

HRS
NEWSLETTER
February 2022



Upcoming Holidays:

President's Day	February 21, 2022
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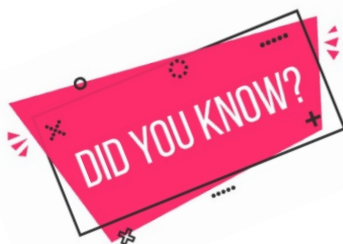
President's Day is a paid holiday
If you have any questions, please call Payroll at x2204.



Blue Cross WILL NOT be mailing out 1095B's this year but they will be available upon request via the Blue Cross website.

***Open Enrollment for FY2023 will be coming up in April/May!**
***FSA balances remaining on June 30, 2022, will be subject to the \$550 maximum rollover into FY2023**

View all Flexible Spending Account updates [here!](#)
If you have not completed your 2021



Groundhog Day for 2022 was on February 2, 2022.
Punxsutawney Phil sees his shadow, meaning we're in for 6 more weeks of winter.
Read more of the story [here!](#)

Check out February'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!



Did you know that 1 out of 2 American adults has high blood pressure?! High blood pressure is common and dangerous, but learning more about the condition and ways to prevent or control it can help your heart and brain. Find out how well you know your blood pressure basics with [this quiz](#).



Kindness Matters

Most research on the science behind why kindness makes us feel better is centered around a hormone called oxytocin. Often referred to as "the love hormone," oxytocin helps us create bonds and makes us more trusting, more generous, and friendlier. Check out the Health Matters Kindness Challenges [here!](#)



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LC State New Employees – January 2022

Bec Metty-Burns	Assistant Registrar	Registrar's Office
Janet Thorson-Mador	Assistant Professor	Nursing & Health Sciences
Elaine Soloniuk	Instructor/Coordinator	Nursing & Health Sciences



January 2022
W.O.W Award
Winner:

Heath Fuller



Heath recently completed a project in our office. He was efficient and always kept us informed of the work schedule. Heath was fun to have around the office for a couple of days and we appreciate the completed project!

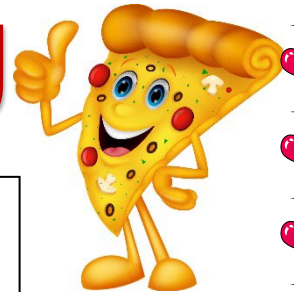
Thank you, Heath!



2021 W.O.W Award



Pizza Drawing



From January – December 2021, each W.O.W. Award nominee and winner is entered to win a pizza party for their department courtesy of Liberty Mutual Insurance!

The 2021 W.O.W.
Award pizza party
goes to.....

*Danny Howard with Public
Safety!*



Day	Name
1	Angela Meek
2	Krista Harwick
9	Lauren Connolly
10	Erick Cummings
11	Luella Loudenback
11	Peter Remien
12	Abrielle Woolery
12	Kai Fong
14	Julie Wilson
15	Magen Goforth
16	Lorinda Hughes
16	Susan Steele
17	Bryce Kammers
17	Erin Cassetto
17	Shaun Griffin
18	Marti Reese
19	Kylee Britzman
21	Kirstin Jepps
22	Joshua Espinosa
22	Kathleen Laws
24	Kalene Eilers
25	Claudia O'Connor
26	Rocky Owens
27	Kimberley Tuschhoff