of water before enjoying other beverages like coffee.
- Add protein to your snack.** Jerky, hard boiled eggs, shelled edamame, Greek yogurt, and string cheese all make satisfying snacks.
- Add a fruit or veggie to every meal.** See how many meals in a row you can include added produce.



KEEP A FOOD JOURNAL

Challenge yourself to write down everything you eat and how it makes you feel each day for the next month. Eat whatever you want, just be sure to log it. Make notes about things like how full you were, how the food made you feel both mentally and physically, and your level of satisfaction. You may be surprised by what you can learn about your food habits and preferences!

Sources: *When Dieting Doesn't Work* by Robert H Shmerling, MD, 2020 Harvard Health Blog / 102 Challenges by Tad Mitchell, 2018 WellRight, Inc.

STATE EMPLOYEE WELLNESS PROGRAM



HEALTHMATTERS.IDAHO.GOV

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 3/5 WEAR BLUE DAY FOR COLON CANCER AWARENESS
- 3/9 'STRESS LESS' LUNCH AND LEARN*
- 3/12 'DESKERCISE 101' LUNCH AND LEARN*
- 3/16 'CANCER PREVENTION' LUNCH AND LEARN*
- 3/19 WORLD SLEEP DAY
- 3/25 'YOU AT YOUR BEST' LUNCH AND LEARN*

*Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/

MARCH 2021



State of Idaho 2021 Annual Cybersecurity Training



The fourth annual statewide cybersecurity training campaign will be emailed to all employees on **February 22, 2021** and is due by **March 31, 2021**.

BE PREPARED



2 The unique password you created for the site may not match your other passwords.



4 Be sure to check your inbox and junk folder for the password reset e-mail.



1 Make sure you remember your login credentials by logging in at www.knowbe4.com.



3 If needed, select the forgot password link to receive a password reset e-mail.

5 The Training Campaign E-mail will be sent from Cybertraining@dhr.idaho.gov



QUESTIONS



When in doubt, log into your account at www.knowbe4.com to verify assigned training.

Email questions and requests for assistance to cybertraining@dhr.idaho.gov.

KnowBe4 



LC State New Employees - February 2021

Ila Duff	Customer Service Representative 2	Workforce Training
Sarah Statler	Administrative Assistant 1	Workforce Training
Trisha Decker	Financial Aid Advisor	Financial Aid
Jessica Schlee	Instructor of Radiology	Nursing & Health Sciences Division
Elli Oba	Enrollment Specialist	Admissions (CDA)

February 2020

W.O.W Award

Winner:

Jess Waddington



Jess is so professional and has been instrumental in making some great changes and efficient processes within the Administrative Services Division during the past six months. I just want her to know how much we appreciate her knowledge and expertise.

She has been a great addition to our team!

Thanks, Jess!



Day	Name
1	Darcy Kincaid
1	Samantha Thompson-Franklin
2	Jennifer Weeks
3	Michael Owen
4	Megan Spence
5	Fredrick Chilson
5	Rachelle Genthos
6	Keegan Schmidt
6	Stephanie Dickinson
8	Mikel Sears
9	Andrew Tuschhoff
9	Stephanie Lathrop
10	Jerry Hindberg
10	Michele D'Arcy-Evans
10	Tiffany Bailly-Renner
13	Robert Sahlberg
13	Wendy Shuttleworth
14	Lindsey Hight
16	Trena Lawen
17	Tracy Collins
18	Elizabeth Martin
20	Billy Lemus
20	Kyle Ferguson
21	Judy Dahl
21	Julane Lorentz
21	Kenneth Wareham
21	Leif Hoffmann
22	Amy Minervini
22	Elizabeth Weldy
23	Gwen Sullivan
23	Jennifer Light
25	Matthew Brady
26	Stephanie Jungert
26	William Davenport
27	Jessica Schlee
27	Mary Lou Robinson
28	Bart Bramell
29	Celeste Ellis
29	John Kok
30	Michelle Doty
31	Debra Gourluck