

# HR NOTES



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## Tips to Fight Fatigue

1. Hydrate. Dehydration causes poor sleep and fatigue.
2. Avoid overeating (and undereating) which can lower energy levels.
3. Snack smart. Eat a nutritious morning or afternoon snack to avoid energy dips.
4. Get protein at each meal, aiming for 25 to 30 grams.
5. Limit caffeine after 3 pm.

## Superfoods for Energy

Avocados, almonds, bananas, berries, chia seeds, eggs, salmon, spinach, beets, oats, green tea, quinoa, cinnamon, bell peppers, sweet potatoes, chickpeas, walnuts, turmeric, kale, and dark chocolate.

Julie Enga, Wellmark Dietician



Way to go!

Lt. Faas

completed ELITE Academy for advanced corrections training.

## WELCOME NEW EMPLOYEES/POSITIONS

Welcome Scott Gaulke, our new maintenance worker at the PSB.  
Congratulations to Melinda Harmelink on her promotion to Jail Sergeant.

*Throughout the year, Nationwide offers informative webinars on a variety of financial wellness and retirement readiness topics. Ctrl+click on this link to find the sessions that interest you:*

[nationwide.com/personal/investing/retirement-plans/webinars](https://nationwide.com/personal/investing/retirement-plans/webinars)

*Special topics in May-personal finance and long-term care.*

## VSO/DOE

VSO Bennett has announced his retirement for early next year. We are currently looking for someone to train as a replacement. If you know a qualified veteran who would be a good fit, have them apply! DOE Love also needs a certified assessor and a database coordinator-who do you know?

## Phishing

According to Tech Solutions, there were 38 phishing attempts in April but no account takeovers. The most common type of fraud they are using is impersonation; they have pretended to be both Commissioners and dept heads. Double check that an email is actually coming from within our organization by hovering over the address it comes from. We have also seen warnings about accounts/passwords which are fake, an extortion attempt, and requests for sensitive information regarding public records, so beware of any unusual emails and don't click on them!

I get a lot of employment verifications, and one looked funny, so I called Tech Solutions and they were able to go in and run tests on it before I opened it. It is always better to be safe than sorry. They provide the monthly Phishline training, so please take advantage of these short, helpful lessons.

## CONGRATS!

**Happy Birthday: Karla, Josh, and Christine!**

**Anniversaries: Bridgett-1, Ashley-2, Jill-11, Jack S-1.**

**You shouldn't be superstitious about Friday the 13<sup>th</sup> - it brings bad luck.**