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Week of June 2, 2014

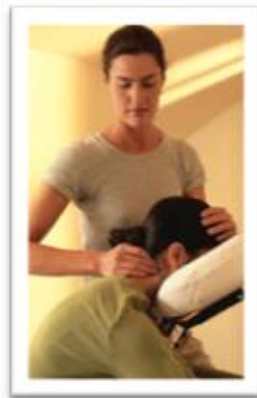
The official employee newsletter of CSI since 1998

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You asked for it, You Got it!



The PACE Committee asked HR and the Wellbeing team to sponsor employee massages this spring/summer, so that's what we have done. With the assistance of the Twin Falls Institute for Holistic Studies, and especially Greg Moore, certified massage technician, we have schedule FOUR certified therapists to offer 15-MINUTE chair massages to our employees this coming Tuesday and Wednesday between 10 a.m. and 2 p.m. each day **in the fireside room, downstairs TAB. YEAH!**

A scheduling tool has been created online to help you sign up for your appointment.

Find that tool at

<https://csiwellness.acuityscheduling.com/schedule.php>.

How to schedule:

- Click on the link above to go to the site.
- Choose JUNE 2014 from the drop-down box for the month.
- Choose either June 3 or June 4 ONLY
- Select your time from the adjacent box

Don't worry that appointments appear to start every 4 minutes. Your massage will last 15 MINUTES. A confirmation message will be posted on the site and sent to you by email. Directions will also be provided to cancel or reschedule. Please, only employees may take advantage of this event.

This service is provided as a restful and rejuvenating break from work by your Employee Wellbeing Program and is FREE of charge. Enjoy!

Judy Heatwole, Coordinator
CSI Employee Wellbeing

Wellness Summer Healthy Lunch Series Starts June 12

Would you like to save money by bringing your lunch to work but just don't know what to make? This series will give you lots of ideas for healthy lunches and treats. Dieticians Kyli and Melissa from St. Luke's will prepare, demonstrate, and share their favorite recipes and treats in this fun summer series:

- June 12 – Wrap it up
- June 26 – Lunch – starring leftovers
- July 10 – Creative salads
- July 24 – Sweets and treats (bring your lunch, we provide the sweets)

This class is held in the **Desert kitchen and cafe from noon to 1 p.m.** sponsored by the Wellbeing program and is FREE to you. Bring a spouse or coworker. So we have enough food for everyone, please register in advance of each class by contacting Dannette Starr at x6270 or by email to dstarr@csi.edu. Sign up for June 12 is open now. We will remind you of each of the coming events the week they are offered so you may register closer to the dates.

Water and tableware will be provided.

Something FUN this way Cometh!



The CSI Employee Wellbeing team is planning a lot of FUN events just for our summer staff and faculty. Following the massages this week you can count on Tai Chi, both an introduction and then some wonderful indoor and/or outdoor morning sessions with S. W. "Moose" Azzolini as instructor.

Other FUN ideas we are considering include (but are not limited to) monster soccer, laughing Yoga, paper airplane contests, human bowling, playing favorite childhood games, finger painting, the spoons game and more. Watch the eNotes for days and times.

Is there something you'd especially like to see on our agenda and/or would like to help us lead? We'd love to hear from you! Contact Jaime Tigue, John Twiss, Scott Rogers or Judy Heatwole. We're always game for a good time!

The June *Vitality* Magazine is here

Table of Contents:

- Should you relax with an anti-energy drink?
- Are you game for endurance obstacle races?
- Swim safely this summer
- You can control resistant hypertension
- What's up, Doc? A guide to med-speak
- Evolving your career: Managing "You. Inc."

- And much more

From the Digest: In the workplace, consistency is valued more than charisma, notes Mark C. Thompson and Bonita S. Thomson in *Admired: 21 Ways to Double Your Value*. Always deliver on your promises. Your coworkers want to know that they can rely on you.

Is Asthma and Allergies Bugging You?



Allergies and Asthma can be managed. Here's a helpful site to help you identify the enemy, make an action plan and get control of these symptoms. You can even email an allergist as a FREE resource of the Asthma and Allergy Foundation of America.

Go online to <http://www.aafa.org/index.cfm>.

Assisting Undocumented Students through College and Beyond

You're invited to attend a webinar this Friday from 11:00 to noon in SUB 248
The webinar will be presented by CSO Research with the following learning outcomes:

- *Demonstrate knowledge of current state and federal immigration legislation and its impact on the lives of undocumented students.*
- *Share tools, contacts and resources available to support undocumented students through their college persistence.*
- *Acquire skills and best practices for working with undocumented students and serving as allies*

Kate Woods
Career and Counseling Services Coordinator

I had a black dog, his name was depression.

This wonderful video describes depression so well that it's worth your time to view it. My thanks to Jody Zauha and the State of Idaho Health Matters program for sharing it with us.

<http://vimeo.com/83434003>

The eNotes is a weekly newsletter containing news and events both on campus and in the community of general interest to CSI employees. Submit your news within the body of an e-mail message (NO FLIERS please) to eNotes@csi.edu and enter the word "eNotes" in the subject line. You must include your complete name, job title and contact information. Respond to the eNotes by calling Human Resources at 732-6269 or by e-mail to hr@csi.edu.

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