

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



JULY 2022

Build Relationships and Connection for Better Health

By Nicki Lanauze, Wellness Technician

From beach days to barbecues, summer celebrations are in full swing. July is Social Wellness Month, and we'd like to take this special opportunity to highlight social well-being, one of the **four pillars of wellness**. Pinellas County's four pillars of wellness include physical, emotional, social and financial health, with each pillar being equally important and having a profound effect on one's total well-being. Imbalance in one or more pillars negatively impacts quality of life. Our Wellness Program works diligently to offer you wellness activities across all four pillars.



Why is social well-being one of our four pillars?

Research shows there is a connection between social isolation, loneliness, and both physical and mental health. Individuals lacking strong relationships, both individual and community, are at a higher risk for developing arthritis, type 2 diabetes, and heart disease, among others. There may also be a connection to cognitive decline, dementia, and Alzheimer's. Interaction with others and supportive networks increase the quality of life because they fill a fundamental human need. They reduce the release of stress hormones which cause an inflammatory response and increase risk for disease.

Continued on [page 2](#)

December 20: New Deadline for Biometric Screening & Health Assessment

The new deadline for completion of your biometric screening and health assessment is December 20, 2022, to allow for processing prior to year end.

Visit our [biometric webpage](#) for details. Access step-by-step instructions in the [Quest Help Guide](#) or the [Physician Results Form Help Guide](#).

1... 2: Invest in You!

More Ways to Earn Wellness Incentive Rewards

You Asked, We Listened

By Jane Grannis, Wellness Manager

Taking care of yourself *before* you get sick is the best way to stay healthy and prevent more serious conditions from developing. It is important to get regular preventive screenings that are recommended for your gender and age. We have made updates to the program we know you'll be excited about!

What's new?

There are five new preventive screenings and activities:

- Annual physical
- OB/GYN exam
- Annual dental exam
- Omada Diabetes Prevention Program
- Flu shots



Earn 12,500 points or \$50 for each screening/activity listed above, and earn 6,250 points or \$25 for flu shots.

You may earn a reward for **each** screening received including colonoscopy, mammogram and pap test, up to the annual maximum of 50,000 points or \$200.

Screenings completed anytime in 2022 are eligible for rewards.

When will these changes appear on MyCigna.com?

Cigna is working to add these activities to the wellness portal, and we expect them to be completed in early fall. Don't worry if you've already had screenings this year or plan to do so prior to the portal updates, they will be added into the system. Keep in mind it takes up to **90 days to process a claim**. Please allow time for your reward to process. No action is needed on your part.

What is staying the same?

The Wellness Incentive earning maximum remains at 50,000 points or \$200. If you prefer to receive cash in your paycheck, see the [Cash Election Help Guide](#).

How can I learn more?

See the incentives chart summary on [page 3](#) and review the [Rules and Guidelines](#) for details.

Try these suggestions to improve your social well-being:

- **Connect with trustworthy individuals**
 - ✓ If you feel a genuine connection, open up to them about your life.
 - ✓ Set the technology aside and be present.
 - ✓ Share your feelings, funny stories and actively listen when they talk.
- **Find your people**
 - ✓ Join or deepen your connection with a community or faith-based group with similar interests.
 - ✓ Parenting group, sports team, art club, your place of worship or the local theater are all great opportunities.
- **Give back**
 - ✓ Give your time and abilities to assist others. Being of service to an organization is a great way to build your community. Many [local organizations](#) are in need of volunteers. See the Philippe Park box below.
 - ✓ Volunteering can also be as simple as helping a family member, friend, or neighbor. Clean their house, cook a meal, or run an errand.
- **Make time for people you care about**
 - ✓ Schedule quality time where you're truly connecting.
 - ✓ Put away technology, engage in an activity, attend an event, or have a great conversation over coffee.
 - ✓ Your children, sibling, parents, and friends need connection just as much as you do.
- **Good vibes only**
 - ✓ Distance yourself from poor, one-sided, or toxic relationships.
 - ✓ If a particular relationship is no longer filling your cup with positivity and happiness, it may be time to re-evaluate.

Volunteer at Philippe Park

Saturday, July 23, 5:00 - 8:00 p.m.

Pinellas County is installing an oyster bar/reef in the water just offshore of Philippe Park in Safety Harbor. **Volunteers will wade into the water and pass 30-pound oyster bags.** Volunteer spots are limited and require registration. Minors 14+ are welcome. To learn more and register, see [Philippe Park Living Shoreline Phase III](#). For questions, call Environmental Management at (727) 464-8762.

To support social well-being, we offer multiple wellness opportunities this month. Join Onsite Nutrition Health Coach Shannon Parks to make a healthy summer sorbet in our [Cook Along Kitchen](#) presentation. Grab a few co-workers, put on some comfortable clothes and join me for [Yoga Poses Explained](#), an interactive webinar. In preparation for the upcoming school year, Onsite EAP Counselor Lorelei Keif talks about [Family Life: The Juggling Act](#).

Don't miss all of the other wonderful upcoming wellness activities in July on [page 4](#). Use the icons

to easily identify which pillars our classes and activities address. Keep an eye out for the purple social icon!



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2022 Wellness Incentive Program

Participate in healthy activities to achieve your wellness goals, and earn up to 50,000 reward points or \$200 cash.

- ✓ IMPORTANT: Please read the [Program Rules & Guidelines](#) before participating.
- ✓ Incentive activities are tracked on Cigna’s website at www.MyCigna.com.
- ✓ Points will be deposited into your [Pinellas County Rewards Program](#) account on a semi-annual basis.
- ✓ Your rewards default to points every year. If you would prefer cash, see the [Cash Election Help Guide](#).
- ✓ **As of January 1, 2022** - Social Health and Wellness Apps and Activities: Sync your favorite app with the myCigna mobile app and choose from over 20 activities (one at a time).
- ✓ **ADDED JULY 2022** - There are five new incentive activities: annual physical, OB/GYN exam, preventive dental exam, Omada Diabetes Prevention Program (if on County medical plan) and flu shot. Activities completed anytime in 2022 qualify. Preventive screening rewards are no longer limited to one per year.

Wellness Incentive Activities

Activity	Description	Reward Points	Cash	Employee	Spouse (on County plan)	Opt Out
Social Health and Wellness Apps and Activities	Adopt healthy habits by completing up to six 4-week activities (one at a time), a minimum of 4 days a week for 4 weeks	6,250 each, up to 37,500	\$25 each, up to \$150	Yes	Yes	Yes
Preventive Screenings	Colonoscopy, pap test, mammogram	12,500 each, up to 37,500	\$50 each, up to \$150	Yes	Yes	Yes
Preventive Screenings (NEW)	Annual physical, OB/GYN exam, preventive dental exam	12,500 each, up to 37,500	\$50 each, up to \$150	Yes	Yes	Yes
Omada Diabetes Prevention (NEW)	Lifestyle management program to prevent diabetes (if eligible)	12,500	\$50	Yes	Yes	No
Flu Shot (NEW)	Influenza vaccination	6,250	\$25	Yes	Yes	Yes
Health Coaching	Choose online or phone coaching	12,500	\$50	Yes	Yes	No
Chronic Condition Care Coordination	Support to manage a chronic diagnosis such as diabetes	25,000	\$100	Yes	Yes	No
Maternity Support	Get support and guidance during your pregnancy	up to 50,000	up to \$200	Yes	Yes	No

Wellness Incentive Payout Schedule (Semi-Annual)

Activities Completed	Cash Election Deadline (if desired)	Incentive Rewarded
January to June 2022	June 30, 2022	September 2022

Wellness Challenges in July: Don't Miss Out!

Water You Up To? Challenge



[Register now](#) for this 4-week beverage swap challenge from July 18 through August 12. Challenge yourself to swap at least one higher-calorie drink for water. Also earn additional points by tracking your daily water intake.

Protect Your Heart: Blood Pressure Challenge



[Register now](#) for this 6-week healthy heart blood pressure challenge from July 18 through August 28. Learn blood pressure management along with how to implement attainable steps and quick tips to help you protect your heart.

Mark Your Calendar: Wellness Activities for You

Family Life: The Juggling Act



[Register now](#) for a 1-hour webinar on **July 22 at 12:00 p.m.** or **July 25 at 12:30 p.m.** Join onsite EAP counselor [Lorelei Keif](#) to take a fresh look at the pressures that drive the family juggling act and talk about how to refocus priorities.

Introduction to Florida-Friendly Landscaping



[Register now](#) for a 1-hour webinar on **July 14 at 12:00 p.m.** Learn how to create and maintain healthy and attractive landscapes and at the same time protect our precious water resources.

Oh, My Aching Back!



[Register now](#) for this 2-part series to learn about back safety basics, types of injuries, treatment options and more. **Part 1: July 12, 11:30 a.m. or July 14, 12:30 p.m.** **Part 2: July 19, 11:30 a.m. or July 21, 12:30 p.m.**

Healthy Desserts: Summertime Sorbet



[Register now](#) for a live 1/2-hour cooking demo with onsite Nutrition Coach Shannon Parks on **July 20 at 12:30 p.m.** Join us for an easy cooking demo to enjoy your favorite fruits as delectable sorbets that can be enjoyed all summer.

Yoga Poses Explained



[Register now](#) for a 45-minute interactive webinar on **July 28 at 12:00 p.m.** Put on comfy clothes and follow along as Wellness Technician Nicki explains, demonstrates, and modifies common poses used in yoga classes.

Mammography Bus



Take advantage of the Mammography Bus in August! See [page 5](#) for dates and locations. Make an appointment or walk in.

Meditation Mondays



Build a healthy habit and start the week off with the right mindset. Pop in every Monday morning and/or afternoon for a 15-minute guided live meditation. [Register now](#) for either the **morning (9:00 a.m.)**, **afternoon (3:30 p.m.)**, or **both sessions**.

Decompress to Stress Less on Wednesdays



Need a mid-week brain break? Join Onsite Nurse Health Coach Brittany [every Wednesday at 2:30 p.m. for 15 minutes](#) to enjoy word games, trivia, stretching, and more to give your brain a break!



Bringing 3D
Mammography
to You



Mobile Mammogram

**Miss your mammogram last year?
Don't miss this convenient opportunity to
catch up with your annual care.**

- **Clearwater Courthouse**, 315 Court St., Clearwater
Wednesday, August 3, 8:30 a.m. to 2:30 p.m.
Thursday, August 11, 8:30 a.m. to 2:30 p.m.
- **Pinellas County Justice Center**, 14250 49th St., Clearwater
Wednesday, August 24, 8:30 a.m. to 11:30 a.m.
- **Human Services**, 647 First Ave. N., St. Petersburg
Monday, August 8, 8:30 a.m. to 2:30 p.m.
- **Animal Services**, 12450 Ulmerton Rd., Largo
Wednesday, August 10, 8:30 a.m. to 10:30 a.m.
- **Public Works**, 22211 U.S. Hwy. 19 N., Clearwater
Wednesday, August 10, Noon to 2:00 p.m.
- **Star Center**, 7887 Bryan Dairy Rd., Largo
Tuesday, August 30, 8:30 a.m. to 2:00 p.m.

1 in 8 women will be diagnosed with breast cancer.

EARLY DETECTION SAVES LIVES. GET SCANNED NOW.

Walk-ins and spouses/domestic partners are welcome.

Schedule your appointment at
www.AdventHealthMobileMammography.com

Click *Schedule Now*, then *Corporate, Government and Community Events*.



Brought to you by the Pinellas County Wellness Program
and AdventHealth Mobile Mammography.
For more information, see [FAQs](#).



20/20 Vision: Keeping Our Eyes on Eye Health

By Shannon Parks, MPH, RD, CPH, Cigna Nutrition Health Coach



Shannon Parks

That old saying “out of sight, out of mind” might apply to many things in your life, but don’t let it apply to your eye health! Eyesight is an important sense, but how often do you think about eye health? Numerous medical conditions and diseases such as near-sightedness, far-sightedness, glaucoma, cataracts, and macular degeneration affect our eyes and

vision. It’s important to consume certain nutrients that can improve, prevent, or reduce severity of eyesight related diseases and conditions as well as practice simple lifestyle habits that promote eye health.

Vital vision nutrients include:

- **Lutein and Zeaxanthin:** Both carotenoids, or yellow-colored pigments found in produce, can help reduce the risk of cataracts. Great sources include broccoli, corn, peas, persimmons, and tangerines.
- **Vitamin C:** This vitamin works wonders in reducing the risk of developing cataracts and slows progression of age-related macular degeneration and visual acuity loss. Great sources include oranges, grapefruit, strawberries, papaya, green peppers, and tomatoes.
- **Vitamin E:** This free radical fighting nutrient helps protect against damage from toxins (free radicals), which ultimately break down healthy tissues. Get an abundance of Vitamin E by aiming for foods such as nuts, wheat germ, and sweet potatoes.

- **Zinc and Copper:** These wonder minerals play a vital role in shuttling Vitamin A from its storage site in the liver to the retina in the eye which produces melanin, a protective pigment. Insufficient intake of zinc and copper has been linked to poor night vision and cloudy cataracts. Look to lean red meat, oysters and other shellfish, nuts, and seeds for these minerals.

Several simple daily lifestyle shifts can make a positive impact on eye health. These include incorporating good reading light, taking regular eye breaks from working on the computer, avoiding glare on screens when possible, wearing eye protection as appropriate, donning UV-blocking sunglasses when outside, avoiding smoke or other eye irritants, and getting routine eye exams. Eye exams can also detect things like high blood pressure, heart disease, diabetes, rheumatoid arthritis, thyroid disorder, Parkinson’s disease, multiple sclerosis, and high cholesterol. Regular eye exams are also crucial for diabetics, who are at an increased risk for blindness.

If you’re concerned about or would like to be sure that you’re adequately supporting your eye health with a nutritious and nourishing diet, reach out to your Cigna Onsite Nutrition Health Coach Shannon Parks for a free 30-minute session that might even qualify toward your wellness incentives!

Sources: [NIH](#), [CDC](#), [AARP](#)



Cigna Nutrition Health Coach [Shannon Parks](#) provides coaching on nutrition and wellness.

The Sneaky Ways of Ultraviolet (UV) Rays

The hot summer sun is no joke, especially in Florida, where the rays are strong and last all year long. According to the [Skin Cancer Foundation](#), even if you’re not spending hours baking in the sun, you are still exposed to UVA and UVB rays in surprising ways.

Windows - Glass blocks the majority of UVB rays (primarily responsible for sunburns) but more than half of UVA rays (associated with premature aging) penetrate glass.

Travelling - By law, most front windshields are treated to filter out most UVA rays, but side and rear windows aren’t. Consider getting protective film installed and wearing sunscreen. The sun also beats through airplane windows, which can be stronger than the sun exposure on the ground.

Rainy Days - You might think that cloudy skies protect us from dangerous UV rays; however, UVA rays penetrate clouds, rain and fog. And in Florida, our famous pop-up storms clear up quickly, leaving us exposed if we’re not using sunscreen.

Nail Salons - Nail drying lamps emit UV radiation, posing a moderate risk. If you’re getting a regular mani or pedi, best to air dry. If you’re setting a gel manicure, sunscreen 20 minutes before going under the lamp.

Higher Elevations - If you spend time hiking or visit places at a higher elevation, the rays are stronger. UV radiation exposure increases 4 to 5% for every 1,000 feet. Wear sun protective clothing and lather up with sunscreen every two hours.



Understanding Autism

By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach



Brittany Hartup

Let's set a scene: you are at a work event, stuck in an uncomfortable outfit, and your skin feels like there are 10,000 pins pricking it. As you try to engage in conversation, songs play in your ears on a never-ending loop. The lights are bright and won't stop flickering. You're overwhelmed and want to get out of there as quickly as you can. This is just one example of

what living with Autism can feel like.

With 1 in every 44 children diagnosed with [Autism Spectrum Disorder \(ASD\)](#), it's likely that you or someone you love is impacted by this neurological condition. ASD is caused by differences in the way [brains](#) are hardwired, which can be a result of environmental, biologic, or genetic factors. ASD does not discriminate against race, ethnicity, or socioeconomic groups; however, it is 4 times more common among [boys](#) than girls.

You may wonder why it seems more and more people are being diagnosed with ASD. [Diagnostic criteria](#) has broadened over the years, and both families and medical professionals have more access to information than ever.

What does ASD look like? Physically, most people with Autism look like everyone else. People living with Autism can fall anywhere within the spectrum: ranging from mild to severe. Some struggle with [sensory overstimulation](#). Others are nonverbal, have difficulty with conversation or eye contact with others, or require around-the-clock supervision. It can show itself in restricted or repetitive behaviors such as lining up toys or other objects, repeating words or phrases ([echolalia](#)), or obsessive interests. Predictable routines and accommodations in the home can be helpful.

Autism Spectrum Disorder can be detected as early as 18 months, although a more reliable diagnosis usually comes around age 2 years. It is not uncommon to go undiagnosed until adolescence or adulthood. The diagnosis process is sometimes long and can be frustrating. The first step is to speak with your child's doctor, who will use [screening questions](#) to determine if further evaluation may be needed. You might be referred to specialists such as a developmental pediatrician, psychiatrist, psychologist, or neuropsychologist. Sometimes these providers have waiting lists for new patients, but you can find [in-network providers](#) to help choose one that is right for you.

While there is no "cure," quality of life [treatments](#) are available through therapies, medication, and accommodations. Early diagnosis leads to earlier interventions and services, which can improve communication, social interaction, and learning ability.

Remember, you often can't tell if a friend or coworker has Autism just by looking at them, so be open-minded. If someone decides to share their ASD diagnosis with you, be supportive and ask how you can help or accommodate them. Your care, understanding, and patience is valued more than you probably know.

Learn more about [Autism Spectrum Disorder](#). View a list of resources from the [Florida Department of Health](#). Find [community support groups](#).



Cigna Nurse Health Coach [Brittany Hartup](#) provides coaching on preventing and managing chronic conditions.



Caregiver Corner

By Scotty Hargett (Fleet Management) and his wife Mishelle Hargett

Au-some with Autism



Left to right: Scotty, Trevor, Indian Rocks Beach Mayor Cookie Kennedy, Zachary and Mishelle

March 31, 2015, is a date that our family will never forget. That is the day our youngest son, Zachary, was diagnosed with Level 2 Autism Spectrum Disorder (ASD). We couldn't tell you much about that visit because our minds just went blank. We knew nothing about Autism and were terrified not knowing what the future held for our precious baby boy.

Continued on [page 8](#)



The first few months, we spent every day going to different doctors and specialists. It took a toll on Zachary because it took him from school, where he flourished in structure and routine. Thankfully, Zachary's school, Anona Elementary, provided recommended therapies, allowing Zachary to stay in his favorite place. They worked with us to put together an Individualized Education Plan (IEP), as well as providing speech and occupational therapies onsite. Zachary has thrived due to the wonderful support from teachers and staff. We will forever be grateful for every one of them!

Our family has come a long way since the initial diagnosis, learning new things daily. Our advice to other parents, whether your diagnosis is new or not; sometimes you question everything you are doing, which is okay and normal. In the end, we are all trying our best and learning as we go. With proper support, it is an amazing journey. Our babies are truly AU-SOME! Remember that it is healthy to have a date night with your partner and accept support offered from family and friends. Most importantly, take care of yourself; if we don't, we can't give our children the best of us.

Flash forward 7 years since his diagnosis; Zachary has become an advocate for Autism awareness. He doesn't

want families to feel the fear that we experienced when we received his diagnosis. Zachary says the fear comes from not knowing, and we must help educate families so they are not so scared. Every day this precious boy teaches and amazes us.

There are many sensory friendly family activities offered in Pinellas County. We Rock the Spectrum in Largo is a favorite of ours. It was the first place that we took Zachary after his diagnosis that focused on children with ASD. We got teary-eyed to see him run and play in an environment built for him.

In April, Indian Rocks Beach's Mayor, Cookie Kennedy, presented Zachary with an Autism Awareness Proclamation. She, Fire Chief Jeff Davidson, along with other city officials are planning more sensory-friendly events in the city. We are excited and honored to be a part of such a wonderful mission. On October 31, 2022, our team "Zack's Pack" will be participating in the Tampa Autism Speaks Walk for the 8th year. If anyone has questions or just wants to talk with a fellow ASD parent, feel free to reach us at mishellehargett@hotmail.com. Autism is not a life-threatening diagnosis, but it can be scary.

We love you, Zachary, and will fight for you always.



Enjoy All the Trails Tampa Bay has to Offer with the Tri-County Trails Map

Transportation leaders from across the West Central Florida region have worked together as the [Sun Coast Transportation Planning Alliance \(SCTPA\)](#) to launch the interactive, online Tri-County Trails Map, highlighting the trails and bike lanes throughout the Tampa Bay region. For the first time, the Tri-County Trails Map brings together online information for trails throughout Hillsborough, Pasco, and Pinellas counties in one place. Trail users can access the interactive, Tri-County Trails Map from any device.

Check out the [interactive Tri-County Trails Map](#).



20,000 Acres

Did you know Pinellas County Parks and Conservation staff maintain **20,000 acres of parks and preserves**? This includes Fort De Soto, Anderson, Eagle Lake and 12 other County parks, plus Florida Botanical Gardens, Heritage Village, Brooker Creek Preserve, Weedon Island Preserve, and so much more.

Trails, picnic shelters, camping, playgrounds, and boat ramps are among the many amenities enjoyed by our residents and visitors. Start enjoying them! Learn about [local parks, trails and recreation options](#) then view more ways to [stay active](#).





WELLNESS CHAMPION SPOTLIGHT

Peme Paco

Clerk of the Circuit Court
Fiscal Records Specialist

Every department has a [Wellness Champion](#) who helps to communicate important wellness events, reminders and updates, as well as support you. They do amazing work and we'd like for you to get to know them!

How long have you worked for Pinellas County?

I have worked for the Clerk of the Courts for ten years.

Tell us a little about yourself.

I am blessed to have married my university classmate 32 years ago and have two lovely sons.

I have a positive mindset and try to find the best in others. I enjoy studying nutrition, the mind, and relaxation methods. I work to create healthier relationships with family and other people around me.

I am a socially active and lifelong learner who loves volunteering, sharing, and motivating people. My healthy priority is to learn about the brain, nutrition, and healthy habits. I am trying to practice new hobbies such as meditation, planting flowers, and caring for my cats.

My diet is a Mediterranean diet which I am trying to balance with the Clerk's Office Sweet Diet. The Clerk Family loves potluck lunches and we share recipes.

Why did you want to serve as a Wellness Champion?

I decided to volunteer to be a Wellness Program Champion because Pinellas County has a well-designed wellness program which is a powerful tool for learning healthy habits. Also, this is an opportunity to interact, promote, and encourage health. Furthermore, I enjoy communicating with others and researching health ideas in a different light. Speaking with my co-worker about health means seeing the importance of establishing a healthy culture and improving wellness.

Volunteering offers the chance to learn from diverse cultures and benefit from their health background. Also, it is an excellent opportunity to be aware of the importance of your health.

What do you do to take care of yourself?

I spend time with friends and family. I try to have fun with them whenever possible. Also, I try to go for walks around my neighborhood.

What do you do to take care of yourself?

I loved running, playing, and having fun with friends as a child.

During elementary and high school, our physical education teacher had us do 15 minutes of exercise before going to the classroom. Also, I was physically active because I took music, swimming, and dancing lessons.

But today, I know the importance of taking care of myself, and I make a choice. I choose to love myself and care for my mental and physical health.

I participate in Pinellas County Wellness Classes and the Real Appeal Program to learn about health and improve wellness.

I exercise for about 30 minutes daily, usually walk, and enjoy cooking meals for my family and friend.

I keep regular chats with my family in Europe and spend all my annual leave vacation with them. I like to dance, swim and drink wine with my family or friends.

I love exploring nature, meeting new friends, celebrating every event, and enjoying life.

Upcoming Blood Drives



Please donate! Walk-ons are welcome or you can [schedule an appointment](#).

- **Tax Collector (South County)**
2500 34th Street North., St. Petersburg
July 14, 11:00 am to 1:30 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
July 21, 9:00 am to 1:30 p.m.
- **Clearwater Courthouse**
315 Court Street, Clearwater (west parking lot)
August 16, 11:00 am to 4:00 p.m.
- **Tax Collector (Mid County)**
13025 Starkey Rd., Largo
August 17, 11:30 am to 2:30 p.m.
- **Public Works**
22211 U.S. Hwy. 19 North, Clearwater (in front of the Survey building)
August 18, 12:00 to 5:00 p.m.





Food Truck Wednesdays

What better way to connect with co-workers than lunch? Round them up and take advantage of Food Truck Wednesdays at two County locations.

How does this work? Order at the truck, or pre-order up to 3 days ahead, pay and select a pick-up time using each location's unique link.

Cuisines rotate each week for variety.

Clearwater Campus

400 South Fort Harrison Avenue, Clearwater

- Wednesdays 11:00 to 2:00 p.m.
- Enjoy your lunch in a shady picnic area in front of the Annex building.
- Please check the website to confirm the location.
- View the [Clearwater Campus Food Truck Schedule](#) and pre-order if desired.

STAR Center / Raytheon

7887 Bryan Dairy Road, Largo

- Wednesdays 10:30 a.m. to 1:30 p.m.
- Eat your lunch in the west parking lot near the Raytheon main entrance.
- View the [STAR/Raytheon Food Truck Schedule](#) and pre-order if desired.

EAP Wellness Webcast



We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2 p.m.** [Sign up now](#) and stay tuned for more throughout the year.

- **July 20 - Secrets of Happiness:** Who doesn't want to be happy!? But is getting there really a secret? You may be surprised! Join us to explore the science behind happiness. Learn what happiness means to you and how to get more of it in your life.

Omada Diabetes Prevention Program



Omada is a unique program tailored to work around you. At no cost to you, eligible participants work one-on-one with a health coach to establish healthy habits that work with their lifestyle, complete interactive weekly lessons, and engage with an online community. Participants also get a wireless scale and may qualify to earn a [Wellness Incentive Program](#) reward.

To learn more and see if you qualify, visit [Omada](#).

COVID-19 Resources

- **Booster Shots** - Learn who is eligible for a [COVID-19 booster shot](#).
- **Free At-Home COVID-19 Tests:** Get [free COVID-19 at-home rapid antigen testing kits](#) from local pharmacies, the U.S. Post Office or Express Scripts.
- **Local Testing:** Get tested if you have symptoms or have been exposed to COVID-19. See [local testing sites](#).
- **Isolation and Quarantine:** The CDC recommends an [isolation and quarantine period](#) for COVID-19.
- **Vaccination:** [Vaccines and booster shots](#) are available for free.
- **Prevention:** Continue to practice [CDC recommended preventive measures](#).
- **More Info:** See the [Employee FAQs](#).



EAP Wellness Webcast



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- **July 20 - Secrets of Happiness:** Who doesn't want to be happy!? But is getting there really a secret? You may be surprised! Join us to explore the science behind happiness. Learn what happiness means to you and how to get more of it in your life.



Keep your eyes open for the Coach's Corner monthly email from your [Cigna Onsite Health Coaches](#), Shannon and Brittany, with health facts, information, brain teasers and more. You'll get direct access to your coaches when you reply, as they promote overall wellness for Pinellas County employees through health education and guidance.





Simple Buckwheat Crepes

July is National French-American Heritage Month. Celebrate with this healthy twist on a traditional French dish. Crepes are ultra-thin pancakes that can be made sweet or savory. Use the recipe below to create your base and choose your filling, from smoked salmon to roasted veggies to fruit and jams. Stuff them with your favorite ingredients for a nutritious breakfast, lunch, or dinner.

Recipe from [Cleveland Clinic](#)

INGREDIENTS

- 1 tablespoon trans-free margarine, melted
- 1 cup skim milk
- 1 large egg
- 1/2 cup egg substitute
- 2/3 cup unbleached all-purpose flour
- 1/3 cup buckwheat flour
- 1/4 teaspoon sugar substitute
- 1/8 teaspoon kosher salt, optional
- Butter-flavored cooking spray

INSTRUCTIONS

1. Place the margarine, milk, 1/2 cup water, egg and egg substitute in a food processor or blender. Process for 10 seconds. Add the flours, sugar substitute and salt, if using. Process until smooth, stopping occasionally to scrape down the sides. Allow the batter to rest for 30 minutes.
2. Coat an 8-inch non-stick skillet or crepe pan with cooking spray, and place over high heat. When hot, add 1/4 cup of the batter, and tilt the pan so the batter spreads evenly over the bottom.
3. Cook the crepe until the surface seems dry and the edges begin to curl, about 1 minute. Carefully turn the crepe using your fingers and a wooden spoon, and cook until lightly browned, about 30 seconds.
4. Turn the crepes out in a single layer onto wax paper or clean tea towels. Continue making crepes until all the batter is used.
5. To freeze, stack crepes with a small square of wax paper between each crepe. Wrap stack with plastic, then slip stack into a plastic freezer bag. The frozen crepes will easily separate so you can remove the number you need. Let crepes thaw before using in a recipe. Frozen crepes should be used within three months.

Yields: 28 crepes, 1 serving = 2 crepes

NUTRITION PER SERVING

- Calories: 50 (20% calories from fat)
- Total fat: 1 g
- Saturated fat: 0 g
- Protein: 3 g
- Carbohydrate: 7 g
- Dietary fiber: 0 g
- Cholesterol: 15 mg
- Sodium: 35 mg
- Potassium: 60 mg

Learn More About Voluntary Benefits



Pinellas County offers three voluntary supplemental benefits from Aflac. Many employees have enrolled in one, two or three Aflac plans – *Accident, Hospital and/or Critical Illness*.

We are offering a **webinar on voluntary benefits**. If you are already enrolled, sign up to get the most from your benefits. If you're thinking about enrolling during Annual Enrollment this fall, you'll learn more about plan options.

Register for the **1-hour webinar** on:

- Tuesday, [July 12 at noon](#) or
- Wednesday, [July 13 at 1:00 p.m.](#)

Can't attend a webinar? See our [voluntary benefits webpage](#) or contact Aflac at (800) 433-3036 between 8 a.m. and 8 p.m., Monday to Friday, and identify yourself as a Pinellas County employee.



Tell It Well



Caregiver Corner



High Five

Share Your Good News

Are you inspired by stories of your coworkers such as this month's Caregiver Corner on [page 7](#)? If so, please consider sharing your own stories and successes.

Tell It Well features stories of you or your spouse/ domestic partner making healthy life changes.

Caregiver Corner shares stories of caregiving experiences including resources that you found particularly helpful.

High Five is a feature that recognizes you for something wellness-related such as completing a race, quitting smoking, joining a fitness group, etc.

Email your photos and information to wellness@pinellascounty.org.



July 2022 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday
	7 to 7:40 am Walk & Talk (Outdoor) Shannon 7/5, 7/12, 7/19, 7/26		
12:15 to 12:45 pm Core & Balance Nicki 7/11, 7/18, 7/25 (no class 7/4)	12:15 to 12:45 pm Spin Nicki 7/5, 7/12, 7/19, 7/26		
5:15 to 6:15 pm Solely Strength Nicki 7/11, 7/18, 7/25 (no class 7/4)	 6:30 to 7:30 pm Step 'n' Sculpt Lisa Starting 7/26	5:30 to 6:30 pm Urban Line Dancing Jolanda 7/13, 7/20, 7/27 (no class 7/6)	
			5:15 to 6:15 pm Yoga Nicki 7/7, 7/14, 7/21, 7/28

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater (basement of the old courthouse), which is open 24 hours a day/7 days a week.

Pre-Registration Required

- To sign up, visit [Fitness Class Registration](#).
- Sign up opens one week before class.
- Registrants who do not show up for class within 5 minutes of start time will lose their spot.
- If a class is full (6-participant limit), you can wait on standby and join the class if a spot opens up.
- If unable to attend, cancel your registration or email wellness@pinellascounty.org.

Class Descriptions

Core & Balance (30 minutes): An all-level workout to strengthen mid-body muscles which help maintain good posture, range of motion and a healthy back.

Solely Strength (1 hour): An all-level workout that focuses on building endurance, strength, lean body mass, bone strength and decreasing body fat.

Spin (30 minutes): Get an intense cardio workout while which can be modified for all fitness levels. You control your resistance and speed to improve your current fitness level at your pace.

Step 'n' Sculpt (1 hour): Get your heart rate up with step cardio, tone your core and abs using a variety of equipment, and show your muscles some love with a feel-great stretch.

Urban Line Dancing (1 hour) : Fun dance class suited for all levels that's an excellent stress reducer, muscle toner and leg strengthener. Embrace a healthier lifestyle by exercising through dancing.

Walk & Talk (40 minutes): Start your day off on the right foot by walking and talking with Shannon, your [Cigna Onsite Nutrition Health Coach](#). Get your steps in while discussing nutrition, healthy lifestyles, and being the best version of yourself. Meet inside the Wellness Center at the front desk. Class will begin walking promptly at 7:00 a.m.

Yoga (1 hour): All fitness levels are welcome. Take a pause in your day and roll out your yoga mat. Recover from stress and develop strength and flexibility in this smooth yoga flow that unites breath and movement and ends with a deep, relaxing stretch.

Bookmark the [Group Fitness Class Schedule](#).

