



Staff CometConnection

*A monthly newsletter for Mayville State Staff
Provided by MaSU Staff Senate*

March 2021

UPCOMING EVENTS:

MARCH 2

Campus Wellness Initiative Kick-Off Event | 11am-1pm | Campus Center Foyer | p. 3

Professional Development Day | check email for updates

MARCH 5

Nat'l Dress in Blue & Nat'l Employee Appreciation Day | p. 6

MARCH 10

Spring Wellness Fair
| 9am-3pm | Campus Center Foyer | p. 7

MARCH 11

Nat'l Pack Your Lunch Day
| 11:30am-1pm |
Luckasen Room | p. 6



Welcome

TO THE MAYVILLE STATE FAMILY:
Robert Corn

MARCH 15-19

Spring Break Week
| No Classes, Campus Open |



MARCH 17

St. Patrick's Day



MARCH 26

"Financial Aid Made Easy" Info Session
for Faculty/Staff | 9am | Luckasen Room

MARCH 30

Nat'l Virtual Vacation Day | p. 6
SPECIAL GUEST SPEAKER: Nicole Phillips "The Negative Remedy" |
1pm | Classroom Auditorium |
Open to All Campus



WE SAY GOODBYE TO:
Ryan Hall

BIRTHDAYS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Heather (Johnson) Bolstad	5	6
7	8	9	10	11	12	13
14	15 Dawn Huard	16 Jessica Volla	17	18	19	20
21	22	23	24 Ann Bykonen	25	26	27
28	29 Shannon Hofer	30 Jodi Larson	31			



Are you a Wellness Center member? Access to the pool is included with your membership!

Programming Offered

Family Swim

Sundays 1:00-2:00pm

Open Swim

Sundays 2:00-3:30pm

Lap Swim

Tuesdays & Fridays 6:30-7:50am

Water Exercise

Mondays & Wednesdays 4:45-6:00pm

Tuesdays & Thursdays 9:45-11:00am

Private Parties

Interested in renting the pool for a private event?

Contact Remi Herman:
remington.werner@mayvillestate.edu



Follow us on Facebook:
[@CometAquatics](#)

Self-Care Corner

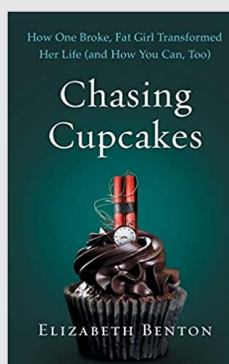


Staff Podcast

Recommendation:

The Kindness Podcast

By: Nicole Phillips



Staff Book

Recommendation:

Chasing Cupcakes

By: Elizabeth Benton

Mark your Calendars!

Nicole will be here speaking to campus on March 30th!

njp

NICOLE J. PHILLIPS

BE Brave. BE Kind. BE You.



WELLNESS CHALLENGE SERIES

****OPEN TO ALL
STAFF, FACULTY,
and STUDENTS!***

WELLNESS SERIES KICK-OFF



Join us on March 2 from 11am-1pm in the
Campus Center Foyer.

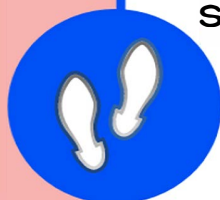
- Stop by, grab a water bottle, and enter in for a drawing!
- *Limited availability.
- BP Pressure checks and weigh-ins for those interested.

MONTH 1- MARCH WATER CHALLENGE



- Caffeine is great, but how about your water intake?
- Track your water intake each week for a chance to win a prize!
- Keep watch for an email with more information and how-to sign up!

MONTH 2-APRIL STEPS CHALLENGE



- By April, Spring is near! Great time to track those steps!
- Track your steps for the month to be entered in a drawing!
- Additional events to be announced!
- Watch your emails for more information and how to sign-up!

MONTH 3- MAY STRESS MANAGEMENT CHALLENGE

- Feeling overwhelmed? Too many things to juggle? You won't want to miss this month's challenge!
- Additional events to be announced!
- Watch your emails for more info and how to sign-up!



ADDITIONAL INFORMATION

- This is OPEN TO ALL! On or off-campus participation is welcomed!
- You do not have to participate in all 3 challenges, however, there will be a GRAND PRIZE giveaway for those who do!



QUESTIONS?

Feel free to reach out to
heather.johnson.4@mayvillestate.edu
with any additional information. We will
send out emails prior to each challenge
with more details specific to that
challenge, along with how to sign-up for
those who want to participate.





ALL ABOUT WATER!



FLUID INTAKE AMOUNT PER 24 HOURS

- No single formula fits everyone.
- Adequate daily fluid intake for an average healthy adult:
 - About 15.5 cups (3.7 liters) of fluids a day for men
 - About 11.5 cups (2.7 liters) of fluids a day for women

-Per The U.S. National Academies of Sciences, Engineering, and Medicine



FACTORS THAT MAY MODIFY DAILY FLUID INTAKE

EXERCISE
ENVIRONMENT
HEALTH & WELL BEING
PREGNANCY AND BREAST FEEDING



BENEFITS OF H₂O

- ZERO CALORIES
- 60% OF THE HUMAN BODY IS WATER
- LUBRICATES JOINTS
- BOOSTS SKIN HEALTH
- REGULATES BODY TEMPERATURE
- ESSENTIAL TO VITAL ORGANS



MEET YOUR WATER INTAKE GOALS

- Carry a water bottle with you and refill it throughout the day.
- Drink water with each meal (will also save money & 0 calories)
- Add a wedge of lime or lemon to your water.
- Opt for a sparkling water or flavored water vs. a pop
- Try infusing water with various fruits to add more flavor



IS IT POSSIBLE TO DRINK TOO MUCH WATER?



- DRINKING TOO MUCH WATER IS RARELY A PROBLEM FOR HEALTHY, WELL-NOURISHED ADULTS.
- WATER INTOXICATION, A RARE CONDITION, CAN OCCUR IF TOO MUCH WATER IS INGESTED CAUSING THE BODY'S WATER AND ELECTROLYTE LEVELS TO BECOME IMBALANCED.
- CAN OCCUR WITH ANY ACTIVITY WHERE OVEREXERTION RESULTS IN HEAVY SWEATING OR WORKING IN HIGH HEAT CLIMATES. WITH THESE SETTINGS, IT IS ALWAYS IMPORTANT TO REPLENISH YOUR BODY WITH WATER AND ELECTROLYTES. SPORTS DRINKS ARE COMMONLY USED AS A FORM OF ELECTROLYTE REPLACEMENT.

Sources

1. Fifteen Benefits of drinking water. Medical News Today <https://www.medicalnewstoday.com/articles/290814#benefits> Accessed Feb. 17, 2021
2. How to Prevent Water Intoxication. Aquafil. <https://www.aquafil.com.au/prevent-water-intoxication/> Accessed Feb. 17, 2021
3. Institute of Medicine 2005. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press. <https://doi.org/10.17226/10925>.
4. Water & nutrition. U.S. Centers for Disease. Control and Prevention. <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>. Accessed Feb. 17, 2021
5. Nutrition & Healthy Eating. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256> Accessed Feb. 17, 2021
6. What happens if you drink too much water? Medical News Today. <https://www.medicalnewstoday.com/articles/318619#dangers> Accessed Feb. 17, 2021



1-2 lbs boneless, skinless chicken breasts

1- 10.5 oz can Cream of Mushroom Soup (condensed)

1-10.5 oz can Cream of Chicken Soup (condensed)

1-10.5 oz can Cream of Celery Soup (condensed)

½ c mayonnaise (NOT Miracle Whip)

½ c white cooking wine

1c shredded cheddar cheese

Slivered almonds (optional)

1. Place chicken in a baking pan.
2. In a large bowl, mix the condensed soups, mayo, and cooking wine together. Pour mixture over chicken.
3. Bake at 350 for 1 hour.
4. Remove pan from oven and sprinkle shredded cheese & slivered almonds on top.
5. Cook for another 5 minutes or until cheese is melted. Serve over rice.



[Click here](#) to submit your Comet Comfort or Self-Care Corner recommendations!

Staff Strategies **Adobe Acrobat Reader**

Tuesday, March 23rd @ 10 am

Presenter: Rob Frederick

- How to use Adobe Acrobat Reader
- Electronic signatures
- Navigating forms we use on a daily basis
- LiquidFiles review

Staff Strategies Trainings are brought to you by MSU Staff Senate

All are welcome to participate in trainings



Thank you for your nominations for February's Comet Kudos. Those nominated include:

Matthew Berglund

Kara Schriener

Elizabeth Hjelmstad

Heather (Johnson) Bolstad

Ilene Odegard

Lois Karlstad

Congratulations to February's winner, Heather (Johnson) Bolstad!

As a friendly reminder, **staff** members can only win the award once per calendar year, however our calendar year has restarted. For the list of past winners, check out the [Comet Kudos page](#) on the Staff Senate website. To nominate a **staff** member that you feel should be recognized for February use the following link: [Comet Kudos Nomination Form](#) **For Faculty nominations, please contact your Faculty Senate for recognition.

MARK YOUR CALENDAR!

MARCH

FRIDAY,
MARCH
5TH

Meet us in the gym at 2pm for a group picture. Be sure to wear your Comet blue!

Social distancing will be in full force. :)

NATIONAL DRESS IN **BLUE** &
EMPLOYEE APPRECIATION DAY!



THURSDAY,
MARCH
11TH

Pack your lunch and enjoy some great company! Join us in Luckasen on Thursday March 11. There will be a Zoom link for those who are unable to join.

Social distancing will be in full force. :)

NATIONAL PACK YOUR LUNCH DAY!
CELEBRATING THE DAY AFTER



March 11 | 11:30AM - 1:00PM | Luckasen Room

TUESDAY,
MARCH
30TH

Dress up in your favorite vacation attire!



NATIONAL VIRTUAL VACATION DAY!

Mayville State Spring Wellness Fair

Wednesday, March 10, 2021

Chair Massages *(Sign up to follow)*

Snacks in Campus Center

Corner Nutrition samples

(50% off all day at store for Faculty and Staff)

Booth for Profile by Sanford

Virtual Programs

The programs will be virtually on zoom and in the Heritage Room unless otherwise noted.

9:00 - NDPERS and healthy retirement choices on Teams

10:00 - Dakota Wellness Program from Sanford

10:00 - Profile by Sanford with person in Luckasen

11:00 - Unconscious Bias by the Village

12:00 - Movement/exercise by Sanford in Luckasen

1:00 - Work - Life Balance by the Village

2:00 - Five Star Sleep by Sanford

3:00 - TIAA and healthy retirement will be ON24

This year, the wellness fair will be virtually or in the Campus Foyer. The only in person event will be with Profile at 10:00AM.

Attendance at one (1) program will make you eligible for one (1) Wellness Voucher with the Sanford Wellness Program, and entrance for the prize drawing.

We look forward to seeing you there!

WIN THE BEST SEAT IN THE HOUSE

- SPONSORED BY STAFF SENATE



ULTIMATE FAN EXPERIENCE TO BE WON!

PACKAGE INCLUDES -

- **TICKETS TO ONE COMET HOME GAME WITH 3 GUESTS**
- **EXCLUSIVE AREA TO WATCH THE GAME**
 - **INCLUDES COUCH AND TABLE!**
 - **CLOSE TO CONCESSIONS!**
- **COOLER FOR YOUR BEVERAGES WHICH INCLUDE - POP & WATER**

PURCHASE A COMET PRIDE BUTTON TO BE ENTERED TO WIN BEST SEAT IN THE HOUSE!

FOR FOOTBALL SEASON NEXT YEAR ONLY, WE OPTED OUT OF THE SPRING SPORTS DUE TO RESTRICTIONS.