



# County Connection

## Welcome New Employees!

**Scott Reynolds**, Environmental Compliance Analyst, Utilities Operations

**Michael Whittington**, Signal Tech I, Traffic Engineering

**Michael Diaz**, Utilities Service Worker, Water Distribution

| <u>5-Year Milestone</u>   | <u>15- year Milestone</u>  | <u>20-year Milestone</u>                | <u>Retirees</u>   |
|---|--|---|---|
| <b>Van Bacon</b> , Utilities<br><b>David Checchi</b> , Building<br><b>Duane Hamilton</b> ,<br>Engineering<br><b>Toby Hibbard</b> , Facilities<br><b>Markei Lynch</b> , Facilities<br><b>Brian Thompson</b> ,<br>Utilities | <b>Lori Smith</b> , Parks<br><b>Andrew Sobczak</b> ,<br>Planning | <b>Pansey Jhagroo</b> ,<br>Main Library | <b>Roland DeBlois</b> , Planning<br><b>Stephen Milliman</b> , Golf<br>Course<br><b>Arthur Pfeffer</b> , Utilities<br><b>Robert Powell</b> , Shooting<br>Range<br><b>Julie Reiselbara</b> , Fire<br>Services |



### Important Notice:

Remember to stay current with Staff Updates by visiting [www.ircgov.com/staffupdates.html](http://www.ircgov.com/staffupdates.html). In order to reduce the spread of the COVID-19 we have canceled in person meetings and training opportunities. Continue reading for virtual meeting information.

**Florida Blue** For health insurance claims and benefits questions contact Yvonne Rosete, Account Management Specialist-South Florida, on her cell, 786-999-2742 or email [Yvonne.rosete@floridablue.com](mailto:Yvonne.rosete@floridablue.com). Other information is available at [floridablue.com](http://floridablue.com) & [blue365deals.com](http://blue365deals.com)!

FRS resources are available at <http://www.myfrs.com>. A live webinar titled "Nearing Retirement in the FRS" will be held on Thursday, June 18<sup>th</sup>. See the provided flyer for registration information.

**HealthAdvocate**™ Your Employee Assistance Program (EAP) is available to offer support and training by phone, 866-799-2728, or visit the website link in the HR page of IRCGov.com or at <https://bit.ly/3dkpNNq>.

Contact **Mark Schilling** via phone 772-284-9660 or email [schillm@nationwide.com](mailto:schillm@nationwide.com). See the provided flyer for registration information on virtual workshops about social security and health care costs in retirement.

Be sure to explore [www.ircgov.com](http://www.ircgov.com). Each department provides engaging information! Also, the county released an online appointment scheduling tool. Spread the word!



# County Connection



## New Timekeeping Policy

Provided with the newsletter is a new timekeeping policy, AM-701.2.

All policies, as well as AM-701.2 Timekeeping, are available here:

[https://www.ircgov.com/Departments/Human\\_Resources/APM.pdf](https://www.ircgov.com/Departments/Human_Resources/APM.pdf)

## Health & Wellness

📍 The mobile mammography will be visiting June 19<sup>th</sup>. See the provided flyer for registration instructions.

📍 June is Alzheimer's & Brain Awareness Month.



*"Alzheimer's is a form of dementia that progressively erodes memory and creates behavioral problems. It currently affects an estimated 5.5 million people, with the vast majority being age 65 or older. Unfortunately, there is no known cure for this disease, but there are organizations that intend to find one. With that goal in mind, the Alzheimer's Association raises awareness and funds to help research, care and support those affected by the disease. If you or a loved one are living with signs of*

*Alzheimer's, or if you're interested in finding ways to spread awareness, visit [www.alz.org](http://www.alz.org) for caregiving resources and information."* – Lockton Companies, LLC, June 2020.

📍 Two additional health & wellness newsletters go out with this month's County Connection. Take a look at "Better You Pursuit" and "Live Well, Work Well."

📍 Due to concerns related to COVID-19, the 2020 Health Fair is cancelled. Florida Blue offers a comprehensive wellness portal, "Better Strides You" that can assist you in your quest for health and wellness. Log into <https://www.floridablue.com> and click on "Health and Wellness" to begin your health and wellness journey.

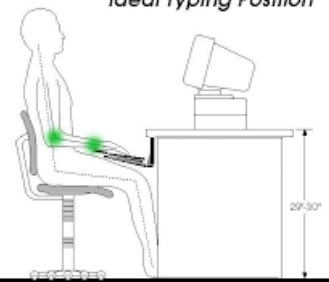
## Tech Talk from Information Systems - Ergonomics - Keyboard Position

Typical desk top typing posture that increases muscle fatigue and injury risks.



Poor keyboard positioning with the keyboard tilted up creates stress on the body. Place the keyboard slightly below the elbow and at a negative angle, not tilted up bending the wrist. Most of the keyboard trays are adjustable contact Information Systems at [helpdesk@ircgov.com](mailto:helpdesk@ircgov.com) if you need assistance.

Ideal Typing Position



## Kudos and Gratitude to our many hard workers throughout the county!

Director of Utilities, Vincent Burke, received high praises for a job well done and would like to recognize their efforts put forth then and every day! The customer said that "all three men were knowledgeable and kind. They took great care... [and] it is good to know we can count on the IRC Utility Department." Job well done David Bryant, Patrick Tabor, & Donald Tacon!

Please report improper dumping.

To report dumping of any substance into storm drains and canals go to [IRCSTORMWATER.COM](http://IRCSTORMWATER.COM).

