

# Human Resources

November 2021  
Issue 11

## Employee Services

**New Hires:** 6  
**Terminations/Retirements:** 3  
**Positions Posted:** 13

## Employee Benefits

**Benefit Enrollments:** 5  
**Benefit Terminations:** 14  
**Benefit Changes:** 6

## HR Happenings

Nassau County has several job opportunities available. Below is list of current vacancies.

ADMINISTRATIVE SPECIALIST II  
ASSISTANT OMB DIRECTOR  
CHIEF INNOVATION OFFICER  
CUSTODIAL WORKER  
DEPUTY COUNTY MANAGER  
ECONOMIC DEVELOPMENT DIRECTOR  
FACILITIES TECHNICIAN I  
FACILITIES SUPERVISOR  
FIRE INSPECTOR/INVESTIGATOR I OR II  
FIREFIGHTER/EMT

FIREFIGHTER/PARAMEDIC  
LIBRARY ASSISTANT I  
MAINTENANCE HELPER  
MIS TECHNICIAN II  
OFFICE OF MANAGEMENT & BUDGET DIRECTOR  
PROCUREMENT DIRECTOR  
PROCUREMENT MANAGER  
PROCUREMENT SPECIALIST  
STORMWATER ENGINEER

## Employee Wellness

### WHAT IS TYPE 2 DIABETES?

Having type 2 diabetes means your body doesn't use insulin well and can't keep blood sugar at normal levels. Diabetes can lead to serious conditions such as heart disease, blindness and kidney disease.

**Maintain your weight:** Make sure you're at a healthy weight for your height and age. If you're unsure, check with your doctor.

**Watch what you eat:** Include more fruits, veggies and whole grains into your diet. Reduce processed meats and foods with added sugar.

**Exercise regularly:** Get at least 30 minutes of physical activity a day. Walk, run, dance or lift weights.

**Don't smoke:** If you already smoke, try to quit. Smoking can contribute to developing type 2 diabetes.

**Manage your stress:** Stress can trigger unhealthy behaviors such as overeating, smoking and not sleeping enough.

**Check in with your doctor regularly and be sure to get any recommended screenings.**