

### Health Advisory from the Florida Department of Health

There has been an increase in hepatitis A cases in Florida, particularly in the Tampa Bay and Orlando areas.

The best way to prevent hepatitis A infection is through vaccination, covered by your Pinellas County health plan at your physician's office and convenience care clinics.

To prevent the spread of hepatitis A, thoroughly wash hands after using the bathroom, changing diapers, and before preparing or eating food.

See **LINKS** for who should be vaccinated.

#### LINKS

[Florida Department of Health Advisory Convenience Care Clinics](#)

**REMINDER:**  
**Your December pension check will reflect the 2019 premium amount.**

*Happy Holidays!*  
*Be Well.*



### Avoid the Flu ...

- Wash your hands often.
- Avoid touching your nose and mouth.
- Cover your nose and mouth when you cough or sneeze.
- Get your flu shot at:
  - Your network physician's office
  - Walgreens or CVS convenience care clinics
  - Walmart and Publix pharmacies
- Be sure to show your UHC ID card to get it covered at 100%.

### ... and Help Others

- Help save a life by preventing the transmission of the flu to vulnerable people.
- Help prevent someone from requiring a flu-related hospitalization.
- Help keep kids in school and not at home because of the flu.
- Help people get to their jobs, especially those in the community who may not receive paid time off benefits from their employer.

### REPCO News

REPCO's **December 10** meeting will be a Holiday Luncheon beginning at 11:30 a.m. at the Olive Garden Restaurant, Largo Mall, 10500 Ulmerton Road.

The **January 14** lunch meeting will be at 11:30 a.m. at the Applebee's Restaurant located at 5110 East Bay Drive. A representative from Pinellas County Department of Solid Waste will provide a presentation on Household Recycling and Solid Waste Disposal.

If you have questions, contact Rudy Garcia at (813) 855-3466 or [rdgarcia@verizon.net](mailto:rdgarcia@verizon.net).

# Your Well-Being During the Holidays

By Kris Boyle, Wellness Volunteer

For some people, the holidays are joyous and fun, but for others, they bring up difficult emotions. Holidays include additional expectations and stresses, complicated family relationships and a variety of memories which can evoke sadness or loneliness.

Much like a stool needs all three legs to remain balanced, our well-being requires us to care for our physical health, mental health and social connections for balance. We address healthy eating and exercise often in this newsletter, but would be remiss not to also talk about staying mentally healthy and socially connected, especially during the challenging holiday months.

**If you feel particularly sensitive or down**, a few strategies may help keep you balanced as we begin this busy season. Remember that giving yourself some TLC can make all the difference and should be a priority.

- **Say “no” when you need to** – whether it is an invitation to a gathering, or a gift that doesn’t fit into your budget. Rather than interacting with people who bring us down or creating more financial stress, saying “no” can do wonders for our own self-care.
- If certain traditions make you miserable, **list the pros and cons of the tradition** and reevaluate how you really want to spend your time.
- **Give yourself some quiet time each day** and continue to find time for exercise, even if only for short amounts of time.
- **Consider volunteering.** This is a great strategy, especially if you feel lonely or isolated. Schools, libraries, hospitals, and food pantries need volunteers. You could help an organization send packages to troops overseas or help serve meals to those in need. Volunteering is a great way to increase social connections and generate some “feel good” emotions at the holidays, as well as all year long.

Those of us who enjoy the holidays can also help. If you know someone who is suffering from a particularly difficult year (a death of a loved one, for example), depression, or is alone, make the effort to reach out to them. A kind gesture can make all the difference in brightening someone’s day.

For more information about caring for your mental health during the holidays and increasing social connections visit:

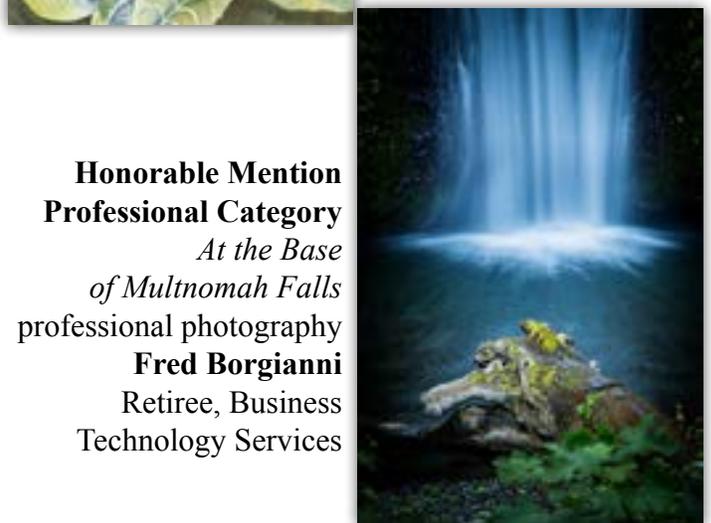
[Beat Back the Holiday Blues](#)  
[Loneliness Affects All Ages](#)

# Colors of Pinellas

The 2018 Colors of Pinellas Art Show boasted entries from eight retirees with two placing in their categories. Here are photographs of some of the images. You can [view all of the images online](#).



**Third Place  
Intermediate Category**  
*Bloomin’ Lilies*  
works on paper  
**Karen Cunningham**  
Retiree, Forward Pinellas



**Honorable Mention  
Professional Category**  
*At the Base  
of Multnomah Falls*  
professional photography  
**Fred Borgianni**  
Retiree, Business  
Technology Services



*Illumination*  
**Antonia Babski**, Retiree, Office of Human  
Rights, intermediate category, works on paper



*In the Garden*  
**Meri-jo Gibson**, Retiree, Clerk of the Circuit Court, intermediate category, painting



*Reflections*  
**Richard Glanzrock**, Retiree, Communications, intermediate category, photography



*View from the Staten Island Ferry*  
**Brenda Holleran**, Retiree, Planning & Development, professional category, painting

*Falls at Old Stone Fort*  
**Damon Hostetler**, Retiree, Real Estate Management, intermediate category, photography



*Desert Journey*  
**Nancy Patula**, Retiree, Human Resources, intermediate category, painting

### **Pinellas County Benefits**

400 S. Fort Harrison Ave.  
Clearwater, FL 33756

(727) 464-4570 | Fax 464-5291

[employee.benefits@pinellascounty.org](mailto:employee.benefits@pinellascounty.org)

## **Retiree Resources**

### **Medicare Health Plan:**

- ◇ UnitedHealthcare MAPPO (800) 457-8506 (includes Rx and mental health) [UHCRetiree.com](http://UHCRetiree.com)
- ◇ Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

### **Non-Medicare and Traditional Medicare Health Plan:**

- ◇ UnitedHealthcare (888) 478-4752 [myuhc.com](http://myuhc.com)
- ◇ Express Scripts (866) 544-9221 [Express-Scripts.com](http://Express-Scripts.com)
- ◇ ComPsych (866) 615-3047 [GuidanceResources.com](http://GuidanceResources.com)
- ◇ Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

### **Dental Plans:**

Cigna (800) 244-6224 [myCigna.com](http://myCigna.com)

**Florida Retirement System (FRS):** (866) 446-9377 [myfrs.com](http://myfrs.com)

**Pinellas County Retirement Information:** [www.pinellascounty.org/hr/retiree](http://www.pinellascounty.org/hr/retiree)