

THE HR CONNECTION

Human Resources Director Donna Parker



SHARE. STRATEGIZE. SUCCEED!

Welcome Aboard!

Haines City Family,

Please join Human Resources in welcoming our newest team members:

Lekia Johnson	Events Cordinator
Richard Turner	Grounds Maintenance Worker
Clarence Daniels	Building Maintenance Worker
Dustin Parsons	Building Maintenance Worker
Jeffery Jones	Assistant Parks & Recreation Director
Travis Snethen	Firefighter/EMT
Wrenita Brundidge	Part-time Recreation Center Attendant
Javier Anderson	Wasterwater Operations Trainee
Erica Anderson	Deputy City Clerk
Ashley Hogan	Assistant Finance Director



Wellness Tidbits

Top 10 Nutrition

Rich Fruits

And Their Unique Benefits

- 1. BANANA**

This sweet fruit has high potassium content which helps lower high blood pressure levels.
- 2. APPLE**

Apples are rich in antioxidants flavonoids which help in controlling sugar and prevent diabetes.
- 3. BLACKBERRY**

It is the best medicine for lung cancer. They are also known to treat gout related symptoms.
- 4. AVOCADO**

Avocados contain monosaturated fatty acids that help lower your cholesterol levels.
- 5. CRANBERRIES**

Cranberries are known for their antibacterial properties and help treat urinary infections, gall stones, kidney stones, ulcers.
- 6. GRAPES**

Grapes are rich in antioxidants called resveratrol which prevents heart and related disease and help reduce blood pressure levels.
- 7. MANGO**

Mangoes are rich in antioxidants zeaxanthin and lutein which improve vision and reduce blindness in adults.
- 8. ORANGE**

Oranges are rich in phytochemicals called hesperidin, which reduces blood cholesterol levels.
- 9. KIWIFRUIT**

Kiwifruits help in the development of teeth, bones and cartilage. They also prevent heart diseases.
- 10. PAPAYA**

Papayas are rich in an enzyme called papain that helps in digestion and cures all digestion related problems.

TWO GREAT SERVICES THAT ARE OFFERED FREE TO EMPLOYEES ENROLLED IN OUR HEALTH PLAN



Care24 Services – Ask a nurse 1-888-887-4114: Did you know....that one of your benefits under our health insurance plan is the availability of **Registered Nurses 24/7 by phone to answer health questions?**



Get answers now. Instead of worrying about a health concern, call and talk with a registered nurse. **Save yourself the time and stress of a busy waiting room.**



No cost to call. This service is already part of your health benefits. Call day or night - any time you need to - and it won't cost you a thing. (1-888-887-4114).



24 hour support. Experienced, registered nurses are available any time, day or night, to answer your health questions and concerns.

ConnectCare3 - Patient Advocate Program 1-877-223-2350: Scheduled for a procedure? Questions about a recent diagnosis you received for you or a family member? Should you go for a second opinion?

- **ConnectCare3 is a service designed to help people get better results from the healthcare system. Your advocate and coach can guide you and your family through the complex healthcare process and achieve the best possible outcomes.**
- **ConnectCare3 offers a service that enhances your employer's health benefit package to maximize the health and wellness of you and your family.**
- **Simply call 877-223-2350 and your Patient Advocate will assess your situation and answer your questions. There is no charge for using the services of ConnectCare3.**

TAX RETURN TIDBITS
FREE PREPARATION AND HELP

Have your income taxes prepared for FREE in 2017!
United Way can help you maximize your refund. If your family income is less than \$64,000,
you are eligible to have your taxes prepared for free!
Go to my MyFreeTaxes.com (www.unitedway.org/myfreetaxes) and file your return yourself.

The Helpline is available Monday – Friday, 10am – 10pm ET, and Saturdays 12pm – 9pm ET. If you have questions about how to use MyFreeTaxes, the Helpline is here to help.

Phone:
1-855-MY-TX-HELP
(1-855-698-9435)

**YOUR HR
TEAM
IS HERE TO
HELP!**

Donna Parker
HR Director
421-9929

LaTerra Gray
Asst HR Director
419-3450

Renee Krisanda
HR Generalist
421-9926

DID YOU KNOW?

Love is in the air as Valentine’s Day draws near. A little fun fact for those of you who may not be familiar with the day’s history:

The story is about a young Roman priest named Saint Valentine who secretly performed matrimonial ceremonies of the soldiers belonging to Claudius II. The Emperor had forbidden his soldiers to get married fearing that they might not be able to concentrate on fighting wars. Saint Valentine was hanged on 14th February 270 A.D. and since then the day is celebrated every year. While he was imprisoned he sent his last love note to the jailor’s daughter with an ending sign, “From your valentine”.



Have you ever heard the saying, “Wearing your heart on your sleeve?” In the Middle Ages, young men and women drew names to see who their Valentine would be. They would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.