

# Human Resources

September 2021  
Issue 9

## Employee Services

**New Hires:** 8  
**Terminations/Retirements:** 5  
**Positions Posted:** 8

## Employee Benefits

**Benefit Enrollments:** 11  
**Benefit Terminations:** 10  
**Benefit Changes:** 5

## HR Happenings

### 2022 OPEN ENROLLMENT IS COMING SOON!



**OCTOBER 11TH - NOVEMBER 5TH  
IMPORTANT INFORMATION**

#### **FOR ALL BENEFITS-ELIGIBLE EMPLOYEES**

- **Open Enrollment:** Employees can make changes to benefits, enroll in a plan for the first time, change plans, add or term a dependent from the plan.
- **Changes Effective:** All changes will become effective January 1st and will stay in place through December 31st, 2022, unless there is a qualifying event such as getting married or having a baby.
- **Questions:** Updated benefits information will soon be provided via the benefits portal, PlanSource where you can reference your 2022 Benefits in more detail.

Human Resources' staff has worked diligently in preparation of the 2022 Open Enrollment.

Diana Crigger, Ashley Metz and Laura Scott wearing blue in honor of Deputy Joshua Moyers on Wednesday, September 29, 2021.



## Employee Wellness

### **EAT BETTER TOGETHER - HEALTHY EATING FOR THE WHOLE FAMILY**

Try making a few simple changes to you and your family's lifestyle and mealtime routine. It may be easier, and more enjoyable, than you think! Together, you and your family can create smarter habits that will help everyone eat and feel better.

**Explore new tastes:** People of all ages need opportunities to taste new foods. Try new fruits and veggies or cuisines from other cultures.

**Snack smarter:** Make sure to have easy-to-grab fruits and veggies available.

**Try going meatless:** Beans and veggies can add protein, fiber and other nutrients to a meal.

**Plan your meals:** This will help you stay organized, while also saving you time and money.

**Buy healthy:** Read nutrition labels when you shop. Choose items that are lower in unhealthy fats, calories and sodium. And avoid overly processed foods when you can.

**Make mealtime fun:** Get others involved in the kitchen. Ask for help or assign tasks while preparing meals. Make it healthy, fun and meaningful for everyone!

**You can find plenty of ways to enjoy healthier meals with the family. Get started now!**