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.

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.

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

Happy Holidays!
Be Well.

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.
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

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

Retiree Resources

Medicare Health Plan:
◊ UnitedHealthcare MAPPO
  (800) 457-8506
  (includes Rx and mental health)
  UHCREtiree.com
◊ Davis Vision (800) 999-5431
  DavisVision.com

Non-Medicare and Traditional Medicare Health Plan:
◊ UnitedHealthcare
  (888) 478-4752 myuhc.com
◊ Express Scripts (866) 544-9221
  Express-Scripts.com
◊ ComPsych (866) 615-3047
  GuidanceResources.com
◊ Davis Vision (800) 999-5431
  DavisVision.com

Dental Plans:
Cigna (800) 244-6224
myCigna.com

Florida Retirement System (FRS): (866) 446-9377
myfrs.com

Pinellas County Retirement Information:
www.pinellascounty.org/hr/retiree