

eNotes CSI

Employee Newsletter

[eNotes](#) | [Archives](#) | [HR Home](#) | [Contact Us](#)

Past Issues

- August 18, 2014
- August 11, 2014
- August 04, 2014
- July 28, 2014
- July 21, 2014

Related Links

- CSI Calendar
- Community Calendar
- Discounts Idaho State
- EAP Websites (2)
- Ed2Go Classes
- Ergonomic Stretches
- Faculty/ Staff Dev
- Fit & Well Idaho
- ISBDC Trainings
- ITC Classes
- MV Health Calendar
- My CSI Benefits
- Student Health 101
- Student Rec Center
- Sustainability Council
- Wellness@CSI

Week of September 8, 2014

The official employee newsletter of CSI since 1998

For off-campus & retired employees: [Subscribe to the eNotes Listserv](#)

Table of Contents

- Looking for Something FUN to do?
- CSI Health Screenings Continue all Month
- So, I did the Health Screening. What Now?
- Telephone Directories SOON to be Available
- You're Invited: Join Sustainability Council
- Literary Journal *Silo* now Online
- Fall 2014 Active Lifestyle Challenge Starts Sept. 15
- CSI Constitution Day is September 17
- Education for Young Children's Fall Conference is Oct. 4
- Join Idaho State Alert and Warning System (ISAWS)
- Habitat Seeks Drivers for Rim2Rim Racers
- September Vitality Table of Contents
- Who to call for Help? Employee Assistance Program

Looking for Something FUN to do?

The Health Matters [Events](#) page is bursting with wellness/health activities across Idaho.

CSI Health Screenings Continue all Month



Wednesday, September 10 from 7 – 8:45 a.m. in ADC 233

Participating in this screening is FREE and is rewarded with a \$25 per month discount on health insurance effective October 2014 to July 2015.

Remember to fast for two (2) hours by having nothing to eat or drink but water. If you have diabetes, please just bring a copy of your latest Hgb A1C. Everyone is advised to take all medications as prescribed by your health care provider.

If you have visited your healthcare provider between May 1 and the end of September you may submit a verification form by the September 30 to also qualify for the \$25 monthly paycheck discount.

No appointment is necessary. Just drop in during one of the times listed above. We must shut down promptly at 8:45 on Wednesday as a class follows in this room and we need time to vacate the room.

Please refer your questions to jheatwole@csi.edu or to x6269.

Judy Heatwole, Coordinator
CSI Employee Wellbeing

So, I did the Health Screening. What Now?

What is CSI's Health Initiative?

CSI's Health Initiative is a wellness initiative that Engages, Educates and Empowers you and your family to achieve optimal health. Because good health depends largely on the choices we make, CSI's Health Initiative provides support and incentives to adopt and maintain healthy lifestyles.

Who is eligible for CSI's Health Initiative?

All benefited CSI employees are eligible to participate in the program.

Why is there a screening in September 2014 and April 2015, and what is the difference?

The September screening is to allow you to know where you stand in regard to the wellness credits that you can qualify for in April 2015. Just for showing up and completing the September screening, you can earn a \$25 per month credit from October 2014 – June 2015.

The April screening will also include the requirement of completion of an online Health Assessment, as well as, determine your wellness credits for money off your 2015-2016 health premium.

Why should I participate in CSI's Health Initiative?

To help you maintain or improve your health status and earn health plan premium reductions up to \$300 per plan year for achieving specific Health Initiative targets.

How do I enroll in CSI's Health Initiative?

Complete BOTH annual requirements between April 1st and 30th, 2015:

1. Know Your Numbers Screening (or Healthcare Provider Verification form)
2. Online Health Assessment

What is the deadline to enroll in CSI's Health Initiative?

The fall deadline for completing a Know Your Numbers Screening to qualify for a \$25 per month health plan premium reduction through June 30th, 2015 is September 26th, 2014. In the spring of 2015 (April dates TBD), both annual requirements (Know Your Numbers Screening AND online Health Assessment) must be completed no later than April 30th, 2015 to qualify for ANY health plan premium reduction.

What are the Health Initiative targets?

CSI's Health Initiative is focused on helping you achieve a healthy blood pressure, blood glucose or HgA1c, and nicotine cessation as these are leading causes of cardiovascular disease and preventable death. Selected targets are consistent with national guidelines established by the American Heart Association, American Diabetes Association and the National Quality Forum.

For 2015-2016, the CSI Health Initiative targets are indicated below.

Health Measure	2015 Health Initiative Target	Per Month	Per Plan Yr.
Know Your Numbers and online Health Assessment	Complete both annual requirements to qualify for ANY premium reductions	\$5	\$60

Nicotine Status	No nicotine use (self-reported)	\$10	\$120
Blood Pressure Control	PB less than 140 and 90 mmHg	\$5	\$60
Blood Sugar Control	Fasting blood glucose (FBG) of less than 100 mg/dL. For those with diabetes HgA1c or < than 8.0	\$5	\$60
Total Incentive		\$25	\$300

What if I am unable to meet the April screening targets due to a medical condition?

If you are unable to meet the targets because it is medically inadvisable or difficult due to a medical condition, *CSI's Health Initiative* will provide a reasonable alternative standard to qualify for the premium reduction upon written notification from a licensed health care provider. Download the **Written Request for Alternative or Waiver** from the CSI wellness page and submit it by **April 30th**.

If my diabetes and/or blood pressure are managed with medications, can I still qualify for the Health Initiative credits?

Yes, if your condition is properly controlled you should have no difficulty achieving the targets to qualify for health plan premium reductions.

Questions? More information is available online at [Frequently Asked Questions](#) or you may contact Judy at x6269 or by email to jheatwole@csi.edu.

Judy Heatwole, Coordinator
CSI Employee Wellbeing

Telephone Directories SOON to be Available

Print copies of the CSI employee telephone directory will **soon be available** through the Copy Center on campus. The various sections have been created and sent over. As soon as I get a thumb's up from Tereasa, I will send instructions to order these directories through a representative in your department.

Telephone Directories in print are only one option for this information. The [Faculty and Staff Directory](#) will always contain the most current information to contact both individuals and find them by department. For those of us that prefer a hard copy, a print issue is available once a year in the fall and is produced by the HR office. All changes in contact information for our employees need to be sent in writing to hr@csi.edu. Changes in title must come through a supervisor with a copy of a current job description attached. Otherwise, the job title that appears on your contract will be the one referenced online and in the print copy.

Please hang in there and we'll make order information available to you SOON!

Judy Heatwole, HR Specialist
732-6269

You're Invited: Join Sustainability Council

The Sustainability Council will hold its first meeting of the semester on Tuesday, 9/9 at 1:00 in Shields 201. The Sustainability Council is comprised of Faculty, Staff, and Students that promote integration of sustainable practices at CSI and the surrounding communities. Join us! Please contact Jan Simpkin (6840) or Randy Smith (6817) if you have questions.

The Sustainability Council reminds you to harvest some wonderful herbs growing in the CSI Herb Garden located north of the Taylor and Fine Arts buildings. A special note of thanks goes out to Pandora of Culinary Arts and her students for sprucing up the garden this past week.

B. Randolph Smith, D.A.
Professor, Biology Department

Literary Journal *Silo* now Online

It is my pleasure to announce the official publication of the 2014 edition of the College of Southern Idaho's literary journal, *Silo*. The issue is available at <http://producer.csi.edu/silo/>The journal includes selected poetry, short fiction, personal essays, and creative non-fiction from regional writers. The English Department will be promoting the issue online, but please refer your family, friends, and associates to this edition, as word of mouth is always the best way to increase exposure. Happy reading!

Kory Lloyd
Assistant Professor of English

Fall 2014 Active Lifestyle Challenge Starts Sept. 15



A fall walking challenge is coming SOON! Captains from last spring have been contacted and are gathering teams now for a challenge that begins next Monday. If you haven't been contacted or don't see a team representing your department from the

list below, please feel free to volunteer (there are great benefits in being a captain) or contact one of the captains to join a team already in progress.

This fall's challenge is based on the President's Active Lifestyle Challenge (PALA+), which is a national program that promotes physical activity AND good nutrition, because it takes both to lead a healthy lifestyle. This challenge is super EASY. Find all the details on the CSI Employee Wellbeing website: <http://wellness.csi.edu/fall2014challenge.html>.

What kind of activity counts in this challenge? Go to the Questions portion of the page and click on the link to the PALA+ challenge online.

Our captains so far are:

Anita Tatge, Admissions & Records
Ansina Durham, Library
Bill Ebener, Biology
Camie Howard, Head Start
Crystal Ayers, Business Ed
Dannette Starr, HR
Gina Sneddon, Fine Arts
Heidi Campbell, Physical Science
Jayme Ketterling, Bookstore
Jennifer Patterson, Education
Jennifer Zimmers, Financial Aid
Kate Alton, North Side Center
Kim Scholes, Advising
Larisa Alexander, IIE
Magan Hodge, Business Office
Sharon Whitchurch, OOA
Shonna Parsons, Instruct. Admin.

Stacy Madsen, Comm Ed
Travis Bunker, Gym

Questions? Please call me at x6269 or email jheatwole@csi.edu. See you on the walking trail!

Judy Heatwole, Coordinator
CSI Employee Wellbeing

CSI Constitution Day is September 17

Main event—

Dr. David Adler, Director of the Andrus Center for Public Policy at Boise State University will give a talk entitled “The Supreme Court as Guardian of American Freedoms” at 6pm in FA 119.

Supporting events—

- The Library will be displaying and featuring books and other media related to the Constitution and Founding.
- Pocket Constitutions will be available/ handed out at the Library, info desk, coffee shop, and at the speaker event.
- The PBS Special “A More Perfect Union” will be shown at 8pm (or at the conclusion of the talk) on Wednesday, September 17th in FA 119. Runtime 53 minutes.
- The PBS specials “A More Perfect Union” and “Built to Last” will be shown at 7pm on Thursday, September 18th in FA 119. Runtime is 53 minutes and 52 minutes each.

Perri Gardner
Instructor, Political Science

Education for Young Children’s Fall Conference is Oct. 4

The Snake River Association for the Education of Young Children’s Fall Conference will be held Saturday, October 4th from 9:00 am-4:00 pm, in the Rick Allen room, located in the Herrett Center, at the College of Southern Idaho. This year we are pleased to present Richard Cohen, a national speaker in the field of Early Childhood. For the past sixteen years, Richard has traveled the world as a motivational speaker/instructor, facilitating fun, innovative, thought-provoking, interactive adult learning experiences for communities of early childhood teachers, administrators, caregivers and parents. Richard will provide inspiration as he engages the audience in a variety of topics. Richard will explore: Positive strategies for guiding positive behaviors and dealing with negative behaviors, how to choose developmentally-appropriate activities for groups of young children, and how the classroom environment affects children’s behavior and learning. This conference is intended for parents, educators, and anyone who works with children. You can visit <http://home.mindspring.com/~richie11/> for additional information about Richard.

For questions or to register for the conference please contact Jamie Bridges at 208-732-6857 or jbridges@csi.edu or see our Facebook page www.facebook.com/sraeyc.

Jennifer Patterson
Early Childhood Education

Join Idaho State Alert and Warning System (ISAWS)



Enroll and receive real-time safety and security alerts electronically.....virtually any time or anyplace

What is ISAWS?

ISAWS stands for the **Idaho State Alert & Warning System**. This program provides for any Idahoan, including those with special needs and/or with English as a second language, to enroll for notification of emergencies and significant events which might affect them via cell phone, pager, PDA's, email, home phone, or other specialty communication device (in most cases).

Why enroll in ISAWS?

The Idaho Bureau of Homeland Security has developed a valuable new source for emergency information available to all Idahoans. This newly created system allows the Bureau to use a wide variety of methods to contact Idahoans in case of an emergency. This includes notification of impending severe weather situations, missing children alerts (in most cases), natural and/or man-made disasters, civil emergencies and events of statewide and national significance. Enrollment is simple and Idahoans have their choice of how they would like to receive ISAWS messaging. Enrollment is voluntary and you can choose notification via cell phone, email, home phone, mobile devices such as PDA's and pagers, or any combination of the preceding. You may also choose between voice and text messaging, or both.

What if I have special needs?

The system has been developed to alert Idahoans with special needs and/or with English as a second language. Simply make note of your situation when you enroll. If you wish to provide contact information for a caregiver, space has been provided for you to do so.

Doug Maughan
Public Relations Director

Habitat Seeks Drivers for Rim2Rim Racers



Habitat for Humanity is looking for 4 volunteers, who have passed the CSI Passenger Van Driving Exam, that are willing to drive Rim2Rim racers from the Jerome grade to the Blue Lakes Country Club on Saturday, September 13th from approximately 7:30am to 2pm. The Rim2Rim Race is one of Habitat for Humanity's bigger fundraisers, and one of the valley's premier events. A gourmet lunch is included for all drivers. If interested, please contact Linda Fleming at 731-1334 or

linda@habitatmagicvalley.org.

Ashley Schultz
Course Developer

September Vitality Table of Contents

- Beat bloat by making changes to your diet
- The cold facts about hot yoga
- What to expect from family or marriage counseling
- Manage your multiple chronic conditions
- The doctor will see you now – in your home
- Back to work after baby
- And much more!

Find a copy of Vitality in a break room or by asking your office specialist. Copies are

always available in the Teaching and Learning Center in the TAB across from the Community Education office.

Who to call for Help? Employee Assistance Program

Our EAP offers services to help employees and your family members privately resolve problems that may interfere with work, family and life; up to 4 visits per issue with each company, of which there are two to choose from. These services **must be pre-approved** with each provider used by calling the toll-free numbers below.

RBH 24-hour Crisis hotline (866) 750-1327

Legal, Financial, Parenting, Adult & Elder-Care Services available.

[MyRBH Website](#) use **LifeMap** for the Access Code

BPA 24-hour Crisis hotline (800) 726-0003

With special resources for smoking cessation, weight management, alcohol & drug abuse, legal & financial services.

Use the [BPA Website](#) to Log in use **College of Southern Idaho** for your Organization's Name and **800-726-0003** for the Plan's Toll-free Number.

<https://www.bpahealth.com/members/private/user-login>

- [BPA Legal, Financial and ID Recovery Brochure](#)
- [BPA Legal, Financial and Identity Theft Program Description](#)

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.

College of Southern Idaho - 315 Falls Avenue - PO Box 1238 - Twin Falls - ID - 83303-1238
Phone: (208) 733-9554 - Toll free: 1-800-680-0274 (Idaho & Nevada)
E-mail: info@csi.edu - Comments and questions about this site: csiwebmaster@csi.edu
© 1997 - 2014 College of Southern Idaho · CSI Visual Identity (Logos)
[Accessibility](#) · [Online Privacy Statement](#) · [Disclaimer](#)