



To Your Health



JUNE 2024

June is Alzheimer's & Brain Awareness Month

By Matt Eaton, Vice President of Communications - Florida, Alzheimer's Association



This June during Alzheimer's & Brain Awareness Month, the [Alzheimer's Association](#)[®] is encouraging all Americans to take charge of their brain health.

Today, one in eight Floridians aged 65 and older is estimated to be living with Alzheimer's. The lifetime risk for the disease at age 45 is 1 in 5 for women and 1 in 10 for men. The brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time in which we can intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's. It's likely the disease develops as a result of multiple factors, such as genetics, lifestyle and environment. While not a direct cause of Alzheimer's, the greatest known risk factor is advancing age. Although some risk factors like age cannot be changed, others — including physical activity, smoking, education, social and mental activity, blood pressure and diet — may be modified to reduce a person's risk.

The Lancet Commission on dementia prevention, intervention and care suggest that addressing modifiable risk factors might prevent or delay up to 40% of dementia cases. Based on mounting scientific evidence, the Alzheimer's Association encourages individuals to incorporate these [10 healthy habits](#) to potentially help reduce the risk of cognitive decline.

Be Proactive in Addressing Brain Changes

Another important way to take charge of your brain health is to know the [early warning signs of Alzheimer's and other dementia](#) and be proactive in addressing them.

[Early detection and diagnosis of Alzheimer's and other dementia](#) offers the best opportunity for care, management and treatment. It also provides diagnosed individuals more

Continued on [page 5](#)

Gents: Call to Action!

By [BayCare Men's Health](#)

A recent study showed that 60% of men don't go to a doctor regularly. Now, no one wants to be a statistic. But we'll give you reasons to be one of the 40%: To be at your son's graduation. To walk your daughter down the aisle. To be the best man at your brother's wedding. To help your parents around their house. To grow old with your partner. To teach the fishing and play with the dolls and build the forts and catch the spiders. And to live a great, healthy life.



No matter the reason — a busy schedule, you don't know where to start, or you think "if it doesn't hurt, don't fix it" — it's important to get your health checked out regularly. And it starts with finding a primary care physician. That's the first step to getting and staying healthy.

Those who love you want you around for a long time. A long, healthy time. Set up an appointment with your provider or find one at [myCigna.com](#). If you're not sure where to start, make an appointment with a [Cigna Onsite Health Coach](#) for guidance.

Friday, June 14

Wear Blue for Men's Health

Send us your photos in blue to wellness@pinellas.gov and we'll put them in the July *To Your Health* newsletter.



WEAR BLUE DAY

Wellness Resources Spotlight

The Wellness team has put together a list of health topics to provide you with free resources and tips to living a healthy, happy life. Check out these [Caregiving Resources](#).



NATIONAL MEN'S HEALTH A W A R E N E S S M O N T H

J U N E



Men's Health Awareness Month

By Sydney Szczesniakowski, MS, NSCA-CPT, Wellness Technician



Sydney Szczesniakowski

June is recognized as Men's Health Month to raise awareness for health issues that men face, encourage preventive screenings, and support men to engage in healthier lifestyle choices.

According to the Centers for Disease Control and Prevention (CDC), as of 2021, the life expectancy for men is [almost six years less](#) than women, and 13.8% of men aged 18 and older were considered to be in poor health. While the life expectancy gap is a result of many factors, it is important to draw attention to the lack of awareness and understanding by both genders of the health issues that men face.

Typical male stereotypes create messages that "real men don't cry," or they should "take it like a man." Due to societal stigmas, men tend to be more reluctant than women to take preventive action or action when they don't feel well. In fact, a Cleveland Clinic survey confirmed that [only 50%](#) of the 1,200 men surveyed said that they consider getting their annual physical.

Important Screenings

The two top leading causes of death for men in the United States are heart disease and cancer. Besides skin cancer, prostate is the most common cancer in men (29%) followed by lung (12%), and colorectal (8%) cancers. Start with an annual physical and speak with your doctor about other screenings, which are based on age and other health factors.

Annual Physical - Regular conversations with a doctor and important lab work are crucial to spotting risk factors. Knowing your blood pressure, cholesterol and other markers can help identify whether risk factors for heart disease, diabetes and other conditions are present.

Prostate - Most men are diagnosed with prostate cancer before even having [symptoms](#). Let your healthcare provider know if you have a family history, which may increase your risk.

Colon - Colon cancer is one of the most treatable cancers when caught early. The United States Preventive Services Task Force now recommends [individuals at average risk](#) begin routine screenings at age 45 instead of 50.

Lung - If you have a history of smoking, speak with your doctor about an annual [CT lung cancer screening](#).

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Pride Month: Health Equality for All

By Jane Grannis, Wellness Program Manager

Pride Month is cause for celebration and awareness of the lesbian, gay, bisexual, transgender and queer (LGBTQ+) communities. Support for LGBTQ+ pride has grown considerably over the last several decades, but there's still a long way to go, especially in the health domain.

LGBTQ+ communities face unique challenges and an increased risk of disease, substance misuse, and mental health conditions including suicide, mood disorders and anxiety.

Here are some health statistics about members of the LGBTQ+ communities according to [Healthy People 2020](#):

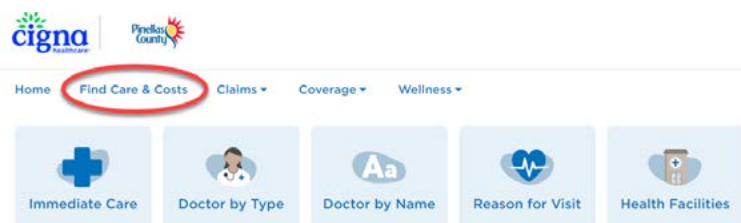
- Members of the LGBTQ communities have the highest rates of tobacco, alcohol, and other drug use.
- Lesbians are less likely to get preventive services for cancer.
- Transgender individuals have a high prevalence of HIV/STDs, victimization, mental health issues, and suicide, and are less likely to have health insurance than heterosexual or LGB individuals.
- Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers.

So why the health disparity?

Like other minority groups, LGBTQ+ communities face health disparities, which are differences in health between different groups of people, for a multiple reasons, including, but not limited to, fear due to social stigma and discrimination, bias in the healthcare system, access to health insurance and health services and a shortage of healthcare providers knowledgeable and culturally competent in LGBTQ+ health.

Cigna Network

Not sure if your provider is part of the Cigna network? Log in at [myCigna.com](https://mycigna.com), click *Find Care & Costs*, then search for a doctor, practice, or facility to see if they are listed.



Resources

- [LGBT National Help Center](#): Peer support, information and local resources.
- [Metro Tampa Bay](#): Not-for-profit healthcare including local medical and behavioral health providers, pharmacy and much more.
- [LGBTQ Provider Directory](#): LGBT friendly healthcare providers. Visit [myCigna.com](https://mycigna.com) to ensure that they are in-network.
- [TeenConnect Tampa Bay](#): Resources for teens and their families.
- [Cigna's LGBTQ+ Health Resources](#)
- [LGBTQ+ Advance Care Planning Toolkit](#): Empower LGBTQ+ people who may face specific challenges in the legal and healthcare systems.
- [Lorelei Keif, Onsite EAP Counselor](#): Virtual or in-person counseling; call (727) 464-4555, Option 4, or [email](#) (from your personal email).
- [EAP](#): A great place for 24/7 support, counseling, and resources; call (800) 862-3557, option 4.

Finding the right provider goes a long way toward ensuring people get the resources they need to get and stay healthy. Cigna trains its employees and clinicians on health disparity. Search [Cigna's Provider Directory](#) by specialty and consider calling the provider to get more information.

Webinars

- [Diversity - Let's Talk About It webinar](#): June 20, 12:00 - 1:00 p.m.
- [Standing Together: Navigating Towards Equality](#) (pre-recorded webcast)
 - Explore key moments in LGBTQ+ history.
 - Discuss how factors like race, gender identity, and socioeconomic status intersect with LGBTQ+ issues.
 - Understand barriers faced by the LGBTQ+ community.
 - Explore strategies for creating an inclusive environment in the workplace.



June and July Wellness Activities

Diversity — Let's Talk About It



[Register now](#) for a 1-hour webinar on **June 20 at 12:00 p.m.** to explore the conversation around diversity-related issues. Discuss the challenges, such as built-in biases we all share and how to disrupt these default barriers.

Hinge Health



- [Register now](#) for a 30-minute Ergonomics webinar on **June 12 at 1:00 p.m.**
- Meet with a physical therapist on **July 11 or 12** at one of two Clearwater locations ([registration coming soon](#)).

Crafting Your Mobility Routine



[Register now](#) for a 45-minute webinar on **June 17 at 12:15 p.m.** to join Wellness Technician Sydney and discover the importance of mobility and how to create your own daily mobility routine to stay moving freely.

Cook Along: Rainbow Chopped Salad



[Register now](#) for a 45-minute webinar on **June 18 at 12:15 p.m.** to join Onsite Nutrition Health Coach Shannon as she shows you how to “eat the rainbow” with various colored produce that provide much needed nutrients.

High Blood Pressure: The Silent Killer



[Register now](#) for a 30-minute webinar on **June 24 at 12:15 p.m.** to join Onsite Nurse Health Coach Brittany to discover risk factors, preventive care, and management steps associated with high blood pressure.

How Financially Savvy Are You?



[Register now](#) for a 45-minute webinar on **June 26 at 12:00 p.m.** to gauge your understanding of money management concepts. Participate in a short quiz and identify areas for financial improvement.

Summer Self-Care Challenge



[Register now](#) for a 4-week challenge from **July 8 to August 2** to engage in healthy habits and take care of yourself this summer. If you meet challenge requirements, you will be eligible for \$25/6,250 rewards points.

Getting Ready for Retirement



[Register now](#) for an in-person workshop at Public Works on **June 27 from 8:30 a.m. to 1:00 p.m.** to discover more about retirement benefits available to you through the Florida Retirement System (FRS) and Pinellas County.

Threshers Baseball Game



[Purchase discounted tickets now](#) for a fun night at BayCare Ballpark in Clearwater on **June 15 at 6:30 p.m.** to enjoy a Threshers game with family, friends, and coworkers at a discounted rate of \$16 per person with advance purchase.

5/28/24



Scan the
QR code
to register.

Pinellas County Wellness Program
www.pinellas.gov/wellness (727) 464-3367, option 1





Caregiver Corner

Gwynne Boccia, Development Project Manager III, Building & Development Review Services

As a single mom, my mother has always been very independent and self-sufficient. Growing up I was amazed at my mother’s ability to memorize things.

Last March, something had changed. My mom would either repeat stories, or not be able to remember simple things. She claimed that the bank was stealing her money, and her credit cards had strange charges on them. It turned out that she had become a victim of scammers who stole about \$20,000 from her.

For months I was consumed with sorting through the chaos, and when I asked her specific questions, mom could not remember. She bought 2 home warranties and 3 car warranties, totaling her monthly social security check! It was a mess, and I was so stressed out.

I was trying to get her to a neurologist to be evaluated, but she kept switching her healthcare plan to something the doctor didn’t accept. It took me 6 months to get her seen. During all this, my mother had three emergency hospital visits and had surgery to remove her gallbladder.

One of my favorite things to do with my mom was completing a giant jigsaw puzzle together, which she can no longer do. That was sad, but she enjoys coloring, so the puzzle table became a coloring station.

The best tools for managing her memory issues have been dry erase boards and a notepad for her to log her showers. I discovered that she doesn’t check food expiration dates, so I spent a day sorting and pitching 75% of her food. I monitor leftovers in her fridge and lock her mailbox to help prevent the scammers from getting to her. She has broken into the mailbox so many times I’ve lost count!



One year later, I am happy to report that all her finances are in order, although I do budget and pay all her bills. Her overall general health is pretty good for an 88-year-old.

I feel a lot more optimistic today than I did a year ago. If I could go back in time, I’d tell myself, “Take it one thing at a time and celebrate your achievements. This will get better and easier to manage. You may not see it now, but there is light at the end of this tunnel!”

I hope that my story can help others that are going through something similar.

Alzheimer’s and Brain Health

By BayCare

Like our bodies, our brains need exercise to stay sharp as we age. Although cognitive decline is a normal part of aging, there are things we can do to strengthen brain function.

- Practice your recall
- Start your day with brain games
- Attend classes or lectures
- Refine hand-eye abilities
- Take up a new sport or exercise routine

[Read the full article](#) for more details.

Also view BayCare’s [Memory Disorders Podcast Series](#).

June is Alzheimer’s & Brain Awareness Month continued from [page 1](#)

time to plan for the future, adopt lifestyle changes that may help slow disease progression, participate in clinical trials and to live with a higher quality of life, for as long as possible.

There are now [treatments that may slow disease progression](#) for people in the early stage of Alzheimer’s, making a timely diagnosis critically important. If you or a family is experiencing memory or thinking problems, it is important to get it checked. Talk to your doctor so you can make an informed decision on available treatments to determine if they are right for you.

For more information and to access local resources and programs, visit [alz.org/FLgulfcoast](#) or call the Alzheimer’s Association 24/7 Helpline at (800) 272-3900.



Rest for Wellness: Why Sleep is Important

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



Shannon Parks

According to the CDC, roughly [one third of U.S. adults](#) report that they usually get less than the recommended amount of sleep. However, what many don't know is that routinely not getting enough sleep is linked with chronic diseases such as type 2 diabetes, heart disease, depression, and decreased weight loss success. On the other hand, according

to information released in 2023, [getting enough sleep](#) may assist with getting sick less often, maintaining a healthy body weight, decreased prevalence of chronic disease,

General sleep guidelines by age:

- Newborns: 14-17 hours, including naps
- Infants: 12-16 hours, including naps
- Toddlers (ages 1-2): 11-14 hours, including naps
- Preschoolers (ages 3-5): 10-13 hours, including naps
- Children (ages 6-12): 9-12 hours
- Teens (ages 13-18): 8-10 hours
- Adults: 7-9 hours

improved mood and stress levels, and clearer thinking throughout the day. Every person is different and how much sleep someone needs to perform optimally depends on a wide variety of factors, including how much sleep you were able to get on previous days. You may need a different amount of sleep than the recommended guidelines for your age.

Scientists understand that sleep affects almost every type of tissue and system in our bodies,

and allows our body and mind to repair, restore, and reenergize, making sleep quality and quantity an essential part of overall health and well-being. Interestingly, when we don't sleep well at night our brain struggles to [form](#)

[new memories](#) from experiences encountered during the day. Lack of sleep can also lead to poor decision making that can affect your health – such as temptation to skip exercise or getting takeout for dinner because it's easier than thinking about planning, shopping for, and cooking a meal.

Additionally, when we're not sleeping enough, our body can't regulate hunger and fullness hormones, sending cravings soaring. Studies also show that the [risk of occupational injury](#) could double due to reduced ability to focus on tasks and remain attentive.

If you've ever wondered why you toss and turn at night while others seem to easily drift off to dreamland, your sleep routine may be a reason. Evaluating your consistency with sleep and wake times, ability to maintain a cool, dark, quiet sleeping environment, limiting your interaction with electronic devices before bed, obtaining a diet analysis for nutrient deficiencies, and looking to reduce consumption of caffeine and alcohol – two substances that can negatively impact your sleep – could be a great place to start.

If you feel you've got [good sleep hygiene](#) and are still fighting a good night's sleep, it may be worth asking your doctor about a diagnostic sleep study to rule out a sleep disorder. Poor sleep can sometimes be attributed to [sleep apnea](#), a condition where your breathing stops and starts while you're sleeping. Sleep apnea is one of many sleep disorders that can be diagnosed with a sleep study. Consult your [in-network](#) primary care provider. If you're interested in a personalized approach to getting a better night's sleep and improving sleep hygiene, [email me](#) today!



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

Find it Fast: HR from A to Z



Use our [A to Z Index](#) to find what you need on the Human Resources website quickly and easily. Access the A to Z link on the left-hand side of any Human Resources webpage. Let us know if you have items to add by emailing AskHR@pinellas.gov.



Start each day with *MyPinellas*, the County's intranet site. Enjoy fresh news and features, updated every day, including upcoming wellness activities and events.

www.pinellas.gov/MyPinellas



Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark
601 N. Old Coachman Road, Clearwater

Saturday, June 15, 2024

6:30 p.m. Game

5:30 p.m. Gates Open



vs.



***Enjoy a night out at the ballpark with family, friends,
or co-workers at a discounted rate!***

**\$16 per person with
advance purchase
(\$18 per person, day of game)**

Ages 4 & under are FREE.

Your tickets include:

- Seating in the Hot Corner Cafe
- Food and drinks from 5:30 - 8:00 p.m.
(hot dogs, hamburgers, cheeseburgers,
peanuts, popcorn, chips, ice cream
sandwiches, soft drinks and bottled water)
- \$3.00 draft beer

For tickets and info:

**Dan Madden
(727) 712-4403**

Pinellas County has arranged a discounted rate for employees. No strings — just grab your tickets and have fun!

If purchasing tickets on the day of the game, go to window #2 at the west box office off of Old Coachman Road. Your Pinellas County ID is not required.

Enjoy post-game fireworks!



Your Healthiest Summer Yet



Summer

Self-Care Challenge

July 8 to August 2, 2024

Enjoy summer travel and adventures while prioritizing healthy routines and seasonal mindfulness.

- Earn points while you enjoy summer activities to the fullest while taking care of your well-being.
- Focus on seasonal protection including hydration, vacation spending, and staying safe in the sun.
- Share your journey and get inspired by others with the Summer Self-Care Teams Channel.

Earn \$25 or 6,250 points in wellness rewards.

Register for the Summer Self-Care Challenge
(deadline July 9)

Use your Okta login to register.



Pinellas County Wellness Program
wellness@pinellas.gov
(727) 464-3367, option 1



5/16/24

“Are You Getting This?”: The Importance of Health Literacy

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



Brittany Hartup

How many times have you left your healthcare provider’s office feeling more confused than when you got there? Has a gap in communication made it harder to follow your doctor’s orders, take your medication correctly, or manage a condition? In a generation where answers to the world’s questions are at our fingertips, how do you make sure you

are reading trustworthy healthcare information? [Health literacy](#) is the personal ability to find, understand, and use information and/or services to make health-related decisions for yourself and others. It requires skills involving reading, listening, processing, and even math.

How is health literacy developed?

Influenced by [factors](#) such as age, native spoken language, access to resources like technology, highest completed level of education, and income, health literacy skills begin developing as early as childhood. Being unfamiliar with medical terms or certain areas of the body or receiving a diagnosis of something knowingly scary or emotional like cancer can be confusing for anyone.

Why is health literacy important?

When health resources are filled with confusing words and information, nearly 9 out of 10 adults admit difficulty

understanding them. Low health literacy costs people time, money, and stress in the form of illness, missed work, prescriptions, doctor appointments, hospital stays, favorite hobbies or activities, family events, and more. Good health literacy allows you to choose doctors that suit your needs and understand your needs and preferences as a patient. It also helps us learn and make decisions about disease prevention and management. Using health literacy skills also increases the chances of understanding and sticking to your treatment plan.

How can I improve my health literacy skills?

First, do not be afraid to ask questions of your healthcare provider; it is their job to make sure you fully understand any diagnosis, test, treatments, etc. You may find it helpful to take a trusted friend or loved one with you to your appointment to help gather important information. If you still feel confused about the content you are given, ask if your provider has a nurse educator on staff. Don’t be afraid to ask for education in your preferred learning style. Practice reading your prescription bottles and looking up words with which you are not familiar. Try teaching a friend or loved one what you have learned about your condition.

Do you still have questions about health literacy, or are interested in enrolling in free health coaching? [Email me](#) so we can work together to identify your needs and goals so you can get and stay healthy.

Complete the Biometric Screening & Health Assessment by Nov. 30

Preventive care can stop health issues before they start. A biometric screening and health assessment can: identify risks, improve health, save you \$500, and so much more!

Pinellas County offers a **savings of \$500** on your 2025 medical plan premium for completion of **both** a biometric screening and a health assessment each year. Complete both items **by the Nov. 30, 2024 deadline**.

For instructions on how to complete both activities, visit [Biometric Screening & Health Assessment](#).



Biometric Screening



Health Assessment



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

Hinge Health Intro Sessions

Registration opens June 24

Meet with a [Hinge Health](#) physical therapist and take the first step toward finding relief from your joint and muscle pain! Therapists will be available for 15-minute onsite consultations. First, apply at hinge.health/pinellas to see if you qualify. Once approved, schedule a consultation (registration opens June 24).

- July 11, Public Works, 22211 U.S. Highway 19 North, Clearwater
- July 12, Downtown Clearwater, 400 South Fort Harrison Avenue



WELLNESS CHAMPION SPOTLIGHT

Lisa Dozois

Convention & Visitors Bureau

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?

10 years.

Tell us a little about yourself.

I've lived in Pinellas County for a long time and every day I am grateful that I get to live, work, and play in such a beautiful destination.

I'm a photographer and whenever I'm out, I'm usually taking pictures. My two favorite subjects are sunrises and sunsets, and even though both happen every day, they're always different. I'm learning to make picture frames so I can get my photos off my camera and onto people's walls. I'm also an explorer, always seeking out somewhere I've never been before. With so much to see, do, and experience in Pinellas County, I never have to travel far to discover something new and fun!

Why did you want to serve as a Wellness Champion?

As County employees, we have many wellness benefits. There are so many, I sometimes forget what is offered. If I've forgotten, I figure my coworkers probably have, too. Being a Wellness Champion keeps me current with all that's happening in the County wellness world, and it's important to me to keep others informed and encourage their participation.

What do you do to take care of yourself?

It might sound cliché, but I love talking long walks along the beach as often as I can. I live close to Honeymoon Island and that's usually where you can find me. I also enjoy biking on the Pinellas Trail and as soon as the temperature reaches 80 degrees, I'll be swimming in my pool. I don't follow a strict Mediterranean diet, but I do try to eat more plant-based food, whole grains, and fish. I try to get enough rest. And I always wear sunscreen!

Hydration Hygiene: Are You Cleaning Your Water Bottle Enough to Prevent Germs, Mold and Buildup?

By [BoyCare](#)



Water bottles are like our loyal sidekicks, keeping us hydrated while we're on the go, whether we're hitting the gym, grinding through a long workday, or trekking on a hike. But when

was the last time you gave your water bottle a thorough cleaning? If it's been a while, you might be surprised at what's lurking inside. From mold to germs, your water bottle could be a breeding ground for harmful bacteria, putting your health at risk.

Daily Rinse: Make it a habit to rinse your water bottle with hot soapy water after each use. This simple step helps flush out any lingering residue and prevents bacteria from thriving.

Weekly Scrub: Give your bottle a good scrub down at least once a week. Use a bottle brush, hot water, and mild

dish soap to thoroughly scrub away any stubborn buildup that may have accumulated in the interior of your water bottle. Pay extra attention to the cap and mouthpiece which can be a hotspot for bacteria buildup, especially if your bottle has a spout or straw.

Monthly Sterilization: At least once a month, try soaking your water bottle in a mixture of equal parts water and white vinegar overnight. Vinegar's acidic properties will help give your bottle an extra boost of freshness and remove lingering odors or stains that just won't budge.

After cleaning your bottle, it's just as important to allow the bottle and its components to air dry completely before reassembly and storage. This prevents the growth of mold and mildew.



How to Overcome Dental Anxiety

By [Cigna](#)

Dental cleanings are essential for maintaining optimal oral health and also help achieve and maintain healthy teeth and gums. But if strong feelings of uneasiness or anxiety are keeping you from visiting your dentist, here are some tips that can help.

Identify your fears to understand the root of your anxiety:

- Pain
- Needles and drilling
- Previous traumatic dental experiences

Understand why check-ups are important. Getting regular cleanings and routine x-rays can help:

- Detect cavities or gum disease early: Help make treatment easier and less expensive.
- Protect your overall health: Research has linked gum disease to heart disease and diabetes.
- Detect early-stage oral cancer: Especially important if you smoke or use tobacco.

Learn healthy coping strategies. Here are some things you can do to help ease your anxiety and get you in the dentist's chair:

- Speak up: Call your dental office ahead of time to let them know you're feeling anxious about your

appointment. They may have suggestions to help you relax before and during your visit.

- Bring a distraction: Put on headphones and listen to a relaxing podcast or music during your appointment.
- Ask about medication or sedation: Talk to your dentist or doctor about what options you can consider, including nitrous oxide (laughing gas), oral anxiety medication, oral sedatives, and dental anesthesia.
- Seek virtual care: Connect to virtual dental care on [myCigna.com](#) to speak with a dentist by phone or video or try [SmartScan](#), an at-home oral screening tool using your smartphone.

Last Chance for Jet Dental Appointment

- **June 13, Public Works**, 22211 U.S. Highway 19 North, Clearwater
- **June 25, Planning**, 310 Court Street, Clearwater



View [Jet Dental](#) for more information and to make an appointment.

County Employees Walk for Mental Health

County employees joined the Wellness team to show their support for mental health awareness and resources at NAMIWalks ([National Alliance on Mental Illness](#)) in Pinellas Park. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.



Tell It Well



Caregiver Corner



High Five

Share Your Good News

Are you inspired by stories of your coworkers? 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@pinellas.gov



Common Hand & Wrist Injuries

BayCare Presents Health and Wellness From the Experts Webinars

Wednesday, July 17, 12:00 to 12:45 p.m.

Presented by: Robert “Bo” Lewis, MD

Ever wonder what that large bump is on your wrist or friend’s wrist?

Why does your hand go numb

while you sleep? Tune in for a

discussion on common hand and wrist ailments presented by Dr. Robert G. “Bo” Lewis from Coastal Shoulder Surgery & Sports Medicine.

Please [register](#) in advance. View [past presentations](#).



Tobacco Cessation Resources

Resources for Quitting

- Cigna Health Coaching
 - Onsite Coaches: Make an in-person or virtual appointment with our [onsite Cigna Health Coaches](#), Brittany or Shannon.
 - Phone: Cigna offers one-on-one phone support. To register, call (800) 862-3557 and select option 6.
 - Online Program: Complete a 28-day online Quit Smoking Program. Visit [Tobacco Premium](#) for instructions.
- Tobacco Cessation Hotline — 1-877-U-CAN-NOW (1-877-822-6669)
- [Employee Assistance Program \(EAP\)](#) — Counseling and support
- [Nicotine replacement products](#)

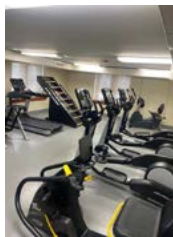
View [Tobacco Cessation Resources](#) for more resources.



Wellness Center Orientations

Looking for access to our free 5,900 square foot state-of-the-art [Wellness Center](#)?

[Register](#) for an orientation to gain 24/7 entry to our fitness center featuring treadmills, free weights, ellipticals, and more!



Upcoming Blood Drives



Did you know that one blood donation can save up to three lives?

Please consider donating! Walk-ins are welcome or [schedule an appointment](#). Bookmark [upcoming drives](#).

- **Airport**
14700 Terminal Blvd. Street, Clearwater (in front of the terminal main entrance)
June 20, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street (west parking lot)
June 18, 11:00 a.m. to 4:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
June 27, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
June 12, 11:00 a.m. to 4:00 p.m.

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.

- **June 19 – Eat Well to Feel Well: Food and Your Mental Health** – Understand the connection between what we eat and how we feel and how to put a mood-boosting diet into practice.
- **July 10 – Emotional Fitness: Activating Assertiveness** – Explore what assertiveness is, the practical and emotional benefits, and how to build this skill.



Free Mediation

Get a 30-minute consultation at no charge with a professional mediator by phone or face-to-face for child custody, separation, estate settlement, etc. with the Employee Assistance Program.

Visit www.pinellas.gov/EAP.

Employee Assistance Program (EAP): Providing counseling and so much more to all Pinellas County employees.



Rice with Dates Recipe



Every year, millions of Muslims around the world travel to Makkah, Saudi Arabia, to complete Hajj rituals — a mandatory religious pilgrimage to Kaaba, “The House of Allah,” in the heart of the sacred city.

This pilgrimage represents one of the five pillars of Islam and is an annual practice that Muslims are required to complete at least once in their lifetime if they have the means to do so. The date of Hajj is determined by the Islamic calendar, which is based on the lunar year. Every year, the events of Hajj take place on the last month of the Islamic calendar. This year’s dates are June 14-19, 2024.

As a part of the Hajj rituals, Muslims fast from sunup to sundown, eating a larger morning meal called “Suhoor” to prepare them for the day, and “Iftar,” a celebratory meal after sundown to break the fast. Dishes with dates in them are commonly consumed at either of these meals, with a dish consisting of rice and dates enjoyed by many. Dates are rich in fiber (3.2 grams per 2 dates!) and provide 19% of the daily intake needs for copper, 2% daily intake needs for iron, and 7% of the daily intake needs for both potassium and vitamin B6.

Ingredients

- 1 cup white rice, uncooked
- 2 1/4 cup water
- 1 teaspoon salt
- 5 tablespoons butter, unsalted
- 1/2 cup slivered almonds
- 1/3 cup dates, chopped
- 2 tablespoons raisins
- 1/2 teaspoon cinnamon
- 1 pinch ground cloves

Directions

1. Place the rice in a heatproof bowl, cover with boiling water. Let stand 30 minutes to 1 hour, then drain with a fine mesh strainer.

Food Trucks on Wednesdays

Connect with your co-workers during Food Truck Wednesdays at three County locations: [Clearwater Campus](#), [Justice Center](#), [STAR Center/Raytheon](#).



2. Place the drained rice into a pot with 2 cups of water, bring to a boil, cover and simmer on low heat for 10 minutes.
3. In a separate small pot, melt 3 tablespoons of butter, add in almonds, and cook, stirring until the almonds start to brown. Add in the dates, raisins, ground cinnamon, and cloves. Turn the heat down to low and cook, covered, for 10 minutes or until the mixture is soft. Be mindful not to overcook or allow it to dry out.
4. After the rice has cooked for 10 minutes, remove the pot from the burner and let stand, covered, for 15 minutes. Drain the rice in a strainer under warm water, and return half the rice back to the pot, smoothing into an even layer.
5. Dot the first layer of rice with 1 tablespoon butter and top with almond and date mixture, spreading evenly. Spoon the remaining rice on top, dot with last tablespoon of butter.
6. Place a cover on top of the rice pot, cook on very low heat for about 15 minutes.
7. After 15 minutes, remove the pot from heat (keeping covered), and let rest for 15 minutes. Invert the rice onto a serving platter and serve warm. Enjoy!

View the [full recipe](#).

Yield: 6 servings

Serving size: 1/6 recipe

Nutritional information per serving:

Calories 377, Carbohydrate 24 gm, Fat 30 gm, Fiber 6 gm, Protein 9 gm, Sodium 390 mg, Sugar 9 gm



Magnesium

There are [10 bioavailable forms of magnesium](#) for the body and they each serve a unique purpose.

To learn more about nutrition, contact [Health Coach Shannon Parks](#).

Last Chance for OnSpot Dermatology Bus

- **June 11, Extension/Parks**, 12520 Ulmerton Rd., Largo
- **June 20, Justice Center**, 14250 49th St. N., Clearwater



View [OnSpot Dermatology Bus](#) for more information and to make an appointment.

Hey man...

your health is too important.






Men, your loved ones rely on you. Improve your health for them, and yourself.

More than 1 in 3 men are overweight or obese which can lead to many serious health conditions including heart issues, trouble sleeping, and joint pain.¹ Ignoring your health can also weigh heavily on your loved ones and those who rely on you.

Omada can help. Omada is a no-cost-to-you virtual health program that offers private and personal support to help improve your health by building healthy habits that work best for you. Use it anytime, anywhere.



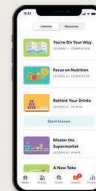
Omada is different from other programs.

-  **100% human-led.** A real, personal Omada health coach gives you one-on-one support.
-  **Not a celery-stick diet.** Get healthy with foods you already enjoy.
-  **On your time.** If you have your smartphone, you have your Omada health coach.
-  **Tools to guide you.** Smart devices to track your progress (yours to keep).
-  **Made for you.** A wellness plan and lessons tailored to your goals and lifestyle.

“

I am grateful that I have been able to be a part of Omada... Physically, mentally, and emotionally. I feel a lot better!

—
PAUL, OMADA MEMBER



If you or your covered adult dependents are enrolled in the County medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no cost.



Claim your benefit at

omadahealth.com/PinellasCounty

¹“Overweight & Obesity Statistics - Niddk.” National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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June 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				June 6, 13, 20, 27 6:30 to 7:10 Yoga Flow Shannon	
LUNCH	June 3, 10, 17 12:15 to 12:45 Core & Balance Shannon	June 4, 11, 18, 25 12:10 to 12:40 Cardio Bootcamp Sydney	POP-UP CLASS (NEW) June 5, 26 12:30 to 1:00 Resistance Band Blast Sydney	June 6, 13, 20, 27 12:10 to 12:40 Full Body HIIT Sydney	June 7, 14 12:30 to 1:15 Restorative Yoga Shannon
LUNCH		POP-UP CLASS June 25 1:15 to 1:45 Cardio Bootcamp Sydney		POP-UP CLASS June 27 1:15 to 1:45 Full Body HIIT Sydney	
PM		June 4, 11, 18, 25 5:15 to 6:15 Solely Strength Sydney	Parks' Magnolia Room, Largo June 5, 12, 26 5:30 to 6:30 Urban Line Dancing Jolanda	June 6, 13, 20, 27 5:15 to 6:15 Solely Strength Sydney	

All classes are modifiable for all fitness levels.

Cardio Bootcamp (30 minutes): Challenge your endurance with a variety of equipment.

Core & Balance (30 minutes): A core dedicated workout to strengthen mid-body muscles.

Full Body HIIT (30 minutes): A dynamic full-body workout with brief rest periods to maximize results.

Resistance Band Blast **NEW** (30 minutes): Pop-up class offers a low-impact full-body workout using only resistance bands.

Restorative Yoga (45 minutes): A restful yoga practice with long holds for deeper stretches.

Solely Strength (1 hour): Improve your strength and bone density using free weights and circuit machines.

Urban Line Dancing (1 hour at Parks' Magnolia Room): Dance is an excellent stress reducer.

Yoga Flow (40 minutes): Join Cigna Onsite Health Coach Shannon Parks for yoga and meditation.

All classes, except Urban Line Dancing, are held at the Wellness Center, 324 South Fort Harrison Avenue, Clearwater.

www.pinellas.gov/group-fitness-classes

