PAYROLL NOTES FOR PAYDATE 12/17/2021

- Please approve all iSolved timecards no later than noon on Monday, December 6th.
- All other payroll items (paper time cards, timesheets, payroll correction forms, direct deposit changes, address changes, etc.) must be received by Wednesday, December 8th.
- Anything received after Wednesday, December 8th will be held for the December 31st pay.

PAYROLL NOTES FOR PAYDATE 12/31/2021

- Please approve all iSolved timecards no later than noon on Monday, December 20th.
- All other payroll items (paper time cards, timesheets, payroll correction forms, direct deposit changes, address changes, etc.) must be received by Tuesday, December 21st.
- Anything received after Tuesday, December 21st will be held for the January 14th pay.

PULSE ON POLICIES

- Please be reminded that the District has policies that you should be familiar with, which are posted on the DASD Website.

LIVING WELL @ DASD

The Holiday Challenge is proving to be a bit...challenging! So much of our family time is centered around food. As we try to maintain, not gain through the holiday season we need resources for healthy eating and physical activity. Learn more and register here for access to weekly newsletters, daily tips and healthy holiday recipes.

- Sample weekly workout plans
- 12 Mindful Eating Strategies
- Chicken Tortilla Soup
VIRTUAL WELLNESS

- HealthAdvocate’s monthly motivation: *Time spent with loved ones is a mutual investment in well-being.*
  - Dedicate time each month to do important, meaningful activities with friends, family and coworkers. If you don’t consciously plan these activities, your schedule can easily fill up with other things like chores, housework and other responsibilities.
  - Take a deep breath and relax
  - December Webinar: *How to have Difficult and Sensitive Conversations*

- Penn Medicine and Chester County Hospital are offering the following virtual wellness presentation:
  - *An Ounce of Prevention* on December 7, 2021, 6:00 PM – 7:30 PM [Register here]
  - *Supermarket Savvy: Healthy Holidays Store Tour* (virtual) December 8, 2021, 6:00 PM – 7:15 PM [Register here]

- *Support Systems* is being revisited as this month’s topic at A Resource for Better Wellbeing, from Gallagher Well Being. People who feel connected to a community are generally healthier and happier. That is because having strong support systems makes it easier to move through life’s challenging moments. Read about becoming more aware of your community, building community consciousness and more:
  - *Building Community Consciousness*
  - *How to Ask for Help*
  - *Virtual Connections: Using Technology to Strengthen Relationships*

COVID INFORMATION

- **Close Contact Quarantine Flow Chart** – [click here] for an easy to read COVID-19 quarantine guideline
- For DASD related COVID information, [click here].
- Access the CDC recommendations by [clicking here].
- For information provided by the Chester County Health Department, please [click here].

DON’T FORGET TO MASK UP!

HR RELATED FAQS - TO CHANGE BENEFICIARIES, ADDRESSES, PHONE NUMBERS, ETC.
TO VIEW PREVIOUS EDITIONS OF THE HREMINDERS - CLICK HERE
TO ACCESS EAC AND YOUR PAYSTUB - CLICK HERE
TO MEET OUR HR DEPARTMENT - CLICK HERE