



# KUDOS KORNER

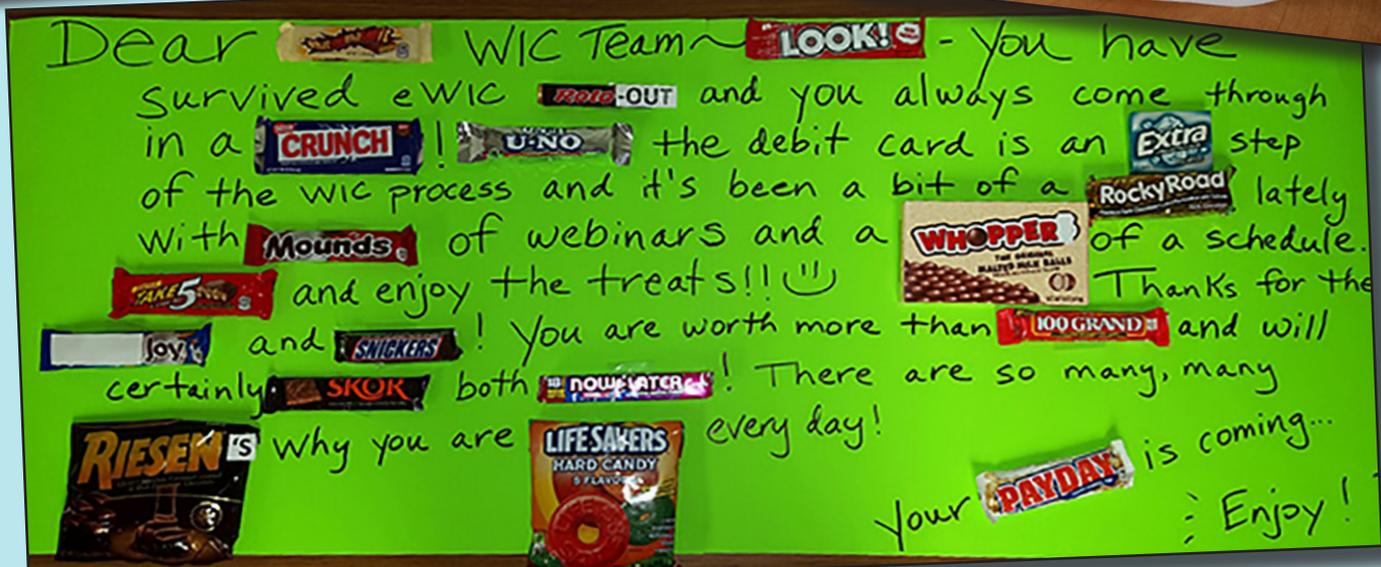
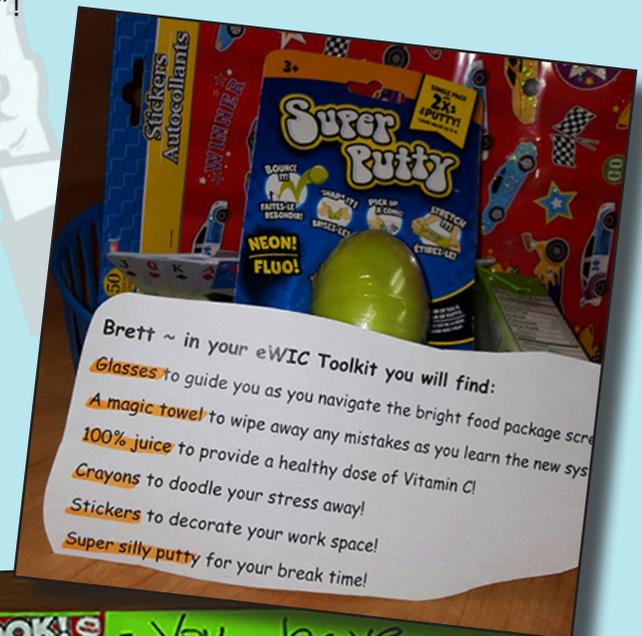
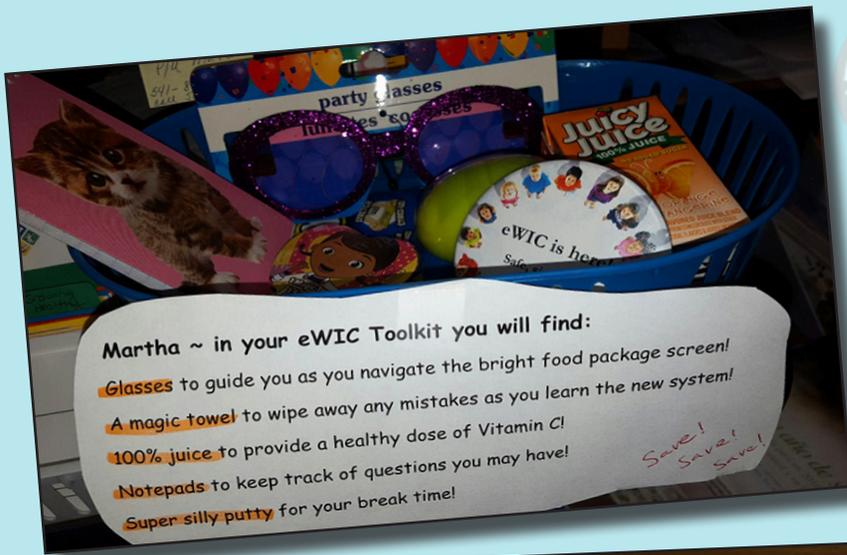
by Sherri Tobin, Josephine County

**What did your agency do?** On our first day of eWIC rollout, each staff person received an eWIC Toolkit (or “fun kit”) to help them through the transition. The intent was to create some laughs, and decrease any stress or anxiety about the new process. Two weeks later the candy bar sign arrived, which highlighted our journey, and gave kudos to everyone for such a great eWIC kick off!



**What motivated it?** I remember the day we rolled out TWIST, and my WIC Coordinator provided morale boosters for each of us. Back in college, I received my first candy bar sign, and the memory is still there. It was meaningful that someone took the time to create a message in such a fun and unusual way; it felt so positive and uplifting. So, to support our team, I wanted to re-create those feelings for the staff here!

**What was the positive impact on staff?** There were “high-fives” and smiles! Staff were seen playing with their silly putty at break time and writing down questions in their notepads. Now, we are seeing a mini-movement, which recognizes and celebrates our staff in various ways. Last month a “Fun Committee” created a recognition board for a staff member and included personalized kudos from various staff. Also, the Fun Committee added a message on the billboard outside the building about IBCLC day, in recognition of our lactation staff. Last week, there was a Spring Fling potluck to recognize everyone at the Health Department for their hard work. There seems to be a “wave of recognition” rolling around our department, and moods are “surging”!



“One of the things I am doing this year for balancing work and life is obedience training with our new puppy Ozzie. It has certainly been intellectually stimulating for me since consistency is key for both his behavior and mine! My goal is that we both do well enough so he can advance to agility training later this year.”

**Sara Sloan**  
Operations Manager



**Balance** = work stays at work + home stays at home.

**Balance** = lots of talk at work + lots of quiet at home (reading, listening).

**Balance** = lots of computer at work + no electronics at home, other than favorite TV shows or movies.

**Balance** = colleagues at work + family, family, family at home.

**Kim McGee**  
Training Coordinator

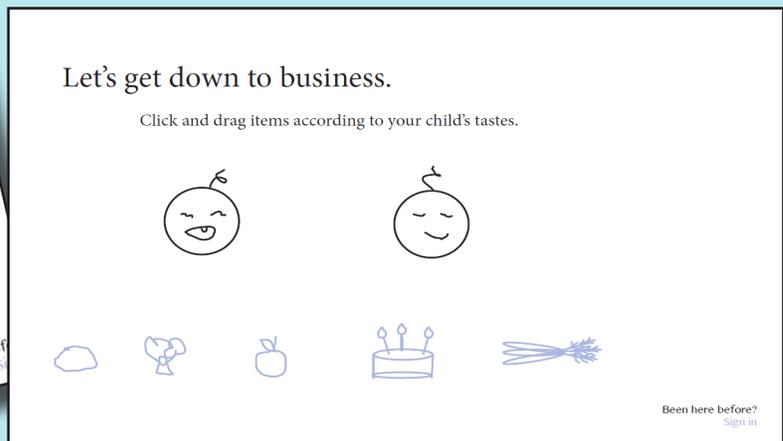




**Carrie Lafferty** was recently promoted to App Support Specialist, so you may talk to her if you have troubles with TWIST. To balance work and life, she does short mindful walks at work, and she attends a meditation meeting at least once a week. She also practices mindfulness at secondhand stores any chance she gets. Oh, and sometimes, she makes things. Check out the clay leaf she made (left)!



**Susannah Lowe** is an Administrative Specialist. To stay balanced, she likes spending time with friends and family, taking Barre classes, exploring nature and eating good food. She also loves learning new things. She just completed a User Experience Design class at a local art school which included researching, testing and mocking up plans for a made-up website (see below).

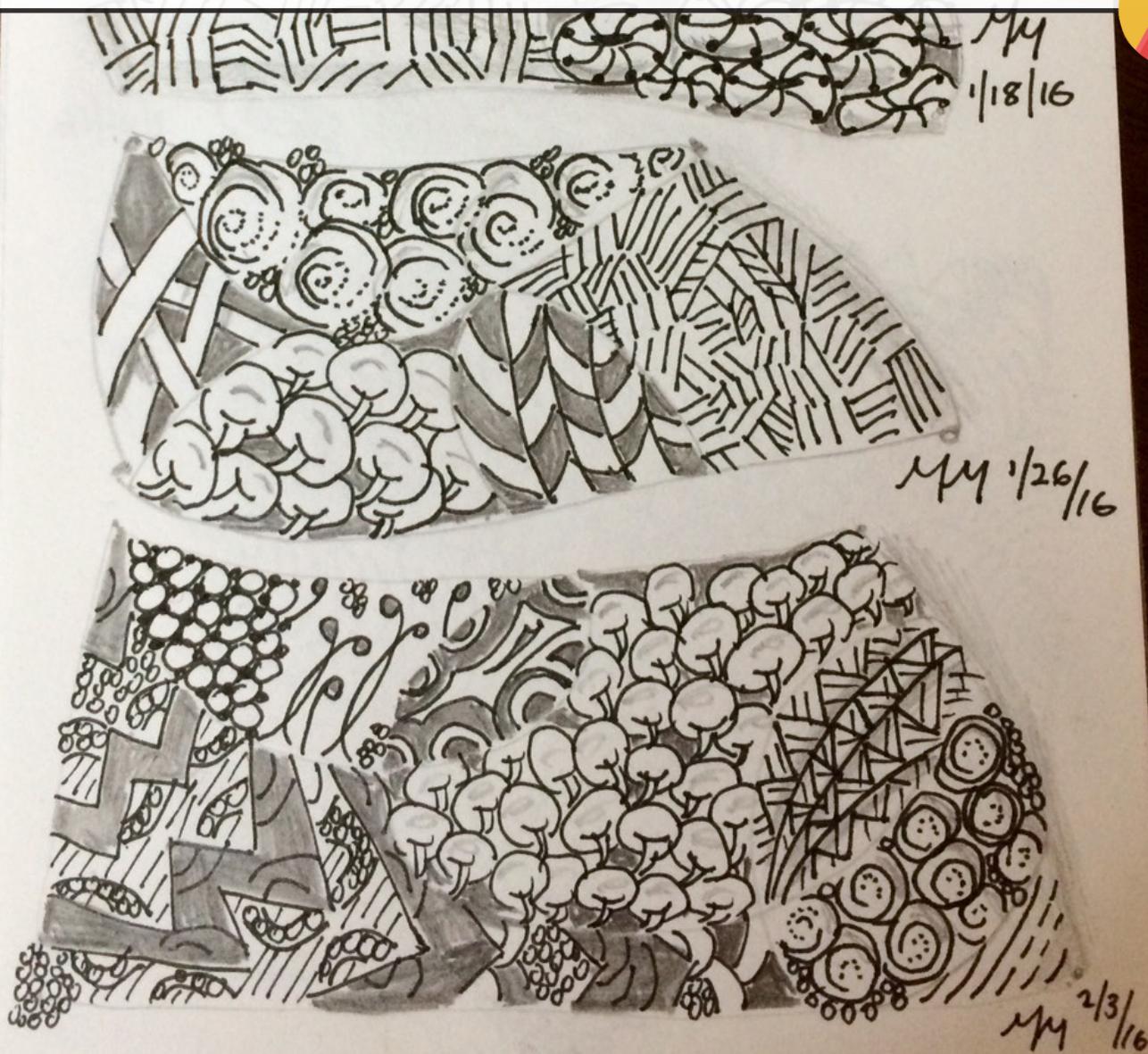


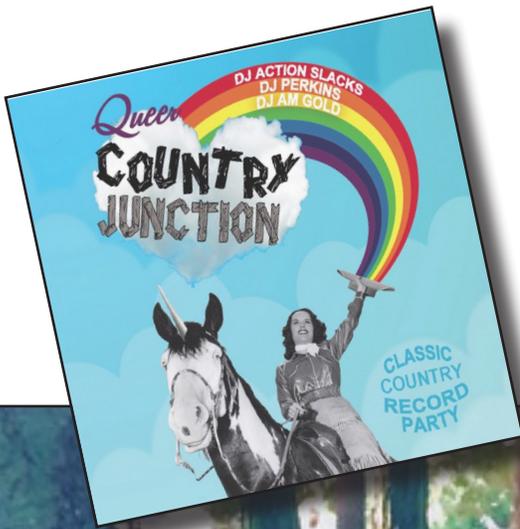
# Maria Menor

Vendor Team Coordinator

“For me, ‘staying balanced’ means trying to keep everything in perspective so that no ball that I am juggling feels bigger or heavier than the others. This includes caring for myself, but making sure that it’s not all about me. Here are things I try to do:

- Practice my faith in some way every day, and stay active in my parish (church) community.
- Make sure to exercise every day.
- Deliver quarterly newsletters for the Kenton Neighborhood Association, which combines volunteering and exercise.
- Manage to see my family every week, usually on the weekend.
- Allow myself TV veg time every evening.
- Make time to connect in some way with my hubby every day, which is another way to remind me that it’s not all about me.
- Zentangle whenever I can (see photo).”

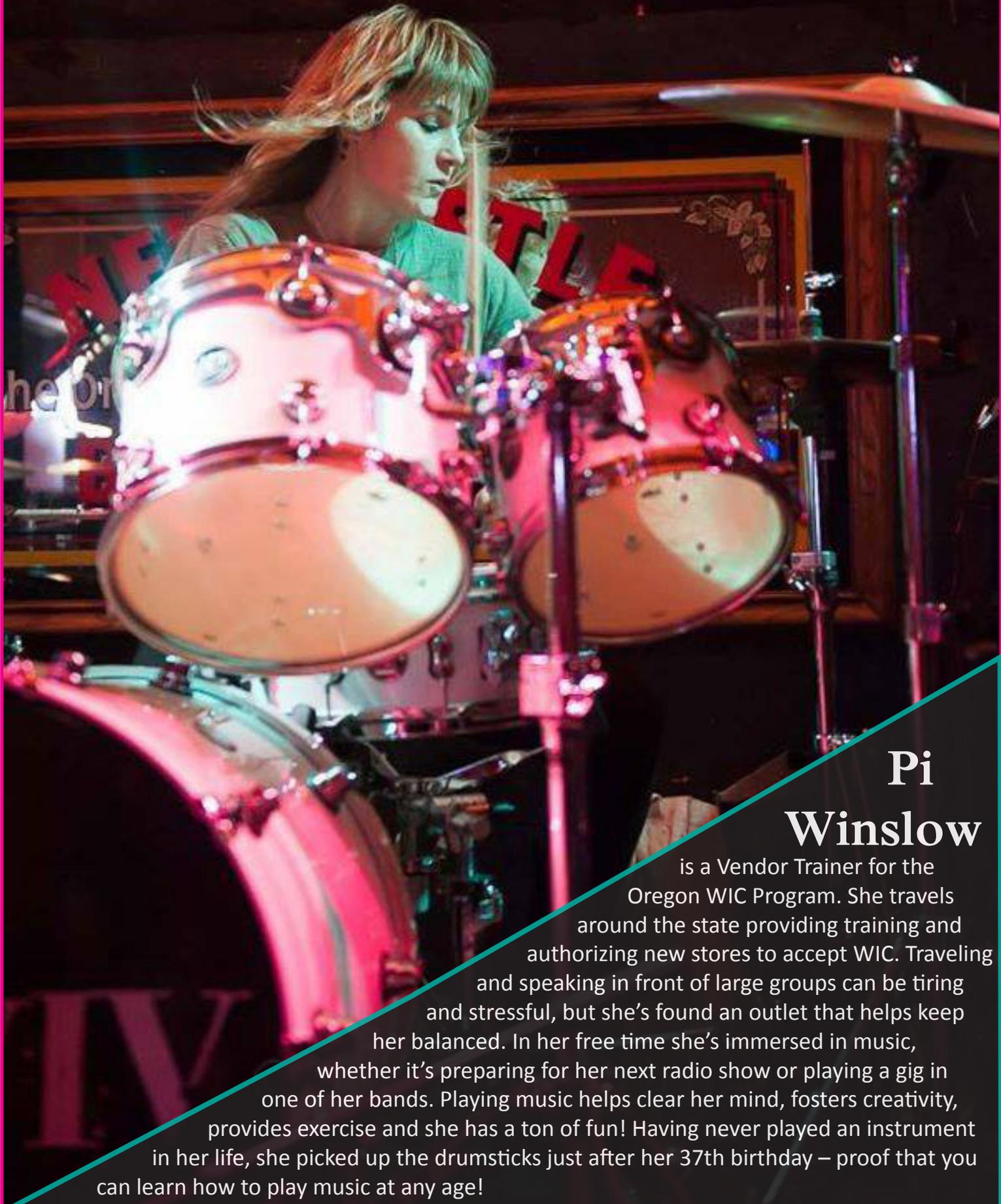




**Erin Doherty** is one of the newest employees at the state office. She began work as an Administrative Specialist supporting managers this winter. Here are some activities Erin enjoys to help her stay balanced:

- “• Take my tiny dog, Aoife, to the small-dog dog park, even though she mostly just sniffs things and stands by my feet wondering what we’re doing.
- Read sci-fi/fantasy and linguistics books (the picture above, is actually a feminist sci-fi book about alien linguistics!).
- Go out to listen to music/dance at my DJ friend’s events: Queer Country Junction (classic country, pictured) and Sugar Town (classic soul).
- Knit! Usually small things, usually for myself, but sometimes for friends and babies.”





## Pi Winslow

is a Vendor Trainer for the Oregon WIC Program. She travels around the state providing training and authorizing new stores to accept WIC. Traveling and speaking in front of large groups can be tiring and stressful, but she's found an outlet that helps keep her balanced. In her free time she's immersed in music, whether it's preparing for her next radio show or playing a gig in one of her bands. Playing music helps clear her mind, fosters creativity, provides exercise and she has a ton of fun! Having never played an instrument in her life, she picked up the drumsticks just after her 37th birthday – proof that you can learn how to play music at any age!

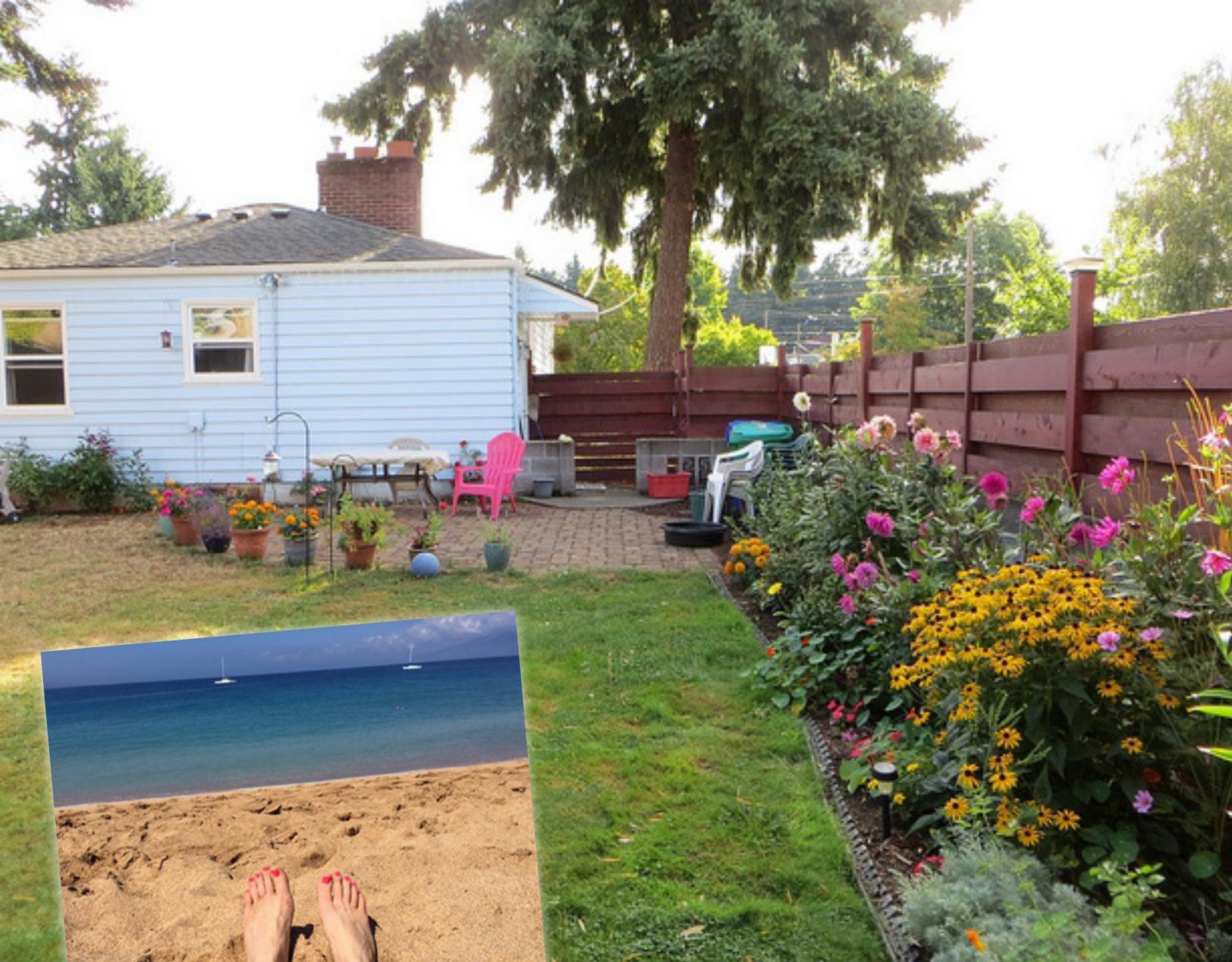


**Robin Stanton** is our joint WIC and Maternal Child Health Nutrition Consultant. She loves to create, use her hands, and be surrounded by color! She finds bits of time during the week to engage in her passions, and spends chunks of most weekends doing things she loves, both inside and outside; the only determining factor is the weather. Her top three favorite activities are: sewing projects, especially from repurposed items; canning the massive amounts of produce she grows (she has an orchard!); and gardening. As you can see... she doesn't relax *too* much!



**Julia Hakes** (left, center) is another new employee at the State WIC office. She is an Office Specialist who helps out with App Support and Farm Direct Nutrition Program administration, among many other projects. Julia is an Oregon native and devoted Timbers fan. When the Timbers are playing, you can usually find her at Providence Park cheering with the Timbers Army. She's looking forward to the 2016 season and hoping they'll bring home another MLS Cup!





**Niani Dunner** is the WIC Health Educator. After finishing graduate school, while working for WIC over the past 3 years, she has a greater appreciation for her free time, now that it doesn't involve being in class or doing homework. There are a few things she has counted on to stay balanced during times she's felt spread thin. Every day she spends quality time with her cat, Bruce. On weekends she can be found in her garden, planting veggies and flowers, weeding, or chasing away squirrels. Ever grateful for her precious vacation time, she recently spent a week watching whales in Maui.



