

HRS NEWSLETTER

April 2021



Upcoming Celebration Days:

April Fool's Day	April 1, 2021
Easter	April 4, 2021
Earth Day	April 22, 2021



FLEXIBLE SPENDING ACCOUNT UPDATE:

The Last day to make a one-time, mid-year, enrollment/disenrollment, decrease with no qualifying life event is **April 30, 2021!**

For more information, please visit <https://ogi.idaho.gov/flexible-spending-accounts/>

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/>



Venture outside on the night of Monday, April 26, to catch a glimpse of April's full Pink Moon. This full Moon—which is the first of two supermoons this year—will be visible after sunset and reach peak illumination at 8:33 P.M. Pacific Time!

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@lcsc.edu



Warrior Wellness Week is April 5 – April 9

Sign up for events at www.lcsc.edu/hr/wellness/lc-state-wellness-week

April 5-9th, 2021

WARRIOR WELLNESS WEEK

Sponsored by the LCSC Health and Wellness Committee

SCHEDULE OF EVENTS

<p>Monday Nutrition 101 Warrior Wellness Walk Exercise Prescription Testing TAO Event Workplace Ergonomics</p> <p>Wednesday Mammogram Bus Reduction of Drug/Alcohol Use Yoga TAO Event</p> <p>Friday Stress Management Yoga TAO Event Rocks of Hope Investing in Wellness vs. Illness</p>	<p>Tuesday Virtual Yoga TAO Event Mental Health Prize Walk Financial Wellness Planning</p> <p>Thursday Blood Drive Meditation Substance Abuse Prevention TAO Event Mental Health Prize Walk Domestic Violence Presentation Aesthetics and Nursing Presentation</p>
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For more detail about all of the events go to
<https://www.lcsc.edu/hr/wellness/lc-state-wellness-week>
 To request accommodations, please contact the event organizer, hr@lcsc.edu,
 at least one week prior to the event date.

STATE EMPLOYEE WELLNESS PROGRAM

HEALTH *matters*

HEALTHMATTERS.IDAHO.GOV

“THE OBJECTIVE OF CLEANING IS NOT JUST TO CLEAN, BUT TO FEEL *HAPPINESS* LIVING WITHIN THAT ENVIRONMENT.”

- MARIE CONDO

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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	

- 4/7 NATIONAL WALKING DAY
- 4/13 'DESKERCISE 101' LUNCH AND LEARN*
- 4/14 'YOU AT YOUR BEST' LUNCH AND LEARN*
- 4/22 'STRESS LESS' LUNCH AND LEARN*
- 4/24 NATIONAL PRESCRIPTION TAKE BACK DAY

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

SET SMALL CLEANING GOALS

Instead of trying to tackle too much at once, start with one room or space, like a bathroom or pantry. Set a specific goal, like organizing a hall closet. Once you tackle the first job, cross it off your list and move on to the next one.

CUT DESK CLUTTER

Challenge yourself to clean off your desk at the end of each work day for the next month. A clean workspace will free your mind to be more creative. You will be able to find the things you need, complete tasks more efficiently, and think more clearly. It may take a little while to clean your desk the first time, but it won't be hard to maintain.



DIY ALL-PURPOSE SPRAY

Combine 1 part white vinegar and 1 part water with fresh lemon rind and rosemary sprigs in a reusable spray bottle. Shake and let infuse for about a week before using. Use this natural all-purpose spray to remove hard water stains, clean trash cans, wipe away wall smudges, and more!

Sources: 5 Spring-Cleaning Tips for a Healthier Home from Kaiser Permanente, 2019 // Wellness Challenge Ideas from WellRight Inc., 2021 // 8 Homemade Cleaners That Actually Work by Lauren Smith McDonough, 2021 Good Housekeeping

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CONNECTION

THE BRILLIANCE OF BUSINESS IS RELATIONSHIPS; THE BRILLIANCE OF LIFE IS HUMAN CONNECTION. —ROBIN SHARMA

Connection is the foundation of kindness. Kindness only happens when there is connection with others. Even when we are being kind to ourselves, it results in benefits to others. This month, look at ways you can strengthen existing connections with those in your life including those with whom you don't have a great relationship. Build new connections with people you admire, respect, or just met at the grocery store!

Our connections with people serve as a model to children and adults. Do your best to keep your interactions with others positive and productive. Listen with an open heart and speak with kind words.

SUN	MON	TUE	WED	THU	FRI	SAT
MARCH S M T W T F S 28 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 8 9 10	MAY S M T W T F S 25 26 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		31 FLN AT WORK DAY Reach out to someone you haven't talked to in a long time.	1 Invite someone with whom you'd like a stronger connection to coffee or lunch. Talk to someone new today.	2 Support a local sandwich shop today. Buy another one for an unhoused person.	3 SIBLINGS DAY Be aware of what your body language is communicating.
4 Use your common sense today!	5 Call someone who is having a rough time and offer your support.	6 Plan a special meal and invite family or neighbors over.	7 Take a class or join a local group that gives you an opportunity to meet new people.	8 Try to say your favorite tongue twister 10 times in a row today.	9 Talk to someone new today.	10 SIBLINGS DAY Be aware of what your body language is communicating.
11 Look up the meaning of paper cranes. Try to make one and give it to somebody.	12 GRILLED CHEESE DAY Text someone a positive message first thing this morning.	13 Do something extra kind today!	14 INTERNATIONAL MOMENT OF LAUGHTER DAY Sign up to be a penpal to someone in another country.	15 Ask someone at work to give you constructive feedback about your performance.	16 WEAR PAJAMAS TO WORK DAY Be intentional about using positive language in all of your interactions today.	17 Go for a hike and notice all the beauty around you.
18 Make sure people know that they can talk to you and confide in you.	19 Make an effort to use/waste less today and moving forward.	20 Send a card to three different people today.	21 Say hello to at least five people today.	22 Ride your bike and enjoy the fresh air.	23 TAKE A CHANCE DAY Don't engage in negative conversations. Change the subject or inject something positive.	24 Use your unique talent to make the world a better place! What is your unique talent?
25 Spend today reflecting on all the people that support and love you.	26 Do an act of kindness today. Instead of spending money at big stores!	27 Instead of buying things today, reflect on all that you have already. Be grateful.	28 Lend someone your ear today and offer words of wisdom.	29 Go outside of your comfort zone and start a conversation with someone new.	30 Be kind with your words. You never know what someone is dealing with in their life.	1

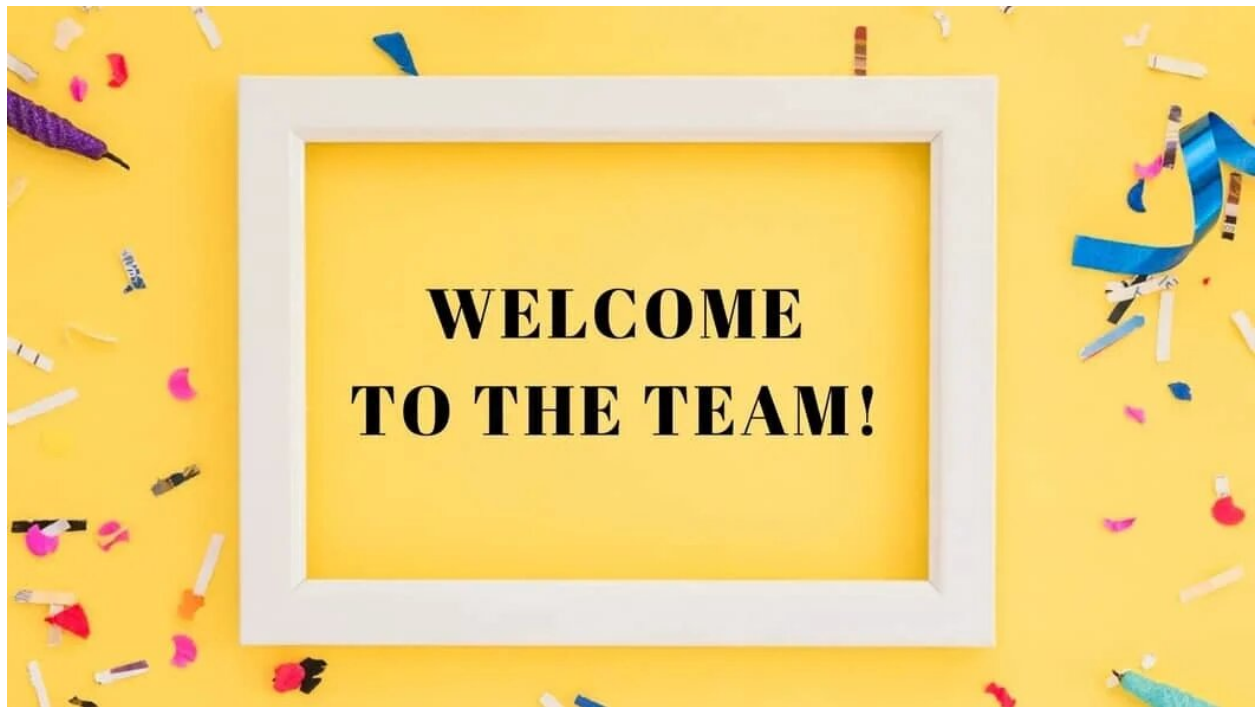


LC State New Employees – March 2021

**Kathy
Moscrip**

**Allied Health
Coordinator**

**Workforce
Training**



**March 2021
W.O.W Award
Winner:**

Brooke Henze



Even with all the ups and downs that we've experienced this past year, Brooke has worked tirelessly to keep our sports programs up & running. I want to thank her for her positive attitude and willingness to help out her colleagues on campus!

Thanks, Brooke!



Day	Name
1	Julie Crea
2	Luke Thomas
2	Moriah Hale
4	Ayodeji Arogundade
4	Jeffrey Ober
4	Jennifer Cromer
4	Kyle Guelcher
5	Diana Higgins
6	Gordon Cox
6	Rodney Farrington
7	Terry Taylor
9	Brett Morris
9	Holly Daugherty
9	Teresa Nash
10	Justice Stocks
10	Robert Franklin
11	Melissa Weitz
12	Jacob Hornby
12	Jennifer Gardner
13	Amanda Greco
13	Lauren Nichols
16	Sue Hasbrouck
19	Michael Love
19	Tyler Sinner-Graham
20	Barbara Syska
20	Jay Kimble
22	Cyrus Hall
22	Daniel Rudolph
22	Jody Wassmuth
22	Lauren Grijalva
23	Carrie Kyser
23	Laura Hughes
24	Edgar Galeano
24	Ryan Dent
25	Caroline Hatfield
26	Dana Douthit
26	Julie Magelky
28	Benjamin Frey
28	Jeffrey Zimmerman
28	Louis Sylvester
30	Amy Bond