

# Human Resources

September 2022  
Issue 21

## Employee Services

**New Hires:** 10  
**Terminations/Retirements:** 11  
**Positions Posted:** 6

## Employee Benefits

**Benefit Enrollments:** 5  
**Benefit Terminations:** 10  
**Benefit Changes:** 3



Open Enrollment Meetings will be held on  
October 25th - October 27th.

## Employment Opportunities

Scan the QR code  
for additional  
information.



## How to Prepare for the Upcoming Cold and Flu Season

- Wash your hands frequently with soap for at least 20 seconds. If soap and water are not available, use an alcohol-based scrub or hand sanitizer.
- Avoid close contact with people who are sick and when you are sick, keep your distance from others to protect them from getting sick.
- Be sure to stay home when you are sick. If possible, also avoid running errands when you are sick to prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. The flu and other serious respiratory illnesses, like COVID-19, are spread by coughing, sneezing, or unclean hands.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get yourself on a sleep schedule and aim for quality sleep of at least 7-8 hours to allow your body to rest and recuperate.
- Stay as physically active as possible. Get up, stretch and walk around often during work hours. You can also consider joining virtual workout classes through YouTube, Peloton, etc.
- Eat a healthy, nutritious diet full of whole foods and lean proteins, and limit your intake of sugar.
- Stay hydrated and find healthy ways to manage your stress. Both dehydration and chronic stress can decrease your immune system's ability to fight viruses.

\*Information provided by Health Designs