

# HR NOTES

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## Holiday Tips

Thanksgiving comes around once a year so let Well365 help you enjoy a guilt-free Thanksgiving with these helpful tips:

**Get active**-take a walk early in the day and again after dinner. It's a wonderful way for families to get physical activity and enjoy the holiday together.

**Eat breakfast**-eating a small meal in the morning can give you more control over your appetite.

**Police your portions**-don't waste calories on foods you can have all year long. Decide what you're going to choose and select reasonable sized portions you can't live without!

**Be realistic**-the holiday season is a time for celebration. With busy schedules and extra temptations, this is a good time to strive for weight maintenance rather than weight loss.

**Focus on family & friends**-Thanksgiving is not just about food, it's a time to celebrate relationships and spending quality time together.

## EMPLOYEE CHANGES

A warm welcome to Darrell O'Connor who will be working part-time as a Sheriff Deputy and also a Corrections Officer. So long to Perry Titze, Mychal Deas and Mackenzie Cobb. We'll be seeing more of Lance Bryant and Trina Frey as they move from PT to FT at the jail.



## DOE NEWS

Way to go! Rachel Weber successfully completed her testing, earning her certification as an Assessor in just 3 months. Outstanding!

## OPEN ENROLLMENT

We held open enrollment meetings for FT employees last week but need many forms returned yet. Make sure to get your choices/changes to HR by November 15, even if you are just waiving the health insurance. I will also need flex forms for anyone wanting to contribute in 2024 in addition to the HRA money the county is providing.

*Veterans Day is on Saturday, November 11. Most offices will close on the Friday prior, but those working in the jail will celebrate the holiday on the actual date. Thank a veteran for their loyal service!*

**Upcoming or recent birthdays:** Jill Lux, Robbie Faas, Brett Costello, Kyle Bice, Tim Carson, Kim Beltran, and Steve Harr.

**Anniversaries:** Mychal Deas (2), Marlyn Tollefson (2), April Vennard (1), Mark Zard (2), Tim Carson (17), Tim Reitzel (17), and Christine Norwick (2).

**Why did the turkey cross the road? He wanted people to think he was a chicken.**

**Why is it hard to stop telling Thanksgiving jokes? You can't just quit cold turkey! Talking about stopping-employees who smoke can take part in the Great American Smokeout on November 16. Check out <https://www.cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html> for more details.**



Mental wellness is very important, and sometimes we struggle around the holidays. If you need a little boost, try clicking on this link for a short, enjoyable message. [Daily Trip - ConnectedMeditation • Jeff Warren](#) Don't forget about our Employee Assistance Program if you feel the need for professional help.

<https://www.dropbox.com/scl/fi/xzzinri9iv7r8jzfz3dgbn/EAP.docx?rlkey=bfmon1ima6yai775nrrwvb1dm&dl=0>