



June 2020

# NUHRA Newsletter

www.nuhra.org

## 2020 Board Members

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<b>SHRM Foundation</b>	Elizabeth Phillips
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<b>Student Chapter President</b>	Leland Cassel
<b>Past President</b>	Tia Larsen
<b>Employment Law Specialist</b>	Jesse Oakeson
<b>Golf Committee Chair</b>	Shawn Choate

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## Thank You

We want to thank you for hanging in there with us. Hopefully, you feel our chapter Zoom meetings are just as helpful and informative as our in-person chapter meetings were in the past. We hope that someday soon we'll all be able to meet again for a luncheon either at Davis Hospital or at Warehouse 22, where our annual conference will be held this year.

We moved our annual conference from May to August 20 so that we can all hopefully meet together. It will be held at Warehouse 22 in Syracuse. Our speakers are all still on-board and it has been pre-approved for HRCI and SHRM credits. We have committed not to reschedule again. We hope to meet in-person, but will meet virtually if needed.

See you soon!

Ronda Bateman  
2020 NUHRA President

## Good News

We want to welcome our newest NUHRA members: Heather Richins, Nichole Schiro, Joshua Rodgers, and Cindy Mudge. Thank you for joining us!

Our chapter received the Bronze Excel Award from SHRM for 2019!



Send your good news to Christina at [CLondon@nutracorp.com](mailto:CLondon@nutracorp.com) (please no spam or solicitation).

AFFILIATE OF

SOCIETY FOR HUMAN  
RESOURCE MANAGEMENT

## Troubling Times

The Public Health and Economic Emergency Commission voted to recommend to the governor to set a goal to move from yellow to green in the Utah Leads Together Plan. Is this exciting news? Many Utah residents are concerned and confused. Is this too soon? New COVID-19 cases are still rising and it seems that the move to green could potentially be fueled by someone's concern about being blamed for a bad economy.

Healthcare professionals have voiced concern and are anticipating a surge of new cases, following Memorial Day and other summer activities. Many people have abandoned social distancing and employers have heard complaints from employees who don't see the need for wearing masks at work. The concern over the economy and the concern over the virus are definitely causing anxiety, which can hurt an employee's emotional well-being and performance.

These are definitely confusing times. Many people feel that we need to get back to normal and take what comes. Others are worried about high-risk individuals and aren't willing to sacrifice the lives of others (or themselves) for comfort and convenience.

It isn't widely reported, but there have been a number of suicides related to fear or burnout caused by COVID-19. While this may not have impacted your company yet, now would be a good time to address the mental health of employees.

In Human Resources, we are almost programed to think of mental health in terms of coverage limits and legal requirements of benefit coverage, but instead, maybe for now we could start thinking outside the benefit coverage box.

What can we as employers do to ease the burden of our employees? There are so many outside stressors right now that we simply cannot control, but what can we control? What can we do to help?

We don't have answers today, but we should at least start a conversation.

### **What ideas do you have?**

## Upcoming Events

### June Meeting

**When:** June 18  
**Time:** 12:00 – 1:00  
**Where:** Zoom

Chris Kendrick from Values Worth Sharing will present to us.

Please RSVP before noon the Monday prior.

### July Meeting

**When:** July 16  
**Time:** 11:30 – 1:00  
**Where:** TBA (We're hoping to meet in-person!)

Tara Ross from GetHealthyUtah.org will present to us on Worksite Health and Wellness.

Please RSVP before noon the Monday prior.

## Join us for our annual conference now in August!

**Location:** Warehouse 22  
 1055 West HWY 193 Unit 6  
 Syracuse, UT 84075

**Price:** Free to NUHRA members;  
 \$50 for members of another Utah SHRM chapter; \$75 for non-members

**This information is subject to change.**

7:45 Registration & Continental Breakfast  
 8:00 Presenter: Christine Wzorek  
 9:15 Presenter: Kathleen Weron  
 10:15 Break  
 10:30 Legal Update by Jesse Oakeson & Mark Tolman  
 11:30 Lunch Service & Networking  
 12:30 From Zero to Ten by Roger Connors  
 1:30 Wrap Up and Door Prizes

This conference has been submitted for HRCI & SHRM credits.

Invite a friend! Members come for free. Non-NUHRA members who are members of another Utah SHRM chapter may attend for only \$50. Non-Utah SHRM members may attend for \$75.

## NUHRA 2020 Calendar

<p><b>June 18</b>                  Virtual Meeting                  Zoom                  12:00 – 1:00</p>	<p><b>July 16</b>                  Meeting                  TBA                  12:00 – 1:00</p>	<p><b>August 20</b>                  Annual Conference                  Warehouse 22                  7:45 – 1:30</p>
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see calendar items in detail:

[www.nuhra.org](http://www.nuhra.org)