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## TIME OUT: THE IMPORTANCE OF RECHARGING

Professional work can be exciting, enjoyable, and challenging. It can also be exhausting, intense, and draining. It's easy to let work take over your life. As a result, you may find that you're not separating from work effectively, and you're not taking time to recharge. Taking a break is key to being your best at work and at home. Here are a few reasons why taking time out to recharge is so important.

### You Can Improve Your Work

While it's important to work hard, running yourself into the ground doesn't do you any favors. When you don't take the time to recharge and regroup, your productivity can suffer. You may find yourself slower to accomplish tasks, making mistakes that easily could be avoided, or even missing deadlines. Don't push yourself harder to make up for mistakes. You'll be better served by stepping away (physically or mentally) for a bit. Allowing yourself time to rest and recharge will provide you with the energy and clarity you need to work smarter, not harder.

### You Can Avoid Burnout

Burnout is affecting more than 50 percent of the workforce. Instead of pushing yourself to the point where you are exhausted, lose interest in your work, and potentially want to leave, take time to rejuvenate yourself. Setting aside time to regularly recharge can help reduce your stress and anxiety and allow you to focus on the things you enjoy. By giving yourself the chance to recharge, you can create a stronger you — both physically and mentally.

### You Can Increase Creativity

When you're feeling stressed, burned out, and constantly tied to work, there's little room for creativity and fun. Recharging allows you to make space in your brain to think differently and in ways that can help you personally and professionally. We need time and the capacity to be able to think about projects, issues, and ideas in new and unique ways. That is much harder to do when you feel bogged down and stressed. Time away from work can help you reset the way you think and pave the way for a more creative mindset.

### You Can Be More Present at Home

Many professionals find that the line between work life and home life has eroded significantly since the pandemic. As a result, the stress of their job bleeds into their personal life. By taking a time-out you can remove yourself from work stressors and reestablish boundaries between your professional and personal lives. Reducing stress will help you to feel more relaxed and create space for you to be present for enjoyable times with your family.

Whether you've been in the workforce for five years or 30 years, you likely find yourself overextended. Don't get burned out or let work consume you, but rather recharge and create the space you need to focus on your mental and physical health. We often think that the more time we spend at work, the better we are as an employee. In reality, taking a break will make us better, more productive employees.

## MESSAGE FROM THE TOWN MANAGER

Hello Team,

And just like that, SUMMER is coming to a close!

Summer fun is almost over and in the coming weeks it will be time for teachers, students and administrators to go back to school. I hope it's been a great summer for you and you continue to enjoy the weather for the next few weeks! We've had a lot of things going on within the Town. From Parks, Recreation and Leisure Services summer camps, Summer Youth Employment Program coordinated by Social & Youth Services, West Indian Festival to Summer Concerts on the Green and Farmer's Market Thursdays, it has been an eventful summer in the Town of Bloomfield.

I hope that each of you took advantage of at least one of these great events within our community. If you haven't attended an event, take advantage of the remaining Summer Concerts on the Green every Thursday:

- August 1, 2024 - Still Kicking & The Big City Horns
- August 8, 2024 - Goza
- August 15, 2024 - Avenue Groove
- August 22, 2024 - Cori & The Music
- August 29, 2024 - Shaded Soul

As we step into August, I want to take a moment to acknowledge the hard work and dedication each of you bring to our town. Your commitment ensures that Bloomfield continues to thrive and serve our community with excellence.



Remember our motto: **"One Team, One Fight."** Let's uphold the values of respect, sense of purpose, and accountability in everything we do.

As always, my door is open for any suggestions or concerns you may have. Let's continue to work together to make Bloomfield an even better place to live and work.

Thank you for all that you do.

Very Respectfully,

Alvin "Al" D. Schwapp, Jr.,  
Town Manager  
One Team, One Fight!

## MANAGING YOUR TIME & STAYING HEALTHY



### 8 TIME MANAGEMENT TIPS FOR PRODUCTIVITY



### 10 EXERCISES TO DO AT YOUR DESK

# SIMPLIFY YOUR LIFE WEEK

AUGUST 5 TO AUGUST 11

National Simplify Your Life Week, celebrated in the first week of August, promotes adopting a more organized and stress-free lifestyle. Embrace simplicity and find practical ways to declutter your life for a happier and balanced existence.

## Simplify Your Life Week

# CHECKLIST

☐

### Monday

**Clean out your purse or wallet!** Then, put a reminder in your calendar to clean it out again every other week.

☐

### Tuesday

**Set up a system to file your mail as it comes into the house.** Taking a few minutes to do this every day will save you the headache of going through a huge pile later.

☐

### Wednesday

**Simplify your wardrobe!** Go through your closet and donate anything you don't remember wearing in the last six to nine months.

☐

### Thursday

**Schedule an appointment for HVAC maintenance.** When you pay for regular maintenance, your systems operate efficiently, and major problems can be prevented effectively.

☐

### Friday

**Organize the files on your computer!** Get rid of any unnecessary files you have saved.

☐

### Saturday

**Hire a cleaning service!** Removing the stress and time of cleaning will make your life much simpler.

☐

### Sunday

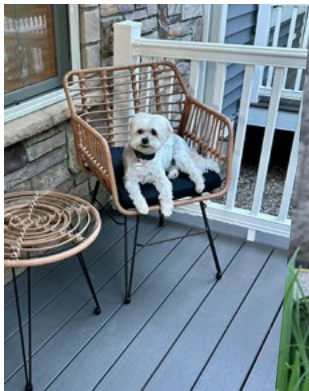
**Declutter!** Pick the busiest room in your home, and clean out the clutter. Be sure to organize the items between what should be trashed, donated, or moved to a new spot in your home.

*A printable weekly planner can help you simplify your life with dedicated times for social media breaks, meditation, naps, and other stress-reducing tasks that fit into any workday.*





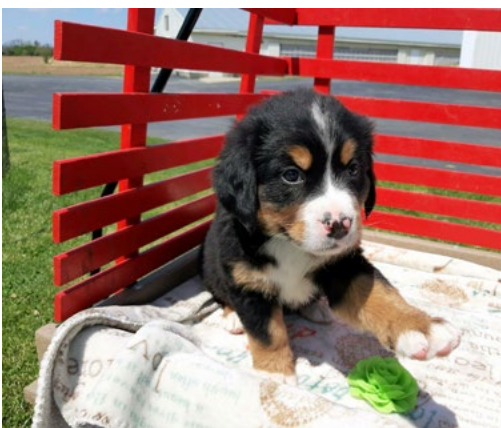
## MEET RICO



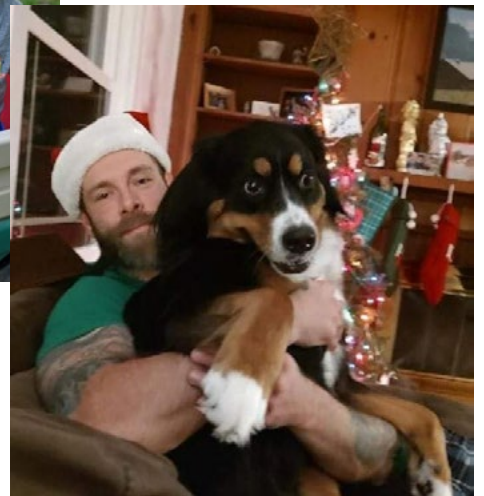
Rico belongs to our Tax Collector, Ashley DeJesus. According to Ashley, he loves belly rubs!!!



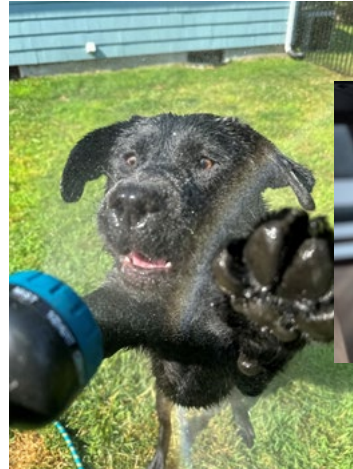
## MEET ALICE



This is our Assistant Director of Public Works, Glenn Garrity's girl Alice, who was adopted in Grindelwald, Switzerland. She is a Bernese Mountain dog who has formed an incredible bond with her family and who's big personality captures everyone's hearts.



## MEET THEA



Thea belongs to Assistant Town Clerk, Samantha Strader. She is a bear Sharknado with the boundless enthusiasm one might expect from a one year old Lab.



## MEET PIMM AND DUKE



Pimm and Duke are brother and sister Jack Russell Terriers and are the dogs of Chief of Police, Paul Hammick. Pimm (f) is in front, age 7, and Duke (m) is in back age 6. They never stop moving and have **HUGE** personalities.

## MEET MAPLE



Maple is part of the family of BPD Assistant LE Accreditation Manager, Karen Brinkman. She enjoys playing fetch with her rubber chicken, chasing bears into trees, and barking at coyotes

## MEET JAXON, ELLIE, AND WILLOW

This group of adorable pups belongs to Wendy Taylor, Senior Administrative Assistant to the Chief of Police.

From left to right: Jaxson is 10 and loves belly rubs, Ellie is 5 and loves to fetch her stuffed monkey; and Willow is 1 ½ and loves to destroy laundry and anything paper related!



## MEET RUBY



This is Ruby, the 14 yr old furbaby of the BPL's own Lorri Huddy. She loves to be outside, especially if hiking and swimming is on the itinerary! Here she is lounging with her big bear.



## MEET WINSTON, SUNNY, PHOEBE, HARLEY QUINN, AND REUBEN

This group of furry friends is part of the family of Mara Whitman, Adult/Youth Services Librarian.



## MEET MAISY AND ARCHIE



These dogs belong to Sheila McCallum, Adult and Children Services Librarian Maisy (black) and Archie (grey) lounging on the couch, which is one of their favorite pastimes. They are both rescues and are great dogs. Even though Archie is cute, Maisy is better behaved.



This is Nala and she is a rescue from Hartford by Bloomfield Animal Control. Nala belongs to Bloomfield Police Officer Louis Voigt. She is 8 months old and she loves water over anything else. She licks the sidewalk when it rains!!

## MEET COOPER, OLIVER, AND DANCER



My Pups, courtesy of Assistant Assessor, Pam Gengenbach – Cooper (big guy on left), Oliver (medium guy in the middle), and Dancer (the tiny girl at the front). Fun fact – both Cooper and Oliver are terrified of Dancer – baby girl knows how to keep those big boys in line!

## MEET LUCY AND MAGGIE

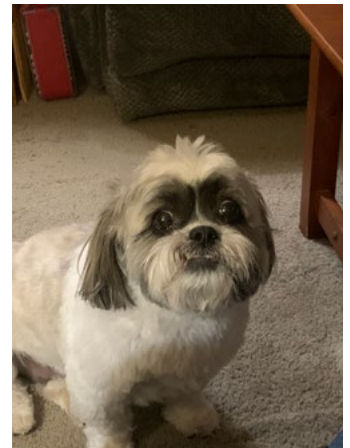


These dogs are part of the family of Facilities Director, Matthew Childress. The red one is Lucy and the brown one is Maggie.

## MEET NALA



## MEET ROSSIE



Rossie is 12 years old and likes to take walks with dad, Public Works Foreman Michael Castonguay.

THANKS FOR  
SHARING  
YOUR DOGS  
WITH US!





# JOIN OUR **4**-WEEK HYDRATION CHALLENGE AUGUST 2024

Improve your health by drinking more water!  
Participants will receive a complimentary water bottle and be  
entered for chances to win weekly gift cards & a

**\$100 Grand Prize Gift Card!**



**SCAN THE QR CODE TO REGISTER  
MUST SIGN UP BY AUGUST 2, 2024**

For Town of Bloomfield Employees Only  
Contact HR for more information:  
[HRintern@bloomfieldct.gov](mailto:HRintern@bloomfieldct.gov)  
860-769-3544







## 2024 FREE Virtual Diabetes Self-Management Summer Workshops Day and Evening Sessions

Topics include:

- Meal planning and label reading
- Checking your blood glucose and recommended blood glucose goals and A1C goals
- Diabetes medications
- Exercising, sick day guidelines and much more

These workshops are for newly diagnosed persons with type 2 diabetes or for those who may need an update on managing their diabetes.

Join Registered Dietitian and Certified Diabetes Education and Care Specialist, Paula Leibovitz, for a seven-week series that will focus on managing your diabetes and eating well while following diabetic guidelines. These classes will be held using ZOOM, but are interactive, so bring your questions!

- **WORKSHOP 1:** Wednesday Days, August 14, 21, 28  
September 4, 11, 18, 25, 10:00 AM-noon
- **WORKSHOP 2:** Wednesday Evenings, August 14, 21, 28  
September, 4, 11, 18, 25, 6:00-8:00 PM

These workshops are **FREE** and open to all.  
Choose the workshop that works best for your schedule.  
**Pre-registration is required! Workshop materials will be mailed prior to the start of the workshop.**



For more information or to sign up, please call the  
Susan at the West Hartford-Bloomfield Health District  
860-561-7909

This program is funded by the Department of Public Health.



### *The ninth annual City Hall Selfie Day returns on Thursday, Aug. 15, 2024!*

Organized by ELGL (Engaging Local Government Leaders), City Hall Selfie Day is a celebration of public service showcasing pride in local government institutions. Every year since 2016, government employees, elected officials, members of the media, and community members participate in the event.

It doesn't matter if you work for a town, city, county, library, or special district — just hop in front of your government building, snap a selfie, and use the hashtag #CityHallSelfie to share it with the world!



## EMPLOYEE SPOTLIGHTS

We want to give a **GOOD JOB TEAM** shout out to Lorri Huddy, Carol Walters and Rachel Tonucci. They have worked together as a team to address digital literacy by designing and implementing Tech Classes in the BPL Tech Express space just about every Friday morning since last September. The class is currently focused on using email and teaches a mostly senior audience things such as "how to make an email account and address, learn how to reply/reply all/forward, create and send attachments, manage your inbox, and learn about email etiquette, spam, and phishing."



If you come across people needing help addressing the digital divide (including Town staff), please send them to the library. The **NEW** Prosser Library will have a technology lab that will continue to help meet people where they are with both hardware and software. The future is bright!



*Prosser Library is getting bigger by the day! We celebrated the most recent progress with a Beam Signing Ceremony last month. Library Assistant Directors Allison Wilkos and Chris Siloac take a photo post-signature. One of our storytime families is in the background. Their son signed, too!*



*Deputy Town Manager Sharron Howe signs the beam at the Library Beam Signing Ceremony last month.*

## TAX FREE WEEK

**SUNDAY, AUGUST 19 TO SATURDAY, AUGUST 24**

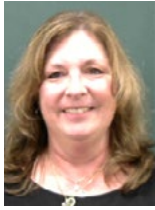
A wide variety of clothing and footwear are exempt from state sales tax during Connecticut's tax-free week. Kiplinger has reported on items that usually qualify as tax-exempt. (*This is not an all-inclusive list.*)

- Hats, gloves, and earmuffs
- Jeans, dresses, shorts, and shirts
- Socks, sneakers, and slippers
- Rented uniforms, work clothes, and formal wear
- Undergarments, robes, and swimsuits

**Note:** Several items are still taxed during the tax-free week, like handbags and purses, jewelry, wallets and other accessories, and many sports equipment and supplies.

For a complete list of what's tax-free during Connecticut's 2024 sales tax holiday, visit the state [Department of Revenue](https://www.ct.gov/revenue) website.



**HAIL***Welcome to the Town of Bloomfield*

**Pamela Gengenbach**  
**Assistant Assessor**  
**Assessor's Office**

Pamela joins the Town of Bloomfield Assessor's office as the Assistant Assessor. She brings advanced technical skills and prior municipal experience to her new role, and she is in the process of obtaining her CCMA certification. When asked about why she chose to work for the Town of Bloomfield, she shared, "I am very excited to be joining the Assessor's office in the Town of Bloomfield. I look forward to continuing my career in assessment with The Town of Bloomfield and serving its citizens alongside our Assessor and my new colleagues".

**FAREWELL***We wish you the best in your future endeavors*

**Caesare Bowman**  
**Emergency Medical Technician**  
**Date of Resignation: 7/1/24**

**Subrina Nelson**  
**Foster Care Activities Coordinator**  
**Date of Resignation: 7/27/24**

**Elaine Perez**  
**Payroll Coordinator**  
**Date of Resignation: 7/19/24**

**Debbie Kratochvil**  
**Finance Director**  
**Date of Resignation: 7/19/24**

**Arika-Ann Nadeau**  
**Deputy Finance Director**  
**Date of Resignation: 7/19/24**

**WORK ANNIVERSARIES**

NAME	YEARS OF SERVICE	DEPARTMENT
James Salvatore	8/4/03 - 21 years	Police
Brendan Danaher	8/3/21 - 3 years	Police
Michael DiManno	8/26/13 - 11 years	Police
Shylrene Chapman	8/4/21 - 3 years	Police
Nicole Mueller	8/8/22 - 2 years	Police
Kevin DeCastro	8/8/22 - 2 years	Police
Valarie Hill	8/27/01 - 23 years	Police
Karen Brinkman	8/11/14 - 10 years	Police
Matthew Teubner	8/12/13 - 11 years	Town Clerk
Deborah Forbes	8/21/23 - 1 year	Assessor's Office
Kevin Cochran	8/21/23 - 1 year	Building Department
Collin Cadarette	8/19/19 - 5 years	Public Works
Alexandra Floyd	8/8/22 - 2 years	Facilities
John Dark	8/29/22 - 2 years	Public Works
Alan Goldstein	8/24/15 - 9 years	Senior Services
Annatouchur Kingland	8/31/22 - 2 years	Town Manager's Office
Joshua Hall	8/22/22 - 2 years	BVA
Marcus Anderson	8/21/18 - 6 years	Senior Services





## CHECK OUT THESE EVENTS AROUND TOWN

Bloomfield Parks, Recreation & Leisure Services  
Presents

# 2024 Summer Concert Series

All concerts located on the Town Green beginning at 7pm.  
For more information, contact Parks Recreation & Leisure Services at 860.243.2923

<b>June 20</b>	<b>Mass-Conn-Fusion</b>
<b>June 27</b>	<b>The Rashaan Langley Project</b>
<b>July 2</b>	<b>Tony Harrington &amp; Touch</b>
<b>July 11</b>	<b>Ru Williams</b>
<b>July 18</b>	<b>The Singing Principal</b>
<b>July 25</b>	<b>West Indian Celebration</b>
<b>Aug. 1</b>	<b>Still Kicking &amp; The Big City Horns</b>
<b>Aug. 8</b>	<b>Goza</b>
<b>Aug. 15</b>	<b>Avenue Groove</b>
<b>Aug. 22</b>	<b>Cori + The Music</b>
<b>Aug. 29</b>	<b>Shaded Soul</b>

Special Thanks To Our Sponsors

## Bloomfield Farmers Market

Support your community by buying local and explore the market for high-quality, natural products. FMNP vouchers accepted, for financial assistance information contact Bloomfield Social & Youth Services 860.242.1895

**THURSDAYS**  
BEGINNING JUNE 20

Summer Hours  
4:30pm-7:30pm  
September & October Hours  
3pm-6pm

📍 Bloomfield Town Green

Questions? Interested in participating?  
Visit us at [Bloomfieldfarmersmarketct.org](http://Bloomfieldfarmersmarketct.org)  
Contact us at [Contact@Bloomfieldfarmersmarketct.org](mailto:Contact@Bloomfieldfarmersmarketct.org)



## DID YOU KNOW???

**MUSEUM**

**CT AREA MUSEUMS**

**MUSEUMS**

123 ANYWHERE ST.,  
BLOOMFIELD, CT 06002

OPEN 8:30AM - 5:00PM

**PRICE**

~~\$20~~

**\$10**

**CT AREA MUSEUMS**

**ADMIT ONE**

TICKET NO

**000001**



The Bloomfield Public Library offers patrons free or discounted admission to many area attractions! Museum passes may be borrowed using an Adult library card (one pass per family per day). Library museum passes cannot be combined with any other coupon or discount offer.

- You will need your valid adult library card to reserve a pass.
- Bloomfield and out-of-town patrons (in the same system/consortium) may reserve/print passes online or at the library. ([PLEASE REFER TO THE ONLINE CATALOG FOR A LIST OF LIBRARIES IN OUR CONSORTIUM.](#))



**Q: What do you call a fake noodle?**

**A: An Impasta**

**Q: What happens to an illegally parked frog?**

**A: It gets toad away!**

**Q: What do you call a parade of rabbits hopping backward?**

**A: A receding hare line**



## TIPS & IDEAS FOR NEWSLETTER CONTENT

Have a great idea for an upcoming newsletter? Please let us know by submitting the webform by clicking this link:

<https://ct-bloomfield.civicplus.com/FormCenter/General-Forms-4/The-Monthly-Tea-Employee-Newsletter-Cont-72>

Or contact India Rodgers at [irodgers@bloomfieldct.gov](mailto:irodgers@bloomfieldct.gov) or Brian Wolff at [bwolff@bloomfieldct.gov](mailto:bwolff@bloomfieldct.gov)

## RECIPE CORNER

### Lowcountry Shrimp Boil

#### Ingredients:

- 4 c. tomato juice
- 4 bay leaves
- 2 lemons, halved and sliced
- 1 orange, halved and sliced
- 3/4 c. Old Bay Seasoning, plus more for garnish
- 1/4 c. kosher salt
- 2 lb. fingerling potatoes, halved lengthwise
- 6 ears corn, shucked and cut into 2-inch pieces
- 1 lb. smoked sausage, such as andouille or kielbasa, thinly sliced
- 4 lb. medium-size whole, head-on shrimp
- 2 Tbsp. finely chopped fresh flat-leaf parsley

#### Instructions

1. Combine tomato juice, bay leaves, lemons, orange, Old Bay, salt, potatoes, and 2 gallons water in a large pot with a perforated basket; bring to a boil. Cook until potatoes are almost tender, 5 to 7 minutes.
2. Add corn and sausage. Cook until corn is tender, 4 to 6 minutes. Reduce to a simmer. Add shrimp and cook until bright pink and tails curl up, 3 to 5 minutes. Carefully lift basket from pot, being mindful that residual boiling water drips out.
3. Transfer to a newspaper-lined table or a large serving platter. Sprinkle with parsley and additional Old Bay.

