



To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



AUGUST 2024

Why Biometric Screenings Matter

By Jane Grannis, Wellness Program Manager

“Why do I need to have a biometric screening?” This is a popular question this time of year as we get closer to the [November 30 deadline](#). Employees sometimes feel that it’s an inconvenience, but there are a few compelling reasons why getting screened every year is important. Unlike a cold or a muscle strain, there are health conditions we can’t see or feel. This annual blood work provides a peek into our health by detecting [high cholesterol](#), hemoglobin A1C and blood pressure, which are early signs of stroke, diabetes, and heart disease risk.

Celebrating Wellness Month

The Wellness Program continues our commitment to supporting your wellbeing in a variety of ways. We offer classes, events, workshops, and webinars that support the four pillars of wellbeing: physical, emotional, social, and financial. Visit the [Wellness Program](#) webpage to learn about all the benefits available to you, from gardening to financial education, stress management, cooking demonstrations, challenges, and more. Join us because it feels good to feel better!

Also, don’t miss out on taking advantage of our wellness centers. They’re free to employees, retirees, and volunteers. Take a look at all they have to offer starting on [page 6](#).

The Dermatology Bus is Back!

Receive a full skin cancer screening and other dermatological services to stay on top of your skin health.



Clearwater Courthouse, September 10

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

Changes may occur for several reasons. Genetics play an important role in our likelihood of developing these conditions, even in people who don’t smoke, drink, and are within a healthy weight range. For example, Black populations are [60% more likely to be diagnosed with diabetes](#), and 50% more likely to have high blood pressure when compared to their white counterparts. The Hispanic/Latinos(as) populations are approximately 50% more likely to die from diabetes or liver disease.

Because we can’t always tell what is happening within our bodies, it’s important to have these [lab values](#) checked every year to monitor for changes. Catching and addressing them early can help reduce the chances of it developing into something more serious. Though we cannot change things like our genetics, age, or ethnicity, we can improve our habits to live a healthier life. [Modifiable risk factors](#) are what we can control, such as our diet, exercise habits, and tobacco use.

Make the Biometric Screening Faster & Easier!

- Use the [Direct-to-Quest](#) option.
 - Make an appointment online at [My.QuestForHealth.com](#).
 - Get your lab work done.
 - Receive your results in 3 days.
 - No paperwork or extra trips to the doctor.
- Watch for emails from Quest on important communication and confirmation (sent to the email on your account).
- Don’t wait to get your lab results. Complete your [health assessment](#) now.
- Call Benefits at (727) 464-3367, option 1 with questions or to verify completion.
- Attend a 45-minute info session webinar.
 - [August 13, 12:15 p.m.](#)
 - [August 21, 12:30 p.m.](#)
 - [September 5, 12:00 p.m.](#)

The Importance of Family Fun

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



Shannon Parks

According to the Centers for Disease Control and Prevention, the average American child gets anywhere between [six and nine and a half hours](#) of screen time each day, depending on their age group. In fact, another study demonstrated that on average, [65.7% of boys and 64.6% of girls](#) ages 2-17 years old spent more than 2 hours on screens per day, in addition to screen

time spent for schoolwork. So, what does that mean for parents and families? The more time our children spend on screens, the [less likely they are to be physically active](#) in their free time, which increases the likelihood of weight gain, reduced sleep quality, poor body image perception, poor nutrition and increased likelihood of mental health conditions.

Parents and families have a powerful place in a child's life in supporting learning, health, development, and well-being at home and in school. When parents and families are more engaged with their children, children have demonstrated better school performance, healthier behaviors, and better social skills. Connecting with our children as a family has a positive impact on all involved, evoking fun and positive emotions which helps to reduce stress. Seemingly simple actions such as slowing down, playing games, laughing together and getting outside all nurture the wellbeing of parents and children alike, helping families as a whole.

It's important that parents remember that for children, play is the equivalent of work for an adult. It's through play that children learn valuable life lessons, problem solving skills, cooperation, building respect, and understanding interhuman relationships. However, play isn't just for kids! Making time to laugh, be silly, and play can release stress and tension, boost your mood, and improve your health. Spending quality time screen-free with loved ones is beneficial for everyone involved.

Family play doesn't have to be expensive or require much planning. Using community events and resources

is a great start, or check out the wide array of beautiful [beaches](#), [parks](#), [blueways](#) and [greenways](#) Pinellas County has to offer. Keeping it simple and fun is key. If you're looking to make a change, start slowly. As your Onsite Health Coach, I'd recommend trying to go screen-free for an afternoon, evening, or day that you and your loved ones decide on, and increasing the frequency from there. Whichever screen-free way you decide to connect with your family, go out there and have fun!



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

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Find it Fast: HR from A to Z



Use our [A to Z Index](#), found on the left-hand side of any Human Resources webpage, to find what you need on the Human Resources website quickly.



Start each day with [MyPinellas](#), the County's new intranet site. Enjoy fresh news and features, updated every day, including wellness activities.



August & September Wellness Activities

Metabolic Syndrome



[Register now](#) for a 1-hour webinar on **August 21 at 12:00 p.m.** and join Onsite Health Coach Shannon to learn about metabolic syndrome: what it is, how it's diagnosed and treated, and how you can start reducing your risk today.

Heart to Heart Healthy Families



[Register now](#) for a 1-hour webinar on **September 11 at 12:30 p.m.** and join Onsite Health Coach Shannon to discover how your family can be heart healthy through fitness, nutrition, sleep, and stress management.

Financial Well-Being



- [Onsite FRS Getting Ready for Retirement](#), **September 12, 8:30 a.m. to 1:00 p.m.**, Largo
- [Securian Estate Planning Basics](#), **September 19, 12:30 to 1:30 p.m.**

September is Suicide Prevention Month

Suicide Prevention Education



[Register now](#) for a 1-hour webinar on **September 18 at 12:15 p.m.** to learn about risk factors and warning signs, along with recommendations for the role we can all play in suicide prevention.

Thriving Through Uncertainty



[Register now](#) for a 1-hour webinar on **September 17 at 12:00 p.m.** to explore strategies on how to handle an uncertain world to avoid uncomfortable feelings and thrive in unpredictable situations.

Suicide Awareness Walk & Event



[Register now](#) to join the Wellness team on **September 29 at 10:00 a.m. to noon** at Walsingham Park in Seminole to show support for our community and bring hope to those affected by suicide.

Onsite Activities

Garden for Life: Seed Tapes



[Register now](#) for a 1-hour in-person workshop in Largo on **August 27 at 12:30 p.m.** to make your own seed tapes, thin papers on which seeds are glued, utilizing a small gardening space to produce your own harvest.

Fall Prevention Workshop



[Register now](#) for a 1-hour in-person workshop at Public Works on **September 12 at 12:30 p.m.** to learn about the impacts of falls and how they can be prevented to keep you and your loved ones safe and fall-free.

Ayurveda Kitchari Cooking Demo



[Register now](#) for a 1-hour onsite cooking demonstration in Clearwater on **September 20 at 12:15 p.m.** to learn how to create this delicious Indian comfort dish. *Can't make it in person?* [Register for the live webinar.](#)



Scan the QR code to register.

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



Adapting Your Workouts to Florida's Scorching Heat

Courtesy of [BayCare](#)

The Sunshine State is where beach days and sunscreen are the norm, with endless sunshine creating postcard-perfect scenes. However, this intense heat can challenge even the most dedicated fitness enthusiasts. To keep up with your workouts without melting into a puddle, Jennifer L. MacEwan, manager of BayCare Carillon Fitness Center, has a few tips to conquer the Florida heat.

- 1. The Early Bird Wins** - Beat the Florida heat by taking advantage of the cooler, early morning hours for your workouts. Avoid midday workouts when the sun is at its peak and when temperatures can be the most intense.
- 2. H2O on the Go** - In a state where temperatures can soar well above 90°F with high humidity levels, staying hydrated is essential. Drink plenty of water before, during, and after your workout, and consider tossing in some electrolytes to regulate and control the balance of fluids in your body.
- 3. Dress to Impress the Heat** - Opt for light, moisture-wicking fabrics in light colors that reflect the sun's harmful rays rather than absorb them. Bonus points for sporting a hat to shield your head from the sun!
- 4. Seek Shade** - When the heat becomes too overwhelming, look for shaded areas to exercise.

Parks with trees, covered walkways or outdoor exercise stations can offer relief from direct sunlight.



- 5. Diversify Your Workout Routine** - Take advantage of Florida's beaches and waterways by incorporating water-based activities into your routine. Swimming, paddleboarding, kayaking, and even aqua aerobics can provide an effective workout while keeping you cool.
- 6. Pacing is Everything** - Your workout isn't a race against the sun. It's important to adjust the intensity and duration of your workouts to correspond with the heat and current temperature. Opt for shorter, more frequent sessions instead of prolonged workouts to prevent overheating.
- 7. Listen to Your Body, Not the Thermometer** - Your body knows best. Pay close attention to how your body is responding to the heat. Signs of heat-related illnesses, such as dizziness, nausea, rapid heartbeat, or excessive sweating, should not be ignored. If you start to feel unwell, it's important to stop exercising, find a cool place, and rehydrate immediately.

Fall Prevention Events



Falls can be life changing. Poor balance and vision, weak muscles, dizziness from medications, and certain health conditions, such as diabetes, increase the risk of falling.

Among people aged 65 years and older, falls are the leading cause of emergency room visits and account for 17% of all 9-1-1 calls. Although older adults are at a higher risk of falling, it can happen to anyone.

If you or a loved one are at risk, attend our onsite [Are You At Risk? Fall Prevention Workshop](#).

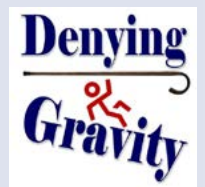
Also, bring your friends and loved ones to a lighthearted yet informative play about the lifechanging effects of falling.

Denying Gravity is running from September through October at [various Pinellas and Pasco County locations](#).

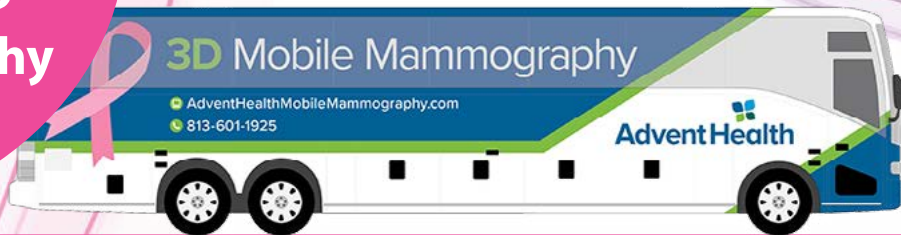
The play is free. Reservations are recommended.

SAGES (Senior Actors Guild & Education Services) presents an inspiring story full of twists and turns between comedy and drama. A minor misstep interrupts the good life of an active retiree, and she is annoyed, yet somewhat amused, to find herself challenged, until she realizes she has entered a "twilight zone" of the unexpected. This genuine story converts audience members into advocates and can quite literally save lives.

The play runs 60 minutes, followed by a Q&A with Regional 9-1-1 and Fire Rescue on community resources.



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 Street, Clearwater
Friday, August 9, 8:30 a.m. to 2:30 p.m.
Monday, August 12, 8:30 a.m. to 2:30 p.m.
- **Human Services**, 647 First Avenue N., St. Petersburg
Thursday, August 8, 8:30 a.m. to 2:30 p.m.
- **Justice Center**, 14250 49th St. N., Clearwater
Monday, August 26, 8:30 a.m. to 2:30 p.m.
- **Parks / Extension**, 12520 Ulmerton Road, Largo
Tuesday, August 6, 8:30 to 10:30 a.m.
- **Public Works**, 22211 U.S. Hwy. 19 N., Clearwater
Tuesday, August 6, Noon to 2:00 p.m.
- **STAR Center**, 7887 Bryan Dairy Rd., Largo
Monday, September 16, 8:30 a.m. to 2:30 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 FAQs, see www.pinellas.gov/mobile-mammograms.





Wellness Month

August



Balancing Your Wellness: The Okinawan Moai

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



Sydney Szczesniakowski

Wellness is a holistic concept that encompasses various aspects of well-being. It is not merely the absence of illness or disease but a proactive process of making choices that lead to a fulfilling life. Balancing the different aspects of wellness can be challenging, especially when you have other responsibilities that take priority over yourself. A great way

to begin on your wellness journey or pull yourself out of a rut is to engage in an activity that hits multiple areas of wellness at once.

[Blue Zones](#), like Okinawa, Japan, are areas of the world that have been recognized for the longevity and health of their population. Among the various practices that contribute to the Okinawan lifestyle is the tradition of [Walking Moai](#), a unique blend of physical, mental, and social well-being.

The term “Moai” originated centuries ago in Okinawa, referring to a group of lifelong friends who provide social, financial, and emotional support for each other. This tradition has evolved into Walking Moai, where small groups of friends regularly walk together. Physically, the regular walks help maintain heart health, mobility, and overall fitness. Mentally, the social interaction and shared life experiences provide emotional support, reducing stress and encouraging a positive

attitude. Socially, the sense of belonging and mutual support strengthens community bonds, enhancing the overall quality of life.

Drawing inspiration from this Okinawan practice can be beneficial for a society that is modern and fast-paced where social isolation and sedentary lifestyles are all too common.

- Ask a friend, family member, or neighbor for a short walk and truly be present in conversation.
- Join a community run, walk, or bike club.
- Regularly participate in a group fitness class.
- Find a volunteer group such as a beach clean-up crew.
- Sports aren’t just for kids! Dust off your high school sport skills and join a local league.

Incorporating activities that engage multiple aspects of wellness, like the Okinawan practice of Walking Moai, can enhance your overall well-being in a less overwhelming and time-consuming way. While you may not think you have the time to participate in such activities, consider the benefits of a more balanced and fulfilling life with improved overall health, reduced stress, and feelings of belonging and community.



Boost Your Financial Fitness

Access online learning about financial topics such as lowering your debt, managing your budget and improving your credit with EAP.

Visit www.pinellas.gov/EAP.

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



Did You Know?

Fast and Easy

The best way to get your annual biometric screening (bloodwork and body measurements) done is Direct-to-Quest:

- It’s fast (schedule your appointment online).
- It’s easy (no paperwork).
- It’s guaranteed to meet the requirements.

For tips, view the

[Direct-to-Quest Help Guide](#).





Wellness Month

August



Healthy Coping Strategies for Life's Unexpected Changes

Courtesy of [Gallagher](#)

Life does not always play out the way we thought it would, but how we respond in these transitional moments matters when it comes to our health. Coping is the active process of managing stressful situations. Similarly, resilience is how we adapt to change. Coping and resilience go hand in hand, and together these skills can help you move through tough moves more easily.

Unhealthy coping strategies include emotional eating, misuse of alcohol or other substances, and overspending, also known as “retail therapy”. Unfortunately, these often lead to even more problems and stress.

By choosing healthier coping mechanisms, you can move forward feeling calm and empowered, even when life’s heavy moments arrive without notice. Establishing a self-care routine can make it easier to manage difficult times.

Here are some self-care strategies to consider when you are facing a life change.

- **Move your body.** Physical activity can help defuse emotional energy and relieve stress.
- **Cry.** Crying is a natural, healthy outlet for strong emotions.
- **Look for creative solutions.** Make a list of all the possible ways you could manage the situation. Then choose one and take action to move forward.
- **Create distance.** If possible, distance yourself from the source of stress, even if you can only take short breaks. Your body needs times to recover from physical and emotional stress.
- **Prioritize sleep.** Getting enough restful sleep can help you process disappointments and find solutions.
- **Ask for help.** Ask a trusted friend for support when you are struggling. Remember that seeking help when you are not able to manage your situation alone is a sign of strength.

Even in life’s most challenging moments, there is always something to look forward to. How you manage stressful situations can directly impact your health. Learning healthy coping strategies can help you build resilience to move through life’s unexpected changes more easily.

Podcasts for Your Well-Being

BayCare HealthChat Podcasts

[Exercising Safely in the Heat](#)

Dr. Fred H. Brennan Jr. explains how to exercise safely outdoors in the heat as a part of the HealthChat podcast series which feature healthcare professionals sharing the latest health and wellness topics relevant to you and your family. Access the [full podcast library](#).

Hinge Health Pelvic Health Podcasts

[Taking the Floor](#)

Co-hosted by Hinge Health pelvic floor physical therapists Kandis Daroski, PT, DPT, and Bijal Toprani, PT, DPT, this series provides support and education about pelvic floor dysfunctions. Conversations include interviews with Hinge Health members who share their stories, struggles, and successes with pelvic health. Through a warm, intimate, conversational dynamic, Drs. Daroski and Toprani explain the science of treating pelvic health issues, share practical tips for healthy lifestyle changes, and show how Hinge Health can help.

Cigna Podcasts

[The Connection Between Oral Health and Systemic Health](#)

Our bodies are incredibly interconnected. Poor oral health can negatively impact overall health, and plenty of health conditions can hurt oral health. Improving either oral or overall health can have wide-ranging positive effects.

Share Your Good News

Please consider sharing your stories and successes by emailing wellness@pinellas.gov.

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, etc.





Wellness Month

August



Celebrating Wellness Month: Try Our Wellness Centers!

Ever heard the saying, “If it’s free, it’s for me”? Our wellness centers offer top-of-the-line equipment, are open 24/7 and are absolutely *free*.

We have two campuses for you to choose from:

Downtown Clearwater

345 S. Ft. Harrison Ave., Clearwater

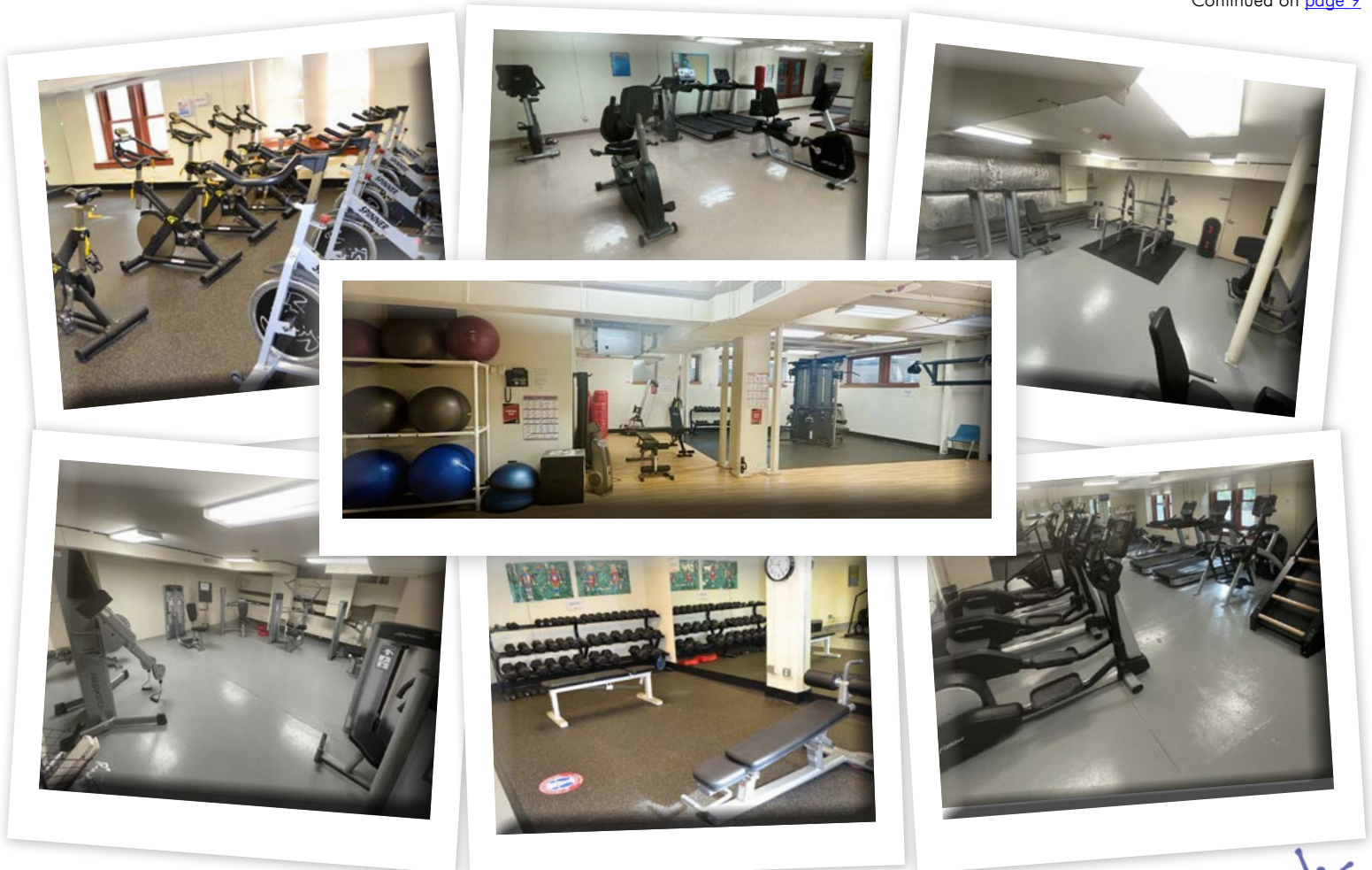
If you have never visited this gym, you’re in for a surprise. From the outside, it appears to be just one room; however, due to its unique layout (it used to be a jail), it is actually 5,900 square feet and has 7 rooms filled with all kinds of equipment! Whatever your workout preference, it’s likely you’ll find it here.

- [Group Fitness Classes](#)
- Full line of Lifefitness circuit machines
- Multi-cable machines

- Squat rack
- Smith machine
- Spin room
- Cardio equipment
 - Treadmills and ellipticals
 - Water rower
 - Jacob’s ladder
 - Seated elliptical
 - Upright and recumbent bikes
- Free weights and kettlebells
- TRX
- Small equipment: BOSU, stability balls, yoga mats, tubing, jump rope, battle ropes, and more

Be sure to [sign up](#) for an orientation so you can begin taking advantage of this benefit!

Continued on [page 9](#)





Wellness Month

August



Celebrating Wellness Month: Try Our Wellness Centers! continued from [page 8](#)

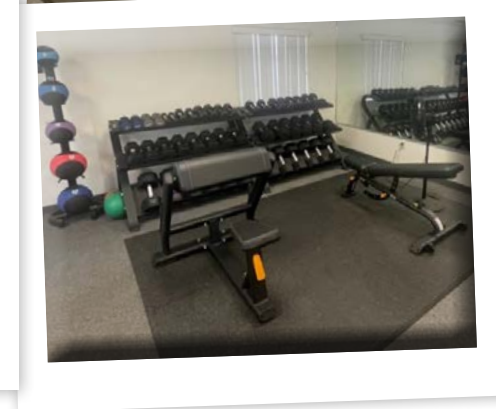
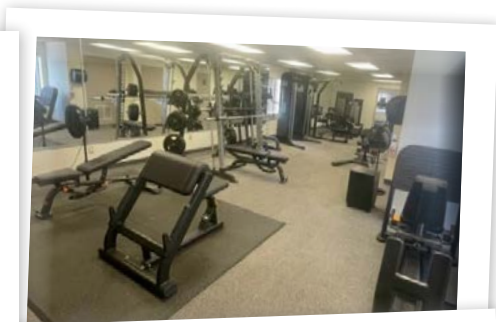
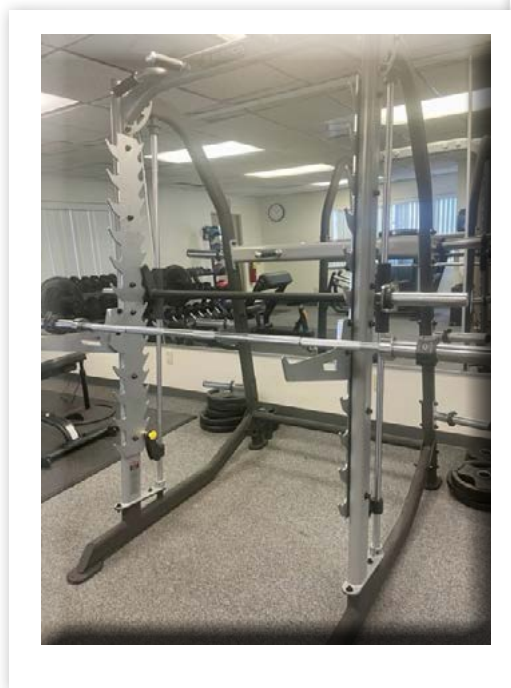
Public Works

22211 U.S. Highway 19 N., Clearwater

Our Wellness Center at Public Works also includes premium fitness equipment. If you would like access, [contact Craig Lawton](#) to schedule an orientation.

- Precor circuit machines
 - Leg press
 - Lat pulldown/row dual
 - Leg extension/curl dual
 - Multi-press (pec and shoulder)
- Smith machine
- Multi-cable machine
- Dumbbells
- Benches
 - Vertical knee-up
 - Preacher curl
 - Back extension
 - Flat/incline/decline (2)
- Cardio
 - Treadmill (2)
 - Elliptical
 - Rower
 - Upright bike

- Small equipment and stretch station
 - Jump rope
 - Exercise tubes
 - Mats
 - Medicine balls
 - Kettlebells



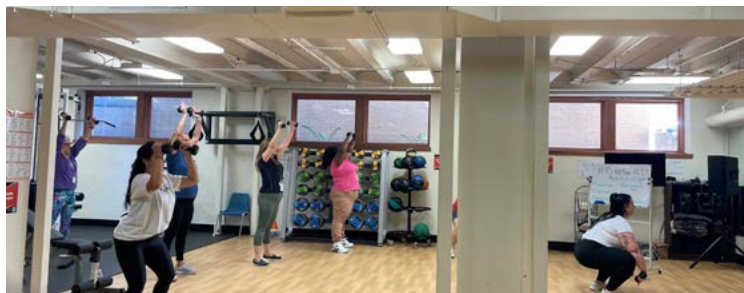
Try Our Group Fitness Classes!

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

Feeling uninspired in the gym or new to fitness? Taking a [group fitness class](#) eliminates the need for you to plan your own workout.

Full Body HIIT is one of my favorite classes to teach because the quick pace leaves you energized and ready to tackle your day. [HIIT \(high-intensity interval training\)](#) boosts heart health, builds strength, and torches calories in just 30 minutes. This class, like all the group fitness classes offered, is suitable for all fitness levels and easily modifiable if you have any exercise limitations.

Since joining Pinellas County, my passion project has been my Solely Strength class. [Strength training](#) has so many benefits for all people of all ages, especially for



Full Body HIIT class

older adults and women. Unfortunately, I think many people are intimidated by strength training, so it's my goal to teach weightlifting in a functional way that leaves you feeling strong and empowered!



August 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				Aug. 1, 15, 22, 29 6:30 to 7:10 Yoga Flow Shannon	
LUNCH	Aug. 5, 12, 19, 26 12:15 to 12:45 Core & Balance Shannon	Aug. 6, 13, 20, 27 12:10 to 12:40 Cardio Bootcamp Sydney	Aug. 14, 28 12:10 to 12:40 Resistance Band Blast Sydney	Aug. 1, 8, 15, 22, 29 12:10 to 12:40 Full Body HIIT Sydney	Aug. 2, 9, 23, 30 12:30 to 1:15 Restorative Yoga Shannon
LUNCH		Aug. 13, 27 1:15 to 1:45 Cardio Bootcamp Sydney		Aug. 15, 29 1:15 to 1:45 Full Body HIIT Sydney	
PM	Aug. 5 5:15 to 6:15 Solely Strength Sydney	Aug. 13, 20, 27 5:15 to 6:15 Solely Strength Sydney	Aug. 7, 14, 21, 28 5:30 to 6:30 Step 'n' Sculpt Lisa	Aug. 8, 15, 22, 29 5:15 to 6:15 Solely Strength Sydney	Aug. 2 5:15 to 6:15 Solely Strength Sydney
PM			Aug. 7, 14, 28 5:30 to 6:30 Urban Line Dancing (Parks) Jolanda		

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 (30 minutes): 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.

Step 'n' Sculpt (1 hour): Step your way to a healthy heart and tone your core.

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



WELLNESS CHAMPION SPOTLIGHT

Tyler Cothron

Public Works

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?

5.5 years.

Tell us a little about yourself.

I am originally from Southern California; I transplanted here six years ago. I recently started a new journey to find myself and work

towards my life goals. Now, a single mom of a few monsters, I spend as much time as I can with them. We just got season passes to Busch Gardens, so we spend our weekends getting in all our steps. I enjoy crafts, singing karaoke, gardening, and hanging out with my chickens.

Why did you want to serve as a Wellness Champion?

I have always wanted to help others; I have also found that health is so important for a long and happy life. I

wanted to become a Wellness Champion to force myself to be active, and the best way for me to do better is to help others do better. Knowledge is power, and being involved helps me on my personal journey. Helping others along the way adds to my joy.

What do you do to take care of yourself?

Lately, I have been really trying to focus on my health. I have been riding my bike, practicing yoga, and getting some light workouts in at the Public Works campus gym. I work on getting my steps in at Busch Gardens and go geocaching with the kids. I have also been focusing on eating better, smaller portions throughout the day, as well as drinking more water. I take one day at a time to move towards my health goals. Being a Wellness Champion has assisted a lot with these goals.

One of the Most Important Photos You'll Ever Take

Courtesy of [EyeMed](#)

Like your mobile device, your camera and your music collection, eye exams have entered the digital age. That means at your next appointment, your eye doctor could document the exam through retinal imaging—a process that tracks changes in your eye that could signal possible vision or health issues.

Why look at the retina?

The retina is a delicate tissue that lines the back of the eye, and it works much like film in a camera. Light comes through the eye's lens and strikes the retina, which produces a picture that it sends to the brain. This process enables you to see. The retina is also the only place in the body where blood vessels can be viewed directly without invasive procedures. So in addition to eye conditions, signs of [other potential health problems](#) can be detected by looking at the retina.

How does retinal imaging work?

Traditionally, eye doctors have performed retinal exams manually. While this method is effective, there is no image record. With retinal imaging, eye care professionals can document the exam and establish a historical baseline

of your eye health. It allows eye doctors to monitor the structures of the eye and more easily identify changes year to year. And with retinal imaging, you and your eye doctor can review the image together. You'll be able to [see what your doctor sees](#) when looking inside your eyes.

What conditions can retinal imaging reveal?

Used as an early identification tool, retinal imaging lets eye care professionals identify potential signs of eye diseases, including:

- Glaucoma
- Diabetic retinopathy
- Age-related macular degeneration
- Diabetes
- High blood pressure
- High cholesterol

With any of these conditions, early detection is key to identifying successful treatment options. The sooner your eye doctor is aware of a potential vision or health issue, the sooner it can be addressed.



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. St., Clearwater
September 12, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street (west parking lot)
August 20, 11:00 a.m. to 4:00 p.m.
- **Public Works**
22211 U.S. Highway 19 North, Clearwater
August 29, 12:00 p.m. to 5:00 p.m.
- **South County Tax Collector**
2500 34th Street North, St. Petersburg
September 11, 11:00 a.m. to 1:30 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
August 29, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
August 22, 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.**



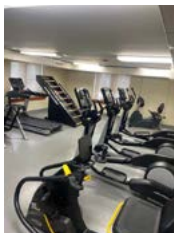
[Sign up now](#) and stay tuned for more throughout the year.

- **August 21 – Everyday Mindfulness** – Discover the simple ways to weave a mindful perspective into your everyday life to reduce stress and boost your spirit.
- **September 4 – Suicide Awareness for Managers** – Learn about risk factors, common warning signs, and how to respond if someone is struggling.

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!



The Importance of Routine Well-Child Checks: A Parent's Guide

BayCare Presents Health and Wellness From the Experts Webinars

Tuesday, August 20, 12:00 to 12:45 p.m.

Presented by: Beth Harris, MD

Regular visits create strong, trustworthy relationships among pediatrician, parent and child.

Routine well-child checks are crucial for maintaining your child's health and physical, mental and emotional development. It is never too early to start mapping out a path of well-being.

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



Tobacco Cessation Programs



If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2025 to save \$500 on your 2025 medical plan premium due to the [tobacco surcharge](#). There are a variety of ways to complete a program.

- Sign up for tobacco cessation coaching with Brittany or Shannon, our [onsite Cigna health coaches](#).
- Work with a Cigna health coach over the phone. To register, call (800) 862-3557, option 6.
- Complete an online 28-Day Quit Program on [my.Cigna.com](#).
- Register for a Tobacco Free Florida class series.
 - [Wednesdays, 12:00 - 1:00 p.m., Aug. 14, 21, 28, Sept. 4](#)
 - [Tuesdays, 12:30 - 1:30 p.m., Sept. 10, 17, 24, Oct. 1](#)
 - [Thursdays, 12:15 - 1:15 p.m., Sept. 19, 26, Oct. 3, 10](#)

View more [tobacco cessation resources](#).

Discounted Event Tickets for Employees

Pinellas County is pleased to offer discounted tickets to area events for our employees. Visit [MyPinellas](#) to view current offers.





Join Pinellas County Wellness at the **Paws for Prevention Suicide Awareness Walk & Event**

**Sunday, September 29, 2024
10 am - 12 pm**

Walsingham Park

12615 102nd Avenue, Shelter 7, Seminole

The American Foundation for Suicide Prevention raises money to fund research, education, advocacy and support those affected by suicide, but donations are not required to participate.



Join us to show support for our community, loved ones, and the American Foundation for Suicide Prevention's mission to save lives and bring hope to those affected by suicide.

- Friends, family, and dogs are welcome.
- Pet Parade (short walk, dogs optional)
- Family-friendly activities including arts and crafts, yard games, story time, kids' playground, paw-ty time at the dog park, and more.
- Registration is not required; however, those who [sign up](#) and attend the event will receive a Wellness Program t-shirt. Meet at Shelter 7 at 10 am for a group photo!



**American
Foundation
for Suicide
Prevention**



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



To learn
more, scan
the QR code.

Berry Pudding Recipe



To raise awareness of the needs of Indigenous Peoples across the world, every August 9th commemorates the [International Day of the World's Indigenous Peoples](#). According to the United Nations, there are an estimated

476 million Indigenous Peoples in the world that speak the majority of the world's estimated 7,000 languages and represent 5,000 different cultures.

Indigenous Peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. Their social, cultural, economic and political characteristics are distinct from dominant societies. Despite their cultural differences, Indigenous Peoples from around the world share common problems related to the protection of their rights as distinct peoples.

The international community now recognizes that special measures are required to protect their rights and maintain their distinct cultures and way of life.

Most Indigenous recipes are created based on what was, or is, available in the direct local area and community, relying on sustaining off the lands around these population groups. This dish is adapted from a [cookbook written by the Native Agriculture and Food Systems Initiative](#), using ingredients and processes traditional to Native communities. You'll notice there are no quantities included in this recipe, as it depends on how many berries you have available to you.

In the summer, berries are in their peak state of ripeness. Not only do they provide a natural sweetness to our diet, but they're also rich in antioxidants that help repair cellular damage, as well as vitamins A and C which help our eyesight, skin health, and immune system function.

Cigna Network

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



Home **Find Care & Costs** Claims Coverage Wellness



Ingredients

- Berries
- Water
- Flour
- Sugar

Directions

1. Boil berries in a large saucepan — water should fill the pot to a couple of inches above the berries. Boil approximately 10 minutes.
2. Strain berry juice and save.
3. Mash the cooked berries to release further juices, set aside the mashed berries.
4. Mix enough flour and water to make a thick mixture, but not a paste.
5. Using the same pan you mashed the berries in, pour in the mashed berries and half the reserved berry juice back into the pan. Heat over medium high heat, slowly pouring the flour mixture in the pan. Keep stirring. If the liquid gets thick, pour more berry juice into the pan to thin.
6. Keep stirring the pudding until it comes to a boil. Immediately remove from heat. There should be some juice remaining. After the pudding cools, add sugar to taste. Enjoy!

View the [full recipe](#).



Potassium

Although bananas are a rich source of potassium, an avocado has twice as much potassium as a banana.

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

Food Trucks on Wednesdays



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

