

EMPLOYEE NEWSLETTER

Upcoming Events

- FEB 7** **National Wear Red Day**
 Friday, February 7th
- FEB 15** **Tribute to Ladies of Motown**
 Saturday, February 15th
- FEB 17** **President's Day [Office Closed]**
 Monday, February 17th

- Welcome to the County!
- Retirees
- Achievements
- Printable PDF

Tweets by @HenricoHR

 **Henrico HR**
 @HenricoHR
 #HenricoJobs Water Quality Compliance Specialist
 Closes 2/3
 Performs all types of sampling and monitoring
 including routine, non-routine, and complex at
 locations Countywide as assigned bit.ly/2RKp1wp
 #ApplyHenrico #GovernmentJobs
 #careeropportunity #Careers #jobsearch



 **Henrico HR**
 @HenricoHR
 #HenricoJobs Senior Family Services Specialist
 Closes 2/3
 Performs casework duties under general supervision

Black History Month at the Library

February 3, 2020

Henrico County Public Library is committed to engaging and inclusive programming and services year-round. We also observe commemorative months, which...

[Read More](#)



Announcements

Wear Red on Friday, February 7! The National Heart, Lung and Blood Institute and many groups around the country observe National Wear Red Day each year on the first Friday of February to raise awareness about heart disease as the leading cause of death among Americans, especially women. #WearRedDay

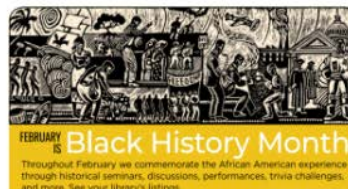
Congratulations to our January County Connection Trivia Winner!

Julian Charity, Meadow Farm Site Coordinator for Henrico County Recreation and Parks was the first person to correctly tell us that one of the ways to avoid added sugars in your diet is to check the nutrition facts label and ingredients. THANK YOU to all who participated!

** February County Connection Trivia **

In January, the County Manager presented his State of the County with a theme of "soar above." Email [Christy Nealey](#) with who he quoted in his opening and you could be selected as February's County Connection Trivia Winner! [Read the January 2020 County Connection](#) to review the article.

February Articles



Black History Month at the Library

Henrico County Public Library is committed to engaging and inclusive programming and services year-round. We also observe



Henrico's internship program expands to students at Cristo Rey High

for the Child Protective Services team bit.ly/2pKAE0c
#ApplyHenrico #JobSearch #governmentJobs

Embed

[View on Twitter](#)

commemorative months, which
[Read more.](#)

Students from Cristo Rey High School in
Richmond have been interning with Henrico
County since the beginning of their school
[Read more.](#)



Healthy for Life! How to
Live Your Healthiest Life –
Adding positive habits and
breaking bad habits, part
three

+ Eat Healthy Fats-Limited Meat and High-Fat
Dairy Does my body need fats? Yes, it does.
Dietary fats are essential

[Read more.](#)

Welcome to the County!

Name	Department
Bailey, Sam	General Services
Barakat, Tracey	Police
Barnes, George William II	Police
Belton, Kyle Edward	Police
Betley, Cody	Public Utilities
Bolt, Chris Lee	Recreation
Brandt, Zachary John	Public Utilities
Buck, Rachael Lee	Police
Budnick, Maria M	Sheriff's Office
Burnett, Joseph D	Public Works
Butner, Corie Ann	Police
Delgado, Daniel Zamarripa	Police
DeVaughn, Virginia May	Commonwealth's Attorney
Devers, Jordan Helen Marie	Police
Dickson, Jessica Elizabeth Rebecca	Police
DiSavino, Annmarie	Police
Drysdale, Brian Douglas	Police
Ferguson, Ashley Nicole	Public Works



PAST NEWSLETTERS

February 2020

January 2020

December 2019

November 2019

October 2019

September 2019

August 2019

July 2019

Flinn, Douglas C	Finance	📅 June 2019
Flippen, Michael Alexander	Police	📅 May 2019
Frye, Charles Allen	Police	📅 April 2019
Gallagher, Rachel Ann Vanest	Police	📅 March 2019
Garrett, Shannon C	MH/DS	📅 February 2019
Goode, Justin A	Public Works	📅 January 2019
Hagood, Karolyn Patricia	Police	📅 December 2018
Higgins, Mickey S	Public Works	📅 November 2018
Hill, Marissa Lynn	Police	📅 October 2018
Hodges, Heather R	Police	📅 September 2018
Jackson, Demetrick Allen	Police	📅 August 2018
Jackson, Dominic Antoine	Recreation	📅 July 2018
Javins, Christian Noah	Police	📅 May 2018
Jefferson, Montreal Lamont	Public Utilities	
Johnson, Jericia V	MH/DS	
Kubicki, Erin	Fire	
Leftwich, Lauren Michelle	Public Utilities	
Lopez, Eduardo L	Commonwealth's Attorney	
Mann Smith, Kyle J	Sheriff's Office	
McCarthy, Mitchell Robert	Police	
McCulley, Michael Cory	MH/DS	
McCarthy, Mitchell Robert	Police	
McCulley, Michael Cory	MH/DS	
McCune, Kelly Gayle	Police	
McNairy, Tatyana Yakubovna	Library	
Meyer, Susan	Commonwealth's Attorney	
Miffleton, Kenneth Wayne	General Services	
Minor, Heather Reid	Commonwealth's Attorney	
Phillips, Timeka E	MH/DS	
Resen, Noori Ahmed	Police	
Roach, Elizabeth Temple	Commonwealth's Attorney	
Rowe, Jill F	General Services	
Shilling, Chelsea Morgan	Police	
Smith, Jennifer Nicole	Police	
Steelman, Wesley David	Police	
Stitzer, Kenneth Michael	Police	
Tolliver, Petrich Wayne (Pete)	MH/DS	
Turner, Jelisa Symone	Fire	
Turner, William E	Police	
Vinicombe, Russel R	Circuit Court Clerk's Office	
Watson, Alyssa S	Sheriff's Office	
Williams, Michaela Ashley	Police	
Wolfe, Nicholas J	Public Works	
Wyand, Erik Ross	Public Utilities	

Retirees

Name

Christopher Harris

Riva O'Sullivan

Department

Police

Social Services



Black History Month at the Library

February 2020

by Patty Conway, Community Relations Coordinator, Henrico County Public Library



FEBRUARY IS Black History Month

Throughout February we commemorate the African American experience through historical seminars, discussions, performances, trivia challenges, and more. See your library's listings.

Henrico County Public Library is committed to engaging and inclusive programming and services year-round. We also observe commemorative months, which enable us to focus our efforts throughout the year on celebrating our diverse community. This February, library staff have planned a wide array of events for adults, children, and teens that recognize the enormous cultural contributions and civil rights achievements of African Americans for Black History Month. You can also visit your local library to peruse a Black History Month-themed display in February and find related reading and research material year-round at HCPL in print and online. Read on for a highlight of Black History Month events at HCPL.

For a complete list of events and their descriptions, please visit our [events calendar](#).

Other ways you can engage with black history, literature, and culture at HCPL include:

- Joining our Black Authors Book Discussion Group at Fairfield Library
- Encouraging teens in your life to join the Diversity Club for Teens at Varina Library
- Visiting the Trailblazers Wall at Fairfield Library for interactive, multimedia biographies of black people who changed the course of history in Henrico, the state, and the nation
- Keeping an eye on our [events calendar](#) for regular programming about black history and culture.

Upcoming Black History Month events at HCPL

Classic Film Series at Fairfield Library

Feb. 3, Mon, 1:30 PM *Their Eyes Were Watching God*

Feb. 10, Mon, 1:30 PM *Remember the Titans*

Feb. 24, Mon, 1:30 PM *Fences*

The Black Film Canon at Libbie Mill

Feb. 3, Mon, 2:00 PM *Straight Outta Compton*

Feb. 4, Tue, 2:00 PM *Do The Right Thing*

Feb. 10, Mon, 2:00 PM *Cooley High*

Feb. 18, Tue, 2:00 PM *Creed*

Feb. 24, Mon, 2:00 PM *Get Out*

Feb. 25, Tue, 2:00 PM *Boyz n the Hood*



Search...



PAST NEWSLETTERS

February 2020

January 2020

December 2019

November 2019

October 2019

September 2019

August 2019

July 2019

June 2019

May 2019

April 2019

March 2019

February 2019

January 2019

December 2018

November 2018

October 2018

September 2018

August 2018

July 2018

Revisiting the Founding Era Discussion at Varina Library
Feb. 4, Tue, 7:00 PM

Black History Month Trivia for Teens at Tuckahoe Library
Feb. 5, Wed, 5:00 PM

I am 400: The Art of Jerome and Jeromyah Jones at North Park
Feb. 5, Wed, 6:30 PM

Book Discussion: *The Cooking Gene: A Journey Through African American History in the Old South* at Twin Hickory Library
Feb. 5, Wed, 7:00 PM

Coretta Scott King Read-Aloud at Fairfield Library
Thursdays in February, 6:00 PM

VMFA Presents: Frederic Remington and the Buffalo Soldiers at Libbie Mill Library
Feb. 11, Tue, 6:00 PM

An African Culture Experience at Varina Library
Feb. 15, Sat, 2:00 pm

Petersburg Chapter of the Tuskegee Airmen at Libbie Mill
Feb. 15, Sat, 4:00 pm

Teen Book Night at Varina Library
Feb. 18, Tue, 7:00 PM

African Tales with Dylan Pritchett
Feb. 19, Wed, 6:00 PM at Fairfield Library
Feb. 22, Sat, 10:30 AM at Twin Hickory Library
Feb. 22, Sat, 2:00 PM at Libbie Mill Library

Revisiting the Founding Era Conversation at Tuckahoe Library
Feb. 19, Wed, 7:00 PM

VCU Presents: School Desegregation in Virginia at Tuckahoe Library
Feb. 20, Thu, 6:30 PM

20 and Odd: Africans' Arriva in 1619 screening at Twin Hickory Library
Feb. 21, Fri, 10:00 AM

Reconstructing Family: Post-Emancipation Records at the Library of Virginia at Sandston Library
Feb. 22, Sat, 10:30 AM

African American art at the VMFA at Glen Allen Library
Feb. 27, 6:00 PM

Bright Star Theater Presents: Black History Hall of Fame
Feb. 22, Sat, 10:00 AM at Sandston Library
Feb 22, Sat, 1:00 PM at North Park Library

Bright Star Theater Presents: Rosa Parks and Friends at Gayton Library
Feb. 29, Sat, 4:00 PM

black history month county connection library

Henrico's internship program expands to students at Cristo Rey High

February 2020

by By: Gabby Brophy, Intern, Henrico County Public Relations



Students from Cristo Rey High School in Richmond have been interning with Henrico County since the beginning of their school year. They register citizens to vote, record county taxes, manage general services of the county and help libraries. And they're only freshmen.

Cristo Rey is a private high school that exclusively serves students of limited income. As the founding class of the 37th Cristo Rey school in the nation, the Richmond students are part of a 12,000-student body who work with more than 1,700 businesses nationally.

The Corporate Work-Study Program allows students to gain valuable work experience and help finance their tuition while taking a full load of classes that will prepare them for college and life after school.

Henrico implemented its internship program in 2012 to help high school and college students develop workplace readiness skills, gain appreciation for public service and become marketable to future employers. To date, the county has had 482 interns complete the program. Henrico agreed to be a founding corporate partner with Cristo Rey students when the school opened in fall 2019.

Elizabeth, who works in the Department of Finance, said, "It's the little steps that get you where you want to be." She plans to remain committed to her studies at Cristo Rey and hopes to pursue college after graduation. She appreciates the internship opportunities because she knows this will give her a leg up in the workplace and when applying to colleges.

The students' exposure to a professional workplace at such a young age has given them experiences that most students don't get until after high school.



For example, Celiana, who works in the Office of Voter Registration and Elections, said she has learned computer and office skills that will give her more job opportunities in the future. Joshua, who works in the Department of General Services, said that he has learned how to talk to adults in a way that has built his confidence and leadership skills.

"The Cristo Rey interns are learning about the responsibilities of holding a job and how to conduct themselves in a professional environment," said Debbie Lumpkin, Internship Program Coordinator. "They are providing support to our staff in carrying out daily duties and learning about the department in which they are working. The students are eager to learn and explore career possibilities."

As members of Cristo Rey's founding class, interns hope that this program grows so that others can reap the benefits just like these students have. They all advocate for Cristo Rey and want to see the school grow into a staple for the Richmond

community.



Search...



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February 2020

January 2020

December 2019

November 2019

October 2019

September 2019

August 2019

July 2019

June 2019

May 2019

April 2019

March 2019

February 2019

January 2019

December 2018

November 2018

October 2018

September 2018

August 2018

July 2018

May 2018

Healthy for Life! How to Live Your Healthiest Life – Adding positive habits and breaking bad habits, part three

February 2020

by Liz Stovall, Fitness and Wellness Division Manager, Department of Human Resources



**°CHECK+ HEART-CHECK+°
+FOR THE MARK+°**

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

1000+ products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is some of what it takes to be Heart-Check certified*:

- SOURCE OF NUTRIENTS**
Beneficial Nutrients (naturally occurring):
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)
- LIMITED IN BAD FATS**
Saturated Fat:
1 g or less per standard serving size and 15% or less calories from saturated fat
Trans Fat:
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.
- LIMITED IN SODIUM**
Sodium:
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*



+ Eat Healthy Fats-Limited Meat and High-Fat Dairy

Does my body need fats?

Yes, it does. Dietary fats are essential to give your body energy and support cell growth. They also protect your organs and help keep your body warm. Fats help your body absorb some nutrients (vitamins A, D, E and K) and produce important hormones, too. Your body definitely needs fat.

Fats: They're not all the same.

Monounsaturated fats are found in olive, canola and peanut oils, as well as most nuts and avocados.

Polyunsaturated fats are found in other plant-based oils, such as safflower, corn and sunflower oils.

Saturated fats are found in animal-based foods like red meats, poultry, lard, egg yolks and whole-fat dairy products (butter and cheese). They're also in many coffee creamers, snack crackers and baked goods.

Trans fats – also called hydrogenated vegetable oil – is found in hardened vegetable fats (stick margarine and vegetable shortening). It is also in processed foods including many snack crackers, cookies, cakes, pies and other baked goods in the bakery section of your grocery store.

Monounsaturated and polyunsaturated fats are the best choices. Look for food products with little or no saturated fats and do your best to avoid trans fats. Saturated and trans fats tend to be more solid at room temperature (like a stick of butter), while monounsaturated and polyunsaturated fats tend to be more liquid (like liquid vegetable oil and olive oil).

Fats can also have different effects on the cholesterol levels in your body. The bad fats, saturated fats and trans fats raise bad cholesterol (LDL) levels in your blood. Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels and are beneficial when consumed as part of a healthy dietary pattern.

You can live heart healthy!

Throughout the day, you'll make decisions that affect how well you follow heart healthy lifestyle habits. Do I eat a hamburger with fries or soup and salad? Do I go for a walk or not? Be prepared for these moments of decision and strategize how best to guide yourself into making the right choices. Pretty soon, with continued practice, these moments of decisions will simply become habit.

For more resources on healthy habits, visit [Power Henrico](#).



Search...



PAST NEWSLETTERS

February 2020

January 2020

December 2019

November 2019

October 2019

September 2019

August 2019

July 2019

June 2019

May 2019

April 2019

March 2019

February 2019

January 2019

December 2018

November 2018

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Healthy For Good™

°CHECK+ +FOR THE HEART-CHECK MARK+°

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||LIMITED IN SODIUM

Sodium:
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||LIMITED IN BAD FATS

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TO LEARN MORE, VISIT
HEARTCHECK.ORG

Each February we celebrate **National Heart Health Month** by motivating our coworkers to adopt healthy lifestyles to prevent heart disease. Research shows we are more successful at meeting personal health goals when we join forces and work toward a common goal. Register today for the [Healthy Heart Challenge](#).

National Wear Red Day is February 7.

National Wear Red Day February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

#WearRedDay
nhlbi.nih.gov



NIH National Heart, Lung, and Blood Institute



county connection Health Power Henrico

◀ [Spending Versus Saving: How Changing Your Habits Can Change Your Future](#)

[Henrico's internship program expands to students at Cristo Rey High](#) ▶