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MARCH IS EMPLOYEE APPRECIATION MONTH

**Happy Friday, March 1, 2024,
Employee Appreciation Day!**

National Employee Appreciation Day is a time to show sincere appreciation for all the important achievements and contributions that are made by employees in all industries, businesses, and organizations throughout the country.

Here at the Town of Bloomfield, we would like to express our profound gratitude – not just today, but every day – to all the faculty and staff, who continue to exemplify their commitment to the Town of Bloomfield's mission and shared values.

Even during the most challenging times, your level of dedication, commitment and perseverance does not go unnoticed.

At all levels and in all types of roles here at the Town, you all provide the most memorable examples and experiences of why values such as collaboration, partnership, mentorship, and a shared sense of purpose are at the heart of every successful endeavor in this Town. That all of you encourage and support one another is an even more inspiring reminder of the true essence of quality public service. Your dedication to your work and to one another truly sets us apart from surrounding municipalities.

Thank you for the excellence that you bring to our Town, not only on this first Friday in March, but throughout the entire year!!

EMPLOYEE APPRECIATION EVENTS

Friday, March 15 @ 5:00 pm: Get an early start to St. Patrick's Day with an Employee Happy Hour at Thomas Hooker Brewery, 16 Tobey Road, Bloomfield. More information to follow. **Sponsored by Strategic Communications and Government Affairs.**

Wednesday, March 20 @ 1:30-3:30 pm: Jeff's Kettle Corn will be on site at Town Hall in the back parking lot. Employees will check in at the HR Office for a ticket for free freshly popped popcorn and a beverage. **Sponsored by Human Resources.**

SPRING INTO ACTION



Hey Team,

There's a lot to celebrate in March, and I don't just mean the holidays! I'm talking about longer days, sunshine, warmer temperatures, and that zesty new spring feeling.

As spring approaches and we begin to have nicer weather, we'll have even more opportunities to get outside and stay attentive to our personal well-being. Whether you made resolutions for this year or are just continuing with your wellness regimen, please don't forget to focus on your physical and mental health. Staying fit helps us be more productive in service to our families and residents.

As we also recognize National Nutrition Month, this is a good time to remember the importance of employee wellness and time away from work, with family and friends, to help keep us whole and healthy to better serve.

We validated our team's resolve, commitment to purpose, and exemplary work ethic.

Thank you to all employees for the exceptional public service you provide each day to improve the quality of life in our great Town. You are noticed and appreciated!!!

India Rodgers, MFP

Director of Strategic Communications & Government Affairs

WOMEN'S HISTORY MONTH



Hey Ladies! It's Women's History Month!!

According to the National History Women's Alliance, women's voices are powerful, important and deserve to be heard.

As Women's History Month begins today, we ask each of you to applaud the women around you as we celebrate their contributions and courage to overcome the challenges they have faced.

Throughout history, women have worked tirelessly toward a path of equality. Because of their courage

and determination, they blazed trails and achieved milestones that we celebrate today. Their voices have had a profound impact on the generations that followed them. Many of these milestones aren't as far in the past as we may think.

As we recognize Women's History Month and celebrate the contributions and accomplishments of women throughout history, in our communities and here at the Town of Bloomfield, we want you to continue to show your appreciation for one another, strive for growth and empowerment in the public sector.

NEW HIRES



Brigit Tanganelli
Administrative Analyst 1
Building & Land Use

Brigit was selected from the top four candidates who interviewed for the Administrative Analyst 1 position in the Building and Land Use department. She joins us with over 15 years of experience within the building and land use department in a municipal setting. She looks forward to utilizing her customer service skills and advanced technical experience with permitting systems on behalf of our Bloomfield residents.



Adilen Valentina
HR Generalist
Human Resources

Adilen joined the Human Resources Department as the Human Resources Generalist on January 8, 2024. She has over 20 years of experience in human resources and administration with municipal and educational organizations. She most recently served as a Human Resource Specialist with the Cheshire School District, leading an award-winning health & wellness program, employee communications and engagement, training and development, and compliance and safety.

RETIREMENTS & RESIGNATIONS

We wish you the best in your future endeavors

Retirement

Jonathan Thiesse

Resignations

Michael Addington

Jayleesa Elder

Gabrielle Head

Stephen Hoppi

David Weathers

FOUR FINALISTS ANNOUNCED FOR TOWN MANAGER

Candidates will be in Bloomfield March 6-7



Angie Lopes Ellison – Angie Lopes Ellison currently serves as the Town Administrator of the Town of Fairhaven, MA, a position she has held since 2022. At Fairhaven, she is responsible for a \$63M budget and over 350 employees. Prior to the position at Fair Haven, Lopes Ellison served as the City Administrator and Chief of Staff for the City of North Adams. Overall, she brings over 10 years' experience in municipal government, and over 17 years in public higher education management. She holds a master's Certificate in Local Government Leadership and Management, and is a Certified Public Purchasing Officer. She also holds a master's degree in American Studies from the University of Massachusetts and a bachelor's degree in political science from Southeastern Massachusetts University.



Chad Morris – Chad Morris has worked for the City of Niceville, FL for over 20 years, most recently as the Deputy Town Manager. In his current role, he serves as strategic advisor for senior leadership, develops public-private partnership opportunities, and represents the city when requested by management. In 2001, Morris was named the Director of Information Systems, and in 2009 he added the title of Director of Purchasing. Morris holds a master's degree in public

administration management from Troy University and a bachelor's degree in business administration accounting from the University of West Florida.



Alvin Schwapp – Alvin Schwapp is the Director of the State of Connecticut's Intelligence Fusion Center, known as the Connecticut Intelligence Center (CTIC). In this role (1 of 80 in nation), he directs the efforts of federal, state, local, and tribal law enforcement partners. Schwapp's primary responsibility is to ensure the safety and well being for residents of Connecticut through the Department of Homeland Security's counterterrorism program. He is also a 30+ year military veteran and a combat veteran of Operation Iraqi Freedom. Schwapp is presently

on active duty as a Colonel assigned to the U.S. Army Forces Command, Fort Liberty, NC. Schwapp's military career includes numerous command and deputy command assignments where he managed budgets which exceeded \$1 billion and had daily oversight of over 2600 soldiers and Department of Defense civilians. Schwapp retired from the Bloomfield Police Department in 2011, reaching the rank of Lieutenant where he commanded all three divisions within the department. Schwapp also has experience in education serving as a Director for the Capital Region Education Council. Schwapp has a master degree in strategic studies from the U.S. Army War College, a master's degree in management from Johns Hopkins University, a bachelor's degree in industrial technology from Central Connecticut State University, and an associate's degree in mechanical engineering technology from Hartford State Technical College. Schwapp holds a Top Secret – SCI clearance.



Ellen Zoppo-Sassu - Ellen Zoppo-Sassu most recently served as the Town Manager of the City of Enfield, CT, a position she held from December 2021 to November of 2023. While at Enfield, she managed a budget of just over \$150M. Prior to that role, she spent four years as the Mayor of the City of Bristol where she managed a \$280M budget and had 20 direct report department heads, overseeing all aspects of policy, programs, and economic development initiatives. Before being elected

Mayor, Zoppo-Sassu was the Director of Communications and Marketing for the CT Pharmacists Association and the Director of Development & Grants for the Boys & Girls Club and Family Center of Bristol. She received a master's degree in public affairs from the University of Connecticut and a bachelor's degree in political science and public administration from Providence College.




March Work Anniversaries

George Farrah - 3/20/2017 (Police)
 Brien Beecham - 3/28/2019 (Police)
 Jessica Hernandez - 3/7/2022 (Police)
 Luis Voight - 3/6/2023 (Police)
 Melissa Satchell - 3/15/2009 (Leisure Services)
 Cameron Langevin - 3/6/2023 (ITI)
 Anthony Pollicito - 3/2/2018 (Building)
 Mario Salza - 3/5/2018 (Public Works)
 Sharon O'Connor - 3/8/2022 (Registrar of Voters)
 Charles Thomas - 3/23/2023 (Social & Youth Services)



HAPPY BIRTHDAY TO ALL OF OUR
 MARCH BABIES IN TOWN!



**We'd Love to Get
 YOUR FEEDBACK**

We want to hear from you!!! This newsletter is meant to be a means of two-way communication. If you have ideas, concerns, or suggestions for improvement, please don't hesitate to share them with us. Your input is invaluable in shaping our workplace culture and enhancing our work environment. Please direct any feedback to India Rodgers (irodgers@bloomfieldct.gov) or Brian Wolff (bwolff@bloomfieldct.gov).



Q: What does a vegan zombie like to eat?

A: Graaaains!!!!



March is Social Work Month! The theme for Social Work Month 2024 is "Empowering Social Workers: Inspiring Action, Leading Change."

The campaign will focus on ways Americans can support the social work profession as it addresses issues our nation is facing, including the need for more mental health services providers.

NOW is the time to inform the public, policymakers and legislators, about how social workers help millions of people every day, helping them to overcome life's hurdles and live to their full potential.

A special thank you goes to the social workers in our own Social & Youth Services Department for all of the important work that you do every day on behalf of our residents!



Calendar of Events



3/1 – National Employee Appreciation Day

3/6 – 3/7 – Town Manager's Candidates Community Orientation

3/8 – International Women's Day

3/10 – Daylight Savings Time

3/15 – Happy Hour Happenings (Employee Appreciation Event)

3/20 – Jeff's Kettle Korn Food Truck (Employee Appreciation Event)

3/29 – Good Friday (Town closed)

Recipe Corner

Corned Beef and Cabbage

Corned beef and cabbage is a meal that's synonymous with St. Paddy's Day. This one-pot meal combines corned beef brisket that's simmered with pickling spice, potatoes, cabbage, and carrots.

Ingredients

- 1 3-pound cured corned beef brisket
- 1 medium onion chopped
- 1 tablespoon pickling spice
- 2 teaspoons caraway seeds
- 3 pounds red potatoes halved
- 1 head cabbage quartered
- 3 large carrots cut into 3-inch chunks salt and pepper to taste

Instructions

- Add the corned beef, onion, pickling spice, and caraway seeds to a large pot and fill it with water until completely covered. Bring to a boil, then lower to a gentle simmer. Cook the corned beef until fork tender (about 2 1/2 hours, but check for doneness occasionally).
- Once the corned beef is tender remove it from the pot and tent with foil to keep warm.
- Add the potatoes, cabbage, and carrots to the pot and bring to a boil. Once boiling, turn the heat down to a simmer and cook until the veggies are tender (about 20-30 minutes).



- Slice the corned beef against the grain and serve on a platter along with the cabbage, potatoes, and carrots. Serve with plenty of butter, mustard, and rye or brown bread. Enjoy!

Have a recipe you want to share with your fellow co-workers? Send it to Brian Wolff at bwolff@bloomfieldct.gov

NUTRITION & HEALTHIER LIVING

National Nutrition Month

Don't stop that New Year's Resolution just yet, it's National Nutrition Month and that means a couple of things for you and your family. It's time to turn it up a notch in the kitchen and while dining out. Eating a well-balanced diet doesn't mean it has to be boring – it means getting creative with flavors, pairings and colors.

Check out these resources to reinvent your pantry and/or refrigerator:

- Stay Healthy While Eating Out
- Healthy Snacking
- Healthy Eating for Weight
- Easy Cold Lunch Ideas
- Water and Healthier Drinks



Feeling Lousy? Get More Sleep!

Getting a good night's rest is more important than you know. Sleep is just as important as exercise, eating healthily and taking your vitamins. Of course, we have all been told adults require between 7 and 9 hours of sleep per night – yet we may not know the reasons why.

Here are some reasons to get more sleep:

- May help you maintain or lose weight
- Can improve concentration and productivity
- Can maximize athletic performance
- May strengthen your heart
- Affects sugar metabolism
- Poor sleep is linked to depression
- Supports a healthy immune system
- Poor sleep is linked to increased inflammation
- Affects emotions and social interactions
- Lack of sleep can be dangerous.



TIME TO SPRING FORWARD, IT'S DAYLIGHT SAVINGS

Set Your Clocks ahead one hour on Sunday, March 10 at 2:00 am

Tips for adjusting to the time change

1. Four days before the time change, wake up, eat, and sleep 15-20 minutes earlier each day to prepare your body for the time change.
2. About an hour before bedtime, dim the lights, and avoid electronic screens to help the body adjust to new wake up and sleep times
3. Obtain quality sleep in the nights leading up to the time change.

The practice of falling back in the U.S. started in 1918 during World War I as a way to conserve fuel. By moving the clocks ahead an hour, backers believed the country could divert a bit of coal-fired electricity to the military instead of using it for an hour of home power. It was reenacted in World War II.

Hawaii and Arizona (except the Navajo Nation) are the only two states in the nation that don't follow time change. People in Puerto Rico, the U.S. Virgin Islands, American Samoa, Guam and the Northern Marianas also don't change their clocks.



PROFESSIONAL DEVELOPMENT OPPORTUNITY



Supervising with Support: Handling Mental Health Issues in the Workplace without going Crazy

THIS IS A TIMELY AND IMPORTANT TRAINING FACILITATED BY
ATTORNEY REBECCA GOLDBERG OF BERCHEM MOSES AND JUDITH STONGER, WHEELER EAP



THIS EVENT IS SUITABLE FOR SUPERVISORS AND HR PROFESSIONALS.

When supervisors recognize that an individual on their team may be struggling with mental health concerns, there is a lot to consider. From demonstrating care and support to maintaining professional boundaries while still meeting project deadlines, there is an added layer of complexity to managing a team when mental health concerns arise.

This training will help supervisors better understand mental health and substance use challenges and strategies for providing support when problems exist. Supervisors will learn to recognize possible signs and symptoms; how to sensitively and appropriately express concern and begin a conversation with staff or colleagues; strategies to accommodate and support those experiencing challenges; and the importance of establishing and maintaining healthy boundaries. Additionally, this training will include the legal issues that may arise including ADA and FMLA needs for these types of situations.

Thursday March 21, 2024

registration/coffee 9:00AM (program 9:30-12:30)

Location: Pitkin Community Center at 30 Greenfield Street Wethersfield, CT

COSTS \$25 FOR CONNPELRA MEMBER TOWNS \$35 FOR NON-MEMBER TOWNS.

PAYMENT is cash at the door or check to ConnPELRA sent to PO Box 1028 Glastonbury CT 06033

Please register with **Tracey Paradis** if you plan to attend this event. Her email address is paradist@plainville-ct.gov