

HENRICO COUNTY CONNECTION

EMPLOYEE NEWSLETTER

Upcoming Events

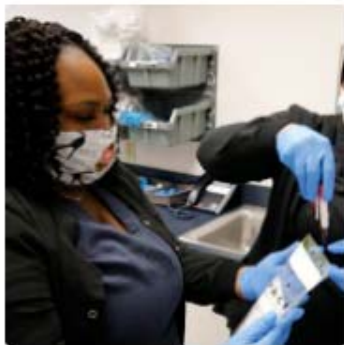
- FEB 14** Valentine's Day
Sunday, February 14th
- FEB 15** President's Day [Offices Closed]
Monday, February 15th
- FEB 23** Public Safety Blood Drive
Tuesday, February 23rd

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

Tweets by @HenricoHR

Henrico HR
@HenricoHR

We are looking for COVID Vaccination Medical Assistants for immediate hire. This position will be responsible for providing administrative support at designated County COVID Vaccination Site. Apply today at bit.ly/39YaSIA #ApplyHenrico #HenricoJobs #NowHiring



Jan 28, 2021

Henrico HR
@HenricoHR

We are looking for COVID Vaccination Medical Assistants for immediate hire. This position will be

Make Heart Health Part of Your Self-Care Routine

February 1, 2021

Devoting a little time every day to care for yourself can go a long way toward protecting the health of...

[Read More](#)



Putting #OurHearts at the top of our self-care list reduces our risk of heart disease and can help inspire others to do the same.

Announcements



February Articles



Connections to History and Community

Celebrating Black History Month with the story of Woodland Cemetery and its Restoration project.



Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of

responsible for providing administrative support at designated County COVID Vaccination Site. Apply today at bit.ly/39YaSIA #ApplyHenrico #HenricoJobs #NowHiring

Embed

[View on Twitter](#)



10 Surprising Health Benefits of Love

"I need somebody to love," sang the Beatles, and they got it right. Love and health are intertwined in surprising

Welcome to the County!

Name

Bailey, Jennifer Kristen
Baker, Joshua William
Bolton, Ralph Lee Herbert
Brown, Monte Dashawn
Brumfield, Susan N
Burrell, Rondell Quinton
Christian, Larry Darnell
Clay, Lauren Amburn
Crabbe, Taylor Marie
Erath, Kristen Joy
Frias, Ignacio Robert IV
Gentry, Ryan Stevenson
Glaze, Omar Amadeo
Goode, Linda A
Grosz, Diane Lynn
Gunderman, Paige Marie
Harris, Donnell Jerome
Harris, Kevin Lewis Jr
Hernandez, Emmanuel
Holyfield, Tracey Lee
Jackson, Christopher Anthony
Jett, Melody Erin
Jin, Yi
Journigan, Brittney Nichole
Keithly, Brandon Joshua
Lampkin-Briscoe, Sharika Mechelle
Martin, John Philip
McMichael, Joel Camden
Meyer, Caleb Michael
Noakes, Charles Randall
Oliver, Ashley Michelle
Pardee, Levi Wesley

Department

Recreation
Police
Public Works
Public Works
General Services
Recreation
Recreation
Public Works
Social Services
Information Technology
Police
Public Utilities
Police
Community Revitalization
Public Utilities
Police
Public Utilities
Police
Police
Finance
Recreation
Finance
Police
MH/DS
Police
MH/DS
Police
Police
Police
Fire - (Intern)
Public Utilities
Sheriff's Office
Police



PAST NEWSLETTERS

February 2021

January 2021

December 2020

November 2020

October 2020

September 2020

August 2020

July 2020

June 2020

May 2020

April 2020

March 2020

February 2020

Peterson, Lola Fay
 Piercy, Joshua C
 Puryear, Kemelee Mallory
 Rash, Tyler Southall
 Reisenberg, Stephanie Ann
 Richardson, Nicholas Albert
 Ridenour, Byron Yale
 Scheu, Laura Amanda Kathleen
 Seward, Yonathan Anthony
 Stone, Samuel Carson
 Tate, Carrie Elizabeth
 Taylor, Nikia Sharne
 Tosick, Elizabeth Anne
 Turnage, Tiffany M
 Wahba, Martin Safwat
 West, Barbara J
 Williams, Darius Lee
 Zapparata, Dahlia Nanette

Sheriff's Office
 Public Works
 MH/DS
 Police
 Public Works
 Police
 Recreation
 MH/DS
 Police
 Police
 Police
 Public Utilities
 Police
 Sheriff's Office
 Circuit Court Clerk
 Police
 Police
 Police

Retirees

Name
 Ackerman, Joan
 Banks, Mark
 Gaskell, Laura
 Ingram-Zmachinski, Stacey
 Long, Alatha
 McMillen, Eric
 Powell, Daryl

Department
 Library
 Police
 Police
 MH/DS
 Finance
 Police
 Sheriff

Connections to History and Community

February 2021 Edit

by Christy Nealey, Technology and Marketing Specialist, Department of Human Resources



In the 2020 State of the County, Henrico's leaders reflected on the numerous projects and accomplishments achieved throughout the year; underlining the importance that "everything we do is about strengthening Henrico's connections;" not only our connections to the people of our community but to our history as well. As County Manager, John Vitoulkas, said, "The decisions we make today have a direct impact on our community tomorrow, just as decisions made years, even decades ago, benefit us today."

Years ago, *Richmond Planet* editor John Mitchell, Jr. decided to establish Woodland Cemetery for the interment of Black residents during a time of strict segregation. Today, there are over 30,000 graves on this 29-acre land laid out in a radial design that pays tribute to African American leaders. At its heart are circles named after Frederick Douglass and Booker T. Washington, with John Jasper Road bisecting it north and south. Local contractor William R. Mason built an impressive front entrance with granite pillars and an iron gate. The company soon built a chapel and keeper's house in the rear of the property. Woodland Cemetery is the final resting place of prominent individuals such as tennis champion and civil rights activist Arthur Ashe Jr. and the Rev. John Jasper, founder of Sixth Mount Zion Baptist Church in Richmond, as well as

January 2020
 December 2019
 November 2019
 October 2019
 September 2019
 August 2019
 July 2019
 June 2019
 May 2019
 April 2019



Search...



PAST NEWSLETTERS

February 2021
 January 2021
 December 2020
 November 2020
 October 2020
 September 2020
 August 2020
 July 2020
 June 2020
 May 2020
 April 2020
 March 2020

doctors, dentists, bankers, and a woman who spied for the Union during the Civil War. It was once touted as "the Most Remarkable Tract of Land ever set apart for our people in the State."

Unfortunately, over the years, this historic cemetery was neglected and fell into disrepair. Last year, many Henrico County volunteers spent their time pulling weeds, mowing the grass, and cleaning headstones as a jumpstart to the Woodland Cemetery Restoration Project. Then, with the aid of a \$25,000 grant, the nonprofit Evergreen Restoration Foundation was able to purchase the property and hopes to fulfill plans to restore the grounds as a place of reverence and honor for those buried there. "We're going to get this under control," Marvin Harris, executive director of the Foundation said of conditions at Woodland Cemetery. "We're going to bring this back to where it used to be, with the help of the county. Henrico has really embraced this project a thousand percent. They make it a lot easier for me to stand up here right now and indicate to the public that we will get the process done."

Jeanne Moutoussamy-Ashe, Ashe's widow, welcomed the plans for Woodland Cemetery and expressed gratitude to its new owners and Henrico. "Many leaders in Richmond's African American community are buried at Woodland Cemetery, including my late husband, Arthur Ashe. I support these efforts to restore the Cemetery and unlock the rich stories of those buried there. A holistic understanding of Richmond's poignant history may be the best way to lead us all into the future."

This cemetery is one of many historical, local landmarks that connects us to our past. It holds so much history and is still in need of volunteers and donations to see it restored to its former glory. If you are interested in getting more involved, please contact Evergreen Restoration Foundation. If you would like to learn more about local history, here are a few resources and other historical sites:

Veronica Davis, *Here I Lay My Burdens Down: A History of the Black Cemeteries of Richmond, Virginia* (Richmond: Dietz Press, 2003)

Selden Richardson, *Built By Blacks: African American Architecture and Neighborhoods in Richmond* (Richmond: Dietz Press, 2007)

https://richmond.com/discover-richmond/unsung-sites-of-black-history-in-the-richmond-area/article_ca1d1a37-8fab-522b-8305-8420bfe368d9.html

<https://henrico.us/news/2020/08/henrico-to-support-nonprofits-restoration-of-historic-woodland-cemetery/>

<https://www.richmondcemeteries.org/woodland/>

Have you ever wondered about holidays that are observed throughout the year? To find out more, we invite you to explore the [Holidays and Celebrations](#) page to learn about the histories, cultures and traditions behind these occasions.



Make Heart Health Part of Your Self-Care Routine

February 2021 [Edit](#)

by National Heart, Lung, and Blood Institute

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

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



Search...



PAST NEWSLETTERS

February 2021

January 2021

December 2020

November 2020

October 2020

September 2020

August 2020

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

Wellness Wednesday

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the *Journal of the American Heart Association*. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at nhlbi.nih.gov/ourhearts or follow #OurHearts on social media.

📅 July 2020

📅 June 2020

📅 May 2020

📅 April 2020

📅 March 2020

📅 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

10 Surprising Health Benefits of Love

February 2021 [Edit](#)

by Sherry Rauh, WebMD



"I need somebody to love," sang the Beatles, and they got it right. Love and health are intertwined in surprising ways. Humans are wired for connection, and when we cultivate good relationships, the rewards are immense. But we're not necessarily talking about spine-tingling romance.

"There's no evidence that the intense, passionate stage of a new romance is beneficial to health," says Harry Reis, PhD, co-editor of the Encyclopedia of Human Relationships. "People who fall in love say it feels wonderful and agonizing at the same time." All those ups and downs can be a source of stress.

It takes a calmer, more stable form of love to yield clear health benefits. "There is very nice evidence that people who participate in satisfying, long-term relationships fare better on a whole variety of health measures," Reis tells WebMD.

Most of the research in this area centers on marriage, but Reis believes many of the perks extend to other close relationships — for example, with a partner, parent, or friend. The key is to "feel connected to other people, feel respected and valued by other people, and feel a sense of belonging," he says. Here are 10 research-backed ways that love and health are linked:



PAST NEWSLETTERS

February 2021

January 2021

December 2020

November 2020

October 2020

September 2020

August 2020

July 2020

June 2020

May 2020

April 2020

March 2020

February 2020

1. Fewer Doctor's Visits

The Health and Human Services Department reviewed a bounty of studies on marriage and health. One of the report's most striking findings is that married people have fewer doctor's visits and shorter average hospital stays.

"Nobody quite knows why loving relationships are good for health," Reis says. "The best logic for this is that human beings have been crafted by evolution to live in closely knit social groups. When that is not happening, the biological systems ... get overwhelmed."

Another theory is that people in good relationships take better care of themselves. A spouse may keep you honest in your oral hygiene. A best friend could motivate you to eat more whole grains. Over time, these good habits translate to fewer illnesses.

2. Less Depression & Substance Abuse

According to the Health and Human Services report, getting married and staying married reduces depression in both men and women. This finding is not surprising, Reis says, because social isolation is clearly linked to higher rates of depression. What's interesting is that marriage also contributes to a decline in heavy drinking and drug abuse, especially among young adults.

3. Lower Blood Pressure

A happy marriage is good for your blood pressure. That's the conclusion of a study in the *Annals of Behavioral Medicine*. Researchers found happily married people had the best blood pressure, followed by singles. Unhappily married participants fared the worst.

Reis says this study illustrates a vital aspect of the way marriage affects health. "It's marital quality and not the fact of marriage that makes a difference," he tells WebMD. This supports the idea that other positive relationships can have similar benefits. In fact, singles with a strong social network also did well in the blood pressure study, though not as well as happily married people.

4. Less Anxiety

When it comes to anxiety, a loving, stable relationship is superior to new romance. Researchers at the State University of New York at Stony Brook used functional MRI (fMRI) scans to look at the brains of people in love. They compared passionate new couples with strongly connected long-term couples. Both groups showed activation in a part of the brain associated with intense love.

"It's the dopamine-reward area, the same area that responds to cocaine or winning a lot of money," says Arthur Aron, PhD, one of the study's authors. But there were striking differences between the two groups in other parts of the brain. In long-term relationships, "you also have activation in the areas associated with bonding ... and less activation in the area that produces anxiety." The study was presented at the 2008 conference of the Society for Neuroscience.

5. Natural Pain Control

The fMRI study reveals another big perk for long-term couples — more activation in the part of the brain that keeps pain under control. A CDC report complements this finding. In a study of more than 127,000 adults, married people were less likely to complain of headaches and back pain.

A small study published in *Psychological Science* adds to the intrigue. Researchers subjected 16 married women to the threat of an electric shock. When the women were holding their husband's hand, they showed less response in the brain areas associated with stress. The happier the marriage, the greater the effect.

6. Better Stress Management

If love helps people cope with pain, what about other types of stress? Aron says there is evidence of a link between social support and stress management. "If you're facing a stressor and you've got the support of someone who loves you, you can cope better," he tells WebMD. If you lose your job, for example, it helps emotionally and financially if a partner is there to support you.

7. Fewer Colds

We've seen that loving relationships can reduce stress, anxiety, and depression — a fact that may give the immune system a boost. Researchers at Carnegie Mellon University found that people who exhibit positive emotions are less likely to get sick after exposure to cold or flu viruses. The study, published in *Psychosomatic Medicine*, compared people who were happy and calm with those who appeared anxious, hostile, or depressed.

📅 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

8. Faster Healing

The power of a positive relationship may make flesh wounds heal faster. Researchers at Ohio State University Medical Center gave married couples blister wounds. The wounds healed nearly twice as fast in spouses who interacted warmly compared with those who demonstrated a lot of hostility toward each other. The study was published in the Archives of General Psychiatry.

9. Longer Life

A growing body of research indicates that married people live longer. One of the largest studies examines the effect of marriage on mortality during an eight-year period in the 1990s. Using data from the National Health Interview Survey, researchers found that people who had never been married were 58% more likely to die than married people.

Aron tells WebMD marriage contributes to longer life mostly through "mutual practical support, financial benefits, and children who provide support."

But Reis sees an emotional explanation. Marriage protects against death by warding off feelings of isolation. "Loneliness is associated with all-cause mortality — dying for any reason," he says. In other words, married people live longer because they feel loved and connected.

10. Happier Life

It may seem obvious that one of love's greatest benefits is joy. But research is just beginning to reveal how strong this link can be. A study in the Journal of Family Psychology shows happiness depends more on the quality of family relationships than on the level of income. And so we have scientific evidence that, at least in some ways, the power of love trumps the power of money.

Nurture Your Relationships

To foster a loving relationship that yields concrete benefits, Aron offers four tips:

1. If you are depressed or anxious, get treatment.
2. Brush up on communication skills and learn to handle conflict.
3. Do things that are challenging and exciting with your loved one on a regular basis.
4. Celebrate each other's successes.

This last point is crucial, Aron tells WebMD. Although partners often provide support during a crisis, this support is even more beneficial during good times. As the proverb goes, *Shared sorrow is half sorrow; shared joy is double joy.*

<https://www.webmd.com/sex-relationships/features/health-benefits#4>