

2018-19 Administrative Bulletin

X-16 12-20-18

EACS ADMINISTRATIVE OFFICES WILL BE ***OPEN***

DECEMBER 21, 26, 27, 28 from 8:00 am - NOON each of these days

THE EACS ADMINISTRATIVE OFFICES ***WILL BE CLOSED***

Monday, DECEMBER 24th ~ Tuesday, DECEMBER 25th

Monday, DECEMBER 31st ~ Tuesday, JANUARY 1st

Offices will resume normal business hours January 2, 2019

Note: You will receive the next bulletin on January 4, 2019!

HAPPY HOLIDAYS!

1. WELLNESS TIPS DURING THE HOLIDAYS

See **Enclosure #1** for advice from the EACS Wellness Coach about Dealing with Grief and Loss during this holiday season!

Eric Manor, ext. 1003

2. REMINDER: FLEXIBLE SPENDING ACCOUNT (FSA)

We have been notified by Employee Plans that a number of employees have not used /submitted claims to be reimbursed through their FSA account. FSA expenses must occur within the plan year (January-December 2018). You may submit claims through 3/31/2019 for **expenses that occurred through December 31, 2018.**

If you have questions regarding your account please contact Employee Plans at 625-7470 or Jennifer Rose at ext. 1025.

Tina Grady, ext. 1009

3. CPR/AED TRAINING

Classes are offered free of charge twice a month through the end of the school year. November classes will be held in the Woodlan area, December classes will be held in the Leo area, January classes will be held in the Paul Harding area and February classes will be held in the New Haven area. All classes will start at 4:15 pm, class size is limited and requires pre-registration. If you need this certification for your license renewal, email or call Abby Koroncevicius, Health Services Coordinator.

January & February 2019 Class Schedule

January 17 (Thursday PHJH)

January 29 (Tuesday PHJH)

February 12 (Tuesday NHPS)

February 28 (Thursday NHPS)

Certification is through the American Heart Association and lasts for two years. Any employee interested in, or needing certification renewal may also participate in this training.

Abby Koroncevicius, ext. 7008

DREAM IT. DO IT.

FROM YOUR WELLNESS COACH



Dealing with grief and loss during the holiday season

All of us experience loss at one time or another. For me, it's another holiday season without my dad who died in 2015. If you are having a difficult time coping with your loss and adapting to your new reality, know that you are not alone. There are many of us.

Don't block

People all have difficult, painful experiences. That is part of being human. Don't pretend they aren't there. You can't block these things out of your life by pretending they did not happen. Acting to cover them up as if they did not occur does not help us deal with the reality of our situation.

Talk

Use the name of the person who died. They were real people who we still have a connection with. It doesn't help to pretend they didn't exist. Our memories are honored when you acknowledge them.

Walk

Literally. Get outside for some time away, for exercise, for more private time in conversation, for healthy distraction and for coping.

The holiday season is joyous and can also be mixed with a range of other emotions. By honestly and humbly moving into our new reality, we can appreciate the sweetness the season offers, too.

Source:

<https://www.parkview.com/community/dashboard/dealing-with-grief-and-loss-during-the-holiday-season>



Eric Manor

EACS Employee Wellness Coach
Parkview Workplace Wellness





WE DID IT...

WE EXCEEDED OUR GOAL...

WE RAISED \$8,846.76

FOR THE EACS

UNITED WAY CAMPAIGN!

(OUR GOAL WAS \$7000)

THANK YOU!!!!!!