

Upcoming Events

No upcoming events.

Don't forget your annual checkup (of your retirement readiness)

January 6, 2021

Don't forget your annual checkup (of your retirement readiness) Checkups — they're something we all know we should do...

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Tweets by @HenricoHR



Henrico HR
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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
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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

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Announcements

The past year has been challenging for all of us, but especially for our loved ones living in long term care facilities. EngAGE would like to **Spread The Love** to our friends in long term care facilities through **Valentine's Day Cards!** Below you will find more information on how to participate. Cards must be received by Friday, February 5.



January Articles



Don't forget your annual checkup (of your retirement readiness)

Don't forget your annual checkup (of your retirement readiness) Checkups — they're something we all know we should do



Home Gym Equipment: Functional Over Fancy?






With more people/employees working from home and public gym restrictions, the demand and prices of home exercise equipment have gone

Welcome to the County!

Name	Department
Akrong, John	Sheriff's Office
Albert, Quinton Michael	Recreation
Almonte Ortega, Wilnely Altagracia	Social Services
Artis, Brittney Michelle	Community Corrections
Ashworth, Jeffery S (Jeff)	Police
Barnes, Andrea Shaneka	MH/DS
Batdorf, Matthew Alexander	Public Works
Baugh, Christopher Raymon	Public Utilities
Benn, Marquelle Alyson	Finance
Billingslea, George Ray	Public Utilities
Boyd, Kenneth L Jr	Recreation
Bridges Larkin, Allison Luck	County Attorney
Caterson, Evan Donald	Public Utilities
Dickinson, Destiny Lynn	Sheriff's Office
Eubanks, Treonna Renee	Social Services
Harris, Noreen Fleming	MH/DS
Hodge, Edward Wayne	Sheriff's Office
Ilesanmi, Taiwo O	Sheriff's Office
Jackson, Michelle Denise (Shell)	Juvenile Detention
"Jones , Nicole Jasmine"	Community Corrections
Joyner, Taylor Zsae	Social Services
Kos, Jordan Ryan	Police
Leverett, Sabur A	Sheriff's Office
McAnally, Christian Lee	MH/DS
Meadows, Christie Lee	Sheriff's Office
Otey, Sara Louise	MH/DS
Robertson, Patrick Alan	Public Utilities
Saunders, Christopher Levar	Recreation
Smith, Brandon M	Sheriff's Office
Sowder, Carolyn H	Human Resources
Stickford, Emily Roma	MH/DS
Suarez, Virgil Panaligan	Sheriff's Office
Taylor, Andre Antwan Jr.	Public Utilities
Turgeon, Steven M II	Recreation
Vockel, Monica	MH/DS
Williams, Tanisha Renee	Social Services

PAST NEWSLETTERS

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Retirees

Name	Department
Wade, Robin	Sheriff
Johnson, Michelle	Police
Hawkins, Michael	Recreation

Don't forget your annual checkup (of your retirement readiness)

January 2021

by Empower Retirement



Don't forget your annual checkup (of your retirement readiness)

Checkups — they're something we all know we should do and they're easy to postpone. But whether you're considering your physical health or your retirement readiness, it's important to get a regular review of your vital signs so you can make any needed changes.

The good news is that you don't have to schedule an appointment for a checkup of your retirement readiness. You can do it yourself at any time on empowermyretirement.com. Start with the following:

- 1. Check your Lifetime Income Score¹** – Your Lifetime Income Score is a helpful estimate of your future retirement readiness. When you log in to your account, you can immediately see whether you're on course to meet your retirement income goals. Choose the "Other Assets" link to add other retirement income like a pension or IRA for a more realistic score. Then you can experiment with how a change in your planned retirement date and your contribution rate affect your retirement income. And you can get recommendations for other things you can do to achieve the retirement you want.
- 2. Consider increasing your contribution amount** – If you've never changed the amount you contribute to your retirement account from when you first enrolled, it may be time for an update. Your contribution level is one of the most important factors in reaching your retirement goals.
- 3. Review your asset allocation^{2,3}** – Does your retirement investment portfolio have the right balance of risk and return potential for your age and situation? In general, people reduce their investment risk as they get closer to their retirement date. They want to protect the assets that they'll soon rely on for retirement income. But if you still have years or decades to go before you retire, investing too conservatively could limit your ability to capitalize on compounded growth potential.
- 4. Designate — or update — your beneficiary information** – A beneficiary is the person you choose to inherit the assets in your retirement account in the event of your death. If you never designated a beneficiary — or if you need to update your choice — take a few minutes to log in to your account and complete this important task. It can make the process of settling your affairs a little easier for the people you care about.

If you have questions about any of these areas — or if you'd like other suggestions for your retirement readiness checkup — schedule some time with your retirement plan advisor, Tom Ferguson, by contacting him at 720-538-6864 or tom.ferguson@empower-retirement.com.



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1 IMPORTANT: The projections, or other information generated on the website by the investment analysis tool regarding the likelihood of various investment outcomes, are hypothetical in nature, do not reflect actual investment results and are not guarantees of future results. The results may vary with each use and over time. Healthcare costs and projections, if applicable, are provided by HealthView Services. HealthView Services is not affiliated with GWFS Equities, Inc. Empower Retirement does not provide healthcare advice. A top peer is defined as an individual who is at the 90th percentile of the selected age band, salary range and gender.

2 Asset allocation does not ensure a profit and does not protect against loss in declining markets.

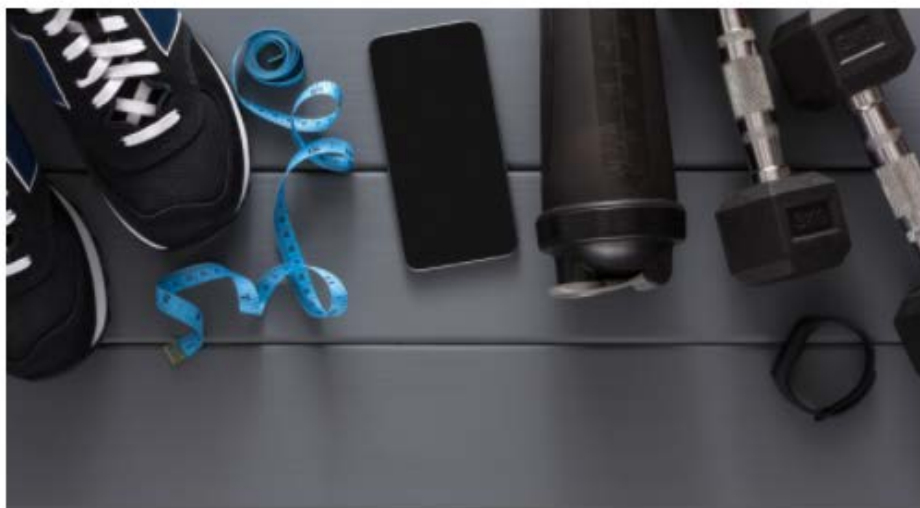
3 Diversification does not ensure a profit and does not protect against loss in declining markets.

county connection retirement

Home Gym Equipment: Functional Over Fancy?

January 2021

by Joey Pacelli, Senior Fitness Trainer, Department of Human Resources



With more people/employees working from home and public gym restrictions, the demand and prices of home exercise equipment have gone a bit crazy. What if you could have a medicine/slam ball, weighted body-bar(s), and sandbag for under \$40? With a little creativity, D.I.Y. at-home exercise equipment can be made for much less than expected. In this article, we will cover how to make these pieces of equipment and some general exercises that can be done with each item.

Sandbag

The sandbag is the easiest of the three pieces to make so let us start there. For making the sandbag you will need a bag of sand (purchased at any big box home store for less than \$5), two trash bags, a roll of duct tape, and a duffle bag/gym bag. To start, you need to figure out how heavy of a sandbag you would like to make and pour out sand to get your desired weight. Now with the desired weight in the sandbag, duct tape the opening to keep the remaining sand from spilling out. Next put the bag into the first of two trash bags. Duct tape that bag and then put the second trash bag over everything. Now you want to duct tape everything especially well and then put the whole thing into a duffle bag/gym bag, and you are done!!!

Exercises: Deadlifts, weighted get-ups, weighted lunges, bear-hug squats, clean and press, weighted step-ups.



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Medicine Ball/Slam Ball

This one is a little more involved and requires a bit more patience. For this, you will need a basketball (\$5 new from Five Below or any discount store or use an old one), sand, funnel, razor blade, sticky tire plug x 2-3, and duct tape. To start you want to cut a small hole in the basketball (the smaller the better- this one was a little bigger than I would have liked because I couldn't find my smaller funnel). Once you have your hole cut you just start funneling sand into the ball until you get to your desired weight (max weight is around 25 pounds based on the size of the ball). Once you have filled the ball to your desired weight you will use your sticky tire plug(s) to get a good seal around the hole. Once you have inserted 1, 2, or even 3 plugs you want to put some duct tape over the hole and plugs, this will help seal everything up.

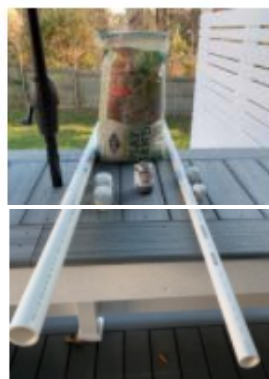


Pro-tips: Watch out for rocks that will clog up the end of the funnel. When you first start using the ball, it is recommended to slam the ball on a hard surface with the plugs hitting the ground first. This will smush and flatten out the plugs help to seal the hole.

Exercises: Squats, BOMB tosses, wallball tosses, Russian twists, squat throws, clean over the shoulder, squat and press, lunge and press.

Body Bars

Out of the gate, these body bars can be highly variable based on your objective. Supplies needed for this are PVC (length and diameter will dictate max weight), two end caps for each bar, sand, and PVC cement, funnel (optional). Pre-cut (as pictured) PVC was used. Pictured on the left is PVC measuring 5 feet by 1.5 inches and on the right is PVC measuring five-feet by 1.0 inch. To start, use the PVC cement and cement one end cap onto the pipe and let it dry. Once the cement is dry fill the PVC with as much sand as you desire. Completely filling the 1.0-inch pipe led to a bar weighing about 8 pounds and filling the 1.5-inch pipe fully led to a bar weighing about 15 pounds. Once you fill the bar to your desired weight use the PVC cement to seal the open end.



Variability: If you do not fill the pipe all the way up there will be left-to-right swaying of the weight of the bar which can be beneficial for making stability-based movements more challenging.

Exercises: Overhead press, back or front squats, bent-over row, chest press, biceps curl, weighted step-ups, overhead lunges, skull crushers.

Hopefully, these equipment ideas get the creative thoughts flowing and give you options to have exercise equipment at home for a lesser cost. We encourage you to try a few workouts as we continue to think of ideas for at-home exercise equipment to publish. If you have questions about any of these items please reach out to Joey Pacelli at PAC037@henrico.us.

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Fitness

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