



HRA-ECI

Human Resource Association of East Central Illinois



March 2015

MARCH MEETING INFORMATION

Reminders from Your President:

- You will be asked to state one positive thing about your life at the March meeting so come prepared
- Every person that brings a guest to the meeting will receive an instant lotto ticket at the meeting—Start talking about HRA-ECI
- SHRM Certification—everyone that takes the tutorial will receive an instant lotto ticket at the meeting
- Also, SHRM will pay the chapter \$20 per member that takes the tutorial this year
- **BOOGIE!!!** (*Be Outstanding Or Get Involved Elsewhere*)

Presenter:

Kari (Probst) Thompson first received her bachelor's degree from Eastern IL University in Special Education. After being a Special Education teacher for several years in Jasper Unit #1 in Newton, IL, Kari went back to EIU and received her Master's in School Counseling. She then took a school counseling position for her current district. While being a school counselor Kari went on to receive her Licensed Clinical Professional Counselor (LCPC) license so she could also practice private counseling. Currently Kari is working on becoming a Registered Play Therapist and provides counseling services at The Wellness Loft in Effingham. Kari is passionate about helping children/adults find balance in their life and enjoys educating them on the ability they have to keep their mind, body and spirit well.

Contact: 217-343-1685, karithmpsn@gmail.com

Kari's Presentation:

Combining the last 40 years of research we are able to find 5 defining practices that keep our mind and body in a balanced state of wellness. In business, the belief is/was that our jobs are what make us happy but that formula needs to be turned around. If we can focus on our self and practice these 5 strategies we can be a healthier and happier person. If we have health and happiness we are better able to handle stress in our life. Research shows that a healthier and happier employee is more focused, productive and optimistic on the job, thus they are able to balance work and life.

March Meeting

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### Wellness

Kari Thompson  
The Wellness Loft

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Friday, March 13
11:30AM - 1:00PM
First National Bank
of Dieterich
(Corporate
Headquarters)

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Lunch will be  
catered by  
Martin's IGA

**A Lenten option  
will be available**

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RSVP

**By 4 PM Tuesday,
March 10th**

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Bring plenty of  
business cards and  
one positive thing  
that's happening in  
your life.





## Calling all Volunteers!!

We are asking for 3 volunteers who would like to be on the Christmas Party Committee. We are also asking for 2 volunteers each month who would like to be apart of a Welcome Committee. Welcome Committee volunteers will be needed for the following months:

**October** (Meeting in Charleston)

**November** (Meeting in Mattoon)

**December** (Christmas Party)

**\*\* \*More information to come at the March Meeting, if you are unable to make it please reach out to me with any questions\*\*\***

### Wellness Recipe of the Month: Easy Burrito Bowls

#### Ingredients:

- 1 cup uncooked rice
- 1 cup salsa
- 3 cups chopped Romaine lettuce
- 1 (15.25 oz) can whole kernel corn, drained
- 1 (15 oz) can black beans, drained and rinsed
- 2 Roma tomatoes, diced
- 1 avocado, peeled and diced
- 2 tablespoons chopped fresh cilantro



#### Instructions:

In a large saucepan of 1 1/2 cups water, cook rice according to package directions. Let cool. Stir in salsa and set aside. To assemble the bowls, divide rice mixture into serving bowls; top each with lettuce, corn, black beans, tomatoes, avocado and cilantro.

These are so tasty, and you can add whatever protein (chicken, beef, etc) you like to make them extra good! For an even healthier option, substitute the rice for quinoa. Top with chipotle sauce, hot sauce, or your favorite condiment.

## Five A's of Awesome

There is a lot of advice for self-improvement provided on the internet. Just recently Jeff Haden's Five A's of Awesome was brought to my attention, it is straight to the point, he tells it like it is no fluff. I will be sharing the different A's throughout the upcoming months.

The first A is **Accept**:

**Let others be who they are.** Your customers, your vendors, your co-workers...they aren't going to change. Don't expect them to.

Pick one source of frustration and decide what you will do differently, including, possibly, walking away.

When you stop focusing on the negatives you may start to notice the positive qualities that you missed. Rarely are people as bad as you make them out to be - and if they are, it's up to you to make whatever changes are necessary. They won't.

## HRAECI

### 2014 Board of Directors



Carla Doll, President  
 Terri Bishop, President- Elect  
 Rachel Collins, Vice President  
 of Membership  
 Charlene Athey, Treasurer  
 Ashlee Briggerman, Secretary  
 Diane Rieck, Legislative Officer  
 Debbie Brown, Past President

### Treasurer's Report as of the end of February

Balance \$7380.60