



Kansas WISE Newsletter | October 7, 2022

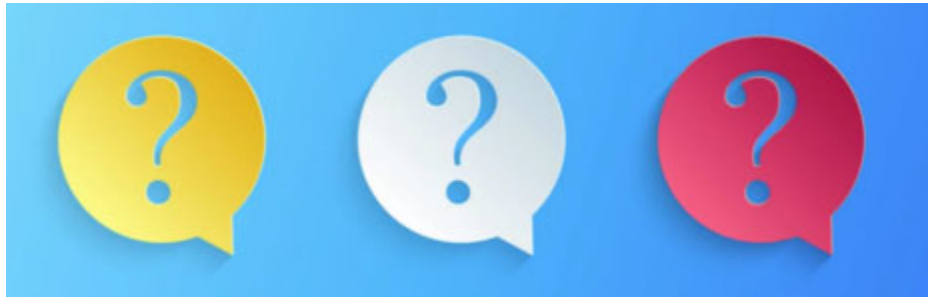


While October has just arrived, remember that the November 8 election is just around the corner. The Kansas WISE steering committee encourages everyone to [register to vote](#) by the **October 18 deadline**.

Want to view who's on your ballot and make a plan before election day? View [theSkimm's ballot builder](#) by simply inputting your address.

If you're interested in volunteering this campaign season, review the [Kansas WISE Advocacy 101 event](#) for helpful information on how you can (and cannot) advocate

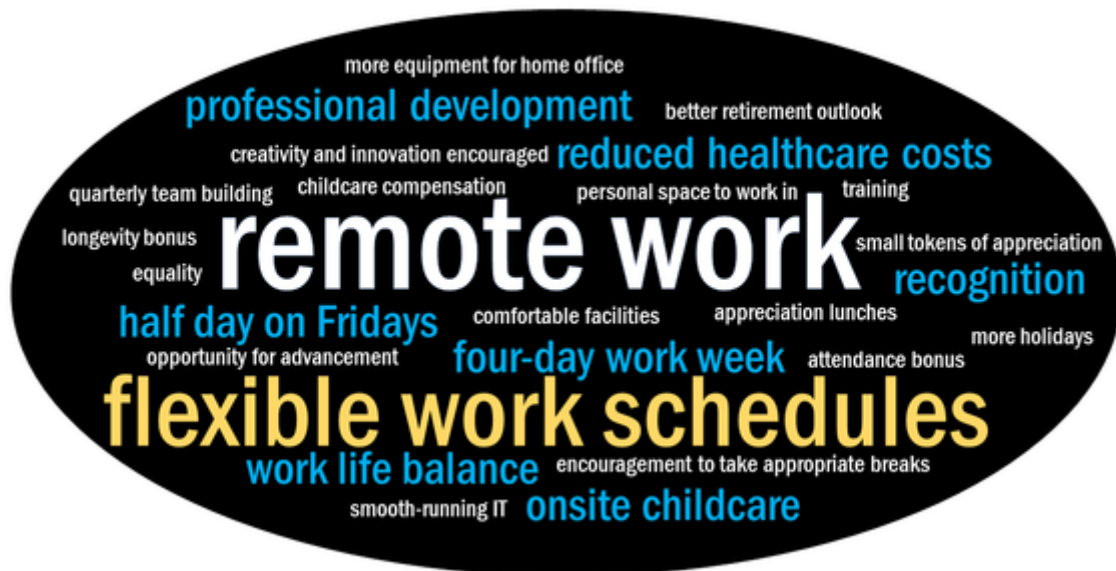
as a state employee. As a reminder, guidance was shared in July regarding political activities of State employees. Employees are authorized to receive paid administrative leave for volunteering at their local polling place, but they must receive approval from their supervisor prior to signing up to serve. Please contact your supervisor or HR with any questions.



Question of the Month

Thank you to everyone who responded to the September Question of the Month: *Besides a raise or more vacation time, what's the best perk an organization can offer employees?*

34 of you responded and the results are in:



October Question of the Month: What is your favorite season: fall, winter, spring, or summer? Those with ks.gov email addresses can respond [here](#); other state

employees can email responses to KansasWISE@ks.gov. Please respond by October 26.



Breast Cancer Awareness Month

Breast cancer is the second most common cancer among U.S. women. Early detection is vital to combating cancer, which means taking responsibility for your health is crucial. Self-exams and regular mammograms can help identify potential problems early on and practicing healthy behaviors can reduce your risk of getting breast cancer altogether.

In recognition of breast cancer awareness, consider what you can do to protect your health while also spreading awareness and education to support the women and men around you. You can find an endless supply of information and resources, but you can start with:

National Mammography Day - October 21: Honor the day by making an appointment to get yourself checked. For State employees, there are a multitude of resources available to you:

- **HealthQuest Women's Health Webinar** - Pam Thomas, Family Nurse Practitioner at HealthQuest Health Center, will review guidelines for preventative screenings and routine exams, as well as the basics for women of all ages. Attendees receive 1 HealthQuest credit. - October 12 from 11:00am - 12:00pm - Register [here](#).
- **State Employee Health Benefits Plan** - Mammograms are a preventative service and covered by the plan.
- **EAP** - Receive eight free counseling sessions per year, per issue. They can also assist in finding you support groups.

- [Health Coaches](#) - Members of the SEHP can receive health coaching for free through HealthQuest.

[National Breast Cancer Foundation, INC.](#) - Check out their month-long calendar of how to join the conversation this October!

[Centers for Disease Control and Prevention](#) basic information, statistics, screening, and featured resources.



Domestic Violence Awareness Month

October is Domestic Violence Awareness Month, and the Kansas WISE steering committee thanks ComPsych for recently joining us to host a webinar on domestic violence, what it is, and how we support the people in our lives who are experience domestic violence. The recording will be made available on the [Kansas WISE website](#).

As reported by the [Centers for Disease Control and Prevention](#), intimate partner violence (IPV) occurs between current and former spouses and dating partners. IPV impacts millions of people in the United States each year, including teens.

If you or someone you know needs support, you can visit the National Domestic Violence Hotline 24/7. They offer support through call, chat, and text. Visit them online at [TheHotline.org](#).

Additional Resources

- [Plan for Safety](#)
- [Support Others](#)
- [IPV Prevention Strategies](#)

Looking for ways to get involved? Participate in the October 17-23 Week of Action! Learn more at [Week of Action](#) and look for #Everyone1KnowsSome1 on social media.



International Pronouns Day October 19

International Pronouns Day began in 2018 and is celebrated the third Wednesday of October. Using the correct pronouns in the workplace, school, and other social settings helps to create an inclusive environment. As you navigate the different pronouns in use, including gender neutral pronouns, check out the collection of pronoun resources from [PronounsDay.org](#).

Additional Resources

- What are pronouns? [Video](#)
 - University of Maryland's [Good Practices: Names and Pronouns](#)
 - [Nonbinary Pronoun Usage in the Workplace: What Employers are Doing to Promote Inclusivity](#)
 - [Pronouns: Creating a Safe and Welcoming Workplace](#)
 - [Gender Pronouns in the Workplace: I See You](#)
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Celebrating Our Achievements



Donnita Thomas, IT Project Manager at the Office of Information Technology Services (OITS), recently completed the course requirements and examination to obtain her Agile Master and Scrum Master certifications! Her achievement will make a positive difference in delivering project management to the State of Kansas.

Donnita has spent most of her career with the State of Kansas working in various positions. She started with the Kansas Department of Revenue in, what was then called, Titles and Registrations. A highlight of her career was being chosen as a team member of the Sunflower project, which implemented the Purchasing and Financial Management system for the State.

She has been with OITS since September 2016 and has had the privilege to work with several OITS staff on a variety of different projects.

In her time away from the office, she enjoys cooking, working in the garden, and reading. She's currently reading the 8th book in the Wheel of Time series.

Congratulations, Donnita!

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.**

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Kansas WISE

Establishing Healthy Boundaries

Join the Kansas WISE Personal Development Subcommittee for a discussion on Establishing Healthy Boundaries!

- **November 9 from 2:00-3:00pm**
- **Registration:** Free and open to State of Kansas employees. [Register here.](#)

Attendees will be placed in breakout rooms for small group discussions. This event will not be recorded.

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 Happenings



Kansas WISE Mentoring Pilot Program

Mentee Applicants

Mentoring relationships have powerful positive effects on people professionally and personally. Mentees can expand their knowledge and skills, gain valuable advice, and build their progression networks.

The Mentorship Program offers the following types of activities:

- 1:1 mentorship: Traditional model of mentoring where one mentor is paired with one mentee.
- Group mentoring: One mentor meets with a group of mentees (5-7)
- Peer mentoring: Mentorship between employees in an organization to foster knowledge and skills transfer.
- Bring your own mentor: Mentee identifies a mentor and asks them to participate in the program.

Start your mentee journey today by applying [here](#).

Space is limited. Mentee spaces are determined by the number of volunteer mentors.

*Additional mentoring opportunities will be available in the future to those who aren't matched during the initial pilot phase.

Mentor Applicants

Kansas WISE continues to recruit for mentors. If you're interested in applying but have questions, please reach out to the mentoring subcommittee at WISEMentoring@ks.gov.

Mentoring is a great opportunity to form lasting relationships while supporting individuals on their personal and professional journeys. If you are interested in learning new ideas, improving the workplace, and potentially building a last connection, fill out the application linked in the image below.



Kansas WISE Seeks New Steering Committee Member and Subcommittee Co-Chair

Kansas WISE is seeking a new Steering Committee member to also serve as co-chair to the Career Development Subcommittee. In this role, you will work alongside a dedicated group of State employees who enjoy hosting events and providing resources that support women in state employment.

Interested applicants can apply online at [Kansas WISE Co-Chair Application](#).

If you have questions or any trouble accessing the application, contact us at KansasWISE@ks.gov.



Events and Resources

Events are virtual and last one hour unless otherwise stated. Times listed are central time.

- **Girls Day Out, LLC Fall Show:** Girls Day Out, LLC is an open house/craft show that is held twice a year in the fall and spring. Crafters and home based businesses with more than 75 booths participating. Prizes given away and concessions on site. - Oakley, KS October 8, 10:00am - 4:00pm - Information [here](#).
- **5th Annual Ghostly Storytelling at Glen Elder State Park:** Trailer rides through the park run from 6:30pm to 8:00pm. Create your own smores around open fire rings next to a playground area for the kids. Drinks provided. Storytelling starts about 8:00pm. Sponsored by the Waconda Cultural Association. Bring your own chairs and flash lights. Free with State Park pass. - October 15, 6:30pm - 9:00pm - Information [here](#).

- **EAP Connecting Mind and Body for Healthy Living:** October 19, 1:00pm - Register [here](#).
- **Sundays@Home: Hear Her Roar: Women's Political Engagement in the Nation's Capital:** From the national halls of Congress to the local streets of Washington, D.C., join NWHM for a virtual tour of the nation's capital. This guided experience, led by A Tour of Her Own, will explore historical sites and stories. - October 16, 2:00 - 3:30pm - Register [here](#).
- **KU's Inspiring Women in Public Administration Conference: How Women Win When We Amplify Each Other:** Featuring keynote speaker Dani Welniak, Executive Director Communications, Kansas City Current, attendees will also receive a summary of how the pandemic affected women's economic status and needs returning to the workforce, networking lunch, small group discussions about policy templates for organizations to be response to women's needs, and a networking happy hour at the end of the day. Tickets are \$160/person. Check with your agency about paying for registration. - Overland Park, KS October 20, 8:30am - 5:00pm - Register [here](#).
- **Katz Institute for Women's Health: Go Pink Be Your Own Champion:** In observance of National Mammography Day, join the Katz Institute for its annual Go Pink event on breast health. - October 21, 11:00am - Register [here](#).

Did You Know?

Did you know the State's 2023 Health Benefits open enrollment is from October 1 - October 31? Check out changes, resources, and opportunities to meet with staff and vendors online at [2023 Enrollment Resources](#).

State employees can subscribe using their state email address [here](#).

Anyone wishing to subscribe using their personal email address should email KansasWISE@ks.gov with their agency name.

Please email us with any questions and feedback.