

HRS NEWSLETTER

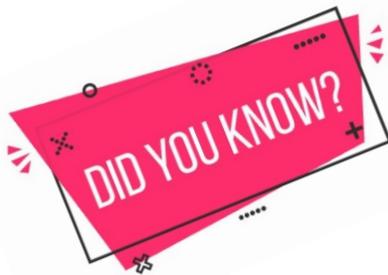
May 2021



Upcoming Holidays:

Memorial Day	May 31, 2021
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Please contact Judy in Payroll at x2204 for I-Time Coding Information.



May 5, 2021, is Cinco de Mayo! This date is observed to commemorate the Mexican Army's victory over the French Empire at the Battle of Puebla, on May 5, 1862, under the leadership of General Ignacio Zaragoza.

Summer Vacation is coming! Please be sure to terminate all student employees, even if they are returning for the fall semester, unless they are working over the summer months.



Open Enrollment is happening until May 14th! Want a quick overview of all your employee benefits, and open enrollment? Check out these videos on the Office of Group Insurance Website: www.ogj.gov

Check out May's list of Wellness and PDT opportunities and the April Kindness Calendar!



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.!



We are looking for PDT and Wellness ideas. Please email akgreco@lsc.edu if you would like to teach a course, or know of someone who would!

Health Matters – Spring into Summer Challenge: May 10, 2021 – June 20, 2021

Get up, get moving, and add a little spring to your step just in time for summer! All fitness levels are welcome in this simple and fun personal challenge. For more information, and to register, please click [here!](#)

5/5
2:00 - 4:00

Save the Date!

Join us for music by Marcos Dominguez and yard games out on the Quad for State Employee Appreciation Day!

"TO PLANT A GARDEN IS TO BELIEVE IN TOMORROW."

- AUDRY HEPBURN

STATE EMPLOYEE WELLNESS PROGRAM



HEALTHMATTERS.IDAHO.GOV

GROW A GARDEN FOR GOOD HEALTH

Growing your own vegetables is a creative way to improve your health. Whether you grow a small pot of herbs or a large backyard garden, the outcome will likely be beneficial for your body and mind!

- **More Movement:** Gardening is a fun way to get outside for fresh air and movement. From prepping to planting to watering to harvesting, the process will have you moving every step of the way!
- **Dig Up Happiness:** Playing in the dirt can actually improve your mood. Research has found a healthy bacteria that lives in soil that can increase levels of feel good hormones in the brain.
- **Stress Reduction:** Gardening can reduce symptoms of depression and anxiety by helping your mind focus on a goal. It is rewarding to see your plants grow and thrive!

GARDENING BASICS

Looking for some help with getting your garden growing? The University of Idaho Extension is an excellent local resource for gardeners of all skill levels. To get started, visit: uidaho.edu/extension/garden/landscapes/basics



Source: 8 Surprising Health Benefits of Gardening by Robert Hutchins, MD, MPH, 2020, UNC Health Talk

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- 5/5 IDAHO STATE EMPLOYEE RECOGNITION DAY
- 5/5 'STRESS LESS' LUNCH AND LEARN*
- 5/10-5/16 NATIONAL WOMEN'S HEALTH WEEK
- 5/12 'DESKERISE 101' LUNCH AND LEARN*
- 5/18 'YOU AT YOUR BEST' LUNCH AND LEARN*

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

MAY 2021

THE GIFTS OF CARING, ATTENTION, AFFECTION, APPRECIATION, AND LOVE ARE SOME OF THE MOST PRECIOUS GIFTS YOU CAN GIVE, AND THEY DON'T COST YOU ANYTHING. —DEEPAK CHOPRA

CARING

"Caring" can manifest in many different ways. Lend a hand when you can see someone struggling, listen to someone who is feeling frustrated, include others, or offer a kind word to a stranger.

In addition to caring for others, self-care is a topic we hear a lot about. But, what does it really mean? It can certainly include pampering yourself, but it really means taking care of the things that keep you healthy and happy. Eat healthy, get outside, have conversations with people who fuel you. Do what makes you feel good and keeps you going.

When looking for ways to create a kinder and more caring workplace, check out "7 Steps to Creating Kindness in the Workplace" at <https://bit.ly/3pdYBa0>.

This month, look for ways to show how much you care not only for others, but for yourself.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																	
25	26	27	28	29	30	1 Seek out the opinion and perspective of those outside of your circle.																																																																																																	
2 Be polite on the road.	3 Build pay structures that create equality for everyone.	4 Look for new and different faces for your board of directors.	5 Listen to learn, not to respond.	6 Join a community meeting that provides insights into what's happening in your town/city.	7 Talk to a colleague about something other than work.	8 Tutor someone or volunteer to help those who are less fortunate.																																																																																																	
9 Stand up for something that helps others.	10 Befriend a new work colleague.	11 Vote in local, state, and national elections.	12 LIMERICK DAY Make up a funny limerick today and share it with others.	13 Write down someone's best qualities. Use that list to write a letter to them and then mail it.	14 DANCE LIKE A CHICKEN DAY Dance like chickens as a team to lighten the mood!	15 CHOCOLATE CHIP DAY Make something yummy with chocolate chips to share with others!																																																																																																	
16 Leave a generous tip.	17 Hire people who come from different areas and have different backgrounds.	18 Talk with the person next to you on the bus, airplane, or standing in line.	19 Purchase supplies from local, BIPOC/ women-owned businesses.	20 NEW YEARS DAY Greet others with curiosity and warmth.	21 Rotate who runs your meetings.	22 Consider hosting an evening with acquaintances to build new connections and friendships.																																																																																																	
23 Buy gifts from BIPOC-owned stores locally and online.	24 When others are gossiping, be the one to chime in with something positive.	25 Invite someone you work with to have coffee or lunch with you.	26 Be thoughtful of what you say or write to others. Consider their perspective.	27 Start a group at your office that works towards equity for everyone.	28 Listen and learn.	29 PUT A PILLOW ON YOUR FRIDGE DAY It's "Put a Pillow on Your Fridge Day" so... do that!																																																																																																	
30 Mow a neighbor's lawn, rake their leaves or shovel their sidewalk.	31 Search for ways to create a more equitable workplace.	1	2	<p>APRIL</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> </tbody> </table> <p>JUNE</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td>30</td> <td>31</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> </tbody> </table>		S	M	T	W	Th	F	S	28	29	30	31	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	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	30	31	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	1	2	3	4	5	6	7	8	9	10
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LC State New Employees – April 2021

**Ted
Unzicker**

Registrar

**Registrar's
Office**

**Abby
Cornilles**

**Administrative
Assistant**

**Admissions
Office**



April 2021
W.O.W Award
Winner:

Alex Cheney



Alex has been a breath of fresh air for the Kindercollege. She has implemented the use of a mobile app with the parents; she has made the interior of the center colorful and fun with the addition of "rainbows" over the pipes, and lots more fun activities

Thanks, Alex!



Day	Name
1	Julie Scoles
1	Michael Collins
1	Polly Knutson
2	Kacey Diemert
3	Danel Arnzen
5	Charmain Steiger
6	Kristy Gonder
7	Jenna Chambers
7	Philip Liggins
8	Andrea Baldus
8	Heather Moon
8	Seth Bradshaw
9	Mandy Damman
10	Courtney Toth
10	Michael Oatman
13	Randy Puckett
13	Sundie Dalton
15	Michelle McClure
16	Brianna Brown
17	Gabriel Lybrand
17	Gary Reed
17	Noreen Peterson
18	Samantha Coulter
19	Judith Floch
21	Jennifer Anderson
21	Tiffany Harris
23	Nancy Johnston
24	Summer Kibbe
25	Debra Paxton-Flynn
28	Kathy Moscrip
31	Alex Slocum