



An affiliate of SHRM



# August 2023



## Calendar of Events



### August CiHRG Chapter Monthly Meeting

**When:** Tuesday, August 08, 2023. Lunch starts at 11:30 AM; programming will be from noon - 1:00 PM. In-person only, no Zoom.

**Where:** I Hotel & Illinois Conference Center, 1900 S 1st St. Meeting will be in the Humanities Room

**Speaker/Topic:** Cat Purcell, Career Librarian at the Champaign Public Library, who will speak on using LinkedIn for networking and job searches. Professional headshots will also be available to those who have signed up for an appointment.

### CiHRG Summer Road Trips

We hope you've enjoyed our summer outings and are already begin to plan for next year. If you have an idea, please [let us know!](#)

### Community Job Application Trainings Added

The Champaign County EDC is offering trainings on how to use the popular Community Job Application system. Register using the links below:

- August 21, 1-1:30 PM: [register](#)
- August 30, 3-3:30 PM: [register](#)

As a reminder (if you haven't already done so), you are invited to join the email distribution list to receive the Community Job Application Talent Roster. You can review the rules & sign up to receive weekly leads at this link: <https://talent.yourewelcomecu.com/talent-roster>

### Save the Date: Paid Leave for All Seminar

Are you beginning to plan on how to implement provisions under the [Illinois Paid Leave For All Workers Act](#)? Don't go it alone! CiHRG will be hosting a lunch seminar on Tuesday, Sept. 26 on the topic. Meeting will be available in-person and Zoom. Registration is now open!

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## CENTRAL ILLINOIS HR CONFERENCE



Join the SHRM chapters of Bloomington-Normal, Champaign, Decatur, Peoria, and Springfield, and AAIM Employer's Association for the award-winning Central Illinois HR Conference on **Thursday, August 24** from 7:45 am – 3:45 pm at the DoubleTree by Hilton Hotel Bloomington. The keynote speaker will be nationally-known educator and author Justine Froelker. Registration is now open at: [cihrconference.com](http://cihrconference.com)



## Routine Health Screenings - Not Just A Routine Matter

by Cindy Magsamen, RN, BSN  
CiHRG Wellness Director

What are routine health screenings and why do we need to do them?

Medical tests aren't just for diagnosing disorders once symptoms appear—they're also routinely used as an important aspect of preventive health care. People who see their doctor regularly and have routine screenings are more likely to receive an early diagnosis if they develop a medical condition, and this contributes to better outcomes and a longer lifespan.

Routine screenings also allow physicians to compare test results over time, increasing the chances that a potential problem can be prevented by interventions like medications or lifestyle changes. For most adults, depending on age, doctors will recommend a screening schedule that includes regular physical exams, body mass index (BMI), skin checks, cholesterol and blood pressure screening, eye exams and immunizations.

The type of routine screenings you may need changes as you age, and will depend on your personal and family medical history, as well as whether you have risk factors for certain diseases. For example, most young adults don't need a regular colonoscopy, but if there's a family history of polyps or colon cancer, doctors may recommend that test become a regular part of your health care. Having a family history may also make you a good candidate for genetic testing, which can identify whether you are at high risk for developing certain diseases.

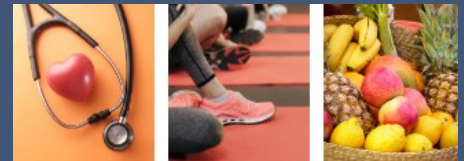
While many routine screenings are important no matter who you are, there are additional tests specific to men's health (like PSA screenings for prostate cancer) or women's health (mammograms or pap smears) that should also become a regular part of preventive health care. Talk to your doctor about what tests are right for you.

If you plan to attend our health and wellness fair on September 12th 11am – 1pm, you'll have the opportunity to have your blood pressure checked, a lipid profile by finger stick and blood sugar. There you go, a reason to attend "your" health and wellness fair. Make sure to catch the September newsletter for more details about "your" health and wellness fair.

Cheers to good health, Cindy

### New Form I-9 Released

The U.S. Citizenship and Immigration Services (USCIS) released an updated Form I-9 on Aug. 1. The previous version of the form may be used through Oct. 31, 2023. After that, all employers must use the revised Form I-9. The most significant change is that employers enrolled in E-Verify may virtually examine identity and employment authorization documents, instead of reviewing documents in person. For more details, visit the SHRM article: [New Form I-9 Available Now](#)



### September Health & Wellness Fair

Our September chapter meeting will have a special focus: **YOU!** Join CiHRG on Sept. 12 for a health and wellness fair dedicated to you, the HR professional!

**When:** Tuesday, Sept. 12, 11 am – 1 pm (come and go)

**Where:** Holiday Inn Champaign, 101 Trade Center Drive

Stop by and visit the many vendors!! A few include Two Roads Wellness, VitalSkin Dermatology, Vital Flow, Champaign Park District, OSF HealthCare, Carle and Christie Clinic and more!! You might even get to practice hands-only CPR and learn a bit about the AED.

Health Screenings will include cholesterol, blood sugar and blood pressure. Fasting not required.