

# HR NOTES



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## Mental Health Awareness Month

May focuses on mental health.

360 Thought Leadership has suggested 7 easy ways to make yourself happy each day. Although happiness is personal to everyone, making small changes to regular habits can help you get there. Try incorporating some of these ideas to improve the quality of your life and make yourself happy.

1. Expand your positive self-talk. Say something nice to yourself every day-your mind is a powerful tool.
2. Create deep connections with people you care about. It will provide you with support, love, and feelings of self-worth.
3. Appreciate what you have. Being grateful makes you happier and more content.
4. Celebrate small wins. Happy moments often come from small things.
5. Make time to relax and exercise. Sleep allows you to have the energy you need to cope with daily activities.
6. Avoid comparing yourself to others. Someone will always have more. Focus on your own journey and how far you've come.
7. Forgive yourself for past mistakes. Let it go and move on. Don't beat yourself up.

## EMPLOYEE CHANGES

We welcome Brittney Geidel, Taysa Hutmacher, and Mya Wilson as Corrections Officers, Billy Lurken as Deputy Auditor I, Kevin Kelly as Seasonal Highway, and Taya Chelmo as Seasonal 4-H.

So long to Courtney Bartscher and Jessica King as they leave us. We wish you luck in your careers.

*Davison County offices will be closed on Monday, May 27, 2024 in honor of Memorial Day.*

## CONGRATS!

Congrats to Hanna Peterson as she moves from Admin Assist to 4-H Program Assistant. Jane Kingsbury has retired but has agreed to assist us with help as needed on a part-time basis.



**Upcoming or recent birthdays:** Desirae Martindale, Mark Zard, Debbie Vaughn, Billy Lurken, Grant Lanning, Rusty Weinberg, Brad Pfeifle, Kevin Geidel, Kohl Oster, Christine Norwick, Justin Becker, and Jack Sorenson.

**Anniversaries:** Tonya Ford (7), Jeff Bathke (11), Randy Strong (33), Kyle Bice (5), Trestin Jerke (5), Darlene Bailey (26), Bob O'Keefe (19). Those reaching the one-year milestone: Clay Loneman, Brad Pfeifle, Carver Steffes, Curtis Talley, and Jason Kulm. Way to go!

**Why is it so hard to shop for moms? Because mothers are priceless!**

**Ever heard of a job that provides no training, requires no experience, pays nothing, and you can't quit? Motherhood. Happy Mother's Day to all mothers.**