

HRS
NEWSLETTER
August 2021



Upcoming Celebration Days:

National Banana Split Day	August 25, 2021
----------------------------------	------------------------



In August of 1492, Christopher Columbus set sail on his first voyage.

LC State Staff Cornhole and Concerts Tournament



NO.85855

Summer Concert and Cornhole Tournament

REWIND ROCK BAND

Gazebo Lawn

Admit One

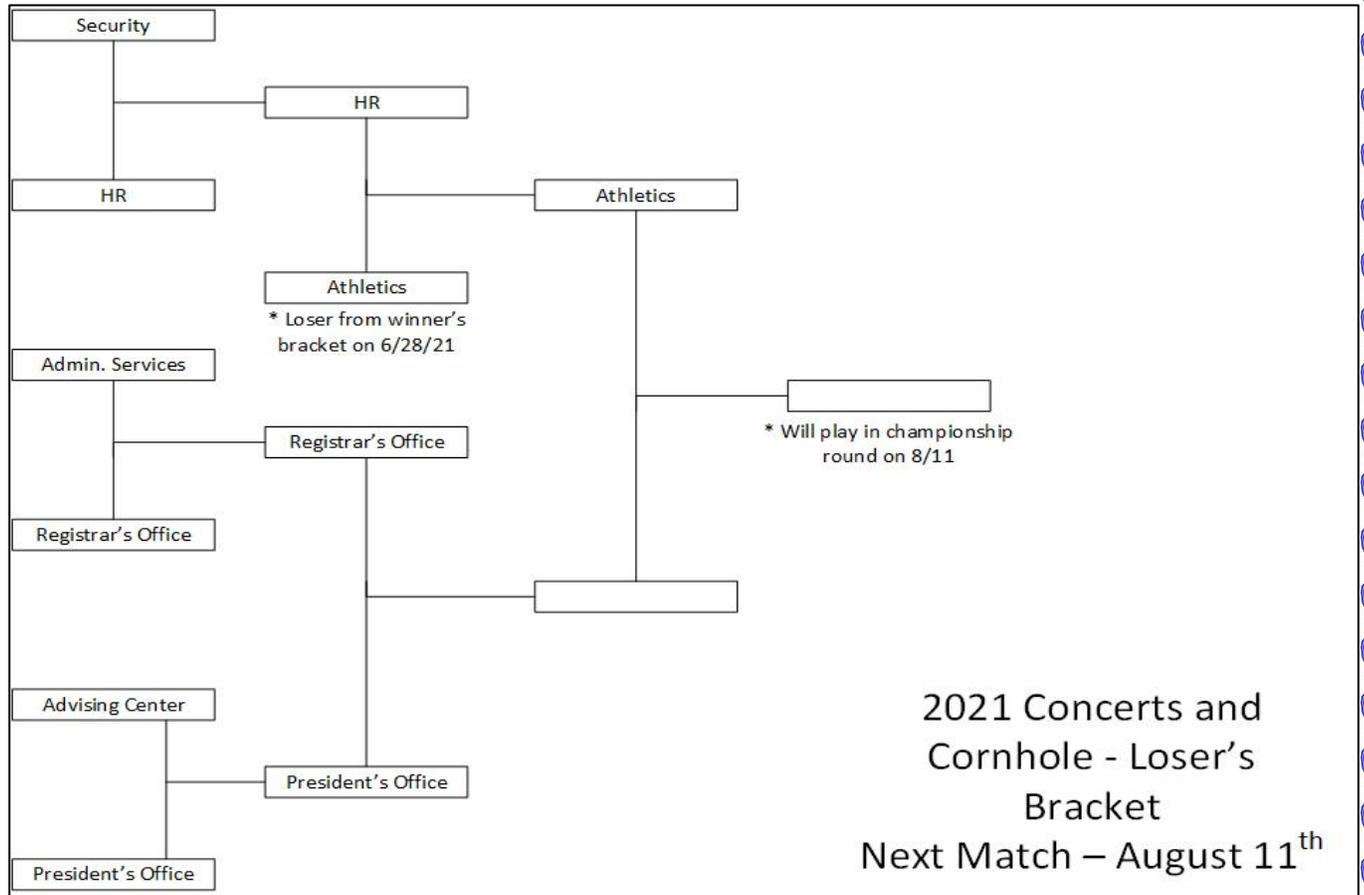
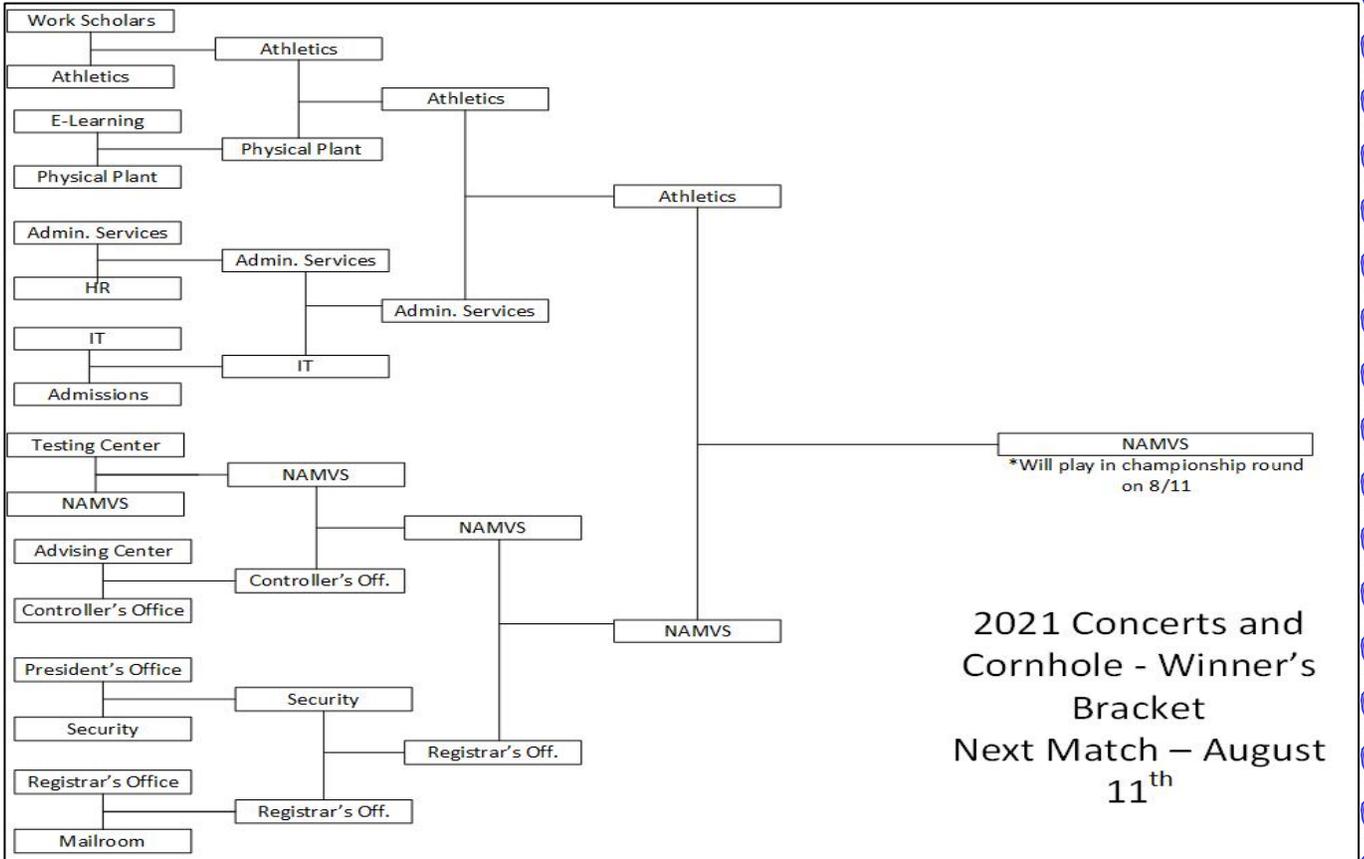
08/11/2021

11:30 am - 1:00 pm



LEWIS & CLARK STATE COLLEGE

Final Round 8/11/21:





We're proud to offer special employee benefits and savings.

LCSC has partnered with Liberty Mutual Insurance to bring you savings and benefits on your auto and home insurance.

[Get your quote](#)

Or call [800-699-4378](tel:800-699-4378)

Policies come with great benefits like:



Multi-Policy Discount¹

Liberty Mutual rewards customers who have more than one policy with us.



Accident Forgiveness²

Your rate won't increase because of your first accident.



New Car Replacement^{TM3}

Get reimbursed for a brand new car—not the depreciated value.

Check out August's list of Wellness and PDT Opportunities

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! If you, or someone you know, would like to teach a class, please contact Amanda Greco at akgreco@lsc.edu



Idaho Public Health will be hosting two vaccination clinics on campus! These will be held on August 13th and September 3rd. Please watch for more information to be released soon!



August is National Immunization Awareness Month! In addition to your COVID-19 vaccination, visit the CDC Vaccination Reference Guide to assist in vaccinations for the whole family! That can be found [here](#)!



COVID-19 Vaccine Incentive for State of Idaho Employees



Governor Brad Little

State Capitol :: Boise, Idaho 83720
(208) 334-2100 :: gov.idaho.gov

June 16, 2021

To our valuable state employees,

One of the State of Idaho's greatest resources is our talented and committed workforce in state government. For more than a year, state employees have managed to maintain critical services to the public during these unprecedented times. I want to commend all state employees for the service you provide to our fellow Idahoans.

Idaho's economy has remained strong throughout the pandemic and continues to outpace other states' recoveries. The COVID-19 vaccine is our best tool to protect jobs, strengthen our workforce, and save lives.

To thank the many state employees who have chosen to receive the safe and effective COVID-19 vaccine, all state employees who have already been vaccinated against COVID-19 will receive four hours of paid COVID administrative leave (CVT).

State employees who have not yet been vaccinated but choose to be vaccinated before August 31, 2021, will also be eligible to receive four hours of paid leave.

Your agency's human resources representative will be providing further details about this new benefit.

For information on where to receive the COVID-19 vaccine, please visit <https://healthandwelfare.idaho.gov/covid-19-vaccination>.

Thank you again for your service to the people of Idaho!

Sincerely,

A handwritten signature in blue ink, appearing to read "Brad Little".

Brad Little
Governor of Idaho

Please visit https://dhr.idaho.gov/wp-content/uploads/CVT_FAQ_6.22.2021.pdf for I-Time Coding Information or call Payroll at x2204.

AUGUST 2021

INTEGRITY AND RESPECT

THERE IS NO RESPECT FOR OTHERS WITHOUT HUMILITY IN ONE'S SELF. —HENRI FREDERIC AMIEL

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Respect yourself today - get some extra sleep and take a nice long walk.	SISTERS DAY 2 Call or text your sister telling her all the things you respect about her.	WATERMELON DAY 3 It's Watermelon Day! Sink your teeth in!	4 Show up to work on time with positive energy, and ready for the day!	5 Listen with curiosity.	6 Keep common areas clean and tidy.	7 Respect the environment. Ride or walk today. Pick up litter along the way.																																																																																																		
HAPPINESS HAPPENS DAY 8 Make someone happy today by doing a kind act for them.	BOOK LOVERS DAY 9 Buy (or download) a new book today.	10 Show up when you say you'll be there.	SON AND DAUGHTERS DAY 11 Shower your son and/or daughter with love today!	12 Offer a helpful solution to someone who is struggling at work.	LEFT-HANDERS DAY 13 If you know a left-handed person, give them a left-handed high five today!	14 Follow through on a promise you made.																																																																																																		
RELAXATION DAY 15 Use today to do something relaxing.	TELL A JOKE DAY 16 Tell a joke to someone and make them laugh.	17 Use positive language.	18 Don't participate in gossip.	19 Respond to people in a timely manner.	20 Let others finish speaking before responding.	21 Spend time with a grandparent or elderly friend today.																																																																																																		
22 Give up your seat on public transportation to someone or allow someone to merge into traffic.	23 Use the phrase, "I hadn't thought about it like that before..." more.	24 Clean out your email inbox and unsubscribe from emails you no longer want to receive.	KISS AND MAKE UP DAY 25 Forgive someone and/or ask for forgiveness.	DOG APPRECIATION DAY 26 Take your dog for an extra long walk with some play time today.	27 Be willing to admit when you are wrong and apologize.	28 Accept an apology from someone else.																																																																																																		
29 Greet people with a genuine smile.	30 Do what you say you're going to do.	EAT OUTSIDE DAY 31 Find a sunny spot to enjoy lunch, snack or a cold drink.	1	<p>JULY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</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> <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>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> <p>SEPTEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table>			S	M	T	W	Th	F	S	27	28	29	30	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	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	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	9
S	M	T	W	Th	F	S																																																																																																		
27	28	29	30	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																																																																																																		
1	2	3	4	5	6	7																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
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	9																																																																																																		

In order to be an effective team and accomplish your goals, it is vital that we all show and give respect to each other. Doing so will build the personal connections that strengthens the integrity of a team which benefits each of us. There are many ways of showing respect and therefore boosting integrity as a group: being on time for meetings (and not letting meetings go longer than scheduled), really listening & staying focused during conversations, encouraging others who are engaged and share ideas and, as always, treating each other with common courtesy and kindness throughout the day.

This month consider starting a 'team of the month' award inside your organization to recognize those who are doing the hard work of building respect and integrity as a team. Identify other areas that you could work on to help shift the mindset of individual accomplishment or recognition to more of team accomplishments.

STATE EMPLOYEE WELLNESS PROGRAM



HEALTHMATTERS.IDAHO.GOV



“CONNECTION IS THE ENERGY BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD, AND VALUED.”

— BRENE BROWN

CONNECT TO THRIVE
Social connections help protect health and enhance life. Look for ways to get involved with others:

- Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- Take a class in yoga, tai chi, or another new physical activity.
- Help with gardening at a community garden or park.
- Volunteer at a school, library, hospital, or place of worship.
- Join a local community group or find other ways to get involved in things you care about.

BE THERE
Challenge yourself to put your cell phone away when you're with other people for 30 days. The idea is to focus on people when you're with people – your cell phone can wait. Not only is it rude to ignore your company, you are missing out on one of the most enjoyable parts of life – interpersonal relationships. Give others your full attention and be present!

Source: Do Social Ties Affect Our Health?, NIH News in Health, 2017 / 102 Challenge by Tad Mitchell, 2018 WellRight, Inc.

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				

8/12 'YOU AT YOUR BEST' LUNCH AND LEARN*
8/25 'DESKERCISE 101' LUNCH AND LEARN*

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



LC State New Employees – July 2021

Michelle Nelson

Division
Chair/Assistant Dean

Business &
Technology
Service

Drew Choules

Assistant Volleyball
Coach

Athletics

Ryan LaPlante

Interim Assistant
Coordinator

Athletics

Matt Everts

Grants Financial
Coordinator

Controller's Office

**Christina
Sorenson**

Financial Technician

Controller's Office



July 2021
W.O.W Award
Winner:
Bailey Pointer



TRIO Talent Search held four STEM day camps in June which served over 40 middle school students. Bailey ordered and gathered supplies as well as entered requisition for all the students to receive a stipend. I appreciate her work!



Day	Name
3	Tyson Smith
4	Alan Hain
5	James Hart
6	Mindy Brand
6	Spencer Payton
8	Heidi Greene
8	James Nave
9	Sarah Graham
13	Dylan Dahl
14	Kelsie Seitz
14	Matthew Toth
14	Rebecca Parks
14	Shannon Casteel
15	Wayne Bolon
18	Bruce Willis
18	Christa Davis
18	Geralyn Seale
18	Jill Thomas-Jorgenson
18	Julie Christianson
19	Soo Lee Bruce-Smith
20	Andrew Hanson
21	Julie Bezzerides
21	Mark Brazington
22	Evelyn Carter
23	Autumn Greene
24	Shirley Lesperance
25	Julee Moore
25	Melinda Tompkins
28	Danielle Hayes
28	Schuyler Daugherty
30	Sheila Bond
31	Andrew Kuther