

# Human Resources

June 2022  
Issue 18

## Employee Services

**New Hires:** 3  
**Terminations/Retirements:** 8  
**Positions Posted:** 11

## Employee Benefits

**Benefit Enrollments:** 15  
**Benefit Terminations:** 6  
**Benefit Changes:** 4

## Human Resources Happenings

Laura Scott & Kariana Haynes accepting the Healthiest Companies Silver Level Award.

## Employment Opportunities

Scan the QR code for additional information.



## Drink up!

**Let's talk hydration and why drinking water has many benefits.**

- Helps keep you cool and regulates your body's temperature
- Protects your spinal cord
- Cushions your joints

You've probably heard the advice, "Drink eight 8-ounce glasses of water a day."

That's easy to remember. And it's a reasonable goal. Fewer than 8 glasses might be fine for some people. And some will need to drink more. How much you need depends on your situation. You'll need to drink more when you're physically active. Or if you live in a hot climate and need to replace water you're losing through sweat.

### Ways to get more water...

Take a water bottle with you:  
when you're away from home. You can freeze one to have ice-cold water on the go.

Choose water:  
instead of sugar-sweetened drinks.

Order water:  
when you're eating out. Try adding a slice of lemon or lime for a burst of flavor.

Eat some fruit:  
they're full of water.

Watermelon – up to 91% / Strawberries – up to 91% / Grapefruit – up to 91% / Cantaloupe – up to 90% / Pineapple – up to 86%