

HR NOTES



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Stress Relief

EventBrite has many opportunities to attend free seminars, and they sent me two that help to relieve stress. If you are interested, you can Ctrl + Click on the links.

Health and Wellness with Qigong is offered every Wednesday at 11:00 am.

[Qigong](#)

Meditation for Anxiety Relief is offered every Thursday at 9:00 pm.

[Meditation](#)

If you have never tried either of these types of activities, here is a chance to test it out privately online for free. We could all use a little bit of stress relief in our lives.



Jim swears in new Commissioner Mike Blaaidid

WELCOME NEW EMPLOYEES

Welcome to Rachel Weber, Deputy Auditor I, who is training to replace Karen K when she retires. Mike Blaaidid was sworn in as a new Commissioner to replace Kim who has resigned and moved away.

EMPLOYEE RESOURCE GUIDE

Another update in our guide is the option for 36 hours to count as a full week (or 72 for those who go by the two week schedule). This would not be a permanent schedule change, but an occasional option to use if you didn't have enough vacation accrued or wanted to save it instead. It does have to be pre-approved by your department head and is unpaid leave, but there is no penalty of pro-rated insurance premiums. See section 9.1 in the guide.

The South Dakota Retirement System will be presenting a Successful Transitions to New Beginnings: Regional Pre-Retirement Planning workshop in Mitchell at the Highland Conference Center on Tuesday, August 16th from 5:30-8:00 pm. To register, call 1-888-605-SDRS (7377) or visit the event registration page at <https://sdrs.sd.gov/events/preretirement/schedule.aspx>.

4-H NEWS



Caroline Hansen, 4-H Youth Advisor for Davison and Hanson counties will be presenting a new program at the national conference. She has been working with youth gardening and doing food preservation. It is a great learning opportunity and teaches life-long skills. Congratulations for being chosen! Also, don't miss out on Achievement Days which will be Aug 1-3. Check out their Facebook page for more information. [Achievement Days](#)

CONGRATS!

Upcoming birthdays: Marlyn, Tonya M (that's me 😊), Ginger, MacKenzie, and Danielle.

Anniversaries: Congratulations Nikki on your first year with Davison County!

Why did the man get heartburn after eating birthday cake? He forgot to take off the candles.