

HRS NEWSLETTER November 2021

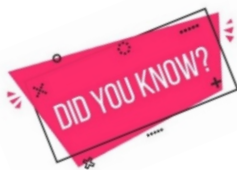


Upcoming Celebration Days:

Veteran's Day	November 11, 2021
Thanksgiving Day	November 25, 2021

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

HR HAD A BLAST CELEBRATING HALLOWEEN!



Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).



NEW HIRE PAPERWORK REMINDER:

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>

Check out October'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.!



CYBERSECURITY TRAINING REMINDER:

Please do not forget to complete your KnowBe4 Cybersecurity trainings by this Friday, November 5th. These trainings are provided through the Department of Human Resources. If you need assistance accessing your KnowBe4 account, please email cybertraining@dhr.idaho.gov.

Here is the link to the login page:
<https://training.knowbe4.com/ui/login>

LC Cares – 2021 Toy Drive



LC Cares is gearing up for our annual toy drive! This year, like last, we are going to keep LC Cares within the LC State family. The committee will be selecting 4 families this holiday season based on need and circumstance. If you are aware of any students, staff, or faculty that could use a little extra help this holiday season, please nominate them using this link:

https://lcsc.co1.qualtrics.com/jfe/form/SV_555JDDHtP_EvaNmU

All nominations are anonymous.

NOVEMBER 2021

GRATITUDE

I DON'T HAVE TO CHASE EXTRAORDINARY MOMENTS TO FIND HAPPINESS—
IT'S RIGHT IN FRONT OF ME IF I'M PAYING ATTENTION AND PRACTICING GRATITUDE. —BRENÉ BROWN

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31 Start a 'things I'm grateful for' list and add to it as you think of things.	1 Play 'gratitude ping pong': pass a ball back and forth for two minutes sharing things for which you are grateful.	2 SANDWICH DAY Spend part of today hand-writing a letter of gratitude to someone who has affected your life.	3 COMMON SENSE DAY If you're having trouble thinking of things for which to be grateful, look in the mirror.	4 End the work week by letting someone know how much you appreciate them.	5 Even if your job isn't ideal, be grateful that you are able to work and earn money.	6																																																																																																																
7 Think of three things about your supervisor that you appreciate. Share with them.	8 TONGUE TWISTER DAY Appreciate whatever the weather is today - rain, sun, wind, snow...it's all good!	9 Leave sticky notes with appreciative and inspiring words around your workplace and home.	10 Spend part of today looking through old photos to remember important events in your life.	11 ORIGAMI DAY Donate items you no longer need. Someone else will be grateful to receive them.	12 Start your day by greeting the sun and silently appreciating all the good in your life.	13 WORLD KINDNESS DAY Thank someone today: a cashier, server, nurse, teacher... anyone!																																																																																																																
14 Find a reason to laugh today.	15 CLEAN OUT YOUR FRIDGE DAY Organize and clean your workspace - appreciate yourself!	16 Send a dear friend a small gift and note telling them how much they mean to you.	17 TAKE A HIKE DAY Go for a walk in nature and notice all the beauty and life around you.	18 While eating a meal, remember all the people who helped (farmers, truckers, grocery store clerks, etc.).	19 USE LESS STUFF DAY Whatever mode of transportation you have/use, be grateful.	20 Know that even on your most difficult days, someone is struggling even more.																																																																																																																
21 WORLD HELLO DAY Forgive someone you have been holding a grudge against.	22 GO FOR A RIDE DAY Leave a note of appreciation for those who are rarely thanked.	23 Create a 'gratitude wall' in a public place at work and ask people to post notes to each other.	24 CELEBRATE YOUR UNIQUE TALENT DAY Leave a positive review online for a local business.	25 Help a neighbor out with yard work or a chore they have not been able to complete.	26 RAK FRIDAY Take the time to call a family member or tell your children how much they mean to you.	27 BUY NOTHING DAY Write yourself a letter at futureme.org telling yourself all the reasons you appreciate YOU.																																																																																																																
28 Pick up litter around your neighborhood to show you care.	29 Finish a meeting by telling everyone how much you appreciate their input.	30 When you go to bed tonight, close your eyes and think of 10 things for which you are grateful.	1	<table border="0"> <tr> <td colspan="7">OCTOBER</td> <td colspan="7">DECEMBER</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </table>			OCTOBER							DECEMBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	1	31	1	2	3	4	5	6	2	3	4	5	6	7	8
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When life gets challenging, it can be difficult to focus on all the good things we have to be thankful for. Our brains are hardwired to consider the worst possible scenario and remember negative experiences to avoid pain and stay safe in the future. Gratitude is one way to counteract our natural bias towards negativity to boost happiness and overall well-being.

Check out Health Matters' An Attitude of Gratitude [HERE!](#)



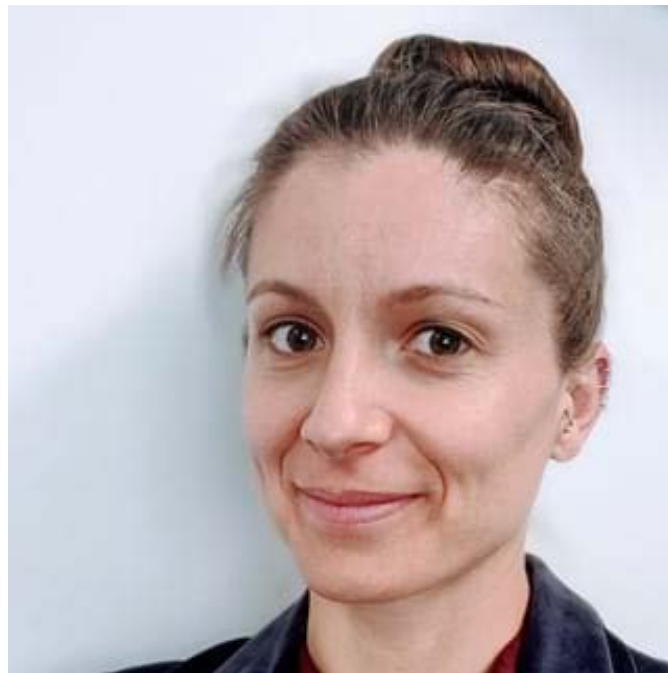
LC State New Employees – October 2021

Vickie Gratz	Administrative Assistant	Public Safety
Josh Watson	Mathematics Specialist	Teacher Education & Mathematics
Kelsie Page	Financial Technician	Controller's Office



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

Dr. Rachelle Genthos



Dr. Genthos is notoriously student-focused. Due to the high demand for her individual mentoring and assistance with regards to preparing for graduate school, she created/hosted a grad school prep seminar for students to set them up for success.

Bravo!

Thanks, Dr. Genthos!

November Birthdays



Day	Name
1	Deborah Kolstad
1	Lawrence Norris
1	Mandilynn Law
4	Amanda Van Lanen
4	Mercedes Pearson
5	Joan Agee
5	William Frei
11	Emily Parson
11	Kimberly Evans
12	Angela Langston
12	Chris Norden
14	Katie Roberts
15	Heather Van Mullem
19	Kelly FitzSimmons
20	Angela Wartel
20	Douglas Steele
22	Heather Daly-Galeano
22	Jenny Scott
22	Matthew Evarts
25	Joshua Rogers
25	Teresa Cole
26	Emily Carstens Namie
27	John Bender, III
29	Casey Blamires
29	Jeannette Seward