



CHESTERFIELD HEALTH DISTRICT
MAY 2023

Follow CHD on Social Media



MARK YOUR CALENDARS

☀️ **Public Service Recognition Week is May 7-13.**

☀️ **National Nurses Week is May 6 (National Nurses Day) through May 12 (the birthday of celebrated nurse Florence Nightingale).**

☀️ **The Chesterfield County Farmers Market opens for the season on May 10. Hours: Wednesdays, 11-2; 6707 Mimms Loop.**



☀️ **District offices will close May 29 in observance of Memorial Day.**

☀️ **May is ALS Awareness Month, National Lyme Disease Awareness Month, and National Stroke Awareness Month.**



DISTRICT NEWS

Good things our great people are doing

WTVR Shines the Spotlight on Our Community Health Workers

WTVR reporter Cameron Thompson visited the Smith-Wagner Building on April 5 during National Public Health Week to highlight the work of our Community Health Workers (CHWs). He talked with several staffers, including **CHW Richard Seifring and Pop Health Manager Jana Smith**. Seeing the polished report on television, you would never know that things were a bit chaotic behind the scenes before the crew arrived—a day early, it turns out—meaning the team had little time to prep for their interviews.

“We had known that WTVR was going to interview one of our CHWs, but the date we had was Thursday of Public Health week,” said **Cassie Barber, District Communications Coordinator**. “I was definitely caught off guard and starting to get nervous because this was my first experience with media coming for an on-camera interview. I also remember frantically running into Dr. Samuel’s office, trying to keep him updated with everything we were figuring out that morning. Jana and Richard did amazingly in the interviews, given the time we had to

prepare. It was a great learning experience for me.”

Richard and Jana talked about the significance of Community Health Workers and their role in helping citizens navigate a sometimes complicated system. Jana said, Community Health Workers “are the face of what we do. They help us get the hard work done. They are in the places where the people are, so they don’t sit in an office, they don’t sit behind a computer. They go to where the people are to make access easier.”

Richard told WTVR, “I just have a drive to help people. It kind of gets me out of bed at the beginning of the day. And this has been a really great opportunity to help people with a right wide variety of things.”

Shanteny Jackson, Executive Director of the Virginia Community Health Workers Association, was also on hand that day with gift bags for Richard and our other CHWs.

The full article, as well as the video, are posted on the WTVR website. Click [here](#) to access them. ■



Anthem Open Enrollment Is May 1-15, 2023

If you are eligible for these benefits, this is your opportunity to make the following changes during Open Enrollment:

- Enroll in or change your health care plan.
- Enroll in Dependent Care or a Flexible Spending Account (FSA); you must enroll each year if you wish to continue using this benefit.
- Enroll in Premium Rewards by completing or updating health assessments between May 1 and May 15 for an effective date of July 1, 2023 (see page 12 of the 2023 "Spotlight" newsletter for additional instructions).
- Elect or remove optional buy-ups for COVA Care, COVA HDHP, and COVA Health Aware.
- Waive coverage.
- Add or remove eligible dependents.

No action is required if you:

- Have no health care plan-related changes.
- Are not enrolling in an FSA.
- Do not plan to participate in Premium Rewards.

Important Notes:

- Submit your choices using Cardinal HCM-Employee Self Services by 11:59 p.m., May 15, 2023. You may also complete an enrollment form and submit it to HR on or prior to the close of business on May 15.
- Elections cover the plan year July 1, 2023 (when changes become effective), to June 30, 2024.
- Open Enrollment is your only opportunity of the year to make any changes to your plan unless you have a mid-year qualifying event. Be certain of your changes; if you make a mistake, you cannot correct it until next year.
- Do not wait until the last minute to make changes—heavy website traffic can cause it to crash.

Important Links:

[Cardinal Log-in Page](#)
[General Information on Benefits](#)
[Compare Health Insurance Plans](#)
[Enrollment Form](#)

For more information, refer to the "Spotlight newsletter," which was snail-mailed to your home address. ■

Food Truck Wednesdays Are Back!

The Chesterfield Employees Association is sponsoring food trucks on the County complex every Wednesday from 11 a.m. to 2 p.m. Food trucks will be in the employee parking lot at the corner of Mimms Drive and Mimms Loop.

Happy Birthday

Debbie White—5/1

Kathy Perritt—5/2

Monique Brown—5/11

Letty Herrera—5/25

Mary Church—5/26

Denise Garman—5/27

Alcida Duenas—5/28

Sharon Ruffin-Harris—5/29

Get Ready to Set Sail for Employee Development Day

Date: June 1, 2023

Place: Meadowbrook Country Club (a 7-mile drive from the Chesterfield Health Dept.)

Time: 8:30 a.m. to 4:00 p.m.

Breakfast and lunch will be served. Watch your email for your official invitation.

Pictured at last year's event: **Khadijah Madyun** and **Sarah Parsons** (WIC).





CHHD Staff Participate in “We Wear Blue” Campaign

The Colonial Heights Office of Youth invited the Heigty Girls to wear BLUE on Friday, March 31, 2023, in support of Child Abuse Prevention Month. We wear blue because no child should experience any form of abuse. “Child abuse and neglect are preventable, and all communities benefit when children and families are well supported.” (Prevent Child Abuse America) (L-R) **Lori Dixon, Debbie White, Kristen Reynolds, and Monique Brown.**

Pop Health Team Completes CHA

Hey, Team!

Our Community Health Assessment (CHA) is now closed! We are cleaning up and analyzing our quantitative and qualitative data and have begun putting together a report to share our findings with the community. **We would like to give a huge thank you to our MRC volunteers and EPI staff for assisting us with qualitative data analysis** by transcribing interviews and focus group sessions, which allows us to identify themes that arise.

Following data analysis, we will present the findings to our steering committee members, interested parties from community organizations, and the community at-large. From there, we will recruit partners to be a part of the Community Health Improvement Planning (CHIP) committee. This group will collaborate to execute a plan to improve the top 3-4 indicators/themes identified in the CHA.

Stay Healthy!

— The Pop Health Team

Pssst! Want to Save Some Money?

Follow the link below for a **list of retailers that offer discounts to Virginia state employees**—just one of the many (and perhaps unknown) perks of working in state government. Whether you’re remodeling your home, planning a vacation, or continuing your education, you’ll find a discount here.

Employee Discounts by Category

- Auto Services
- Beauty & Hair Services
- Car Rental
- Education
- Employee Training
- Entertainment
- Financial Services
- General Services
- Gifts
- Health and Fitness
- Home and Office
- Hotels
- Lawn Care Services
- Optional Benefits
- Pet Services
- Special Services
- Sports
- Telephone and Wireless
- Travel
- Vacations



[Employee Discounts](https://www.virginia.gov/employee-discounts) (virginia.gov) ■



The WIC Team took time out for a selfie during National Public Health Week. In front is **Monica Alvarado**, followed by (L-R) **Marisol Cortez Morales, Laura Barrios, and Letty Herrera**; back row: **Sheila Baez, Megan Prete, and Kerry Williams.**

PHD Gets Busy During National Volunteer Month

April was National Volunteer Month, and Virginia's First Lady, Suzanne Youngkin, encouraged state employees to contribute some time volunteering in their communities. Staff at the **Powhatan Health Department** raised their hands and said yes, joining Powhatan Parks & Rec on April 25 to pick up trash in the field. They all agreed that it felt good to give back to the community.

Although National Volunteer Month is over, it's never too late to help your community by volunteering. **Classified and at-will employees are eligible for up to 16 hours per year of Volunteer Service Leave.** Check with your supervisor to see if you are eligible.

Staff also partnered with Powhatan DSS for a training from the Virginia Paternity Establishment Program. This training gave insight to the importance of having parents establish paternity on the birth certificate and the correct steps to support families adding the father to a birth certificate. ■



(L-R) Katrina (DSS), Kendall Cook, Sherry Coleman, Richard Seifring, and Monique Brown.

More Photos from EDD 2022 . . . Get Ready for 2023!



"Our mission is to protect the health and promote the well being of all people in our community."

ALEXANDER SAMUEL, M.D., MPH
HEALTH DIRECTOR
CHESTERFIELD HEALTH DISTRICT

District News is published on the last Thursday of the month. Everyone is encouraged to submit articles or ideas (this is your newsletter!).

Please submit any time-sensitive items by COB on Friday prior to publication day. All other items can be submitted at any time, with the goal of publishing them in the next newsletter. Please send your articles/ideas to rosemarie.larew@vdh.virginia.gov. Photos are always appreciated! Be sure to get your manager's OK on any unit-related news.