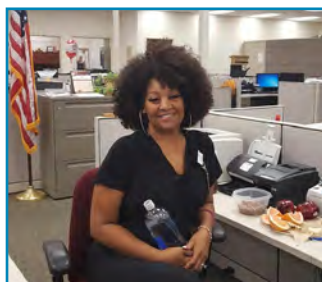




TELL IT WELL EMPLOYEE FEATURE

Our featured employee this month is **Vanessa Pinckney**.

Tell us a little about yourself and your position with Pinellas County? How long have you been working here?



I've been employed with the Clerk's office for 10 years. I'm currently the manager at the Tyrone Traffic Branch. I have two daughters and four grandchildren.

What's the environment/culture like at your worksite?

The Tyrone Branch is one of the busiest facilities in the Pinellas County Clerk's office. The average count is estimated at 4,000 customers a month.

Explain your health and habits prior to your diabetes diagnosis.

Prior to my diabetes diagnosis, I ate a lot of sugary and fatty foods. Salads, vegetables, and fruits were not part of my daily eating equation.

Explain the choices you made to get healthier and your motivation?

I got a rude awakening when I found out that my A1C* was 14. (Healthy A1C is 6 and under.) This high A1C started to affect my eyes and my healing. For the past 2 years my healing process has been long and difficult. After the last scare, I started to re-direct my eating habits and lifestyle. I try to stay physically active and eat lots of fruits, vegetables, and nuts. I'm also getting married this year and want

* The A1C test is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past three months. The A1C test is the primary test used for diabetes management and research.

Continued on page 2.

Men's Health

Learn about common men's health topics in the following excerpted article from UHC. Online seminars and podcasts on a variety of topics are also listed [on this page](#).

Screenings and immunizations

Real men DO get checkups. Preventing disease and detecting health issues early, if they occur, are important to living a healthy life. Use United Healthcare's [online tool](#) to get recommended immunization and screening schedules. Schedule a preventive



visit with your doctor, who will consider personal risk factors, such as age, family medical history, general health and lifestyle, to make recommendations for the appropriate preventive health screenings. Talk to your doctor about any specific health questions and concerns, and use these guidelines, along with the advice of your doctor, to maintain or improve your health.

Continued on page 4.

Wear BLUE Day 2016 is Friday, June 17th

National Wear BLUE Day is celebrated the Friday of Men's Health Week. Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. If Friday of Men's Health Week doesn't work for you then pick any other day of the year and start a fun **Wear BLUE** day at work. Show your support for the men and boys in your lives. [#ShowUsYourBlue](#)





**Your
UHC
Nurse**
Amy

Why Do Some Men Put Off Doctor Visits?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Why do some men refuse to go to the doctor regularly? While this may seem like a mystery, the **American Heart Association** has noted some of the following reasons excuses why men will delay personal health care. Please take advantage of the many embedded hyperlinks in this article to gain even more knowledge about men's health.

1. "I don't have a doctor."

Step one toward staying healthy is finding a doctor you trust. But you'll never know if you trust one unless you try. Use the myuhc.com website to locate physicians who are in your network. Or you can ask your Nurse Liaison (me) for help finding a doctor.

2. "There's probably nothing wrong."

You might be right, however, you are not a doctor. Some serious diseases do NOT have symptoms. Finding a problem early is better than find a problem too late. Some diseases do not have symptoms, such as ...

[high blood pressure](#)

[high cholesterol](#)

3. "I don't have time."

If there are 8,760 hours in a year then you can spare two hours for your annual physical. Think of it this way - those two hours can potentially add many more hours into [your overall lifespan](#). Taking care of your annual physical is the best gift of time ever!

4. "I don't want to spend the money."

The great news is that your annual preventative wellness visit is covered 100% by Pinellas County Government.

[Continued on page 3.](#)

Seasonal Produce



Blueberries

Cantaloupe

Endive

Figs

Okra

Asian pear

Eggplant

Key limes

Loquat

Nectarines

2 + 3

for a Healthier Me

Eat at least 2 servings of fruit and 3 servings of veggies each day!

[Learn more](#)

[Tell It Well, continued from page 1.](#)

to live a long healthy satisfying life for my husband, children, and grandchildren.

Have they been hard changes and how do you feel now?

At first it was very difficult. My body went through withdrawals. My taste buds were used to eating sugary, salty, and fatty foods.

What were your challenges?

It was hard for me to digest nuts, oranges, apples, and vegetables and be satisfied and full.

What would you recommend to other employees of Pinellas County recently diagnosed with diabetes or pre-diabetes?

What I would recommend is to not get discouraged. One thing about type 2 diabetes, the effects of diabetes are reversible with lifestyle changes. That is a great thing. Try to keep your body moving. Take a walk while you are on your lunch break or go home and do a moderate workout. Most of all ... listen to your doctor and change your eating habits.

Is there anything else you'd like to share or think other people should know that would be helpful, or something you wish you had?

You can still live a full and prosperous life with diabetes.



5. “Doctors don’t DO anything.”

Your car will undergo diagnostic testing at the mechanic’s shop and you are okay with that. But when you get a checkup, the doctor [performs or orders diagnostic testing](#) and you think it might be a waste of time. It may seem like you don’t get anything, but you do. You get knowledge that can bring better health, if you act on it. Kind of like when your mechanic says your car needs to have a leaky gasket fixed ...

6. “I don’t want to hear what I might be told.”

Maybe you aren’t perfect. Whether you smoke, have put on weight, or have problems controlling your blood sugar level, your doctor is there to help you. Not wanting to hear something doesn’t outweigh the consequences to your health. [Listen and be coachable.](#)

7. “I’ve got probe-a-phobia.”

You don’t need a [prostate exam](#) until you are 50. One in six men gets a diagnosis of prostate cancer in their lifetime. This is definitely a disease that you will want treated sooner than later.

8. “I will just tough it out.”

It’s definitely a “guy thing” to tough it out and live with a problem. Unfortunately, [not all problems just “go away”](#). Some of those pesky problems can cost more in the long run.

Amy Hertog, UHC’s Nurse Liaison (a.k.a. Nurse Amy) is here to educate and counsel employees and to help connect employees with needed healthcare resources. [Visit Amy’s web page](#) or contact her at 464-5579 or by email at amy_hertog@uhc.com.



We want to hear from you!

TELL IT WELL

EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Crystal Lockwood at clockwood@pinellascounty.org for details on how to share your story.

Public Health Alert: The Zika Virus

What is Zika?

It is a virus discovered in the Zika Forest in Africa in 1947.

- The illness is usually mild with symptoms lasting for several days to a week after being infected.
- People typically don’t get sick enough to go to the hospital, and they very rarely die of Zika. Many people might not realize they have been infected.
- No specific antiviral treatment is available for the Zika virus disease. Treatment is generally supportive and includes rest, fluids, and use of pain-killers and fever-reducers.



How do you get Zika?

There are a few ways that Zika virus can be transmitted to humans.

- Primarily, the Zika virus is transmitted to people through the bite of an infected Aedes species mosquito.
- A pregnant woman can pass Zika virus to her fetus during pregnancy.
- Zika virus can also be transmitted from a male to his partner through sexual contact.
- During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.

Florida has 109 cases of travel-related Zika– including four in Pinellas County. It is important to note that *none of these cases were locally acquired from Florida mosquitoes*. They were linked to travelers coming from other countries.

Traveling

It’s unlikely that you will get Zika unless you travel to Central America, South America or the Caribbean.

[Continued on page 6.](#)

Mental and emotional health

Doctors don't always ask male patients about their mental or emotional health, even though they can play a major role in overall well-being. Talk to the men in your life about these common mental health problems for men:

- Alcohol and drug use
- Anxiety disorders
- Sexual problems
- Depression
- Schizophrenia

If your partner or someone you know is suffering from a mental health condition, encourage him to talk to his doctor. Remind him that most mental health problems typically are treatable. And sometimes simple lifestyle changes – like exercise and a healthy diet – are all he'll need to feel better.

Fatherhood

A father's presence can be just as important to a child's healthy development as the mother's. If you're planning a family, talk to your partner about the important role a father plays in his child's life. Active and involved fathers tend to have children who:

- Do better in school
- Get into less trouble
- Attend college
- Have successful careers
- Develop successful relationships

Help prepare your partner for the important role of fatherhood. Consider offering him some of the following suggestions for dealing with the changes ahead:

- **Be patient.** Being a new parent is tough and getting a routine down takes practice. It's important for fathers to practice patience with themselves, their partners and their children.
- **Talk with other dads.** Sometimes it just feels good to vent with someone else in your situation. Encourage dads to seek support.
- **Connect with your partner.** Talk openly and try to help one another with diapers, feeding and other tasks.

Men's Health Panel

Get your questions answered by experts on men's health. Join a panel of physicians who will be able to answer any men's health related questions you may have, including heart health, reproductive health, and much more.

- ▶ Date: **Friday, June 17**, 12:00 - 1:00 p.m.
- ▶ Location: City of Clearwater's Public Works Complex
- ▶ This event is open to men only from the City of Clearwater Government and Pinellas County Government.
- ▶ No question is off limits.
- ▶ You will be able to submit your questions anonymously.

Seating is limited. [Register now.](#)



A HEALTHY SMILE IS A MANLY SMILE
Prove the statistics wrong by taking good care of your mouth.

Did you know what one of the most common factors associated with infrequent dental checkups is? Simply being male. It's true. In fact, women are more proactive than men in maintaining their teeth and gums. Changing this statistic doesn't have to be hard. It's just a matter of men taking better care of their mouth, visiting the dentist regularly and taking proper precautions. And we're here to help with some [simple tips](#) that apply especially to a man's everyday life.



**UnitedHealthcare
PODCAST**

**Boost Your Health
with Superfoods**

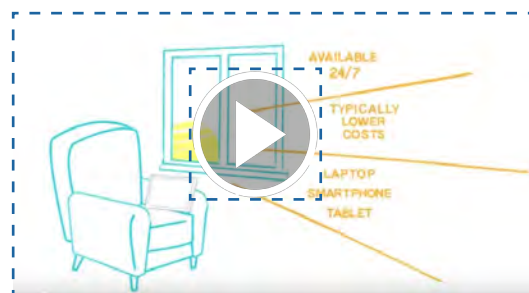
Learn about "super foods" that provide important health benefits and how to incorporate them into an everyday eating plan.

[View Podcast](#)



Virtual Visits | United Healthcare

UnitedHealthcare's virtual visits model lets members see and talk to a doctor from their mobile device or computer. Doctors can see and speak to members about minor medical concerns, such as colds and rashes, provide a diagnosis



and, if appropriate, a prescription can be sent to a local pharmacy. All in 30 minutes or less! [Watch the video](#) for more info.

Fuel Up to Play



Source4Women® Online Seminar

Tuesday, June 14th at 12:30 p.m.

Have you always wanted to excel in your favorite sport? Or maybe you want to give your child the competitive edge on the playing field. From weekend warriors, to first time marathon runners, to everyone who aims to be physically active this seminar may be for you. Join us for this seminar that is designed to enlighten you on the energizing role and important timing of food; the nutrients and fluids needed before, during and after exercise; sports drinks and supplements; and to help you with your performance.

[Register here](#)

courageous

[kuh-rey-juh s]

1. possessing or characterized by courage; brave; without fear
2. blood donor (oneblood.org)



Blood Drive

**Tuesday, June 14th,
11:30 a.m. - 3:30 p.m.**

The bloodmobile will be parked in the lot WEST of the Courthouse, 315 Court Street, Clearwater.

Share Your Story. Share Your Power. Save Lives.

RECIPE OF THE MONTH

Sparkling Fruit Punch

Ingredients

- 1 bottle (64 oz) pomegranate-cherry juice or cranberry juice cocktail
- 1 quart strawberries, hulled and quartered
- 1 pint each blueberries and raspberries
- 1 Gala apple, cored and thinly sliced
- 1 small cucumber
- 2 liters sparkling water
- Ice cubes

Directions

- In a large pitcher, combine juice with berries and apple slices. Chill for 1 hour.
- To serve, peel cucumber and cut lengthwise in half. Remove seeds and cut into thin slices. Stir cucumber slices and sparkling water into juice mixture. Serve over ice.
- Serving option: If you would like to serve this as an adult beverage, you may add a few shots of vodka.

Yield: 16 cups

Nutritional Information

Amount Per Serving:

Calories: 109

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0g

Sodium: 12mg

Source: myOptumHealth

[Zika, continued from page 3.](#)

- Women who are pregnant should not travel to any area where Zika virus is spreading.
- Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.
- For couples with a male partner who has traveled to an area with Zika, they should learn and follow [CDC guidelines](#) for use of condoms to prevent transmission.

How can I avoid Zika?

① *Limit your exposure to mosquitos.*

- Cover up and use a mosquito repellant when you go outside.
- Follow other CDC steps to prevent mosquito bites at www.cdc.gov/zika/prevention/index.html

② *Stop raising mosquitos!*

Mosquitoes only need ¼ inch of water to transform from an egg to an adult so it's critical to empty any container that can hold water. Check your yard and empty out items. Watch [this video](#) from Pinellas County Communications for more information.

What is Mosquito Control doing?

Mosquito Control urges citizens to drain standing water around their homes and workplaces. Reduction of breeding sites reduces the number of adult mosquitoes that can transmit disease.

Mosquito Control works proactively to target mosquitoes at the larval level before they can bite.

- They kill mosquito larvae and the adults by hand, by truck, and by helicopter.
- They use sophisticated trapping and surveillance techniques.
- Mosquito Control partners with the local health department to identify target areas.
- They provide public education and inspections.

To learn more, visit www.pinellascounty.org/mosquito or call 464-7503. You can also call the state Zika Hotline at (855) 622-6735.



Getting Fit, Staying Fit

Fitness requires time and effort. That may be why it's so hard for many people to get started. It may also be the reason that some people start out strong, then fizzle out. Getting fit doesn't mean spending hours at the gym or running laps until you drop. Even if you can only fit in 10 minutes here and 15 minutes there, every little bit counts. To be successful, your fitness program must become a part of your daily life, just like working, cooking, bathing and eating. Let's get started!

Fitness Facts

Regular exercise can help you live longer and may reduce your risks for a host of diseases. Recent studies show:

- Leisure-time physical activity is associated with a reduced risk of premature death, even after genetic disorders are taken into account (Journal of the American Medical Association).
- Improving fitness appears to help men live longer following a heart attack (The National Exercise and Heart Disease Project).
- Lifestyle physical activity, such as taking the stairs, gardening and walking instead of driving, is as effective as structured gym workouts in improving fitness (Journal of the American Medical Association).
- Even infrequent exercise helps postmenopausal women live longer (Journal of the American Medical Association).

How do you know whether or not you're fit? That depends on lots of things, such as your age, overall health, family history, exercise routines and eating habits. Granted, you can't change all of these influences, but if you work on the ones you can do something about, your overall health is bound to improve. Here are some benefits of physical activity:

- Can help keep weight under control
- May help to improve blood cholesterol levels
- May help prevent or control high blood pressure
- Helps to prevent bone loss
- Increases muscle tone
- Boosts energy levels
- May help you manage stress and relieve tension

Source: www.uhc.com/health-and-wellness/fitness



Are You At Risk for Tooth Decay?

Tooth decay is one of the most common diseases affecting adults in the United States. A variety of factors put people at a greater risk for tooth decay, but the three most important are:

- 1) how much bacteria accumulate on the surface of your teeth,
- 2) how frequently the bacteria come in contact with refined carbohydrates such as sugar, and
- 3) the strength or hardness of your tooth enamel.

When bacteria and refined carbohydrates combine, the resulting acid can harm your tooth enamel.



Read [these questions](#). They may help you determine if you are at higher risk for tooth decay.

Wellness Series News

Financial Wellness (series #1) - which begins next week - still has spots open. [Sign up now!](#)

This four-part financial management series is designed to increase financial management knowledge and skills, giving participants the confidence and abilities to set financial goals and establish a plan to achieve them.

Week 1: Debt Management

Week 2: Budgeting

Week 3: Deferred Compensation

Week 4: Saving for Retirement

Series #2 registration will open in June. Stay tuned for more information.

FREE Skin Cancer Screenings

We need your help to fill the 10-minute openings we have in downtown Clearwater, in the Public Works/ ERB complex (22211 Hwy. 19 N., Clearwater), and at Dunn Water Reclamation Facility in Tarpon Springs. [View the flyer](#) for information on who to contact for each location and how to register.

Even if you work in south County, please consider going to one of these locations on your way to or from work.

A Huge Success!

The [May 21st Semi-annual Golf Scramble Tournament](#) was the best attended yet with 142 players including 47 County employees. The organizers report the event raised over \$1,000 for the [First Tee of Clearwater](#), a nonprofit which aims to impact the lives of young people through programs that promote character development and life-enhancing values.

Organizers included Becky Batten, Jonathan Ferguson, Justin Taylor, Chris Labiak, Steve Clark, Melissa Reyes, and Crystal Lockwood. BTS CIO Martin Rose served as the Master of Ceremonies during the awards banquet.

1st Place – Pick Talley, Ken Jacobs, Clay Harvey, and Nathan Harvey

2nd Place – Justin Taylor, Pat Kraemer, Jeff Dailey, and Bill Brown

3rd Place – Brett Decker and Brett Decker (father and son), Brandon Decker, and Ender Perozo

Putting Green Contest – Dave Lipesky

Men's Longest Drive – Josh Cooksey

Women's Longest Drive – Vicki Harsh

Men's Closest to the Pin – Andy Demeo

Women's Closest to the Pin – Tammy Smith



First place team



Second place team



The blurry third

[View more photos!](#)

This fun event is an opportunity for employees, family and friends to be active while spending a beautiful day together and doing good for the community. **Mark your calendars now** for the next tournament at Lansbrook in Palm Harbor on Saturday, **November 5th**, 8 a.m. shotgun start.



June Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy
	12:10 - 12:40 p.m. Spin Instructor: Melissa		12:10 - 12:40 p.m. Spin Instructor: Melissa	
12:10 - 1:00 p.m. Circuit Training Instructor: Melissa	12:45 - 1:15 p.m. Circuit Training Instructor: Ashley	12:10 - 1:00 p.m. Zumba (6/8, 6/15) Step (6/22, 6/29) Instructor: Melissa	12:45 - 1:15 p.m. Circuit Training Instructor: Ashley	12:10 - 1:00 p.m. Circuit Training Instructor: Melissa
	5:15 - 6:15 p.m. Zumba (6/7, 6/14) Step (6/21, 6/28) Instructor: Melissa	5:15 - 6:15 p.m. Yoga Instructor: Kelli	5:15 - 6:15 p.m. Circuit Training Instructor: Melissa	

Wellness Center Orientation

Exercise classes are held at the Pinellas County Wellness Center in downtown Clearwater. The facility is free for all permanent employees. To join, you must attend an orientation during which you will tour the facility, get information about programs, and complete paperwork. Contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation. Also see [exercise class descriptions](#) and [satellite Fitness Center locations](#).



Local Races

(Click the links to register.)

- [Sunsets @ Sand Key Beach 5k series](#), June 3rd – Sand Key Park
- [Cheeseburger In Paradise Summer 5k](#), June 10th – Palm Harbor Ale House
- [Dunedin Rotary Triathlon](#), June 12th – Honeymoon Island State Park
- [I Love Father's Day 2016](#), June 19th – 2200 East Lake Rd., Palm Harbor
- [St. Pete Road Runners Beach Series](#), June 24th – Pass-A-Grille, St. Pete Beach
- [11th Annual "Tri if you Dare" Kids Triathlon](#), June 26th – Holland G. Mangum Recreation Complex

Green Spaces

Did you know that the Parks and Conservation Resources Department maintains more than 20,000 acres of [parks and preserves](#)? Picnic shelters, camping, playgrounds, boat ramps and trails are among the many amenities enjoyed by our residents and visitors. Go outside and enjoy all our County has to offer!



Click the map to view the Greenways Guide.

