

Upcoming Events

AUG 6 National Night Out
Tuesday, August 6th

AUG 30 Jazz in the Park
Friday, August 30th

- New Employees
- Retirees
- Achievements
- Printable PDF

Tweets by @HenricoHR

 **Henrico HR**
@HenricoHR
#HenricoJobs - MH/DS Support Services Specialist
(Young Adult Services)
Closes-08/05
Develops, implements & documents a range of

SAVE THE DATE

Henrico's Second Annual Safe + Sound Week!

August 1, 2019

The Occupational Safety & Health Administration (OSHA) has selected August 12 -19 as Safe + Sound Week for 2019. This...

[Read More](#)



CELEBRATE YOUR SAFETY SUCCESSES

Announcements

Congratulations to our JULY County Connection Trivia Winner!

Marta Sorensen, CPP, CIRS - Finance/Accounting/Payroll

Marta was the first person to correctly answer the question:

What is the name of the soon to retire "Furriest Team Member?"

The answer: Grace the bloodhound

THANK YOU to the 42 enthusiastic employees who participated!

** August County Connection Trivia **

What day will the 'NEW: Employee Academy: Session One' begin?

Search the [July 2019 County Connection](#) for clues and be the first to [submit the correct answer](#).



HOW TO LIVE YOUR HEALTHIEST LIFE

□ August 2019

by Liz Stovall, MPH Manager, Division of Fitness and Wellness



Let's face it, we all know we need to change certain habits to live better. The problem is putting our desires for better health into action by taking that big step from *knowing* what we need to do to actually *doing* it. Through Power Henrico, the Human Resources' Fitness and Wellness Division offers Health Trip programs addressing two key healthy lifestyle habits – eating and exercise – to help you live well and stay healthy.

The challenge to lose weight and keep it off is familiar to many. Reaching and maintaining a healthy weight can be a struggle – and for some, the struggle is lifelong. Because “healthy weight” is such a challenging issue that affects so many people, there are programs that take advantage of individuals by offering quick, effortless weight loss. Perhaps you have tried one or two. Perhaps you have found success with a quick weight loss plan, only to find your success is short-lived.



Unlike fad diets and get fit quick schemes, the **Power Henrico Health Trip Healthy for Life** plan focuses on making lifelong behavior changes to help you reach a healthy weight that you can maintain the rest of your life. The ideas shared and the programs offered are simple. They'll provide modifications you can easily incorporate into your daily routine. *Healthy for Life* is also different from other quick fixes in that it is not one-size-fits-all. Instead, it's individualized, focused on your specific challenges.

Yes, you will be asked to invest some planning and effort into making changes, and you will need to open yourself up to new ways of eating

and being active. But if you're willing to make the necessary changes, your risk for lifestyle diseases will decrease, your weight will improve, and you'll feel better.



PAST ARTICLES

- April 2019

- August 2018

- August 2019

- December 2018

- February 2019

- January 2019

- July 2018

- July 2019

- June 2018

- June 2019

- March 2019

- May 2019

- November 2018

- October 2018

- September 2018

- September 2019

- Uncategorized

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The ***Power Henrico Health Trip Healthy for Life*** plan will provide you with the knowledge and tools you need to make important lifestyle changes. Each month the County Connection will feature a Health Trip *Healthy for Life* article with relevant behavior change information. You can practice the highlighted healthy behaviors by participating in nutrition, exercise and well-being classes to empower you to make healthy food and lifestyle choices.

Together, we become partners for change. ***Power Henrico Health Trip Healthy for Life*** will encourage you to change food and health attitudes and behavior – equipping you with new skills and habits to practice. The articles that follow and the programs to come are based on clinically tested techniques that put you in charge of reshaping your lifestyle by adopting healthy habits and breaking unhealthy old ones. Step by step, you’ll learn how to reshape your lifestyle in a way that’s realistic for you.

Starting Tuesday, August 6th, join the ***Power Henrico Health Trip Healthy for Life*** plan to start living your healthiest life! For more information, check out the [Nutrition Page of Power Henrico](#) and start your Health Trip to be *Healthy for Life*.

county connection

Fitness

Health

Wellness

[☐ Henrico's Second Annual Safe + Sound Week!](#)

[Protect Yourself – Get a 2019 Flu Shot ☐](#)



Henrico's Second Annual Safe + Sound Week!

□ August 2019

by Safety Officer Ann Fowler

SAVE THE DATE



CELEBRATE YOUR SAFETY SUCCESSES

The Occupational Safety & Health Administration (OSHA) has selected August 12 -19 as Safe + Sound Week for 2019. This nationwide event promotes workplace safety awareness for all employees. Participation in Safe + Sound Week shows a commitment to safety through county leadership and worker participation.

The Division of Fire's Office of Emergency Management and Workplace Safety (EMWS) in cooperation with other Henrico departments will be exhibiting safety-orientated displays for County employees to experience.

The primary event will be held on Wednesday, August 14th at the Central Automotive Maintenance (CAM) facility at Woodman Road between 11:00 a.m. and 1:00 p.m. FREE hot dogs, chips and drinks will be provided to all attendees at the Woodman location on August 14 and a display table featuring Red Wing Shoes will be set up at the Woodman site as well.

A County-wide e-mail will be sent closer to August 12 outlining events scheduled for other days of the week. Employees participating in Safe + Sound Week activities will have opportunities to win raffle prizes.

Please visit the Power Henrico (please make this a link) site on Monday, August 12 view Deputy County Manager Tony McDowell's charge to all employees for Safe + Sound Week.

Effective safety and health programs help Virginia businesses and municipalities by:

- Preventing workplace injuries and illnesses
- Improving compliance with occupational safety and health standards
- Reducing costs, including significant reductions in workers' compensation premiums
- Engaging employees so they're mindful of safe work practices at all times
- Enhancing social responsibility goals
- Increasing productivity and enhancing overall operations

Henrico Departments/Divisions Participating in Safe + Sound Week: Emergency Management (Fire); Workman's Compensation and Claims (Finance-Risk Management); Employee Health Services (Human Resources); Recreation and Parks; Environmental Safety (Fire); Fitness and Wellness (Human Resources); Occupational Safety (Fire); Public Utilities; Police; Fire and Schools.



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If you need additional information or have questions once the County-wide email is sent, please email Safety Officers Ann Fowler (please make this a link to fow013@henrico.us) or Lisa Dutton (please make this a link to dut003@henrico.us).

[county connection](#)

[Division of Fire](#)

[EMWS](#)

[Public Safety](#)

[Employee Academy](#)

[HOW TO LIVE YOUR HEALTHIEST LIFE](#)



New Employees

Name	Department
Brown, Jasmine D	<i>Sheriff's Office</i>
Calder, Shawn	<i>General Services</i>
Carpenter, Grace Kneeland	<i>Social Services</i>
Cepeda, Tyler	<i>MH/DS</i>
Charity, Julian Everett	<i>Recreation</i>
Copeland, Daiquan Saville	<i>Sheriff's Office</i>
Crider, Robert Thomas	<i>Sheriff's Office</i>
Delaney, Lauren	<i>Public Utilities</i>
Ellis, Kristen B	<i>MH/DS</i>
Zuniga Fulton, Brittany L	<i>MH/DS</i>
Gibbs, Trianna S	<i>Sheriff's Office</i>
Gulley, James	<i>General Services</i>
Holley, Will Keenan	<i>Sheriff's Office</i>
Houston, Logan J	<i>Sheriff's Office</i>
Jarrell, Crystal	<i>MH/DS</i>
Keith, Francis Dillion	<i>Rec & Parks/Grounds & Turf</i>
Khan, Shumaila Z	<i>Sheriff's Office</i>
Laverty, Susan Mae Yoritomo	<i>Library</i>
Lee, Crystal Dominique	<i>Public Utilities</i>
Lewis, Lashaun D	<i>Public Utilities</i>
Lodge, Gregory S	<i>MH/DS</i>
Lohr, Kaelan Ann	<i>Community Corrections</i>
Matherne, Justin	<i>Recreation</i>
McConaghy, Taylor A	<i>Sheriff's Office</i>
Miller, Danielle E	<i>Sheriff's Office</i>
Nazaire, Victoria S	<i>Sheriff's Office</i>
Robb, Christopher Andrew	<i>Recreation</i>
Roney, Philip C	<i>Sheriff's Office</i>
Roper, Fatima Myasia	<i>MH/DS</i>
Sanders, Kaiyell D	<i>Sheriff's Office</i>
Sandhu, Parneet K	<i>Sheriff's Office</i>
Shults, Audrey Riane	<i>Library</i>



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Spain, Frederick Alan Jr

Public Utilities

Stansberry, Zachary Bryce

MH/DS

Strom, Parker Scott

Recreation

Sweet, Joshua C

Sheriff's Office

Woodard, Ernest Jr

Information Technology



Retirees

Name	Department
Cole, Robert G.	Public Works
Lynch, David J.	General Services
MacRae, Peter T.	Police
Merritt, Kay-Lyn P.	Library
Shepard, Linda	Library
Watts, Jean D.	Police
White, Randy A.	Public Works



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Achievements

Educational Achievements Year 2019

Ayasha N. Sledge, Master of Science in Mass Communications – Strategic Public Relations

Department of Human Resources

Joshua C. Gaskins, Master of Exercise Science in Human Performance

Department of Human Resources

Jacqueline M. Palmer, Master of Library Science

Public Library

Tracey L. Brockwell, Master of Library and Information Science and Library Management Graduate Certificate

Public Library

Abigail M. Sebold, International Baccalaureate Diploma

Public Library

Emily J. Hachey, Associate of Science in General Studies

Public Library

Margarita E. Demetriadis, Master of Library and Information Science

Public Library

Marcus B. Martin, Bachelor of Arts in English

Public Library

Daniel Karshenas, Bachelor of Science in Criminal Justice

Henrico County Police Division

Geoffrey C. Greene Ed.D., Educational Doctorate in Leadership

Henrico County Police Division

William J. Fisher, Bachelor of Arts in Homeland Security

Henrico County Police Division

Jonathan M. Lowery, Master of Biblical Studies

Henrico County Police Division

Tiffany N. Skok, Bachelor of Science in Nursing

Henrico County Police Division

Kerri S. Winn, Bachelor of Science in Criminal Justice

Henrico County Police Division

Anna E. Stegner, Master of Social Work

Office of the Commonwealth's Attorney

Monica S. Tolliver, Master of Arts in Human Services Counseling – Family, Public Policy, and the Future

Henrico Juvenile Detention Home

Sheri L. Blume, Bachelor of Arts in Liberal Arts

Department of Social Services



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Brittney E. Lyons, Master of Divinity in Theology

Department of Social Services

Jessica A. Williams, Master of Social Work

Department of Social Services

Ferley T. Yerby, Master of Science in Counselor Education

Department of Social Services

Veronica R. Alborno, Master of Professional Studies in Organization Development and Change

Department of Social Services

Danielle N. Wilson, Associate of Applied Science in Human Services

Department of Social Services

Clarissa E. Sanders, Master of Arts in History

Division of Recreation & Parks

Gia N. Short, Bachelor of Science in Human Services

Department of Finance

Sheila C. Pelkey, Bachelor of Science in Business Administration

Department of Finance

Steven J. Smith, Post-Baccalaureate Undergraduate Certificate

Department of Finance

Victoria P. Davis, Master of Arts in Executive Leadership

Department of Public Relations and Media Services

Spencer R. Dunn, Bachelor of Science in Mass Communications

Department of Public Relations and Media Services

Christopher M. Ray, Associate of Applied Science in Emergency Medical Services – Paramedic

Division of Fire

Timothy W. Farrar, Associate of Applied Science in Emergency Medical Services – Paramedic

Division of Fire

Joseph R. Powers, Master of Public Administration

Division of Fire

Gerry F. Alley, Bachelor of Science in Business Administration

Division of Fire

William N. Cheeley III, Bachelor of Science in Fire Administration

Division of Fire