

Human Resources

August 2021
Issue 8

Employee Services

New Hires: 10
Terminations/Retirements: 10
Positions Posted: 5

Employee Benefits

Benefit Enrollments: 16
Benefit Terminations: 9
Benefit Changes: 3

HR Happenings

On August 27, 2021 Human Resources successfully provided mandatory employee Harassment and Discrimination Training for all Board of County Commissioner employees via Zoom.

Employees learned how to report harassment and discrimination in the workplace as well as what behaviors are not acceptable.



Human Resources Director, Ashley Metz attended the 2021 HR Florida Conference & Expo to earn continuing education credits for her SHRM certification.

Employee Wellness

REST WELL • GET BACK TO BETTER SLEEP

Between busy work schedules and other stresses, it can be hard to fall asleep and stay asleep. But getting enough rest is essential to your health and well-being.

Not getting enough sleep is associated with:

- A higher risk of diabetes, heart disease, depression and obesity
- Moodiness, poor judgment and an inability to learn and retain information
- Lack of alertness, which can lead to serious accidents and injury

SIMPLE TIPS FOR SOUNDER SLEEP

MAKE YOUR ROOM A TECH-FREE ZONE: Also adjust the lights, temperature and anything else that might affect your sleep.

AVOID LONG OR LATE NAPS: Short naps can be beneficial, but avoid naps later in the day.

FINISH EATING EARLIER: Eating or snacking before bedtime can interfere with your sleep.

LIMIT ALCOHOL AND CAFFEINE: Having alcohol or caffeine close to bedtime can affect the quality of your sleep.

EXERCISE REGULARLY: Get 30 minutes of physical activity, but no later than two to three hours before bed.

HAVE A BEDTIME RITUAL: Find ways to relax. Try taking a warm shower or bath, reading or listening to soothing music.

Talk to your doctor if you have any concerns about your sleep.