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SUPPORT • COLLABORATION • COMMUNICATION • INFLUENCE

YCSA President's Welcome

Greetings Amazing Yavapai College Staff!

I hope everyone has found a way to weather the heat lately.

I would also like to thank everyone who volunteered, pitched in, or contributed in some way to assisting with the Goodwin Fire efforts. We have a great community, and it really shows when times are tough.

Also, the nomination letters for our upcoming elections will be available soon. If you are thinking about becoming a YCSA board member, or already know you would like to, please fill out a nomination letter so we can get your name on the ballot. We will be electing a President, New Hire/Professional Development Liaison, and Alternative Rep/Committee Chairperson. There will also be a special election for the Secretary position, which will only last for one year.

The capital improvement projects will continue which will help us continue to make Yavapai College such a great place to work and learn. So, please be aware that parking will be disrupted and there might be noise and dust in your work area.

Once again, thank you all for all of the great work you do for our students and campus, it is greatly appreciated.

Have a wonderful Summer!

James Elphick

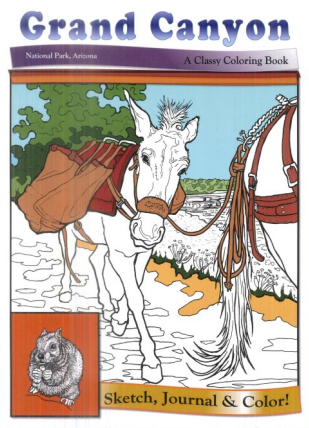


Calendar Reminders

- July 17 Fall semester payment deadline
- July 26 Sedona Center Culinary/Hospitality program preview day
- July 27 Summer classes end
- July 30 Prescott Pops Symphony at the PAC
- Aug. 3 National Live Theater presents Peter Pan at the PAC
- Aug. 10-12 30th Annual Cowboy Poets Gathering
- Aug. 14 Employee Convocation – all offices closed
- Aug. 15 First YC Volleyball game of the season (vs. Embry-Riddle)
- Aug. 18 Residence halls open
- Aug. 21 Fall semester begins
- Aug. 27 Last day to drop full semester classes. Last day to receive a refund.

Congratulations Christine!

Christine Sutherland, Art Gallery Manager, recently published a Grand Canyon Classy Coloring Book. The book consists of 31 original illustrations of plants and animals in the Grand Canyon, 11 of Christine's poems, and extra pages for sketches, journaling, or photos. Christine previously published a Classy Coloring Book on Bear Lake and has one in-the-works for Yosemite National Park.



The Classy Coloring book can be found at the Grand Canyon visitor's centers, the Peregrine Bookstore, the Farmers Market, and through Amazon.



New benefit policy for Yavapai College staff and students:

All Yavapai College faculty and staff (full-time, part-time, adjunct), and all full-time Yavapai College students (six credits or more) are eligible to purchase two \$10 tickets per show to YCPAC performances (with some exceptions) one week prior to the show date.

If seats are available for "YCPAC Presents" shows one week before the show date, an announcement will be sent on DuckSoup, along with a date/time when tickets will go on sale. As always, discount tickets are not available for shows offered by presenters other than YCPAC. The PAC is no longer offering free tickets and half-price tickets during on sale dates.

Celebrating Our Employees

Welcome to our new employees!

Name	Department	Campus
Rodney Jenkins	Community Relations	Prescott
Jacob Jackson	Custodial	Prescott
Amber Snodgrass	Radiology	Prescott
Joseph Sabato	Facilities District	Prescott
Jeri Denniston	SBDC	Prescott
Richard Hernandez	SBDC	Prescott
Abbie Swavee	Enrollment Svcs/ Registration	Prescott
Jennifer VanVleet	HPER/Athletics	Prescott
Rynnie Scott	Academic Advising	Prescott
Steve Gomez	Custodial	Prescott

Wellness Update



Exercise Program

One of the most important aspects of an exercise program is simply STARTING it! Getting off the couch or out of your chair to start walking, running, bicycling, swimming or **insert your activity here** may help you lead a healthier and happier life.

Try to get at least 150 minutes (2 ½ hours) a week of moderate-intensity aerobic activity. You can break up your activity into 10-minute chunks and still get the health benefits. Try to also include muscle-strengthening activities. Hit the major muscle groups at least two days a week.

It's OK to start slow. Choose a physical activity that is appropriate for your current fitness level, then aim to increase your activity over time.

Here are some tips for fitting fitness into your life:

- Add steps to your day. Park farther away from the entrance or get off the bus one stop earlier. Take the stairs instead of the elevator.
- Develop new routines. Take your dog for a daily walk. Or, maybe go to the park with your kids after dinner.
- Do you have a green thumb? Start a garden. Grow yummy veggies and share them with your family, friends and co-workers.
- Find a workout buddy. Exercising with a friend can be more fun and a good motivator.
- Keep exercise clothes at work. You can change into them before heading home or to the gym. Also have a comfortable pair of shoes so you can walk during breaks.
- Schedule fitness like you would any other appointment. That way you are more likely to do it.
- Clean up. Housework and yardwork count as physical activity, too.
- Double up. Move while you watch TV. Why not watch and stretch? Or during commercials, try getting up off the couch and marching in place.
- Sign up for a class. Aerobics classes, yoga sessions and social dancing are just a few of the many choices.
- Keep it fun. Making physical activity enjoyable is key in making it a regular part of your life.

Healthy Lemon Raspberry Frozen Yogurt

Ingredients

- 1 cup plain Greek yogurt (regular)
- 12 oz. frozen raspberries
- ½ cup fresh lemon juice
- 2 teaspoons fresh lemon zest
- 3 tablespoons honey



Instructions

1. To a blender add Greek yogurt, raspberries, lemon juice, lemon zest, and honey.
2. Blend until smooth.
3. Serve immediately or for a more solid consistency place in an air tight container and put in freezer for 1-2 hours. Serve!

Nutrition Information

Serving size: ½ cup; Calories: 101; Fat: 4g; Carbohydrates: 16g; Sugar: 13g; Sodium: 24 mg; Fiber: 2g; Protein: 2g; Cholesterol: 10mg



2017 Youth Job Fair a Success

Yavapai College, Goodwill of Central and Northern Arizona, DES, and the Yavapai Juvenile Justice Center partnered together to offer our local youth (aged 16 to 24) the first Prescott Youth Job Fair. Over 70 young adults attended this event and had the opportunity to mingle and meet with 33 local exhibitors and resources. For some, interviews took place on-site and job offers were made shortly after.

Feedback has been received back from several exhibitors in attendance that they love what this group is doing for the youth in the community, and they would definitely sign-up and be involved in this type of Job Fair again.



Need Computer Skills?

Many of our students come to college underprepared for the computer skills required to succeed. If you run across them, let them know about the variety of resources available to build computer skills.

Free Computer Classes

Goodwill career Center
1385 Iron Springs Rd, Prescott
928-515-6540

YC Learning Center

<http://www.yc.edu/v5content/learning-center/computer-help.htm>
Microsoft Office Tutorials
How to Email Professors
Tips for taking Online Classes

YC TELS Teaching and eLearning Support

<https://www.yc.edu/v5content/teaching-and-elearning-support/students>
Online and in-person Workshops on Using Canvas and Microsoft Office 365 and Being Successful in Online Classes

A Student's Guide to the Computer

<http://www.grassrootsdesign.com/intro>

Basic Computer Literacy

<https://www.gcflearnfree.org/topics/computers/>

Learn the Basics

<https://digitalliteracy.gov/content/learner>

Managing Change in the Workplace

Feel like everything is moving too fast? You may not be alone. In today's workplace, change is often the norm not the exception. While the expectation may be that you should adapt, we are creatures of habit. According to Dr. Tamar Chansky, author of "Freeing Yourself from Anxiety," changes at work can be a huge area of stress because "how we thrive is through routine and predictability. It gives us a sense of control." While it's perfectly normal to feel out of our comfort zone in these situations, employees can benefit from finding ways to overcome their fear or anxiety about change to be constructive, positive participants in the process.

Here are some tips on how to manage and ultimately succeed in the face of change:

1. Acknowledge that change is happening so you can begin to process it.
2. Recognize your fears/concerns about change. Write them down in an objective form so that you can see the areas you will need to address.
3. Identify one or more strategies on how you can create a system or organize your work environment in a way where you can tackle each area of concern.
4. Don't make assumptions. As you work through understanding your new role, new supervisor or new technology, communicate regularly within your workgroup to ensure you are on the right track in addressing your goals and concerns in relation to the larger picture.
5. Minimize distractions. You are learning new processes, procedures and/or how to work with new people and their workstyles which takes more concentrated thought than a job you already know well.
6. Set realistic expectations and stay positive. You cannot master a whole new set of rules right away. Allow yourself the patience to figure out what works best and remain positive that you will eventually find a new rhythm that will work for you.
7. Be flexible. Often in times of change, the first plan gets modified as real-world scenarios come into play. Allow flexibility for adjustment to happen so that the end product is the best one.
8. Get involved. If you are seeing change happen and want to help shape the outcome, don't be afraid to volunteer to help. Find valuable ways to be part of the change.
9. Reduce your stress and allow space for your concerns. There are lots of ways to take a breath from change so you can come back at it again with renewed energy: visit a colleague in person instead of calling to resolve an issue, take a few minutes to do some quick stretching at your desk, give yourself a couple of minutes of mindful, deep breathing, or take a walk.
10. Know your value. Take time to assess where you are most valuable in your skills and focus on those areas in the process of change. They will help you build the confidence to overcome the other areas where change is more difficult.

Summer Safety Tips

Summer is upon us! Long, sunny days. Barbeques, summer sports, and boating on one of Arizona's many waterways may be top one your summer plans. Here are a few summer safety tips to keep in mind for a fun and fantastic summer:

1. Drink lots of water. It's easy to dehydrate in the Arizona sun, so make sure not to overload on alcoholic drinks or overly sugary drinks, but do load up on the water.
2. If out on the water this summer, make sure you wear your lifejacket. Drowning is no joke!
3. While we have less of a bug problem in Arizona, we do still have them. Use the bug repellents and keep from having itchy bites!
4. Sunscreen, hats, and even light long sleeve shirts can save you from the pain of sunburns. They say the sun is at its strongest between 10am and 4pm, so be smart and be prepared!
5. And, as always, if you are going to be drinking adult beverages make sure you have a plan for getting home. After all, driving drunk is never worth the consequences of getting caught or worse having an accident.

Bonus tip: Pets overheat too! If it's too hot for you, it's too hot for them.



Image credit: <https://www.senioradvisor.com/blog/2015/08/summer-safety-tips-for-seniors/>

YCSA Committee Updates

Social/Community Service

The Social/Community Service Committee is looking for a Co-Chair. If you would be interested, please email janice.souttee@yc.edu.

Newsletter

Our next newsletter will be published after the Fall semester has begun. If you have any suggestions for articles or topics you would like to see covered by the YCSA Newsletter, please let us know!

We would love to have more YC staff join this committee. Interested? Please email katherine.anderson@yc.edu.

YCSA Committees 2017

Employee Benefits & Professional Development

Social/Community Service (SCS)

Newsletter

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