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## JUNE IS NATIONAL EMPLOYEE WELLNESS MONTH

Professional Wellness Month is celebrated each year in June and it throws light on the workplace's role in creating a holistic environment for employees. It also focuses on how organizations that place emphasis on professional wellness are largely successful, attract top talent, and drive employee retention. There is no substitute for professional wellness and it is a key factor in ensuring the overall growth of an organization.

Adults spend a significant portion of their lives working in their offices. Therefore it is important that there is a healthy connection between work and an individual's overall well-being. There is enough research to show that the personal well-being of

an individual, which comprises a good exercise routine, healthy diet, sleep patterns, etc., makes them highly productive and valuable to an organization.

Professional Wellness Month was created with the very idea to showcase the importance of maintaining a satisfying work culture and the direct correlation between professional wellness and a happy and stress-free individual. This month encourages companies to take steps in the right direction to foster professional wellness. It also incentivizes individuals to take charge of their lives and adopt healthy habits that are imperative for their personal and professional development.



## TOWN EMPLOYEES - OUR GREATEST ASSET



Hello Team,

It has been a whirlwind just shy of 30 days since starting my role as Town Manager in May! The best words to describe my feelings are energized and optimistic. We are such a unique and amazing community, and I'm excited about tackling both the opportunities and challenges that face us.

An early priority for me has been to get to know the people who keep our Town running and are working hard to make it better. I've been incredibly impressed by the dedication and expertise of our Town leaders and staff.

This is an important time to renew our culture, particularly as we seek to achieve the ambitious agenda set by the Town Council and our community. I'm looking forward to investing in greater empowerment of our leaders, improving wellness and work/life balance for our workforce, promoting Economic Development opportunities, and continuing our commitment to be intentional, recognize and address the needs of the Bloomfield community.

Starting in July, our Community Building Leadership Team (CBLT) and I will be recognizing one employee per quarter for their outstanding service to the Town of Bloomfield. The purpose of this recognition is to accomplish several goals which include building teams and promoting self-pride in our employees. Your participation is voluntary and every staff member, including CBLT members, would be eligible to participate. I would like to begin with those who are closest to retirement so they can be recognized before leaving.

As I conclude, I want to recognize what I believe is this Town's greatest asset – our incredible workforce. From our laborers to our administrators, each employee provides excellent service to our community, and your passion and dedication to public service are second to none. Every Town employee plays an essential role in our ability to carry out our goals and positively impact our residents' lives.

One Team, One Fight!  
Very Respectfully,  
Al

**Alvin "Al" D. Schwapp, Jr.**  
**Town Manager**

# ONE TEAM ONE FIGHT



## BLOOMFIELD POLICE DEPARTMENT PROMOTIONAL AND AWARDS CEREMONY

On Friday, May 10 the Bloomfield Police Department held their latest promotional and awards ceremony. Sergeant Brendan Danaher received the oath of office for his current role as Sergeant and had his badge pinned by his children.

Also on May 10, eight officers were honored for their roles in a homicide investigation that took place on December 4, 2023. The work of these officers led the identification and a warrant for arrest for the suspect.

Honored with the Meritorious Service Medal were Officer Fran Teixeira, Sergeant Zachary Klomberg, Detective Christopher Collins, Detective James Thurston, and Detective Zachary O'Bright.

Honored with the Award of Excellence Medal were Officer George Farrah, Officer Kelsey Marschall, and Officer Rachmiel Moise.





# EMPLOYEE OFFERS FROM FIRSTNET - BUILT WITH AT&T

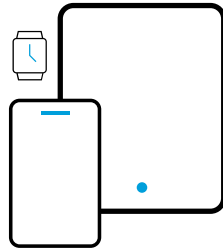


## Triple Play Bundle

**\$49<sup>99</sup>\***

taxes & fees not included

- ✓ Unlimited talk, text, and data
- ✓ Roaming in Canada and Mexico
- ✓ Always fast - never throttled
- ✓ Prioritized network access



Effective 1/5/2024, for a limited time, FirstNet Subscriber Paid customers can get a smartphone, tablet and wearable plan all for just \$49.99 (\$54.99 w/tethering) when all are new activations, and when purchasing a smartphone on installment.

Be sure to mention your towns organization code for FirstNet

**Affiliation code is BLOOMFIELDNFN**

### The latest offers:

- \$150 activation credit for new line
- \$300 activation credit when porting in

**Refer your friends & family, and you'll both be rewarded!**



1. Scan the QR Code to get your exclusive referral link
2. Share your referral link with friends, family & neighbors to earn rewards.

For every person who uses your referral code to get new AT&T Wireless, you and your friend will receive a bill credit. **The more you share, the more you earn!**

SCAN HERE

**CONTACT YOUR LOCAL FIRSTNET EXPERT TO LEARN MORE**

Patricia Acevedo  
203-631-2208  
pa2969@att.com



## SAVE 25% ON AT&T UNLIMITED PLANS FOR YOUR FAMILY<sup>2</sup>

AT&T UNLIMITED PREMIUM	+1 FAMILY MEMBER <small>2 Total Lines</small>	\$150/mo. <small>Excludes FirstNet Bundle</small>	\$106.24/mo. <small>Includes FirstNet Bundle</small>
• Unlimited talk, text & data in the US, Canada, Mexico, and 19 Latin American countries	+2 FAMILY MEMBERS <small>3 Total Lines</small>	\$180/mo. <small>Excludes FirstNet Bundle</small>	\$139.99/mo. <small>Includes FirstNet Bundle</small>
• 50 GB of mobile hotspot	+3 FAMILY MEMBERS <small>4 Total Lines</small>	\$200/mo. <small>Excludes FirstNet Bundle</small>	\$162.49/mo. <small>Includes FirstNet Bundle</small>
• Always fast - no speed caps!	+4 FAMILY MEMBERS <small>5 Total Lines</small>	\$225/mo. <small>Excludes FirstNet Bundle</small>	\$184.99/mo. <small>Includes FirstNet Bundle</small>

## CREATING A FOOL-PROOF PASSWORD

### DO



Use at least **8** characters or more. Shoot for around 14



Use a **variety** of characters, numbers and letters



Use your **entire** keyboard



Use a password secure **generator**

### DON'T

**Kim83**

Use **predictable** capitalization



Use the **same** password for multiple accounts

**John**

Use **your name** in your password



Use words from the **dictionary**

The Town of Bloomfield Human Resource Department is excited to announce a new partnership with Diversity Jobs that embodies our unwavering commitment to diversity in the workplace.

DiversityJobs.com is the #1 ranked diverse job board in the United States. Their mission is to promote diversity and inclusion in the workplace by creating a space where diversity-minded employers engage the best and brightest diverse talent. They will assist us in advancing DEI in the workplace from the moment we begin our job candidate outreach with expanded online presence and community outreach resources.

We are excited to continue advancing and promoting DEI in the workplace!

LinkedIn: <https://www.linkedin.com/company/diversityjobs-com>



## NEW HIRES



**Robert Trottier**  
**Town Engineer**  
**Public Works**

Robert joined the Town of Bloomfield after serving as the City Engineer for the City of New Britain. He graduated from the University of Hartford, with a bachelor's in the Science of Civil Engineering. He also has an associate's degree in Science of Civil Engineering Technology from Hartford State Technical College.



**John Schmid**  
**Vehicle Mechanic Technician**  
**Public Works**

John graduated from Wethersfield High School in Wethersfield, CT. He has taken classes at Manchester Community College. He is a graduate of the Diesel Technology Program at Lincoln Technical Institute in East Windsor.

## WORK ANNIVERSARIES

NAME	YEARS OF SERVICE	DEPARTMENT
Jeanine Allin	6/27/16 - 8 years	Police
Melanie Bazer	6/19/00 - 24 years	Library
Jasmine Blanchard	6/21/06 - 18 years	Leisure Services
Harold Blanchard	6/21/11 - 13 years	Leisure Services
Andrew Brown	6/18/08 - 16 years	Leisure Services
Sage Brown	6/7/17 - 7 years	Leisure Services
Ashley DeJesus	6/12/17 - 7 years	Tax Office
Shander George	6/19/12 - 12 years	Leisure Services
Alexus Gordon	6/1/19 - 5 years	Leisure Services
Kemani-Malik Hume	6/18/13 - 11 years	Leisure Services
Shantel Issacs	6/2/20 - 4 years	Library
Elizabeth Johnson	6/4/88 - 26 years	Library
Kenneth LaPent	6/19/15 - 9 years	Senior Services
Jermaine Lascelles	6/3/17 - 7 years	Leisure Services
Vincentia Midodzi	6/20/22 - 2 years	Assessor
Mark Mitchell	6/1/97 - 24 years	Social & Youth Services
Sheila McCallum	6/26/14 - 10 years	Library
Patricia McGuire	6/19/18 - 6 years	Library
Adam O'Neill	6/2/14 - 10 years	Public Works
Tiara Owens	6/6/15 - 9 years	Leisure Services
Brian Ozenne	6/25/18 - 6 years	Senior Services
Harvey Pannell	6/21/06 - 18 years	Leisure Services
Joyce Pickett	6/11/18 - 6 years	SCGA
Anthony Pollicio	6/8/17 - 7 years	Building
Katia Reynolds	6/13/22 - 2 years	Police
Jean Michel Sibille	6/25/18 - 6 years	Library
Victoria Snype	6/18/08 - 16 years	Leisure Services
Jessica St. Amad	6/3/14 - 10 years	Leisure Services
Marlon Thornton	6/21/11 - 13 years	Leisure Services
James Thurston	6/3/13 - 11 years	Police
Kenan Vugdalic	6/3/13 - 11 years	Police
Lynn Weisel	6/1/22 - 2 years	SCGA

**Town of Bloomfield - Employee Wellness Event**

*Please Join Us in Celebrating Good Health!*

**WELLNESS BOOTHS!**

**JUNE 12<sup>TH</sup>**  
**9:30 am – 2:30 pm**  
**TOWN HALL**

**MOCKTAIL HOUR: (11:00am-2:00pm)**

Stop by to Learn about...

- Creating alcohol-free versions of your favorite cocktails
- Adding fruits and herbs to mocktails for a flavorful nutrient boost
- Serving mocktails with pizzazz!

**Free Samples: Blueberry Basil Limeade & Mojito!**

**CHAIR MASSAGE (9:30am - 2:30pm)**

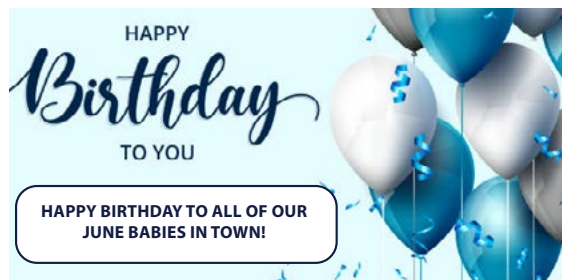
A short break goes a long way. Clothed massage uses gentle manipulation to release tension and increase circulation...pure relaxation! [Use the link below to schedule your 15-minute chair massage:](#)

[Click Here to Schedule Massage](#)

Or Scan the QR Code Below to Schedule:

**wellness concepts.**

\*For Town of Bloomfield Employees Only\* Contact Town of Bloomfield Human Resources with Any Questions: 860-769-3544



## 2024 BENEFIT OPEN ENROLLMENT

### JUNE 4 TO JUNE 11

The 2024 Benefit Open Enrollment period will take place June 4th to June 11th.

The benefit open enrollment period is a once-a-year opportunity for employees to learn about employer provided benefits and make plan elections for yourself and eligible family members. There are two options to review and update your benefits.

**Self-Learn/Enroll** - You can access our new benefit portal (Employee Navigator) to review the benefits and complete the enroll election on your own.

#### **Login Instructions:**

Go to [www.employeenavigator.com](http://www.employeenavigator.com) and click Login.

- **Returning Users:** Log in with the username and password you selected. Click reset forgotten password if needed.
- **First Time Users:** Click on your registration link in the email sent to you by your admin or register as a new user. Create an account and your own username and password. You will need your name, date of birth, last four digits of your social security number, and the company identifier is "Bloomfield".



**Benefit Counseling** – Speak with an experienced benefit counselor who will review each program, answer your questions. You can meet with the benefit counselor in-person or over the phone, whatever works best for you.

**Benefit Counselor: Rob Walsh - 860-881-6290    Email: [r.walsh@neenrollment.com](mailto:r.walsh@neenrollment.com)**

#### **On-site benefit counseling schedule:**

##### **Wednesday, 6/5**

**9:00am – 2:30pm:** Town Hall

**3:00pm – 5:00pm:** Police Department

##### **Thursday, 6/6**

**8:00am – 10:00am:** Public Works

**11:00am – 2:00pm:** Alvin & Beatrice Woods Human Services Center





# Cigna Members – Register for your Quest Biometrics Screening Today!

## Know Your Numbers for Better Health!

**Biometric screenings:** the next step in your healthcare journey

**When: Wednesday, June 12, 2024**

**Time: 9:30 AM – 2:30 PM**

**Where: Town of Bloomfield-  
Council Chambers**

**Registration Key: bloomfieldct2024**

**Unique ID: SSN & DOB**

**To Register:**

**Visit**

**[My.QuestForHealth.com](https://My.QuestForHealth.com)**

to schedule your appointment online

OR

**Call 1-877-304-7055**

to register by phone

OR **Scan the QR Code**



Quest Diagnostics Incorporated and its subsidiaries (Quest) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.877.304.7055. ATENCIÓN: Si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.877.304.7055. 注意: 如果您使用繁体中文 (Chinese), 您可以免費獲得語言援助服務。請致電 1.877.304.7055.

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**Q: What do you do if you get rejected at the sun-screen company?**

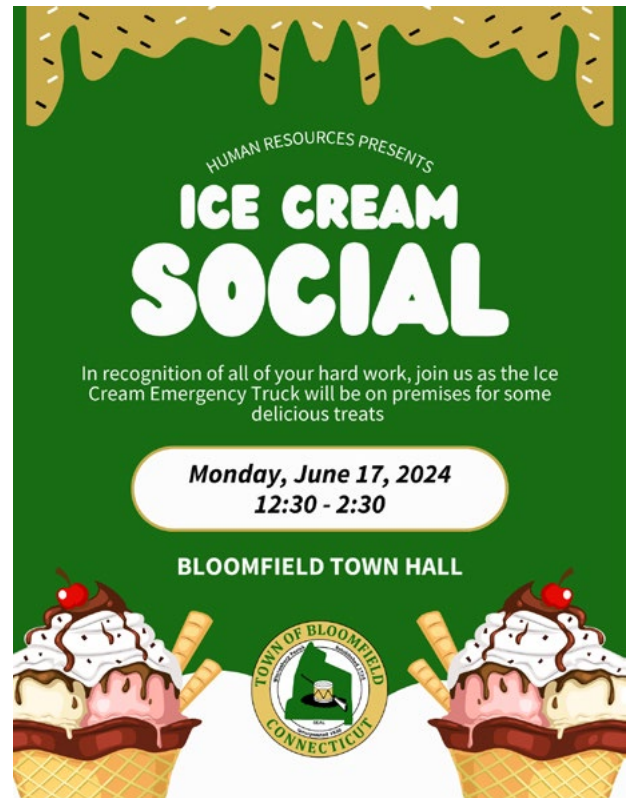
**A: Reapply**

## 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

### Watermelon Feta Salad

#### Ingredients

- 1/4 c. extra-virgin olive oil
- 2 Tbsp. red wine vinegar
  - Kosher salt
- 3 c. cubed seedless watermelon
  - 1 c. chopped cucumber
  - 1 c. crumbled feta (about 6 oz.)
- 1/2 c. coarsely chopped mint, plus more for serving
  - 1/2 c. thinly sliced red onion
  - Flaky sea salt (optional)

#### Instructions

- In a small bowl, whisk oil, vinegar, and 1/2 tsp. kosher salt. Add watermelon, cucumber, feta, mint, and onion and toss to coat in dressing
  - Top with more mint and sea salt (if using)



*Have a recipe you want to share with your fellow co-workers? Send it to Brian Wolff at [bwolff@bloomfieldct.gov](mailto:bwolff@bloomfieldct.gov)*