

HRS
NEWSLETTER
September 2021



Upcoming Celebration Days:

Labor Day	September 6, 2021
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Please contact Payroll at 208-792-2204 for I-Time Coding Information



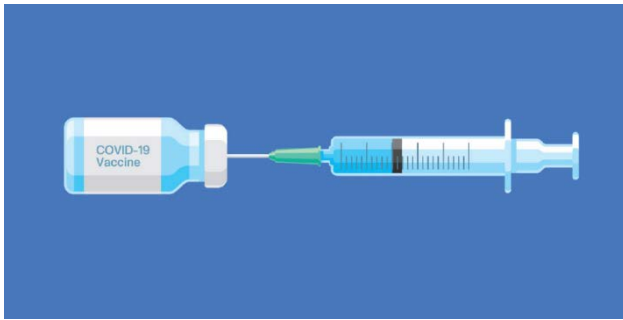
The Center for Arts and History was once owned by Lewiston's first millionaire, John Vollmer.

**LC State Staff Cornhole
and Concerts
Tournament Winners!**
**Congratulations to Sam
White Temple and
Patrick O'Shaughnessy
on their win!**



Check out September'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.!



CHAS Portable Vaccination Clinic will be hosting two vaccination clinics on campus! These will be held on September 10th and 17th, please watch for more information to be released soon!

To opt-out of the weekly COVID-19 testing, please bring your completed vaccine card to Human Resources for verification



New Hire Paperwork Update:

Human Resources will not be accepting hard copies, or scanned copies, of new hire paperwork. This applies to both permanent employees and Irregular Help. Please have your Irregular Help employees use this link to fill out new hire paperwork:

<https://secure.rightsignature.com/templates/a0109089-95c2-420b-a7a6-29a7b059dd38/template-signer-link/2e85849ff3b3d79e452f0f34395de178>

SEPTEMBER 2021

RECOGNITION

THE DEEPEST PRINCIPLE IN HUMAN NATURE IS THE CRAVING TO BE APPRECIATED. —WILLIAM JAMES

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST S M T W Th 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 1 2 3 4 5 6 7 8 9 10 11	OCTOBER S M T W Th F S 24 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	NO RHYME OR REASON DAY 1 Just do what makes you and others happy today! Don't overthink it!	2 If someone had a good idea in today's meeting, tell them!	3 Create an award for various things at work: "best idea of the day," "always willing to lend a hand," etc.	4 Tell a parent they are doing a good job.	5 Leave sticky notes in public places with words of affirmation.
6 FIGHT PROCRASTINATION DAY Make a checklist this morning and get as many things completed as you can.	7 When doing performance reviews, focus on the positive.	8 Share how proud you are of someone where others can hear it.	9 Thank people for their input and valuable ideas.	10 SWAP IDEAS DAY Share your ideas and ask for others to share theirs.	11 MAKE YOUR BED DAY Get up, make your bed, and start the day feeling organized.	12 Pat yourself on the back for accomplishing something this weekend.
13 POSITIVE THINKING DAY Begin your day with a positive affirmation.	14 HUG YOUR HOUND DAY Give your dog a big hug today!	15 Tell your spouse/partner/best friend what you believe are their best qualities.	16 GUACAMOLE DAY Thank someone for all their hard work.	17 Leave a positive review online for a local business you frequent.	18 Thank a cashier or server for their work.	19 NATIONAL CLEAN UP DAY Get outside today and clean up litter along the way.
20 Remind your kid(s) how proud you are of them.	21 Be bold and ask a friend what they think your best qualities are and then share what you think about them.	22 Randomly decorate someone's office or workspace today to let them know they are valued.	23 Open a meeting with everyone saying something positive about one other person in the room.	24 Remember that everyone provides value in a workplace.	25 Tip generously.	26 LOVE, NOTE, DAY Send a note to someone telling them why you care so much about them.
27 Send a note of appreciation to someone who should be recognized.	28 GOOD NEIGHBOR DAY Let your neighbor know how much you appreciate them! Consider baking them a treat!	29 When you're at a restaurant or store, give the manager positive feedback about an employee.	30 Let your parents know that you appreciate them.	1	2	

One of the easiest ways we can celebrate others is by recognizing their accomplishments! It doesn't have to be a black tie affair, but take the time to congratulate someone for finishing a difficult project or receiving positive feedback from a customer. Making sure people know they are appreciated goes a long way towards creating a positive work environment.

A great way to let others know they are doing a great job is by building a visual celebration board in a public area like a break room or employee lounge. Choose someone to celebrate and ask colleagues and supervisors to write something they appreciate about that person on the board. There are some really creative ideas out there on ways to recognize and celebrate people - check them out!

IF YOU'RE EATING VEGETABLES YOU ARE PROBABLY PUSHING UNHEALTHIER FOOD OUT OF YOUR DIET.

— DAN BUETTNER

EASY AS 1-2-3

The 1-2-3 approach can help you pack in all your fruit and veggie servings — and more — throughout the day. Get six servings by eating:

- 1 serving with breakfast (ex: 1 small apple)
- 2 servings with lunch (ex: a sandwich with lettuce and tomatoes plus carrots on the side)
- 3 servings with dinner and snacks (ex: stir-fry with peppers and broccoli for dinner and fresh watermelon for dessert)

GET CREATIVE WITH YOUR VEGGIES!

Try replacing processed food items with more nutrient-dense vegetable options. Swap spaghetti noodles for spaghetti squash or zoodles (zucchini noodles), white rice for cauliflower rice, bread/tortillas for collard greens. Get creative and don't be afraid to try something new!

THE ANSWER IS IN THE PALM OF YOUR HAND

It is recommended that adults eat 3.5 to 6.5 cups of fruits and vegetables each day.

- A 1/2 cup serving of fruit is about the size of one of your hands cupped.
- A 1 cup serving of vegetables is about the size of your two hands cupped together.

Sources: 1-2-3 Approach to Eating Fruits and Vegetables, The Mayo Clinic, April 2019, / Energize Your Body with Fruits and Vegetables, CDPH Public Health, September 2016.

STATE EMPLOYEE WELLNESS PROGRAM

HEALTH
matters

HEALTHMATTERS.IDAHO.GOV

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		

9/8 LACE UP YOUR SNEAKERS...

THE HEALTH MATTERS VIRTUAL 5K IS 6 WEEKS AWAY!

9/5-9/11 NATIONAL SUICIDE PREVENTION AWARENESS WEEK

9/9 'STRESS LESS' LUNCH AND LEARN*

9/20 'YOU AT YOUR BEST' LUNCH AND LEARN*

9/27 IDAHO FAMILY DINNER NIGHT

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

SEPTEMBER 2021

EMPLOYEE
RESOURCE
FAIR

OCTOBER 14TH
MORE INFO TO COME!
*FLU SHOTS WILL
BE AVAILABLE*

SAVE
THE
DATE



Reminder:



All Annual
Compliance
Training is due
October 1!



LC State New Employees – August 2021

Paul Reed	Student Accounts Coordinator	Student Accounts
Matthew Breach	Assistant Director	Athletics
Ed Holthaus	Electrician	Physical Plant
Kimberly Tolson	Instructor	Liberal Arts & Sciences
Magen Goforth	Assistant Professor	Business Technology & Service
Emily Carstens Namie	Assistant Professor	Social Science
Joan Agee	Assistant Professor	Nursing & Health Sciences
Joelle Candler	Visiting Assistant Professor	Business Technology & Service
Ashley James	Interim Coordinator	Early College Programs



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

Collyn (TH) Harris



Custodial foreman, TH, has a great attitude and customer service. His crew is short-handed way more often than we can imagine, however, he happily meets all challenges and takes care of campus every night.

Thanks, TH!



Day	Name
1	Traci Noyes
2	Jason Taylor
2	Lonny Gehring
3	Debra Lybyer
3	Michelle Nelson
4	Natalie Holman
6	Eugene Straughan
6	Tracey Koch
7	Alexander Bezzerides
7	Ashley Edwards
8	Ian Tippets
8	Trisha Decker
9	Kathren Wilson
10	Logan Fowler
11	Charles Bell
13	Bukola Arogundade
13	Harold Crook
14	Nancy Lee-Painter
16	Sheila Kom
16	Tessa Jilot
17	Connie Hallen
17	Mark Haynal
20	Jeannette Klobetanz
21	Donna Callahan
21	Ryan Gill
22	Manwar Sabaeai
22	Ramon Royce
23	Christopher Riggs
23	William Hayne
25	Courtney Stifanick
27	Allen Mewes
28	Scott Wimer
30	Alexander Ball
30	Angela McClain
30	Anthony Balderas