

Human Resources

April 2022
Issue 16

Employee Services

New Hires: 5
Terminations/Retirements: 6
Positions Posted: 14

Employee Benefits

Benefit Enrollments: 13
Benefit Terminations: 4
Benefit Changes: 5

Human Resources Happenings

Robyn Mobley being recognized at the Board Meeting on April 20th for 25 years of service.

Employment Opportunities

Scan the QR code for additional information.



Wellness Information

Tips for Spring Allergy Relief

Spring brings a welcomed change, especially after a long winter spent stuck indoors! While we are all excited to get outdoors more and enjoy the sunshine and new blooms, this time of year often causes allergy flareups for many people. The most common spring allergens are pollen and the symptoms include: congestion, runny nose, itchy and watery eyes, fatigue, trouble sleeping, and even asthma attacks. To help ease your allergy symptoms and ensure you enjoy all your favorite springtime activities, follow the tips below!

- Check the pollen count and smog levels and avoid going outside when they are high.
- Keep your doors and windows closed and use an air purifier.
- Clean the air filters in your home and car often.
- Dust bookshelves, vents, or anywhere else pollen could collect.
- Wash bedding, throw blankets, and rugs in hot water to get rid of dust mites and other allergens.
- Keep the humidity in your house between 30% and 50% so dust mites can't thrive.
- Pollen can collect on your clothes and in your hair, so take a shower and change your clothes after you go outside.
- Vacuum, especially if you have carpets, or sweep often.
- When it comes to mowing the lawn, consider wearing a dust mask to avoid grass pollen or look into a lawn service.
- If your spring allergies are severe, talk to your doctor about which allergy medicine might work best for you.

Your Employee Assistance Program is here to help you and your family as you navigate life's challenges. For confidential, caring, professional assistance 24/7, call 800.728.9444