

# Human Resources

April 2021  
Issue 4

## Employee Services

**New Hires:** 7  
**Terminations/Retirements:** 10  
**Positions Posted:** 11

## Employee Benefits

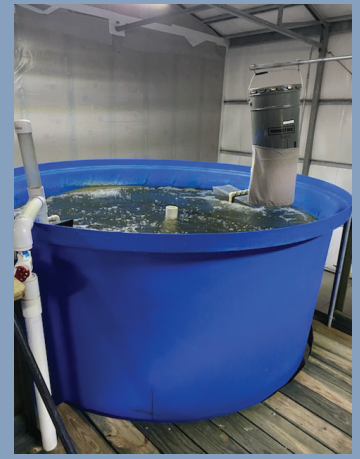
**Benefit Enrollments:** 13  
**Benefit Terminations:** 15  
**Benefit Changes:** 11

## 2nd Quarter Wellness Challenge

“Go with your Gut”

This challenge will teach you different lifestyle factors that impact gut health. In preparation for this challenge a few members of HR visited Traders Hill Farm, in Hilliard, FL, to learn more about their processes, what they grow and other locally sourced produce. While visiting Traders Hill Farm, staff was able to learn about aquaponics and how this is used to grow high quality food year round. We were able to see the aquaponics process first hand, from the fish and how they help nourish the plants, along with how the water is recycled back to start the process all over again. As part of this month's challenge a few lucky employees will receive a Traders Hill Farm “Fresh Veggieboxx” that includes locally sourced fresh fruits and vegetables.

Eating locally sourced fresh fruits and vegetables is one important part of keeping a healthy gut.



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## Employee Wellness

Take Control - Keep work-related stress in check.

### Set Boundaries

Learn to say “no” and don't overcommit. Stop your work at a set time each day.

### Stay Organized

Make a list of your projects and deadlines. Prioritize what's most important or urgent.

### Get Support

You don't have to do everything yourself. Ask for help when you need it.

### Limit Distractions

Block time on your calendar so you can work undisturbed.

### Control What You Can

Many things, especially other people's behaviors, are beyond our control. Instead of stressing, focus on the best way to react.

### Take Care

Eat well, exercise regularly and make sure you take time to relax and recharge.