

HRS
NEWSLETTER
October 2022

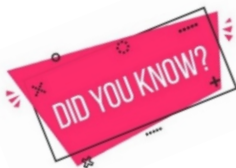


Upcoming Celebration Days:

Columbus Day

October 10, 2022

Please contact Payroll at 208-792-2204 for I-Time Coding Information



In 2019, Americans spent \$2.6 billion on Halloween!

**NEW LC STATE EMPLOYEE DISCOUNT:
GUEST HOUSE YOGA**

Guest House Hot Yoga is a heated "boutique" yoga studio built out of a passion for a fitness-based yoga practice. Small group yoga and fitness classes are also available. LC State Employees can get a 5-class pass for only \$45!
Register here to check it out!



LC STATE EMPLOYEE RESOURCE & BENEFIT FAIR



FLU SHOTS AND COVID
BOOSTERS



HEALTH SCREENINGS



SNACKS &
REFRESHMENTS



DOOR PRIZES
AND GIVEAWAYS!

THURSDAY, OCTOBER 13TH
12 PM - 3 PM
ATHLETIC CENTER MEZZANINE



PRESCRIPTION DRUG TAKE-BACK DAY

Turn in your unused or expired
prescription
medications for safe disposal.

WEDNESDAY, October 19
10 A.M. - 2 P.M.

LC STATE LIBRARY PARKING LOT

Do NOT remove labels/drug information
DO cross out personal information
NO refunds will be given
There is NO cost to participate

Not Accepted:

Syringes
Liquids
Needles
Inhalers

Accepted:

Prescription Drugs
Over-the-counter Drugs
Pet Medication
Vitamins & Supplements

Contact: LC State Student Counseling Center 208-792-2211
or counseling@lsc.edu.





OPEN HOUSE Mammogram AND A Massage

Join us for an LC State Open House at the Breast Imaging Center

We are pleased to offer 3D Mammography and experienced radiologic technologists with advanced certification in the fight against breast cancer. **Breast imaging, like 3D Mammos:**

- Offer better accuracy and fewer callbacks
- Can be life-saving, especially for women with dense breast tissue
- Provide comprehensive breast care

During the Open House, get your screening mammogram and **enjoy a complimentary chair massage** with:

- Times reserved for LC State faculty and staff
- Refreshments
- Special Pink Ribbon giveaways
- A comfortable, spa-like setting

Schedule your 3D Mammo today! 208.799.6505

Photo and insurance cards required. Your insurance will be billed for a screening mammogram as part of wellness benefits.

**Wednesday, Oct. 19
10 am – 6 pm**

1630 23rd Ave.
Building 3, Suite 601
Lewiston, ID

208.799.6505



ST. JOSEPH

Breast Imaging Center

sjrhc.org



Fall Fun!

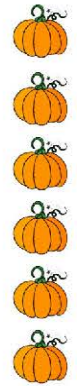
- What:** Pumpkin Carving/Decorating Contest
- When:** Monday, October 31
Pumpkins must be ready for judging by 11:00 am
- Where:** SUB Solarium

Sign up for the pumpkin contest!



Sign up begins October 5 and ends at 5pm on October 28

Sign up with the Vice-president's or President's office that your department/division falls under: President's units – Lori Ruddell; Academic Affairs – Vicki Cooper; Student Affairs – Maria Hatstrup; Finance & Administration – Jeannette Carté



One pumpkin per office

No size restriction, but you must be able to get it to and from the SUB Solarium

Pumpkins must be ready for judging at 11 AM on Monday, October 31

Judges: President and Vice Presidents

Pickup pumpkin between 3:00-4:00 PM

Winning office gets to display trophy for the year!

2021 winner: Academic Affairs/Provost Office

State of Idaho



2022 October Cybersecurity Awareness Month



The 2022 October Cybersecurity Awareness Month statewide training campaign will be emailed to all employees on October 3, 2022 and is due by November 4, 2022.

BE PREPARED

- 
2 Your KnowBe4 password may not match your other agency passwords.
- 
4 Be sure to check your inbox and junk folder for the password reset e-mail.

- 
1 Verify your login credentials by logging into www.knowbe4.com.
- 
3 If needed, select Forgot Password to receive a password reset e-mail.
- 5** The training notice will be sent from Cybertraining@dhr.idaho.gov

QUESTIONS



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

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

KnowBe4 



Office of Group Insurance Plan Highlights

Need to stock up on at-home COVID tests kits?

Posted on September 29, 2022 | updated: September 29, 2022

Now more than ever it is important to take care of yourself and those around you. Many employees have returned to the office and many children are back in school. All health plans, including the State's Group Insurance Program, are continually evaluating and updating the resources available as COVID-19 presents new challenges.

You now have two convenient ways to obtain at-home COVID-19 test kits, at no cost to you, and be ready for those days that you when you don't feel well.

Get Tests Now at Your Pharmacy:

Enrolled members can obtain over-the-counter (OTC) rapid antigen test kits at any standard network pharmacy with no cost share (this includes Walgreens but does **not** include Fred Meyer/Kroger). Purchases are limited to **no more than 8 tests per enrolled member per calendar month**. Pharmacies may have limited stock on which tests are available.

A list of the FDA approved test kits that qualify for this benefit can be found on the [FDA Website](#).

Get Reimbursed for Purchased Tests:

Enrolled members who purchase over-the-counter (OTC) rapid antigen tests will be able to seek reimbursement from the medical plan. Purchases are limited to **no more than 8 tests per enrolled member per calendar month**.

Members covered under the State's health plan who buy FDA-authorized rapid antigen tests will be able to submit a paper claim form, with a receipt, for reimbursement to Blue Cross of Idaho. Tests can be purchased online, at a pharmacy, or at the store.

Use this member claim form for all COVID test reimbursements: [OTC COVID Test Reimbursement Form](#)



CARES

LC CARES HAS BEEN CONTACTED TO HELP WITH COLLECTING CHILDREN'S CLOTHES ON AN EMERGENCY BASIS. WE NEED YOUR HELP IN COLLECTING THE FOLLOWING ITEMS:

- **GIRLS FALL/WINTER CLOTHES SIZE 14.**
 - **Winter Coat Size 14**
- **BOYS FALL/WINTER CLOTHES (SHIRT SIZE 18/20, PANTS SIZE 30X30).**
 - **Winter Coat Size 18/20**
- **BOYS FALL/WINTER CLOTHES SIZE 10/12**
 - **Winter Coat Size 10/12**
- **GIRLS FALL/WINTER CLOTHES SIZE 7/8**
 - **Winter Coat Size 7/8**

**All donations can be brought to Human Resources,
Administration Building Room 102.**



VERY IMPORTANT

HR UPDATE! WORKER'S COMPENSATION

Beginning 10/15, Our preferred provider for worker's compensation is changing! If you are injured, you will no longer go to Valley Medical. Instead, you will go to Sterling Urgent Care in Lewiston! The address is 2201 Thain Grade, Lewiston, ID 83501.

Sterling Urgent Care will be at our Employee Resource & Benefits Fair on October 13th to introduce themselves to our campus!



MONTHLY RECIPE CORNER



PUMPKIN BREAD

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1½ sticks (¾ cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 15-oz can 100% pure pumpkin



INSTRUCTIONS

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.



LC State New Employees – September 2022

Winter Johnson	Educational Talent Search	Assistant Educational Advisor
Jen Trost	Information Technology	Administrative Assistant
Destiny Houston	Physical Plant	Office Assistant
Hannah Smith	Student Counseling Center	Counselor
Lisa Gehring	Grants & Contracts	Coordinator
Austin Crain	Athletics	Assistant Athletic Trainer



September 2022 W.O.W Award Winner:

Julie Lorentz



Julie served as the LC State liaison for the Idaho Career Technical Education Connect Conference. She coordinated all the details to make the event a huge success! Julie worked with administrators, faculty, and staff to get session presenters, rooms, food, equipment, etc. for the event. She went above and beyond and was here the entire conference handling all the last minutes changes and details. You could find her behind the scenes with getting tables delivered, setting up chairs, stuffing swag bags, helping at registration desks, and handling every other detail. Her efforts do not go unnoticed and is the reason the event was such a success.

Thanks, Julie!

October Birthdays



Day	Name
1	Heidee McMillin
2	Cynthia Pemberton
4	Deanna Bodden
5	Tyrone White Temple
7	Taryn Cadez-Schmidt
11	Brian Kolstad
13	Benjamin Morton
13	Christopher Belcher
14	Paul Estrada
14	Teresa Carmack
15	Carlee Rhodes
15	Jeffrey Petersen
16	Alicia Robertson
17	Allen Balmer
17	Nicole Meyer
17	Tracy Adkins
22	Robert McDonald
23	Alaina Porquis
23	Thomas Garrison
24	Eric Martin
26	Elaine Soloniuk
26	John Lansing
27	Christine Deal
27	Leigh Latta
27	Shannon Martinez
28	Clete Ryan
30	Tyler Neely
31	Dawn Taylor