

HRS NEWSLETTER

April 2022



Upcoming Celebration Days:

| | |
|-------------------------|-----------------------|
| April Fool's Day | April 1, 2022 |
| Easter | April 17, 2022 |



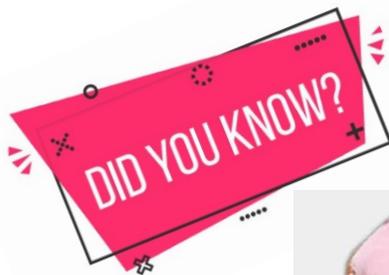
OPEN ENROLLMENT – FY23

Open Enrollment runs April 25 – May 13

FY 2023 Premium Rates, Summaries of Benefits & Coverage for all plan types, and more will be posted to the Office of Group Insurance website the week prior to Open Enrollment

Want a quick overview of all your employee benefits? Check out this 4-minute Benefit 101 video provided by the Office of Group Insurance!:

<https://ogi.idaho.gov/>



Health Matters provides healthy recipes such as this [Donut Fried Chicken Sandwich!](#)

Check out April'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.!

If you have any suggestions for PDTs and/or Wellness events, please email akgreco@lsc.edu



Laughing is both a physical and mental stress reliever. A good laugh can soothe tension, aid in relaxation, and release feel-good hormones to your brain. Laughter has also been shown to strengthen a person's immune system and help relieve pain by encouraging the body to release its own natural painkillers. Best of all, out of everything you can do for stress management, laughter takes the least amount of effort and planning. **Don't let a day go by without a moment of laughter!**

|  Smile |  Ask |  Laugh at Yourself |  'Kid' Around |
|---|--|---|--|
| Smile at those around you. Smiling is the beginning of laughter, and like laughter, it's contagious. Plus, a smile releases hormones in your brain to lower stress. | Make humor part of the conversation. Ask friends, family members, and co-workers, "What is the funniest thing that happened to you today?" | Share your embarrassing moments. The best way to take yourself less seriously is to talk about the times when you took yourself <i>too</i> seriously. | Notice how children play and try to emulate them. They are the experts on being silly, taking life lightly, and laughing at ordinary things. |

<https://healthmatters.idaho.gov/humor-is-healthy/>



FREE FOR EMPLOYEES!

Walking Ghost Tour of Historic Lewiston

4.15.2022 | FRIDAY | 2:30 pm

REGISTER
AT WWW.LCSC.EDU/HR/WELLNESS

Tour provided by:
Garry Bush, Idaho
History Tours



HR PROCESS REMINDER!

Employee Onboarding

Onboarding a new employee is as easy as 1,2,3 on the new HR webpage! Visit www.lcsc.edu/hr/new-employee-onboarding-process to view the interactive drop-down lists of onboarding ANY TYPE of employee!



I am hiring a:

| | |
|------------------------------------|---|
| Benefit-Eligible Employee | + |
| Adjunct Faculty | + |
| Student or Irregular Help Employee | + |
| Independent Contractor | + |

Employment Opportunities

New Employee Onboarding Process

Benefit-Eligible Employee Checklist

Benefit-Eligible Mentor Program

Hiring Process

On this page, you will also find several helpful links for onboarding new permanent employees:

Helpful Links:





LC State New Employees— March 2022

| | | |
|------------------------------|--|--|
| Evan Jenkins | Men's Basketball Assistant Coach and Fitness Center Manager | Athletics |
| Brian Parker | Program Manager | Nursing & Health Sciences - CDA |
| Beth Colgan | Administrative Assistant 1 | The Advising Center College Advancement and Center for Arts and History |
| Con Schafman | Administrative Assistant 1 | Admissions – Idaho Falls |
| McKinley Bradshaw | Enrollment Specialist | Admissions – Idaho Falls |
| Jane Johnson | Financial Coordinator – Payroll | Controller's Office |





MOVIN' ON UP!

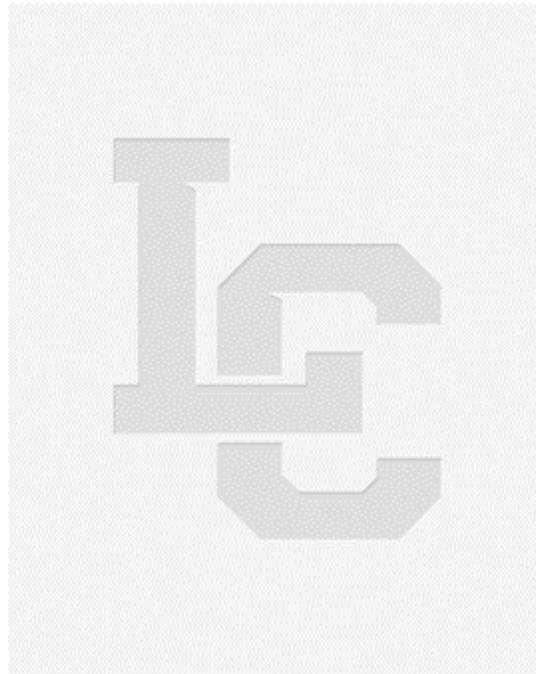
Congratulations to these LC State Employees who moved offices or transferred positions in March!

| | | |
|-------------------------|-------------------------------------|---|
| Dr. Fred Chilson | Vice President | Academic Affairs |
| Kelsie Page | Financial Technician, Senior | Controller's Office |
| Carlee Rhodes | Data Coordinator | Registrar & Records |
| Dustin Guenther | Associate Director | Public Safety |
| Kelsie Seitz | Administrative Assistant 1 | Athletics |
| Summer Kibbe | Coordinator | Testing Center |
| Kalene Eilers | Administrative Assistant 2 | Technical & Industrial |
| Megan Spence | Administrative Assistant 2 | Career & Technical Education |

CONGRATULATIONS

March 2022
W.O.W Award
Winner:

Carlee Rhodes



During the busiest week I have had this academic year, I was overwhelmed. I felt as if nothing was going right. I would close the door to my office and just breathe to make it another hour. One of those days I needed expert help from the Registrar's Office. Thankfully, Carlee Rhodes was at the other end of my email plea. By the end of the day, and many emails, she was my new hero and I told her so. When I got to work this morning, I knew somebody else needed to know that she saved me and my sanity.

Thank you, Carlee. LCSC is lucky to have you!



| Day | Name |
|-----|---------------------|
| 1 | Julie Crea |
| 2 | Luke Thomas |
| 4 | Ayodeji Arogundade |
| 4 | Jeffrey Ober |
| 4 | Jennifer Cromer |
| 4 | Kyle Guelcher |
| 5 | Diana Higgins |
| 6 | Gordon Cox |
| 6 | Rodney Farrington |
| 7 | Terry Taylor |
| 8 | Emily Jerves |
| 9 | Teresa Nash |
| 10 | Justice Stocks |
| 10 | Robert Franklin |
| 12 | Jacob Hornby |
| 12 | Jennifer Gardner |
| 13 | Amanda Greco |
| 13 | Lauren Nichols |
| 16 | Sue Hasbrouck |
| 17 | Kelsie Page |
| 19 | Michael Love |
| 19 | Tyler Sinner-Graham |
| 20 | Barbara Syska |
| 20 | Jay Kimble |
| 22 | Cyrus Hall |
| 22 | Jody Wassmuth |
| 22 | Lauren Grijalva |
| 23 | Carrie Kyser |
| 23 | Laura Hughes |
| 24 | Edgar Galeano |
| 25 | Mark McNabb |
| 26 | Julie Magelky |
| 28 | Benjamin Frey |
| 28 | Louis Sylvester |
| 30 | Amy Bond |