

The Source

From: The Source
To: All Users - Lewiston; All Users - Winona
Subject: ♦♦ The Source Weekly News Bulletin | April 23, 2024 ♦♦



Look to the TVs for Snippets from *The Source*!

You spoke, and we listened! Thanks to your feedback, we're excited to announce the return of a popular feature! Starting this week, the TVs at both our Lewiston and Winona locations will once again display key highlights of happenings around RIS.

Catch quick snippets covering the essential information on each featured item every week. But you'll still need to visit The Source directly for comprehensive details and the full scoop!

Engagement Committee



April Step Contest

Get your walking shoes ready for RiverSide's April Step Contest! It's a fantastic way to get moving and boost your physical activity this spring!

Just track your steps **from April 22nd - 28th**, fill out a step tracker for the week and submit for your chance to win!

Step trackers can be found on bulletin boards beside *The Source* or on the Intranet in Documents for The Source (full address listed at bottom). Submit trackers to one of the **lock boxes in any lunchrooms** or email directly to Dawn [REDACTED] at [REDACTED].



All trackers must be turned in by **May 1st** to qualify. **3 lucky winners** will be randomly drawn from all entrants, giving everyone a fair shot just for participating!

Don't miss your chance to step up and possibly win big. Lace up, step out, and let's see how far we can go together at RiverSide!

SQUAT HUSTLE CHALLENGE

30 Days of Squat Goals to Complete



Squat Hustle Challenge

Ready to shape up this May? Take on the 30-Day Squat Hustle Challenge! Just follow our daily squat targets provided in the challenge template to build strength and endurance.

Templates can be found on bulletin boards with *The Source* or on the intranet under Documents for The Source (full address listed at bottom).

Compete and be entered to win **1 of 2 \$25 Kwik Trip gift cards!**

Spring Highway Clean-Up Tomorrow!

Get ready to roll up your sleeves and make a positive impact on our community! RiverSide is hosting a **Highway Clean-Up** event on **April 24th**, and we need your help to make it a success.

Heads up for Lewiston volunteers! The time has been moved from 3-5pm to 3:30-5:30pm!

Winona is still going to be from 1-3pm and is still open for more volunteers if you're interested! Contact Braeden [REDACTED] [REDACTED] if you want to get involved.



Volunteers will have the opportunity to beautify the surroundings in our communities while bonding with colleagues. Whether you're in Lewiston or Winona, there's a chance for everyone to pitch in and make a difference!

And don't forget! Volunteer Time Off (VTO) is available for those participating during regular work hours. To request VTO, please complete the form available on the Intranet.

Weekly Wellness



The Power of Trees: Arbor Day is April 26, 2024

From backyards to tropical rainforests, trees around the world are hard at work providing the necessities of life. Trees clean our air and water, provide habitat for wildlife, connect communities, and support our health and well-being.

TREES AND CLIMATE

Climate change is the biggest challenge facing the health of our planet. And while it will take many solutions working together to make a difference, trees are the proven, affordable, natural way that can be implemented quickly to pull carbon dioxide out of the atmosphere today.

Every tree planted is a step in the right direction.

TREES AND COMMUNITIES

Trees play a critical role in creating healthier, safer, and more connected communities. They clean our air, filter our water, and even slow storm surges and flooding in our cities. Trees also provide shade and cool our cities by up to 10 degrees, which can help prevent heat-related deaths in urban areas.

Even as social and economic issues fracture our society, trees continue to connect communities, cultures, and generations. Neighborhood trees have shown the ability to reduce stress, improve overall health and development in children, and encourage physical activity. And a healthy communitywide tree canopy fosters economic advantages as well as an increase in civic pride among residents.

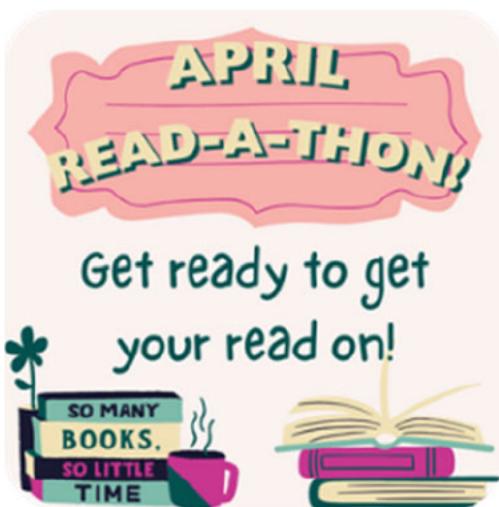
TREES AND BIODIVERSITY

Healthy forests, whether in natural or urban spaces, are key to the health of some of the most biodiverse ecosystems in the world. Trees support wildlife and aquatic life by providing habitat and helping to keep waterways healthy. This ensures that ecosystem balance can be maintained and biodiversity can thrive.

Forests rich in biodiversity benefit the human population, too. Trees and other forest life work together to ensure a clean source of drinking water, buffer against extreme weather, provide medicines, offer outdoor recreation, and enrich human culture.

Source: [The Power of Trees at arborday.org](http://The%20Power%20of%20Trees%20at%20arborday.org)

On the Calendar



RIS Book Challenge

How to Participate: Start reading books in whatever form you prefer, whether it's eBooks, audiobooks or paper books!

You'll get **5 points for the first book you submit and 1 point for every book after.** Each point represents an entry of your name in the drawing for prizes. The more you read, the better your chance of winning!



RIS Blood Drive

Make a difference and save lives by joining our upcoming blood drive! On **Friday, May 17th from 11 am to 5 pm**, we'll be sponsoring a blood drive at the Lewiston Community Senior Center.

Signing up is quick and easy! Simply scan the QR code below, **choose the May 17th date**, schedule your donation time and secure your spot.

Bonus Points: In addition to the base points, you can earn **bonus points** when you complete any of the following*:

1. Read a book over 500 pages
2. Finish a book in a series
3. Find weather-related words in book titles
4. Discover periodic table-related words in book titles
5. Spot flowers/plants on book covers
6. Engage with sports-related books
7. Explore books set in the woods/outdoors
8. Opt for eco-friendly e-books
9. Identify book titles containing a color
10. Spot covers with pictures of weapons

* Each item on the bonus point list may only be redeemed once per participant.

Submit a Book Challenge Submission slip for each book you read to the lock boxes found in each lunchroom or email to Dawn [REDACTED] [REDACTED]). Slips can be found on bulletin boards next to *The Source* or in Documents for *The Source* (full folder address at bottom of newsletter).

Two lucky winners will receive \$25 gift cards to either Blooming Grounds or Cabin Coffee!



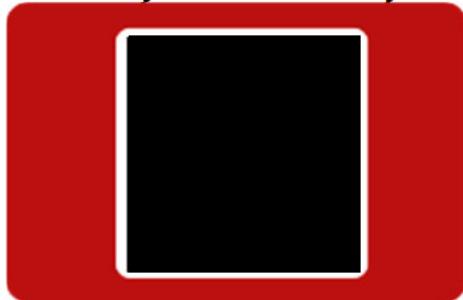
RIS Golf Outing

Tee up for a day of fun at the RIS Golf Outing!

Mark your calendars because the V&P Committee is thrilled to announce that the RIS Golf Outing will be taking place on **Saturday, September 28th, at the** **picturesque Heartland Country Club.**

Support those in need! Your donation could mean the world to someone in a time of crisis.

Scan to book your timeslot today!



Get ready to swing into action and enjoy a day filled with friendly competition and camaraderie. Whether you're a seasoned golfer or just looking to have a great time, this event is for you!

Stay tuned for more details as we unveil exciting updates and information in the upcoming weeks. It's going to be a hole-in-one kind of day that you won't want to miss!



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Have a news story or update to share companywide? Submit to:

This weekly newsletter comes out every Tuesday at 12:00pm. All pieces must be submitted in their entirety by the preceding Friday. Start working with [Lauren](#) to design your piece as early as possible.

For supplemental documents or past editions go to:
[R:\Online\Intranet\Committees\Documents for The Source](#)