

THE HR CONNECTION

Human Resources Director Donna Parker



SHARE. STRATEGIZE. SUCCEED!

Welcome Aboard!

Please join Human Resources in welcoming our newest team members:

Ebyby Flores
Percival Spence
Tusaine Allen
James (Jim) Elensky

Grounds Maintenance
Building Maintenance
Grounds Maintenance
Deputy Chief

Parks
Public Works
Parks
Police Department

It is with great pleasure to welcome *Tiffany Blomquist* to our Human Resource Team

Renee Donna Tiffany



**HAINES CITY EMPLOYEES ARE ROCK STARS...FROM TEAM HR THANKS
FOR MAKING OUR WORKPLACE ROCK!**

"TOGETHER WE CAN MAKE A DIFFERENCE"

**Huge Shout out to Director Mike Stripling for cooking the amazingly delicious BBQ
for our employee luncheon. *Thank you!!!***



Wellness Tidbits

Spring is in the air...Pollen is everywhere

Things **YOU** Can Do to Help Naturally Reduce **ALLERGY SYMPTOMS**



1. Wear Shades

Wear glasses or sunglasses when outdoors. Covering your eyes keeps pollen and other irritants away from this sensitive area, which reduces itchiness and redness. Pollen is a known irritant for eyes and eyelids.



2. Drink Water

Even mild dehydration can activate histamine production, so staying hydrated can dampen allergy symptoms.



3. Nasal Irrigation

Nasal irrigation with a combination of warm water and natural salt may help clear out mucus and open sinus passages. You can administer the solution through a neti pot.



4. Shower & Wash Your Hair Before Bed

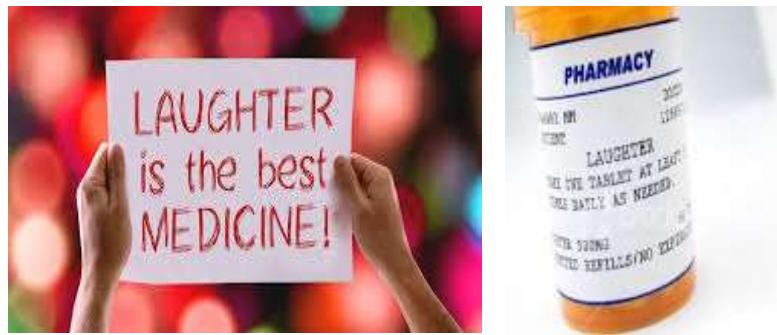
Cleaning up before getting into bed helps remove pollen from your hair and skin, which reduces irritation. You should also consider keeping pets out of the bedroom if they've been outside, as pollen can cling to their fur.



5. Stay Indoors

Minimize activities outdoors when pollen counts are at their peak. Pollen is typically at its highest point during midday and afternoon hours, so those who suffer from allergies and asthma should avoid going outside during those times of day.

For more information on allergies and other health issues, please visit **SWANSON Health Products** www.swansonvitamins.com



Laughter has been shown to increase pain tolerance and release hormones that make us feel good. So, let's use it to our advantage. A good joke can help diffuse difficult situations. A smile can almost immediately change your mood and attitude, and may help change the mood and attitudes of people around you. Being able to laugh at yourself can help you deal with stress more effectively. Take some time today to have a laugh with family and friends or pull up a funny video online for a quick pick-me-up by yourself! *connectcare3*



More services to help you stay healthy

DID YOU KNOW.....Your \$20.00 copayment applies when you visit a **minute clinic**[®] the medical clinic in CVS/pharmacy

MinuteClinic® walk-in medical clinics are staffed by nurse practitioners and physician assistants who specialize in family health care. They see children and adults every day with no appointment needed.

- Diagnose, treat, and write prescriptions for common family illnesses such as strep throat, bladder infections, pink eye, and infections of the ears, nose and throat.
- Provide common vaccinations for flu, pneumonia, pertussis and hepatitis, among others.
- Treat minor wounds, abrasions, joint sprains, and skin conditions such as poison ivy, ringworm, lice and acne.
- Provide a wide range of wellness services including TB testing, sports and camp physicals, and lifestyle programs such as smoking cessation and a medically-based weight loss program.
- Offer routine lab tests, instant results and education for those with diabetes, high cholesterol or high blood pressure.
- School and sports physicals
- Provide care to adults and children 18 months and older for most services**
- Share records with primary care provider with patient permission.

If you are out of town, on vacation... CVS Minute Clinics are located throughout the country. Just log onto their "Clinic Locator" website to find the clinic closest to you.

<http://www.cvs.com/minuteclinic/clinic-locator>



Next week is our Benefits Insight Meetings

Employee Education Meetings

March 21st

- At the Fire Department from 8am – 9am, then 4pm – 6pm
At Lake Eva Community Center, 555 Ledwith Ave. from 9:30am – 3:30pm

March 22nd & 23rd

- At Lake Eva Community Center, 555 Ledwith Ave. from 9am – 4pm

At City of Haines City, we believe employees have the right to receive clearly presented health and benefit information to help meet the goals established for your employee benefits enrollment. Please join our broker, Public Risk Insurance Agency and Colonial Life at one of the educational meetings for a high-level overview of the health, dental, vision, life and supplemental benefits offered through the City's insurance benefits program.