

HRS
NEWSLETTER
January 2022



Upcoming Holidays:

Idaho Human Right's Day	January 17, 2022
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PLEASE CONTACT PAYROLL FOR INFORMATION ON I-TIME CODING FOR IDAHO HUMAN RIGHT'S DAY HOLIDAY



**NEW PHARMACY SERVICE
BENEFIT FOR
LC STATE EMPLOYEES:**
See more information [here!](#)



LC Cares was, yet again, a
HUGE success this year!

Thank you to the LC Cares
Committee and to all that
donated. We were able to
provide a lot of awesome gifts
to 7 children this year!



Well-Being Refresh!



JANUARY

Refresh in January

A new year can bring new energy to refresh your well-being! The truth is we don't need a new year to make positive changes, but sometimes the fresh start can be what it takes to get us started. If you're thinking about making some changes this year, be sure to think small. It is common to get carried away with a grand new year's resolution, but habit-building science confirms that small, consistent changes lead to better outcomes.

Here are five small and simple ways you can refresh your well-being in the new year!



Reflect: Take some time to look back on the past year. What went well? What was challenging? What kinds of things do you want to do again? What types of things do you want to avoid, if possible? Looking back on where you've been can help you determine where you want to go. Use your reflection of 2021 to help you establish and define your intention for 2022.



Clean Your Physical Environment: Start the new year with a clean and organized space, whether that's at work, at home, or both! Think about your goals and intentions for the upcoming year and determine which areas could use a little tidying. Maybe you want to clean out your kitchen pantry or purge your clothes closet, or finally tackle that old filing cabinet.



Clean Your Digital Environment: Don't let technological noise take up precious space in your brain and life. Use the new year as an opportunity to unfollow and unsubscribe from digital content that is no longer serving you. If you're feeling bold, you may delete some apps altogether!



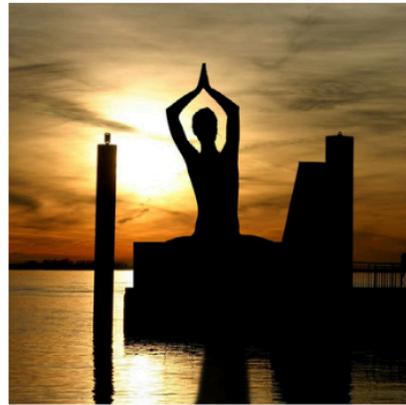
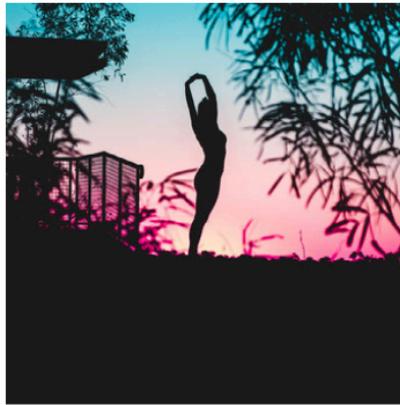
Update Your Routine: Routines can help you manage change, stick with healthier habits, and reduce overall stress. If you've noticed yourself out of your regular morning or evening routine (or you've never had a routine), now is the time to get on track. Think of a few things that make you feel your best, and try incorporating them into a simple routine.

Goal Setting

Resolutions are easy to make but hard to follow through with. This is because most resolutions (*I want to get healthy. I want to lose weight. I want to be more organized. I want to save more money.*) are too vague and do not incorporate concrete actions. On the other hand, effectively developed goals are specific, finite, and help you stay focused on your desired outcome

- You can set a goal for almost anything! Whether you are training for a race, trying to eat more vegetables, or saving for a big purchase, making your goals SMART sets you up for success!
- Be purposeful in your goal setting. Choose a small number of objectives that are the most important to you. A goal should include a metric that lets you know you have accomplished it.
- It is easier to stick to a new behavior with a supportive network. Accountability can be motivating and is critical for success. Tell friends, family, and co-workers about your goals and ask them for support.

WARRIOR WELLNESS YOGA



WEDNESDAY | 1/12/22 @ 4

Sign up at
www.lcsc.edu/hr/wellness

PERFORMANCE EVALUATION SEASON

**As you all know, it is
Performance Evaluation season!**

**Performance Evaluations for
Professional and Classified Staff
must be completed by January
31, 2022.**



LC State New Employees – December 2021

Glory Deniston	Financial Coordinator	Controller's Office
Dana Parsons	Enrollment Specialist	CDA Student Services
Vanessa Stedman	Coordinator of Veteran's Services	NAMVS
Jacob Crist	Student Activities Coordinator	Student Affairs
Laura Wilson	Administrative Assistant	Public Safety
Kim Brown	Administrative Assistant	BTS



December 2021

W.O.W Award

Winner:

Michelle Nelson

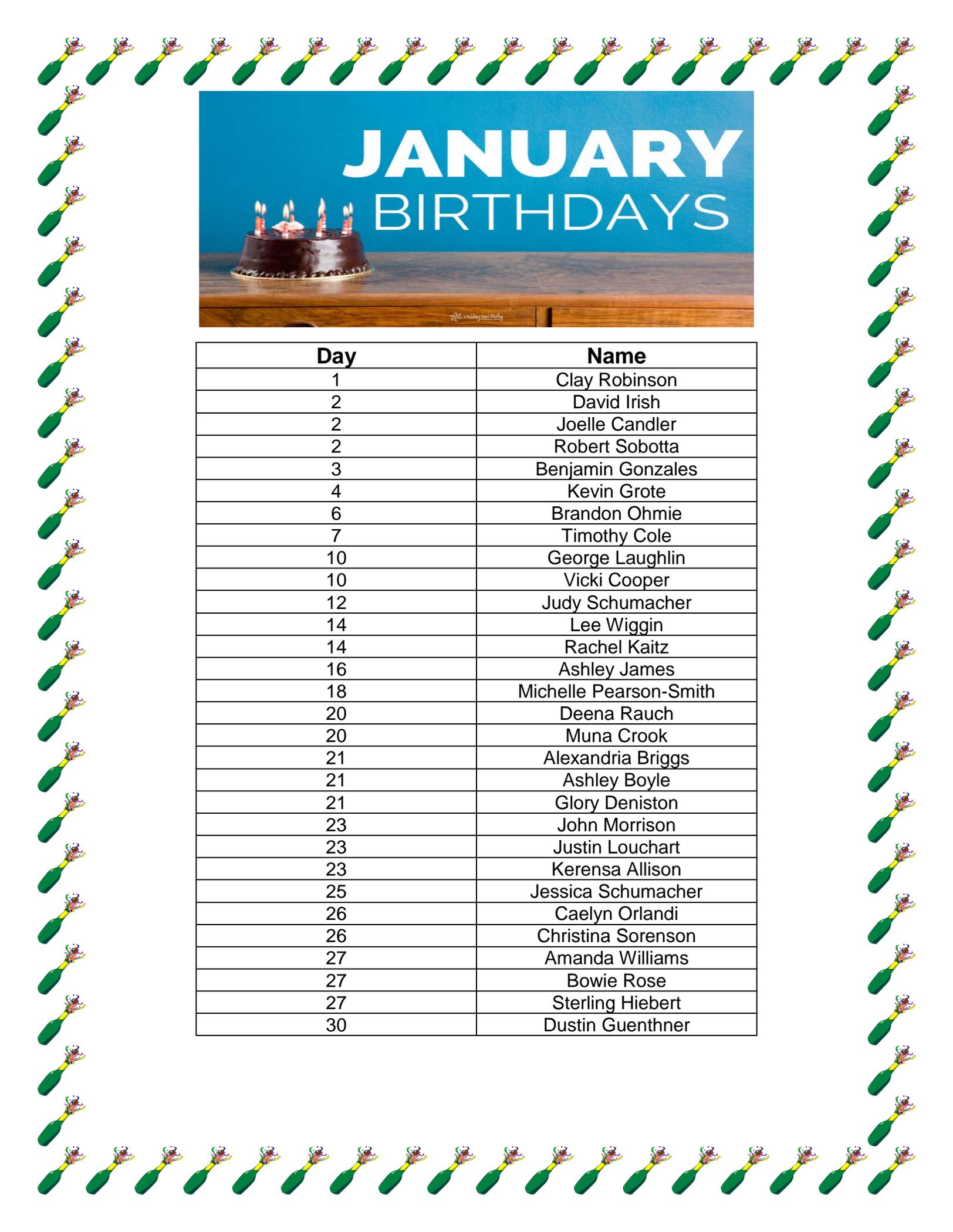


Recently, we asked Michelle if BTS, CTE, and T&I were interested in hosting a Discovery Series for employees of LC State. Not only did Michelle oblige, she completely turned the Discovery Series into our best and most attended one yet!

Michelle organized the entire tour down to the minute and we were able to see so many cool things about different updates and programs in and BTS, CTE, and

T&I

Thanks, Michelle!



JANUARY BIRTHDAYS



Day	Name
1	Clay Robinson
2	David Irish
2	Joelle Candler
2	Robert Sobotta
3	Benjamin Gonzales
4	Kevin Grote
6	Brandon Ohmie
7	Timothy Cole
10	George Laughlin
10	Vicki Cooper
12	Judy Schumacher
14	Lee Wiggin
14	Rachel Kaitz
16	Ashley James
18	Michelle Pearson-Smith
20	Deena Rauch
20	Muna Crook
21	Alexandria Briggs
21	Ashley Boyle
21	Glory Deniston
23	John Morrison
23	Justin Louchart
23	Kerensa Allison
25	Jessica Schumacher
26	Caelyn Orlandi
26	Christina Sorenson
27	Amanda Williams
27	Bowie Rose
27	Sterling Hiebert
30	Dustin Guentner