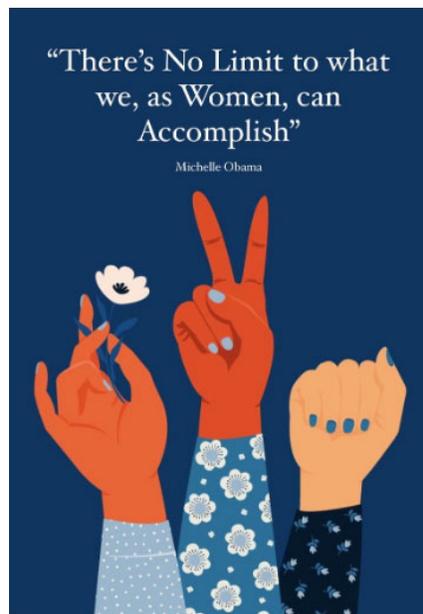




KANSAS WISE
WOMEN IN STATE EMPLOYMENT

Kansas WISE Newsletter | May 9, 2022



This May, we wish all the moms out there a wonderful and happy Mother's Day! Your wisdom, guidance, and love are an inspiration to those around you, and we hope you take the day to celebrate all you do. Looking for fun Mother's Day activities you can do

throughout the month? Check out these ideas that emphasize quality time: [Mother's Day Activities](#).



May Heritage Month Celebrates Women Across Communities

May is a month of celebrations for several communities: Asian American Pacific Islanders (AAPI), Jewish Americans, and Older Americans.

Kansas WISE is excited to highlight women within these communities making their mark locally and across the world.

Virtual Events, Resources, and Articles

- AAPI Heritage Month toolkit - WomensHistory.org
- Jewish Women's Archive - JWA.org
- American Jewish Committee (AJC) Podcast: 10 Trailblazing Jewish women on AJC's [People of the Pod](#)
- Actresses Embrace "Age My Way" Older American Month Theme - [Jaba News](#)



Memorial Day, May 30

Memorial Day, observed on the last Monday of May, is thought to have been observed as early as 1865, less than a month after the surrender of the Confederacy. Created to honor fallen service men and women, Memorial Day (previously known as Decoration Day) was made a federal holiday in 1868.

While many Americans spend the holiday with family and friends, we hope you'll take a little time to honor our military men and women at local events in your communities.

Learn more about women in the U.S. military here:

- [Over 200 Years of Service: The History of Women in the U.S. Military](#)
- [Elizabeth Hoisington: Another Kansas Female First!](#)
- ['Breaking that Glass Ceiling': Woman Becomes First Female Infantry Soldier in Kansas Army National Guard](#)



Celebrating Our Achievements



On March 7, Kathy Stiffler, Ph.D., was appointed to serve as Superintendent at Kansas Neurological Institute (KNI).

Prior to joining KNI, she served as Senior Vice President for Adult Services with the Capper Foundation in Topeka for ten years. In her role, she directed all supports for adults with developmental disabilities across three Kansas counties.

Kathy has 40 years of experience working with individuals with intellectual disabilities that includes time at Norton State Hospital, her own agency serving individuals in the Topeka area, and seven years as a Unit Director and Qualified Intellectual Disability Professional at KNI from 1990-1997.

Congratulations on your appointment, Kathy!

Have you, your colleagues, or your department been nominated for or won an award? Do you want your colleagues to be recognized for their achievements? We want to hear about it! **Please submit awards or achievements to KansasWISE@ks.gov for inclusion.**



Kansas WISE

Advocacy 101: Understanding the Legislative Process and Your Role as a State Employee

Join Kansas WISE on **Tuesday, May 17** for a conversation about advocacy and walk away feeling more confident about how to advocate for issues important to you.

Advocacy 101 will feature three guest speakers from across State agencies to talk about the Kansas legislature, appropriate boundaries between state employment and personal advocacy, and how you can be your own advocate.

- Date: Tuesday, May 17
- Time: 11:00-12:00pm
- Location: Zoom
- Registration: FREE and open to all State of Kansas employees, you can [register here](#).

Have questions you'd like us to ask the guest speakers? Please submit them to KansasWISE@ks.gov.

We understand people are busy and schedules may prevent you from attending Kansas WISE events. Other information and opportunities are forthcoming so stay tuned!

Kansas WISE Mentoring

The Kansas WISE Mentoring Subcommittee is looking for mentors to be a part of its upcoming mentorship program. If you are interested in learning new ideas, improving the workplace, and potentially building a lasting connection, fill out the application linked in the image below. **Applications are due end of day, Friday, June 3.**

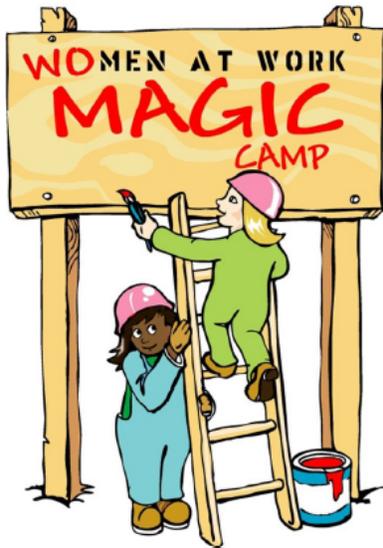
Questions? Contact mentor co-chair Mary McAferty at Mary.J.McAferty@ks.gov.



KDOT: Topeka MAGIC (Mentoring a Girl in Construction) Camp

The Kansas Department of Transportation (KDOT) is offering a a FREE MAGIC Camp (Mentoring a Girl in Construction) this summer from June 6-10.

Open to high school girls ages 14-18, participants will visit companies around Topeka that specialize in the transportation and construction fields. They will also participate in hands-on activities and interact with women working in these fields to learn about their experiences.



- Dates and Time: June 6-10, 2022 from 8:30am - 4:00pm
- Where: KDOT Headquarters, Eisenhower State Office Building
- Who: Girls ages 14-18 (must be 14 by June 1)
- Cost: FREE (includes meals, snacks, and camp gear)
- **Registration: Deadline is Tuesday, May 10**

For information on how to register, email Samantha Darling or Precious Howard at KDOT.civilrights@ks.gov or call (785) 296-7940.

Please share with any young woman you know who might be interested.



Events and Resources

Events are virtual and last one hour unless otherwise stated.

- **SocietyX - Gratitude Journal & Mindfulness Workshop:** Presented by SocietyX, learn how gratitude can bring healing, joy, and happiness into your life. - Monday, 9, 10:00am - [Register here](#).
- **Virtual Chair Yoga:** Presented by Northern Westchester Hospital, chair yoga is a gentle form of yoga that adapts yoga positions and poses through creative use of a chair. Chair yoga is suitable for all ages, fitness levels, and physical conditions.

Beginners are welcome. - Thursdays and Mondays, beginning May 12, 10:00am - [Register here](#).

- **The Job Forum - Rock Your LinkedIn Profile:** Join this special Job Forum session to learn the critical few things you should incorporate in your LinkedIn profile to create a favorable impression with your target audience. - Thursday, May 12, 8:00-10:00pm - [Register here](#).
- **Lines for Life - Doing Well, Being Well Series: Breathwork for Wellness:** This interactive webinar explores breathwork and its connection to wellbeing. Topics include: Learning the language of the breath, simple breathing exercises for daily use, and more. - Thursday, May 26, 11:00am - [Register here](#).
- **Women's Employment Network - How to Make LinkedIn Work for You:** Learn how to set up a profile and get tips and tricks on how to get the most out of LinkedIn. Stay connected to career opportunities and attract employers with a stellar profile. - Wednesday, June 1, 1:30pm - [Register here](#).

Did You Know?

The State Library of Kansas has tons of educational and professional development resources! The State Library supports state employees and legislative staff in the important work they do for the people of Kansas. Reference librarians are available to assist with research, locate and request materials from other libraries around the world, and track down information and data. Online resources and training are also available to be used by state employees. Learn more at: [KS Library Info](#).

State employees can subscribe or manage your subscription settings [here](#).

Questions and feedback can be sent to KansasWISE@ks.gov