

**From:** NOARK (Northwest Arkansas Human Resources Association) [news@noark.org](mailto:news@noark.org)  
**Subject:** Your March 2021 NOARK News is here!  
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**To:** [design@coppercupimages.com](mailto:design@coppercupimages.com)

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## March 2021 NOARK NEWS



### NOARK President's Message

Happy Spring!!

Thankfully, it seems there is hope in sight, not only for the weather, but also for the more positive trends with the pandemic. While we remain hopeful, we must also remain vigilant. Being intentionally vigilant about our own wellbeing and that of others in our reach may be one of our most important roles and one of our greatest challenges.

While the pandemic gave us many new shared experiences, it has altered the workplace in some cases dramatically and possibly forever. While workplace wellbeing has been front and center in our discussions for many years, what happens now? Studies are showing that given the option, many workers will elect to continue to work from home. Some in-person workplaces may be smaller, or even non-existent. While there are many positive outcomes from changing physical workplaces, we have heard of unprecedented cases of feelings of isolation and domestic issues among many other behavioral outcomes that have been impacted by these sudden changes.

I hope you will join us on March 11, 2021. We will have expert guidance to identify these issues and help ourselves and our communities develop resilience now and as an ongoing function of our daily lives.



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I would like to issue a warm welcome to our newest board member. Laura Spies, MA, SPHR, SHRM-SCP, Human Resources Manager, Arkansas Children's Northwest, has graciously agreed to chair our Wage and Benefits Survey Committee. Welcome, Laura!

Congratulations to Joanna Alexis! Joanna is the winner of this term's NOARK scholarship in conjunction with the SHRM exam preparation class at the University of Arkansas Global Campus.

Another item of note that you will see here in the newsletter is the ARSHRM annual conference (which was scheduled for May 2021) has been postponed to September 29 - October 1, 2021, in the fervent hope of meeting in person. Stay tuned to **hr2021.org** for updates.

Sheila Moss, President  
NOARK 2021

## **March NOARK Membership Meeting... FREE WEBINAR**

### **Workplace Wellness & Resilience**

**Date: March 11, 2021**

**Time: 11:30am-1:00pm**

Workplaces can be stressful in the best of times, but in the past year, COVID-19 has ratcheted up the stress in so many previously unimaginable ways. As HR professionals, much of the responsibility to help our employees stay physically and mentally healthy has fallen on us, even as the unprecedented stresses of the COVID-19 pandemic take their toll on us as well.

Join us on March 11 for a discussion of workplace wellness and resilience. Learn about resources that exist to help you help your employees (and you) stay strong, steps you can take to mitigate workplace triggers, and how to inculcate resilience into the fabric of your organization. Hear from three local mental health professionals as they provide insight into the state of mental health in our community, cognitive behavioral therapy, and grief management.

This past year has stretched us all, and this current year will bring yet new challenges to workplace wellness and resilience.

**At the end of this program you will be able to:**

1. Bring awareness of the workplace mental health movement and its impactful role.



2. Identify employee experiences, workplace activities and environments that may trigger emotional distress and implement mitigating strategies.
3. Nurture and develop resilience as a function of workplace values, goals, and performance management.



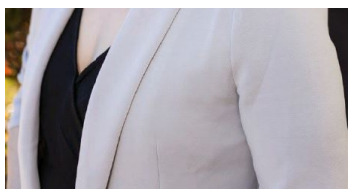
**SPEAKER: Karen Grumme-Rodriguez,  
LCSW, ACHP-SW**

**SPEAKER: Shakira Eakins, LCSW,  
CCTP-1**



**SPEAKER: Kati Wells, MS, LPC**





***1 SHRM PDC and HRCI "General" Credit Hours Available!***

**Register Today!**



## **April NOARK Membership Meeting...**

**Save the Date: April 8, 2021**

### **Understanding and Implementing COVID-19 OSHA Requirements**

On April 8, 2021, NOARK will present **Understanding and Implementing COVID-19 OSHA Requirements** in two parts. Part 1 will take place during the membership meeting (11:30AM – 1:00PM) via Zoom and focus on understanding and navigating the OSHA guidance. Part 2, an interactive Zoom workshop (1:30PM – 3:30 PM) will go into more depth and provide participants with “tools” to build a COVID Prevention Program. Participants will earn one (1) hour of recertification credit for the membership meeting and two (2) hours of recertification credit for the workshop.

Please join us on April 8<sup>th</sup> as Robert Magri, Regional Safety Director of Staffmark, leads us all in a better understanding of our responsibilities related to the COVID-19 OSHA requirements.

**HR Certification Hours Pending.**







March 3, 2021

We are excited to tell you our annual conference will be held on September 29 - October 1, 2021, at the Embassy Suites Northwest Arkansas - Hotel, Spa & Convention Center in Rogers, Arkansas.

All paid registrations for the 2020 annual conference will roll over to the 2021 event.

When a new room block is assigned at Embassy Suites, we will notify you so that you may make a new reservation.

Watch our website, [ARSHRM.com](https://ARSHRM.com) or [HR2021.org](https://HR2021.org), and our social media pages for more information.

## NOARK 2020 Compensation and Benefits Survey available now sponsored by



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

For More Information on how to purchase

- Suzanne Chipollini, Beaver Water District
- Debbie Corter, OP4G
- Laryssa Sutton, Student



## NEW MEMBERS

- Rachel Eagle, CK Harp & Associates
- Brittni Henderson, Movista

**Please reach out to them and make them feel welcome.**

## **NOARK 2020 NWA Walmart Vendor Survey available now**

For More Information on how to purchase

## **NORTHWEST ARKANSAS HR JOB LISTINGS**

- HR Manager-Highlands Oncology Group-Springdale
- HR Generalist-Gates Corporation-Siloam Springs

**Note**--Please remember as a NOARK Member you can post an HR Related job for FREE.

Create HR Job Listing



**Check out the March  
2021 Edition**

**Thank You To Our NOARK Sponsors...We Appreciate You!!!**

**AAMSCO**  
**JOB GUIDE**





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