



5TH THURSDAY
CHECK-IN

### 5th Thursday Check-in

Greetings, IntegrITS Family and Happy Leap Day! Since our next 5th Thursday isn't until the end of May, we wanted to provide a few ideas for you to think about in preparation for spring. But first, let's kick things off with IntegrITS Trivia.

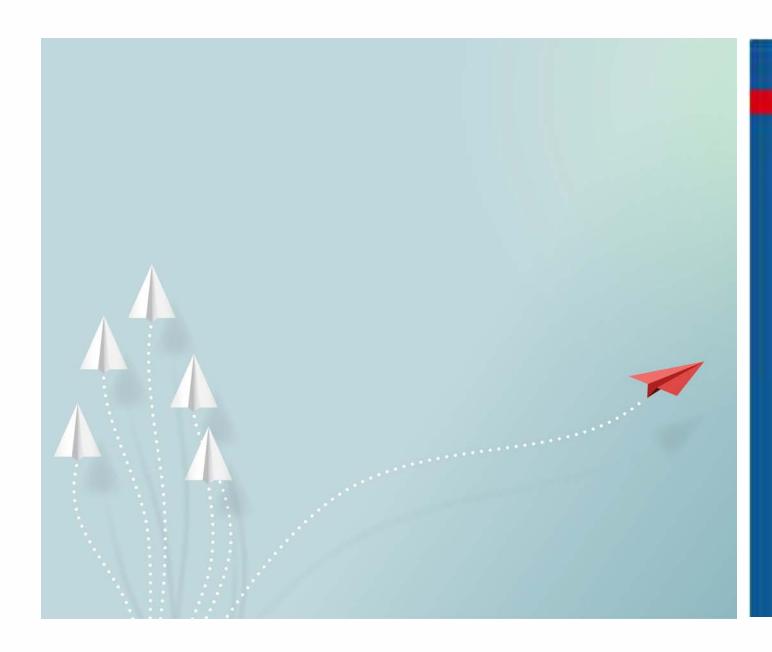
### IntegrITS Trivia

This 5th Thursday, we're changing up our giveaway. On the next page, you'll find three trivia questions related to what we've shared in recent editions of *The IntegrITS Digest*. **The first ten people to respond with correct answers to all three questions will win a \$20 gift card.** This time around, we will be using a gift card service that will allow you to choose from hundreds of stores—so essentially, it will be a \$20 gift card to the store of your choice!

Email your trivia answers to <a href="mailto:news@integrits.com">news@integrits.com</a>.

(NOTE: The gift cards will be sent to winners via email. We will simply reply to the email address you used to submit your answers, unless you indicate another preferred email address along with your response. If you do not receive a response from us, that means your answer is incorrect or we've unfortunately already awarded the 10 gift cards.)

You can find an archive of all our newsletters here.



### Question #1

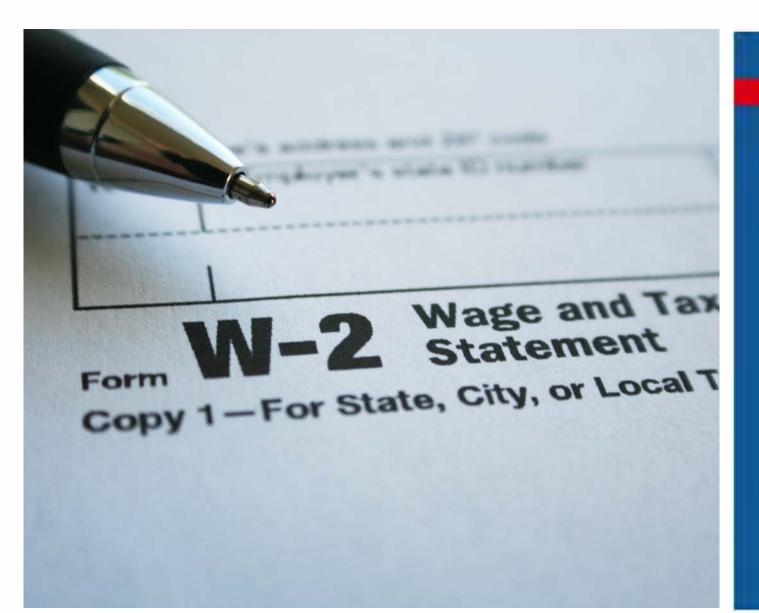
In a CEO's Corner earlier this year, Mr. Carter made a statement regarding "CHANGE." Fill in the blank with the missing word:

"...change is not just about new strategies, approaches, or structures—it is also about



#### **Question #2**

What is the name of the IntegrITS Team at Edwards Air Force Base that won 2023 Operations Group Team of the Year?



#### **Question #3**

Those who enrolled in electronic delivery of their IntegrITS W-2s can find their 2023 W-2 at what online location?

### Ideas for Spring

#### **Apples Collard Greens** Onions **Apricots** Garlic Peas **Pineapples** Herbs Asparagus Kale **Avocados** Radishes **Kiwifruit** Rhubarb Bananas Broccoli Spinach Lemons Cabbage Lettuce **Strawberries Swiss Chard** Carrots Limes Celery Mushrooms **Turnips**

#### Spring Smoothies

Whip up a delicious spring smoothie using seasonal produce like apples, spinach, strawberries, and pineapples.



#### **Road Trip**

Spring is the perfect time for a scenic road trip. The flowers are blooming, the weather is warming up, and you can beat the summer rush. You can let the open road lead the way, or you can pick a destination. Is there a restaurant you've always wanted to try, but it's out of town? Or maybe you'd like to catch a baseball game in another city? The opportunities are endless.



# **Decorate with Fresh Flowers**

Give your home the "spring treatment" by simply adding fresh flowers like tulips and daffodils. And remember, we get discounts on fresh flower delivery through the <u>Insperity MarketPlace</u>.



### Tip of the Week

It's not too late to make the leap year special today. We came across an article that shares 25 ideas for celebrating our bonus day. Click here to learn more.

### **Employee Referral Bonus Program**

At the end of each quarter, everyone who refers a prospective employee who makes it to the interview process will be entered into a raffle for a \$500 gift card. We will select two winners from this pool of contestants—meaning two people have the chance to win a \$500 gift card each quarter! Furthermore, we will enter all employees who refer a job applicant into another raffle (regardless of the stage they make it to in the hiring process), with the winner receiving a \$250 gift card.

We have a number of job openings across multiple IntegrITS locations (IntegrITS Opportunity Central). Let's work together to find the best candidates for these open positions!

### Coming Soon

Join us next Thursday for another edition of The CEO's Corner.

## **Comments / Questions**

If you have any comments or questions about this week's newsletter, email us at <a href="news@integrits.com">news@integrits.com</a>.

We have also created a website where we are storing the archives of all our newsletters to date: <a href="https://integrits.com/digest-archives/">https://integrits.com/digest-archives/</a>.

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