

March 14, 2023

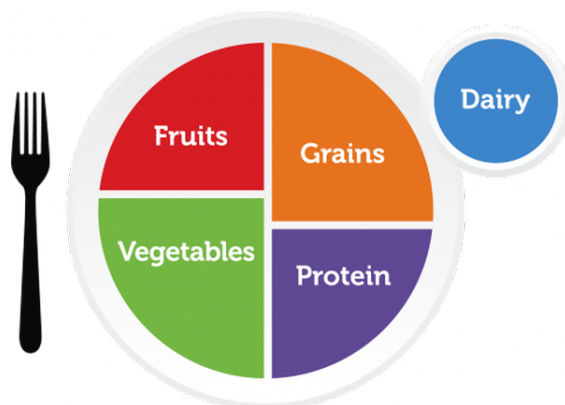
# eConnect Flash

*Keeping Us Connected*

## Weekly Message

It's National Nutrition Month: an entire month dedicated to the importance of nutrition. [According to the CDC](#), good nutrition is important because “People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.” In fact, it's estimated that only 1 in 10 adults get the necessary number of vegetables and 1 in 7 adults get the necessary amount of fruit per day.

Focusing on nutrition can be difficult when you don't know where to start, but following [MyPlate guidelines](#) can help healthy eating become more intuitive. The recommendations are:



1. Make half your plate fruits and vegetables, focusing on whole fruits and varying vegetables.
2. Ensure half of your grains are whole grains.
3. Vary your protein routine.
4. Move to low-fat or fat-free dairy milk or yogurt—or even lactose-free dairy or fortified soy versions.

To help jumpstart your nutrition journey, Salt Lake County Healthy Lifestyles has several resources under their [Physical and Nutritional Wellness section](#) for you to take advantage of including:

- Numerous recipe resources including [The Healthy and Sustainable Cookbook](#), [Intermountain Live Well Nutrition recipes](#), and even [Easy Healthy Recipes by Epicurious](#).
- [The Harvard Nutrition Source](#) which provides many healthy living guides and informative articles on the importance of proteins, what healthy carbohydrates are, and more.
- [A Seasonal Food Guide](#) so you're getting the healthiest and most sustainable options year-round.

Additionally, they have numerous [recorded nutrition workshops](#) that you can view on demand. If you haven't yet joined, you can sign up for the Healthy Lifestyles program [here](#) to begin earning Healthy Lifestyles Points as you watch these workshops.

Good nutrition starts with you, and by educating yourself on how to create healthy eating habits you can set yourself and your family up for nutritional success.

## Active Threat Training

Together we all work to make Salt Lake County a safe place to work and to live. Unfortunately, acts of violence can occur even in the safest of places. One thing we can do to make our County safer is to learn about how to respond to threats, such as active shooters.

At the Mayor's request, the County Council approved a series of active threat training courses designed specifically for Salt Lake County Government employees. Coordinated by Salt Lake County Emergency Management and the Public Safety Bureau, these optional two-hour awareness-level active threat training courses will be offered on **March 29, 30, and 31, 2023**, at seven different locations across the County. This course will involve a presentation by experts, followed by a live simulation that may include the safe and controlled firing of weapons.

If you would like to participate, you can [register here](#) for any of the locations or dates. Please note, capacity at each location is limited and registration will close 24 hours in advance of each course.

# Free Tax Prep for Employees

The Westminster Tax Clinic has set aside a day for County employees to receive free tax preparation and financial advocacy services in addition to the normal schedule. The final employee-only day is **this Friday, March 17, from 10 a.m. to 2 p.m.** in the lobby of the Government Center North Building.

For more information, please visit <https://westminstercollege.edu/taxclinic>.

## 2023 Smart Gov Fund

### 2023 Smart Gov Fund is Open for Ideas!

Are you and your team constantly striving to find new and innovative ways to make your work more efficient and effective? Have you ever had a game-changing idea that could transform your job, program, or even the county as a whole- but struggled to find the funding to bring it to life? Look no further! The Smart Government Fund, through the Office of Data & Innovation (ODI), is specifically designed to support and bring to the life the very ideas that have been on the back burner, just waiting for the right opportunity. With the Smart Gov Fund, your innovative ideas can finally become a reality.

For 2023 there is \$500,000 allocated to encourage, support and fund ideas coming directly from employees that could save the county money, time or enable improved/more efficient services. The office of ODI will assist employees with ideas throughout the application process, so no need to be nervous! Each project has a funding opportunity up to \$100,000. Idea collection is currently open so please [submit your ideas here!](#) We will be hosting two additional Smart Government Fund information virtual workshops on **Tuesday, March 14, at 9:30 a.m.** and **Thursday, March 16, at 10:00 a.m.** You may join the workshops with this [link](#).

By embracing this opportunity, you have the power to revolutionize the county's processes that will make a tangible difference for all of us and the residents we serve. Don't miss out on this chance to make a positive impact on Salt Lake County! For more information contact [Angelina Linnett](#).

# TikTok Ban on County Devices

## TikTok Banned on County Owned Devices Per County Policy

Following Last Tuesday's Salt Lake County Council Meeting:

- TikTok use and accounts should be discontinued on all county devices.
- TikTok is now blocked at the firewall on IT controlled internal and guest networks.
- For reference: This ban impacts policies [1400-1](#) and [1400-6](#).

Exceptions include:

- Law enforcement investigations.
- Public use of TikTok on networks controlled by Center for the Arts (CFA) and the Salt Lake County Library.

Questions? Contact IT Service Desk (385) 468-0700.

Additional Resource: [How to Stay Safe Online](#)

# Suicide Prevention Trainings

QPR stands for Question, Persuade, and Refer. QPR is 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Earn 20 Healthy Lifestyles points for attending!

[Sign up](#) for ONE training—only 35 participants per class.

- **March 21** 12:00–1:30 p.m.—*In-Person Training at West Jordan Library*
- **April 12** 1:00–2:30 p.m.—*Virtual Training*
- **May 15** 11:00 AM–12:30 p.m.—*Virtual Training*

# Information Security Course

Cyber criminals no longer need to break through complex security technologies because it's much easier for them to attack you and your devices through trickery or social engineering. [This course](#) will help you learn to be part of the SLCo firewall.

If you have a county email you will be assigned this training automatically. You have 60 days to complete this short 30-minute course and help keep Salt Lake County's network secure.

## IT Newsletter

We are pleased to share tech news, you can use!

[This is I.T. Newsletter: March Future of IT Edition](#) includes:

- The Future of IT: Trends, Opportunities, & More
- Welcome New TAB Leadership
- Have a Technology Request You Want to Explore? Act Now.
- Cast Your Vote! Help Name New Tool
- Capturing COOP data in New Portal
- Update: Intranet Migration Project (Move OFF Ektron)
- How to Stay Safe Online
- Did You Know? eProsecutor
- Partner Spotlight: "What's the Big I.D.E.A." Labs & Learning Launchpad
- + more

## Employee Day 2023

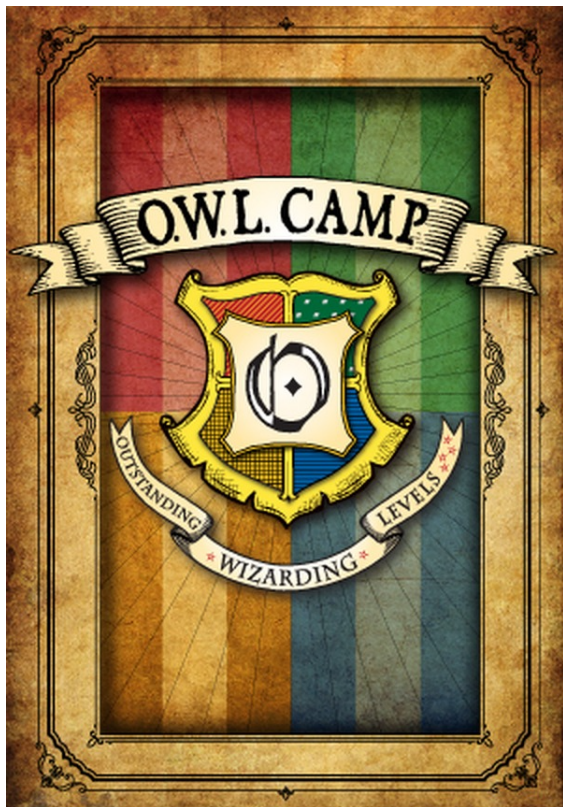


We may still be riding the high from last year's SLCo Employee Day in September, but for Employee Day 2023, we are shifting gears—and seasons—to bring you some B.E.A.C.H. fun in the sun. This year's theme celebrates you: the Best Employees Anyone Can Have!

Please join us in-person on **Wednesday, June 21, from 11 a.m. to 4 p.m.** at the Utah Cultural Celebration Center.

If you are interested in volunteering on a subcommittee to help plan this year's event, please reach out to [Kristen Soelberg](#) for more information.

## OWL Camp Registration



Calling Aspiring Witches and Wizards!

Throw your name in our sorting hat for a chance to attend wizarding school for a day. Discover your magical talents and make new friends as you attend classes such as Potions, Magizoology, and more at this immersive, STEAM-based summer camp.

Registration is now open to youth ages 11–18 with a County Library card. Students must turn 11 before September 1, 2023.

Learn more and [apply online](#) here by **March 31.**

# IS THE LINK SAFE?

Remember to hover over links to ensure they're safe.  
Safe links should start with one of the following:

- slco.org
- slcounty.org
- slco.to
- s2.bl-1.com
- slcounty.sharepoint.com
- slco.sabacloud.com

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