

# Bexar County Connection

*News, events, and information for Bexar County employees*

## Quiznos moves in Justice Center Cafeteria in January



Commissioners Court recently approved the contract for the Justice Center cafeteria services. The contract goes to Quiznos as recommended by the Bexar County Cafeteria committee. Many vendors vied for the contract, and after thorough evaluation, the contract was awarded to Quiznos, who plans to provide high quality and value on menu items, pricing, and choices. Quiznos provides toasty sandwiches and tasty soups and salads. The Quiznos menu includes steak subs, turkey and chicken subs, classic and flatbread subs as well as soups, salads, chips, cookies and bottled beverages. Quiznos is classified as a Small, Minority and Women Owned business.

Rental of the cafeteria space and generated revenue will total close to \$66,000 for the county each year. Employees, jurors, and visitors will be able to enjoy the nutritious and reasonably priced meals beginning January 5, 2009. The contract will be in effect for a five year period.

So what can be expected from our new food vendor? The completely remodeled cafeteria will be consistent with the Quiznos sub format. The contract stipulates the cafeteria will still serve hamburgers, hot dogs, and french fries. Breakfast items such as tacos, eggs, biscuits, and sausage will also be available. The cafeteria will

*See "Quiznos" continued on page 3*

## Benefits Spotlight: End of the Year Tips

As another year ends, it is important that everyone examine their healthcare needs as well as any remaining benefits which are available.

**Flexible Spending Accounts (FSA)** – All 2008 FSA dollars must be spent no later than December 31, 2008. Any inquiries regarding claims or balances can be made to Humana FSA at 1-800-604-6228 or log on to your personal page at [www.humana.com](http://www.humana.com).

**Preventive Care** – All employees and dependents who are enrolled in any of the Bexar County Medical Plans are allocated \$500 for preventive care benefits for plan year 2008. This includes annual physicals and well care exams.

**Wellness** – Take advantage of this free benefit for employees and covered dependents, Humana’s Wellness

*See "Benefits" continued on page 3*

### What’s Inside This Issue

Quiznos is Coming!	1
Benefits Spotlight	1
Get Motivated, Going, Healthy	2
Training Calendar	3
Service Anniversaries	4

### COUNTY HOLIDAY Christmas Day Thursday, December 25, 2008



*Bexar County Connection is produced monthly by Bexar County Human Resources.*

*Send us your news and events information via e-mail at [CountyConnection@bexar.org](mailto:CountyConnection@bexar.org) or via fax at (210) 335-2857.*





# HealthWorks

Get Motivated. Get Going. Get Healthy.

## ATTENTION: Vista Verde Employees!

Attend the Employee “Mobile” Wellness Clinic  
“Where good health comes to you”

**When:** Tuesday, December 9, 2008  
**Where:** Vista Verde (3rd Floor Breakroom)  
**Time:** 8:00 a.m.—12:00 p.m.

Preventive Screenings and Flu Shots available to all employees in or around this area. Please bring your Humana ID card!

## Eating enough fruits and vegetables?



If not, you may be missing out on vital nutrients. Each day you should consume:

- 6-11 servings of whole grains (rice, bread, pasta, cereal)
- 2-4 servings of fruits
- 3-5 servings of vegetables
- 2-3 servings of milk, yogurt or cheese
- 2-3 servings of meat, poultry, fish, dry beans, nuts, or eggs
- Small amounts of oils or fats

Information retrieved from [www.humana.com](http://www.humana.com)

## December is National Drunk Driving Prevention Month!

Make good decisions during the holiday season –  
**don't drink and drive!**

Did you know Deer Oaks EAP services offers a **FREE** cab ride home if you are impaired? Simply take a cab home if you have had too much holiday fun, and send the bill to Deer Oaks for reimbursement:

**Deer Oaks EAP Service**  
7272 Wurzbach Road, Suite 601  
San Antonio, TX 78240

**This is a free and confidential service to  
all County employees!**

## Get Going and Get Paid!



Members on either of the Bexar County Medical plans with Humana are eligible to participate in the Virgin HealthMiles program for free!

Please E-mail [wellness@bexar.org](mailto:wellness@bexar.org) for enrollment instructions or attend the next on-site enrollment opportunity:

**When:** Tuesday, December 9, 2008  
**Time:** 8:00 a.m.–12:00 p.m.  
**Where:** Vista Verde (3rd Floor Breakroom)  
**Effective November 1, 2008, all HealthMiles participants are eligible to earn up to \$500 annually!** What are you waiting for?



## Do you know your risk?



Knowing the “state of your health” is the first step to a healthier you. Take the Humana Health Risk Assessment at [www.humana.com](http://www.humana.com) and click on the “Health and Wellness” tab OR call toll-free 1-866-444-6096.

**Anyone who completes the Health Risk Assessment during the month of December will be eligible for a prize drawing!**

## 5 Tips for Eating Healthier:

Eating healthy, especially during the holiday season, can be challenging. Here are a few useful tips:

- Make small changes for big results: Substitute yogurt or fruit during snack time instead of chips or candy to boost your daily serving intake.
- Pay attention to portions: Keep portion sizes reasonable to make it easier to eat the foods you want and stay healthy.
- Know what you are eating: Know how foods affect your body (e.g. Saturated fats raise cholesterol, whole grains reduce the risk for heart disease, etc.)
- Eat healthier when eating out: Most restaurants, even fast food places, have healthy options. Look for healthy choices when eating out.
- Maintain a healthy weight: Set reasonable goals. Being too thin or too heavy can increase your risk for illness. Talk to your doctor if you have concerns.

Information retrieved from [www.humana.com](http://www.humana.com)



# Bexar County Training Calendar - December 2008

Date	Course/Class	Scheduled Time	Location
Tuesday, December 2	Retirement Seminar-AM	8:30 a.m.—12:00 p.m.	Training Center
Tuesday, December 2	Retirement Seminar-PM	1:00 p.m.—4:30 p.m.	Training Center
Thursday, December 4	Credit: Use It & Abuse It	12:00 p.m.—1:00 p.m.	Grand Jury Training Room
Friday, December 5	Employee Orientation	9:00 a.m.—4:30 p.m.	Training Center
Tuesday, December 9	Sexual Harassment Awareness	2:00 p.m.—4:30 p.m.	Training Center
Thursday, December 18	CPR & First Aid	8:00 a.m.—5:00 p.m.	Training Center
Friday, December 19	Employee Orientation	9:00 a.m.—4:30 p.m.	Training Center

*Course dates and times are valid as of the date of publication and are subject to change. All classes are available for County employees. Make sure you have your supervisor's permission or the appropriate authority to enroll and attend a class.*

*Register for Information Technology (Computer) classes at [ISTrainingRequest@bexar.org](mailto:ISTrainingRequest@bexar.org). For all other classes, contact Adam Leos at [AdamLeos@bexar.org](mailto:AdamLeos@bexar.org) or (210) 335-0728.*

“Quiznos” continued from page 1

still offer coffee and drinks, a salad area and ‘grab and go’ items. The cafeteria will be upgraded with new wall and floor finishes, and the cashier area will be updated with computerized registers. The enclosed dining room will be opened up to accommodate a magazine and newspaper area (for purchase), and additional lighting will be installed. New stylish furniture will be added and the low partition walls will be refurbished as well to update the entire look of the cafeteria.

Quiznos will also provide catering services to the courthouse when needed. Should you have any comments or suggestions for the cafeteria committee, please direct them to Jury Operations Manager, Mellie Cardona at 335-2074.

“Benefits” continued from page 1

Plus Program. This free program offers tailored health coaching and targets six key areas, including stress management. Also available is our Employee Assistance Program with Deer Oaks. All services are confidential and are available for stress, anxiety and depression to beat those holiday blues. Deer Oaks local number is (210) 615-8880.

**HealthMiles** – Still don’t have your pedometer? Stop by any Spectrum HealthClub to obtain your first free pedometer today! Remember, this program is part of the Bexar County Medical Plan and only employees enrolled are eligible. Incentives can reach up to \$500 annually. Shopping during the holidays is a great way to earn steps!

**Confirmation Letters** – Since Annual Enrollment concluded on November 14th, all employees will receive a “Confirmation Letter” at their home address. These letters will be mailed approximately December 15<sup>th</sup>. It is important that you review this document of your elections for accuracy.

**Dependent Eligibility Verification** will be conducted in 2009. Any dependents who are no longer eligible should be removed before the end of the year to avoid future penalties.

**2009 Enrollment Cards** – Insurance cards will be mailed to your home by the appropriate vendors.

**Questions?** – e-mail [benefitsinformation@bexar.org](mailto:benefitsinformation@bexar.org) or call HR Central at 335-2545.



**SERVICE ANNIVERSARIES FOR  
DECEMBER 2008**

**FIVE YEARS**

Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
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Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Community Superv. & Correction  
County Clerk  
Criminal Justice Planning & Coord.  
District Clerk  
District Courts-Civil  
Juvenile Detention  
Juvenile Detention  
Juvenile Detention  
Planning & Resource Mgt.  
Planning & Resource Mgt.  
Sheriff's Office  
Sheriff's Office

Almanza, Alejandro  
Buso, Jose A.  
Cowles, Jason C.  
Davidson, Jaclyn C.  
Hardaway, Lashan M.  
Holguin, Mercedes S.  
Lara, Norma  
Magallanes, Sabrina A.  
Moreno III, Felipe J.  
Perez, Naomi G.  
Rios, Elena  
Ruscoe, Jasmine M.  
Torres, Yessica C.  
Ward, Joseph S.  
Strappel, Anthony W.  
Davila, Lorena M.  
Zamora, Gloria R.  
Gonzales, Norma  
Barrientez, Melinda P.  
Carson, Walter J.  
Mancha III, Louis G.  
Villarreal, Sandra  
Amaro, Linda M.  
Hernandez, Armando  
Canales, Joseph A.  
Murray, Kenneth J.

**TEN YEARS**

Commissioners Court  
Community Superv. & Correction  
Community Superv. & Correction  
Infrastructure Services  
Justice of the Peace, Precinct 2  
Juvenile Detention  
Juvenile Detention  
Juvenile Detention  
Sheriff's Office

Ruelas, Jesus M.  
Casarez, Cynthia A.  
Lewis, Danny W.  
Lara, Monica  
Lafrenier, Sheryl L.  
Armendariz, Ana L.  
Mann, Gary L.  
Valdez, Santiago  
Palmer, Betty J.

**FIFTEEN YEARS**

Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Adult Detention Center

Arredondo, Alicia  
Craig, Darrell A.  
Flood, Belinda S.  
Lauer, John K.  
Long, Steven M.  
Reveles, Paul A.  
Robinson, Calvin L.

Adult Detention Center  
Criminal Justice Planning & Coord.  
District Clerk  
District Clerk  
Infrastructure Services  
Infrastructure Services  
Juvenile Probation  
Probate Courts  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office

Saldana, Carmen G.  
Boone, Aurora C.  
Abilez, Maria J.  
Ramirez, Corinne  
Gonzales, Robert A.  
Zavala, Adam G.  
Perez, Gilbert G.  
Hogan, Karen K.  
Davidsmeyer, Robert L.  
Divers, Patrick W.  
Hernandez, Adam H.  
Houston, Darren P.  
McLaurin, Christine  
Ramirez, Reynaldo R.

**TWENTY YEARS**

Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Adult Detention Center  
Community Investment  
County Clerk  
County Clerk  
County Clerk  
County Courts at Law  
District Attorney  
District Clerk  
Information Services  
Information Services  
Infrastructure Services  
Infrastructure Services  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office

Castillo-Robles, Herlinda  
DeLaVega, David  
Filoteo, Joe  
Woerner, Carl J.  
Flores, Jesse  
Alvarez, Esther S.  
Espinoza-Vera, Barbara  
Martinez, Ana A.  
Canales, Hipolito  
Estrada, Alicia  
Castillo, Cynthia M.  
Logan, Scott A.  
DeLaCerde, Gloria  
McOsker, Kenneth E.  
Przewodek, Zbyszek Z.  
Bailey, Clifton R.  
Cook, Charles L.  
Herrera, Louis  
Lorenz, Diana M.  
Martinez, Ramon  
Pedraza, Roger A.  
Rojas, Alfred  
Stech, Harold E.

**TWENTY-FIVE YEARS**

District Attorney  
District Clerk  
Juvenile Probation  
Sheriff's Office  
Sheriff's Office  
Sheriff's Office

Ferguson, Cynthia  
Rainey, Virginia, K.  
Hall, William R.  
Burchell, Christian P.  
Miranda, Margie  
Morales, Robert A.

**THIRTY FIVE YEARS**

Adult Detention Center

Gabehart, Daniel L.