

**Don't let your guard down...it's just getting started**

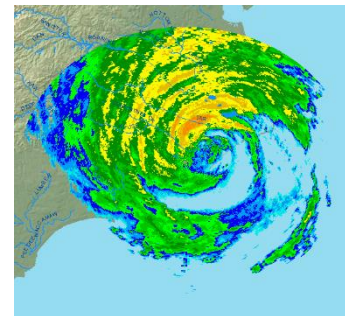
If you were in southwest Florida in the fall of 2004, or anywhere in Florida for that matter, you know that hurricanes can change on the fly and cause massive destruction in a matter of minutes. As we approach the middle of hurricane season, keep the following tips in mind to keep you and your family prepared and safe:

**Before the storm:**

- Back-up batteries for radios/flashlights
- Non-perishable foods
- Clean up the yard of loose debris
- Board up your home
- Secure important documents
- Prepare pet supplies

**After the storm:**

- Check-in with families and friends
- Return home, when permitted, if forced to evacuate
- Avoid standing/flood water
- Prepare for subsequent rainfall/flooding
- Assess damage to your dwelling and plan to repair quickly and safely with a licensed contractor



**During the storm:**

- Stay indoors
- Keep flashlights/radios nearby
- Avoid floodwater

For more information, go to [www.nws.noaa.gov/os/hurricane](http://www.nws.noaa.gov/os/hurricane).

**Money**

Creating a monthly budget is a first step one can take to get control of their finances and start saving.

Payoff.com recommends the following five steps when creating your budget:

1. Calculate expenses for one to two months;
2. Determine your expected monthly income;
3. Set savings and debt payoff goals: start small, set goals and pay extra when able;
4. Record spending and track progress: commit to updating your budget daily;
5. Be realistic: know that you will slip up, but just be sure to get back on track as soon as possible.

There are many online resources at your disposal, at no cost. Make a plan, commit to it and celebrate your success.



*A penny saved  
is a penny earned*

**Save the Date!**

- 9/22: Back to School Slim Down Challenge Begins
- 10/16: Health Fair @ PRES (Time TBA)
- 10/16: Mobile Mammogram @ Health Fair (PRES)
- 11/4: CCPS Kickball Tourney
- 12/9: Mobile Mammogram (Time/Location TBA)
- 3/24: Mobile Mammogram (Time/Location TBA)

**Resources for Living (EAP)**

Your employer sponsored employee assistance program is available to all employees, and dependents (children up to the age of 26) at no cost. For online services, such as educational webinars, go to [www.resourcesforliving.com](http://www.resourcesforliving.com). Your login information is Charlotte County School Board (username) and 8002723626 (password). For telephone support, please call (800)272-3626.

**Did you know?**

The National Safety Council reports that one out of every four car accidents in the United States is caused by texting and driving.



**Health Advocate**

Another great employer sponsored benefit; the Health Advocate is available to you and your eligible family members. This service puts members in contact with e Personal Health Advocate who can help resolve healthcare and insurance-related issues simply by calling (866)695-8622.

## Employee Needs Assessment “Key Findings”

Towards the last few weeks of the 2016-2017 school year employees had the opportunity to complete a survey to assess their wellness needs for the 2017-2018 school year. The findings from this survey help guide the implementation of wellness initiatives district-wide. Here is a summary of the findings:

### Demographics

- 270 respondents
- Female (80%) vs. Male (20%)
- 35% of respondents were between 50-59 years of age
- 44 schools/departments (out of 52) represented
- Instructional: 62%
- Classified: 20%
- Confidential/managerial: 15%
- Administrative: 4%

### Interest in Health Screenings

- Skin Cancer: 77%
- Vision: 76%
- Blood Pressure: 71%

### Interests in Learning More about (Top 3)

- Cancer 44%
- Heart Disease: 44%
- Financial Literacy: 41%

### Mental Health Services

- 4% utilization rate by employee/family member
- 40% were satisfied/extremely satisfied

### Communications

- 87% prefer to receive benefit information by email
- 28% prefer hard copies/print
- 14% prefer “opt-in” social media

### General Interests (Top 3)

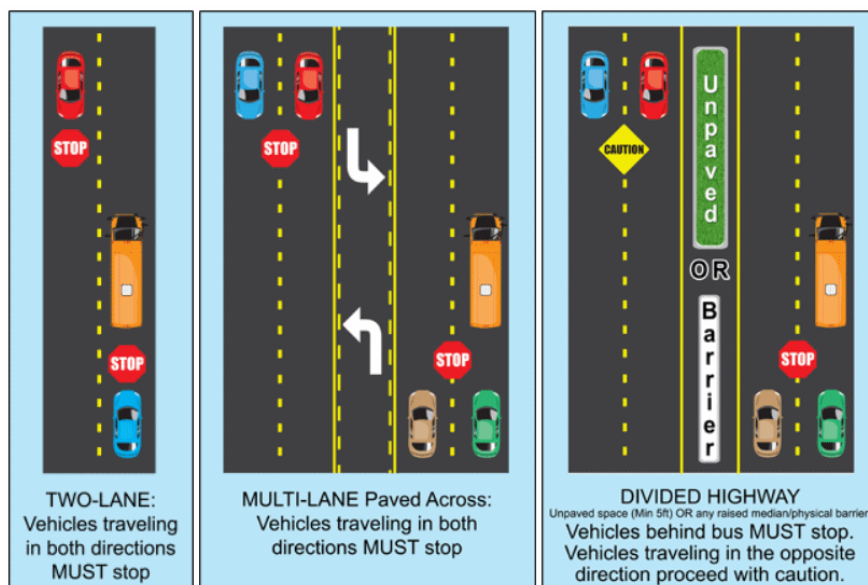
- Become more physically active: 51%
- Reduce Stress: 44%
- Become more financially secure: 38%

### Miscellaneous

- 47% have trouble following through on health behavior changes they have made
- 21% agree/strongly agree that public recognition from colleagues would motivate them to live a healthier lifestyle, just as much, if not more than financial rewards

## To pass or not to pass?

Everyday motorists face this decision. As our schools prepare for the return of students and staff, our transportation department is preparing our fleet of buses to safely transport students to and from school each day. A concern among bus drivers is their interaction with other motorists among the public and whether or not they know of and/or obey school bus traffic laws. The diagram seen here outlines three different scenarios one could face while buses are in transit. Aside from reviewing these images, be sure to avoid distractions while driving and follow speed limit laws, specifically when in a school zone. Is the 30 seconds you may save by passing a loading/unloading bus really worth it? For more information go to [FloridaSchoolBusSafety.org](http://FloridaSchoolBusSafety.org).



### Marathon Health Employee Wellness Center

Phone 941.623.4444

#### Hours of Operation

M 6:00am – 4:00pm Th 6:00am – 6:00pm

T 6:00am – 6:00pm F 6:00am – 10:00am

W 6:00am – 6:00 pm S 8:00am – 12:00pm

The **HealthyWage Back to School Slim Down Challenge** will launch September 22. Start forming teams of five (may include family and friends). Cost is \$70 per person. Who will be the next CCPS team to bring home \$1,500; or better yet, win the grand prize of \$10,000 for the first time! Stay tuned for more information.