

# eNotes CSI

## Employee Newsletter

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## Week of September 29, 2014

*The official employee newsletter of CSI since 1998*

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### Medical Coverage for CSI Out-of-Staters

Medical Coverage for Dependents and Retirees living outside of Utah and Idaho can now contact MultiPlan toll free at 800-678-7427 or visit [Multiplan.com](http://Multiplan.com) for a network provider. This information can be found on the CSI Benefits webpage also.  
[http://hr.csi.edu/benefits/employee/Medical/Out\\_of\\_Network.pdf](http://hr.csi.edu/benefits/employee/Medical/Out_of_Network.pdf)

Dannette Start  
HR Specialist

### St. Luke's Shares CSI Biometric Screening Successes

CSI, with St. Luke's assistance, held voluntary biometric screenings this month for the benefited employees and spouses. As of today, we have had approximately 75% of the benefited employees take part. If you recall last year, we had about 50% participation. I am excited about the engagement, and even more excited about the personal stories that were shared regarding journeys of health improvement this past year.

Shelly McFarland, MSN, RN  
Wellness Manager  
St. Luke's Health System

### CSI Nursing Students help Alzheimer's Assoc. Raise Donations



CSI Nursing students are helping the Alzheimer's Association raise local awareness and donations. They encourage you to sign up and participate in the 2014 Walk to End Alzheimer's – Magic Valley, Saturday morning, Oct. 11 at Centennial Waterfront Park. If you would like to sign up that morning, the students will have a registration table set up at 10

a.m. The walk begins at 11. Although the route starts at Centennial Park, participants will not go up the grade, but will follow the canyon road past the golf course and back to the park. This will be an easy 2-mile walk – not a race – for all participants, even those in wheelchairs. Registration is completely by donation. The nurses will sometimes be doing registrations at a table in the Student Union. If you would like to register online, please go to [alz.org/walk](http://alz.org/walk).

Doug Maughan  
Public Relations Director

### Massie Family Sends Note of Thanks

Dear Faculty and Staff,

I wanted to thank all of you for your thoughts and prayers for us. The outpouring of love through cards and flowers touched us deeply. Thank you for allowing us to celebrate Jim's life in the Fine Arts Auditorium and thank you to all who attended. Jim truly loved working with all of you. God bless!

Rhonda Massie.

### Meet Renee Turner, New Office/Facilities Specialist

Office of Instruction & Academic Affairs

My name is Renee Turner and I am the new Facilities Use Specialist. I am originally from Paul, and I attended CSI after high school. I worked for over three years as a secretary in a local body shop, and I am looking forward to the change of pace and new working environment. I am married. My husband and I enjoy going on road trips together, spending time with our families, fishing, golfing, and having lazy Saturdays once in a while.

I am very excited about all of the opportunities I will have at CSI, as well as all of the new people I will be meeting. I can't wait to become acquainted and work with all of you!

### Help Set World Record, Win Car, prizes



Do you want to be a part of a Guinness World Record and have a chance to win a car donated by Randy Hansen Automotive or a \$1,000 prize package from Bish's RV?

The Over 60 & Getting Fit Class is trying break the Guinness World Record for the Longest Line of Carved Pumpkins in the World on October, 25th. 1301 pumpkins is the current world record. Would you help us smash it? All you have to do is let us borrow your carved pumpkins for a few of hours, every carved pumpkin you bring to CSI between 6AM and 1PM on Oct. 25th will get you a ticket for the prizes.

Your pumpkin must have carved-out eyes, eyebrows, nose, and mouth to qualify. There will be lots to do on campus that day with 2 bounce houses, Halloween Carnival, DJ music, mini train, \$1.00 hotdogs, coke products, food, coffee, kettle corn, CSI volleyball & softball games, and the PE's Great Pumpkin Race. You may have your pumpkin back after 2:00 PM.

Raffle prizes will be drawn at 1:30 PM and the car will be drawn at 2:00 PM sharp, you must be present to win and if under 18 you need to have a parent to claim car. Car title, registration fees and taxes are winners responsibility.

Hope to see you there!!!

For more information contact Shelly Wright at 208-732-6483

Shelly Wright  
Professor Physical Education

### Free Tutoring for CSI Students

The Learning Assistance Center, located on the Second floor of the GR Meyerhoeffer bldg. above the Library, is open for tutoring. Tutoring is available in Math, Writing, Computer Literacy, and some Sciences. Schedules and hours can be found at <http://www.csi.edu/ip/adc/lap>. Helping underprepared students prepare. Prepared students advance. And Advanced students Excel.

|  
Kat Powell M.S., G.C.D.F.  
Learning Assistance Coordinator

### Follow CSI on Social Media Sites

If you haven't done so already check out our main College of Southern Idaho social media platforms and start following the action! You can now like us on Facebook, follow us on Twitter, check out pictures on Instagram, watch videos on YouTube, get your professionalism on through LinkedIn, and don't forget about Google+. On these platforms you will find upcoming events, important campus information, and many other interesting facts about CSI. You are even able to get in on the action by using the hashtag #CSIEagles when posting your own pictures. Watch for other hashtag updates as new events are announced. We are excited to start engaging with you!

All of these channels are maintained by our new Public Information Specialist, Kim Lapray. She was hired under Doug Maughan in the Public Information Office. If you have any questions about social media or have an event that you would like to publicize you can contact her at [klapray@csi.edu](mailto:klapray@csi.edu) or call 732-6299.

#### Follow Us:

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Kimberlee Lapray  
Public Information Specialist

#### Follow Us on Social Media:



### Oct. 1 Brown Bag Event Addresses Service Learning

Our last Brown Bag event on alternative assessment was fascinating. I am always amazed at how creative we are, and how much I learn from my colleagues.

Our next Brown Bag Event:

Hepworth 176 (Conference Room)

Wednesday, October 1

12:00-12:50

Topic: Service Learning

Come and learn about what this is, how we can use this with our students, and why it's important to our college.

Evin Fox, Ph.D.

Professor

| Date  | Topic  | Host     | Location |
|-------|--|----------|----------|
| 9/3   | Syllabus Review                                    | Evin Fox | Hep 176  |
| 9/10  | What does it mean to be a professional?            |          | Hep 176  |
| 9/17  | Teaching with Creativity                           |          | Hep 176  |
| 9/24  | How to assess in non-traditional environments      |          | Cafe     |
| 10/1  | Service Learning                                   |          | Hep 176  |
| 10/8  | Retention Issues and Strategies                    |          | Cafe     |
| 10/15 | Online Learning Tools                              |          | Café     |
| 10/22 | How to teach vocabulary and other memorizing facts |          | Café     |
| 10/29 | How to grade essays                                |          | Café     |
| 11/5  | Writing and using course learning outcomes         |          | Hep 176  |
| 11/12 | Classroom Management                               |          | Café     |
| 11/19 | How to teach the reluctant learner                 |          | Café     |

|      |             |          |      |
|------|-------------|----------|------|
| 12/3 | Celebration | Evin Fox | Café |
|------|-------------|----------|------|

## We have 22 Fall Challenge Teams, over 200 Members!



Judy Heatwole  
CSI Employee Wellbeing

We want to especially thank our captains for helping round up all interested Active Lifestyle Challenge members for the fall! We have more members than ever, including higher education campus center members and a lot of family participants. This is going to be a super year for the Great Pumpkin if everyone turns out!

Find all our great teams and details of the challenge itself online at  
<http://wellness.csi.edu/Fall2014challenge.html>

## Exercise Strategies for Colder Weather

BPA Employee Assistance Program

Cold weather is just around the corner. Now is a great time to develop a strategy for winter fitness. There are many ways to stay physically active, no matter how cold the weather. Here are just a few.

### Hit the Gym

The winter season is the perfect time to visit the gym. Start the cold season off on the right foot with a new membership or maximize the one you've been paying for. Chances are you are less busy during winter than you will be when the weather warms up, and that means more time to work out and get in shape. Whether you jog around the indoor track, check out the fitness equipment, or join an aerobics program, you can get some great exercise.

### Walk the Mall

If it is too cold to walk outdoors, head to the local mall instead. Many enclosed shopping malls have walking programs, so chances are you will not be alone while you stroll. Some malls even open their doors early to accommodate the many mall walkers waiting outside the door. No matter when you go, you can enjoy some retail therapy while you log mileage.

### Play in the Snow

It might not be fun, but it is necessary. The next time Mother Nature gifts you with the white stuff, give the snow blower a rest and shovel the sidewalk or driveway instead. You will burn off a lot of calories and get some great outdoor exercise. Not a skier or snowboarder? Try snow shoeing or cross country skiing. These both present excellent opportunities to get outdoors, breathe in the crisp winter air, and burn some calories.

### Start Your Spring Cleaning Early

It is never too early to start your spring cleaning. The weather may be cold and snow may be piled up, but you can still give the interior of your home a good cleaning. If you feel overwhelmed by the task, consider cleaning one room at a time. Breaking a large task up into smaller and more manageable chunks can make spring cleaning easier and make your cleaning workout more effective.

There are many ways to stay physically active during the dreariest of fall and winter months. Start planning now, be creative, and write down specific winter fitness goals. Consider trying something new! Having a defined strategy will help motivate you keep moving and stay healthy in the winter time and beyond.

## CSI Active Transportation Week is Oct 6 - 10

Oct. 6th – Oct. 10th  
7:45 am – 12:00 noon each day

*\*TREATS\**  
*\*PRIZES\**  
*\*GOOD HEALTH\**  
*\*MONEY IN YOUR POCKET\**  
*\*GREAT PARKING SPACE!\**

Leave your car at home! Bike, Board, Walk, or Run to Campus!

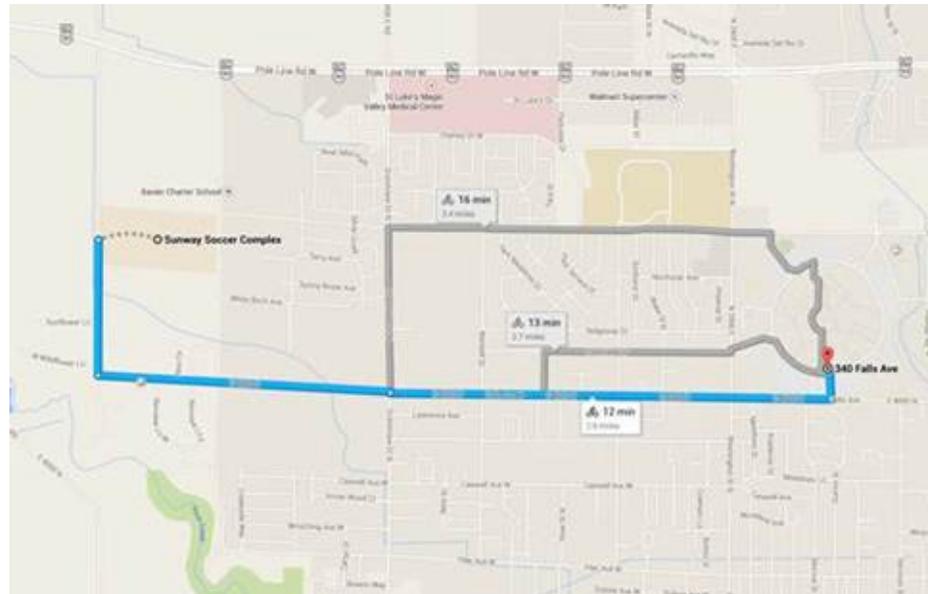
Check in at the main campus entrance bus stop between 7:45 and 12:00 noon for treats and an opportunity to win great prizes!

\* Sponsored by the CSI Longboarders' Club and the CSI Sustainability Council \*



New this semester!  
If you live in an outlying community and would like to participate, put your bike in your car, park at the Sunway Soccer Complex parking lot (N 2700 E), and ride to campus.

[Google Map](#)



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](mailto: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](mailto:hr@csi.edu).

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