

## Vital Thought

" Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right "

- Abraham Lincoln

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## Humana Vitality - Go 365

Did you do your Biometric Screening and your Health Assessment yet?

If you didn't, you can go to Kroger Company Family of Pharmacies, LabCorp Patient Service Centers, Quest Diagnostics Patient Service Centers, The Little Clinic, Walgreens Healthcare Clinics, or if you prefer, you can visit your personal doctor.

If you reach Silver status you will receive a 7% discount & if you reach Gold or Platinum you will receive a 15% discount!



## Paychex Flex

You can now access your paycheck stubs, W-2's, PTO, and review your profile information.

The website is <https://myapps.paychex.com> or you can also download the app in your App Store and in Play Store.

If you are using the website just select "Sign Up" and follow the directions.

If you are using the app, press "More" then "Sign Up" and follow the directions.

Once that's completed, just check your E-mail to verify your account.

Finally all you have to do is log in and you should have access to everything.

# Welcome New Employees

Katherine Ballard - Mand	Dawn Lee - South
Chasity Clement - Mand	Jamie McCall - South
Michele Corkern - Bog	Kim Thompson - South
Allisa Dykes - Mand	Lydia Thompson - South
Patricia Harrington - Mand	Margo Birdlow - Mand
Erica Hutchinson - Mand	Tina Malonson - Mand
Jennifer Lacoste - Mand	Brandy Ortego - BR
Charlotte Lee - Mand	Michael Graham - Ham
Christopher Smith - Mand	Amy Jones - Corp
Philippa Tramell - Mand	

## Congratulations

**Congratulations to the following employees for making Silver, Gold or Platinum status with Humana Go365.**

- Jodi Breaux - Silver
- Renee Crochet - Platinum
- Kira Gilmore - Gold

**KEEP UP THE GOOD**



Congratulations on demonstrating and establishing your expertise and commitment to OASIS data accuracy by obtaining the Certificate for OASIS Specialist - Clinical (COS-C).

Kira Gilmore, RN (Hammond)



There is a new Registered Nurse in town

And she is a member of the Vital Family

**Sandra Jones, R.N.**



## Vital Vibes

A country bumpkin family from Alabama decides to go to the Big Apple for the first time in their lives; Maw, Paw and their son. They go into the Empire State Building. As they're walking around they notice the elevator. Never seeing one before they stand in front of it bewildered.

While staring at it, an old lady in a wheelchair rolls up to it, pushes the button, the door opens, she rolls herself inside and the door closes.

The Alabama hick family watches as the lights for each floor light as it goes up. They continue to watch as the numbers go down again.

The door opens and out walks this tall gorgeous blonde. Legs to her neck. Great figure. Beautiful!

## How to Stay Cool During the Summer

### 1. Staying out of the sun

- Plan time inside (lunch with friend, walk through the mall, go to museum or to a movie)
- Stay covered (under trees, umbrellas, tents, & gazebos)
- Find a breeze (beach, valley or a fan)

### 2. Hydrating properly

- Drink 6-12 oz. of water every 15 minutes (if you do this it will be around a gallon everyday)
- Avoid caffeine (They pull water from your body)
- Drink sports drinks (They contain electrolytes that help keep your body hydrated)

### 3. Going easy in the heat

- Wear light colored clothing and hat (These reflect light away)
- Wear the right fabrics (Keep your clothing loose and breezy)
- Rest during the day (Try to rest in a shaded area to keep your body temperature



## July

Hilary Dickson (Ham) 7-2  
 Jenee Leblanc (Ham) 7-3  
 Claudette Helm (BR) 7-7  
 Dion Santos (Mand) 7-7  
 Theresa Thai (BR) 7-8  
 Britney Tarto (Corp) 7-9  
 Elizabeth Fiorillo (South) 7-14  
 Glennis Kuhn (H@H) 7-18  
 Melinda Ballard (Ham) 7-26  
 Lisann Gonzales (Mand) 7-26  
 Roxanna Jones (BR) 7-26  
 Mara Breland (South) 7-27  
 Deana Bell (South) 7-29  
 Julia White (Ham) 7-31  
 Brandy Ortego (BR) 7-31

## August

Nettie Tate (Bog) 8-2  
 Karin Adams (Ham) 8-5  
 Heidi Ockman (Ham) 8-7  
 Paula Atwood (Mand) 8-13  
 Jamie McCall (South) 8-13  
 Patricia Harrington (Mand) 8-15  
 Erica Hutchinson (Mand) 8-15  
 Katherine Ballard (Mand) 8-21  
 Maurice Welsh Jr. (Owner) 8-24  
 Tamala White-Carter (H@H) 8-26  
 Jamie Stewart (BR) 8-27  
 Wanda Barton (H@H) 8-29  
 Margo Birdlow (Mand) 8-30

## September

Earl Magee (Corp) 9-1  
 Christina Gegenheimer (South) 9-2  
 Danny Hollander (Owner) 9-3  
 Shenika Conley (H@H) 9-9  
 Allisa Dykes (Mand) 9-14  
 Sharon Cable (Mand) 9-16  
 Jessica Dupont (Ham) 9-19  
 Jodi Breaux (BR) 9-22  
 Arkeem Weber (South) 9-22  
 Shkethia Cryer (Ham) 9-25

**H@H = Humana at Home**

## **The Vital Health Care Group**

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