

# JEFFERSON COUNTY LINE

## S U M M E R E D I T I O N 2 0 2 5



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<a href="https://jeffersoncountytexas.gov/">https://jeffersoncountytexas.gov/</a>	

*Summer is here and school is out. Many of you will be traveling to visit family, friends, and various vacation destinations. Members of Commissioners' Court would like to wish everyone a safe and enjoyable summer.*

Enjoy the  
SUMMER  
SUMMER  
SUMMER

Employee Assistance Program  
1-800-324-4327

Deferred Compensation  
1-877-677-3678

United Healthcare  
1-877-844-4999

Risk Management  
409-835-8672

Liviniti  
1-800-710-9341

Employee Health  
409-784-5881

# 2025 Constable Christopher ★ Bates Scholarship ★

In 2015, God laid it on the heart of Constable Bates to start the "Constable Christopher L. Bates Scholarship" with \$500 of his own money. With support from the community through his Scholarship Breakfast, he has given out \$55,000 in scholarships in 10 years! This year he awarded 14 students a scholarship of \$1,000 to use to further their educations!

Congratulations to these young adults & keep them in your prayers as they continue striving for greatness! Be blessed!



## Seated Left To Right:

Keviauna Ross (Memorial High School); Kathy Borjas (Memorial High School); Ashly Chavez (Bob Hope High School); Tailer Gilliam (Sabine Pass High School); Keniah Blaze (Beaumont United High School); Romy Bluitt (Beaumont United High School)

## Standing Left To Right:

Kevin Jackson II (Westbrook High School); Brittany Pryor (Beaumont United High School); Dontanyvia Charles (Westbrook High School); Kelvion Harris (Sabine Pass High School); Duante Grogan (Woodrow Wilson Early College High School); Da'Vontay Hancock (Beaumont United High School)

## Not Pictured:

Benjamin Scypion (Memorial High School); Mikayla Hayes (Sam Houston State University)



# HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

## 1 in 6

Approximate number of Americans stricken with food poisoning each year



## 128,000

Estimated annual hospitalizations from foodborne illnesses



**Did You Know?** ★  
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



## Basic Tips

### CLEAN



**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!



### SEPARATE



**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

### COOK



**USE A FOOD THERMOMETER.**

**Burgers: 160°F**



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

### CHILL



**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F**  
with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.



Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.



### DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL  
SOURCE  
CDC



For more summer food safety tips, go to

**FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

# ★ Hats Off to You! ★

It is with great pride and heartfelt appreciation, that Judge Guillory would like to recognize Giovanna Donaldson for her nearly 15 years of dedicated service to Jefferson County and the citizens of Port Arthur, Texas. As Office Administrator for the Justice of the Peace, Precinct 2 Office, Giovanna demonstrates exceptional commitment, professionalism, and leadership that leaves a lasting impact on both her colleagues and the community.

Giovanna exemplifies the highest standards of public service. Her dependability and unwavering work ethic have been the cornerstone of the office's daily operations. Whether managing complex tasks or supporting her team through challenging times, Giovanna consistently goes above and beyond, often making personal sacrifices to ensure the success of the office and the satisfaction of those we serve.

Giovanna's leadership is a guiding light for the Justice Court Clerks. She not only leads by example, but also takes great care to mentor others, share her knowledge, patience, and encouragement to help build a stronger, more capable team. Her ability to solve problems calmly and efficiently makes her an indispensable asset to our office, and her presence has provided a sense of stability and reassurance to all who worked with her.

Her legacy is not only in the years she has served, but in the people she has inspired and the community she has uplifted. Giovanna Donaldson embodies the spirit of public service, and we are deeply grateful for the time, energy, and heart she has devoted to this role.

On behalf of the Jefferson County Justice of the Peace, Precinct 2 office, **"Hats off" to Giovanna Donaldson**—a true example of dedication, leadership, and excellence.



## Summer Fun



Looking for a fun activity to enjoy as a family or with friends? Visit the Ben J. Rogers Regional Visitors Center website for a complete list of summer events happening around Jefferson County! There is sure to be fun for the whole family.

<https://explorejeffersoncountytexas.com/events?date=all>

July 3<sup>rd</sup> - First Thursday at the Jefferson Theatre showing Con Air at 7:00 PM

July 4<sup>th</sup> - City of Beaumont Annual Fourth of July Celebration 5:00 PM - 8:00 PM

July 4<sup>th</sup> - Fireworks on the Seawall! Lamar State College Port Arthur, 1500 Procter St., Port Arthur 5:30 PM - 10:00 PM

Every Saturday - Beaumont Farmers Market 8 AM - 11 AM, 6525 College St., Beaumont

July 11<sup>th</sup> - Classic Movie Night at the Jefferson Theatre showing E.T. The Extra-Terrestrial at 7:00 PM

July 16<sup>th</sup> - Children's Summer Reading Club Glow Party at the Hebert Public Library, 2025 Merriman St., Port Neches 10:00 AM - 11:00 AM and 2:00 PM - 3:00 PM

July 22<sup>nd</sup> - Nature Quest Summer Sessions: Gardening for Wildlife 9:30 AM - 11:30 AM at Tyrrell Park Nature and Visitors Center, 3930 Babe Zaharias Dr., Beaumont

There are events all Summer long. Check out the website for more to do.





# Risk Management Reminders

## The Risk Management Website has been Updated!

Visit the new and improved Risk Management website to learn more about active employee benefits, retiree benefits, the large array of additional voluntary benefits, as well as workers compensation resources.

<https://jeffersoncountytexas.gov/riskman/>

## Need to make changes to your benefits?

Other than Annual Enrollment, the only time you can add or drop dependents from your Medical and/or Dental coverage is with a HIPAA **Special Enrollment Event** or IRS Section 125 **Change of Status**. However, you must enroll or change coverage within 30 days after the event or change of status and submit the required documentation to prove dependency (marriage license for spouse, birth certificate for children, etc.) and proof of other coverage loss/addition. Examples of Special Enrollment Events and Change of Status are:

- Change in Legal Marital Status due to marriage, divorce or death of a spouse
- Change in Number of Dependents due to birth, adoption, or death of a dependent
- Change in Employment Status of employee, spouse or dependents
- Dependent reaches age 26
- Changes in Coverage or Cost for spouse or dependent under another plan
- Eligibility or Loss of Eligibility for Assistance under State Medicaid or Children's Health Insurance Program (CHIP)

**All enrollment changes are made through the UHC Employee Navigator website at:**

<https://www.employeenavigator.com/>

### Injured on the job?

County Policy requires you to notify Risk Management within 24 hours of any on-the-job injury or illness by completing an On the Job/Injury Illness form located on the Risk Management page of the Jefferson County website.



<https://jeffersoncountytexas.gov/riskman/WorkersComp>

### More Questions about your Benefits?

The Risk Management page of the County website has detailed information on all the County benefits, along with Quick Links to the MyUHC and the Employee Navigator web portals.

You can access the website at:

<https://jeffersoncountytexas.gov/riskman/>



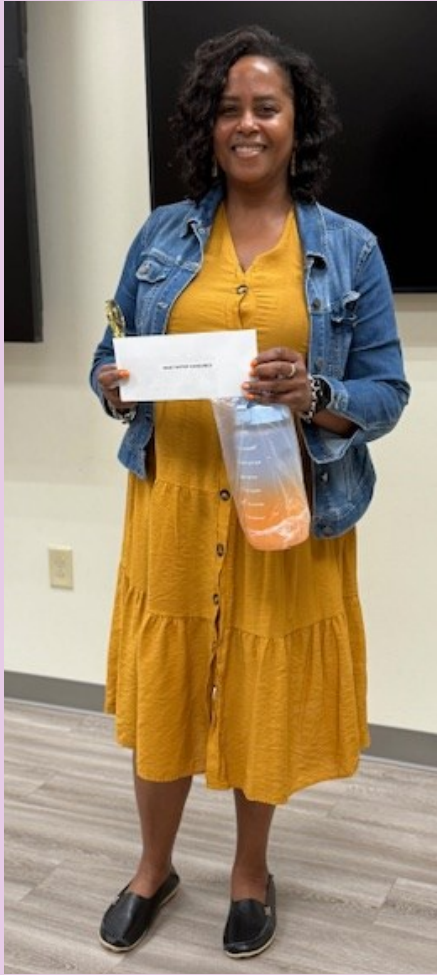
# Walking & Water Challenge

Employee Health kicked off the year with a new challenge. It was called the "Walking & Water Challenge" We started off with 15 teams of 4 per team from departments all over the County. We finished strong with 11 teams completing the 90 day challenge. The total miles walked by all teams was an impressive 14,165 miles. Total gallons of water consumed by all participants was 1,992 gallons and the total amount of weight lost was 307 lbs.

The winning team was "The Goal Getters." Captain Brenda Mosby, Judge Terrence Holmes, Ashley Malbrough and Glenda Segura. The individual award for most miles walked went to Diana Ramirez. The most water consumed was by Angie Conley and the Best Team Captain was Alex Oulapour for reporting his team's weekly numbers on time. Trophies and \$50 gift cards were given out to each of the winners. We feel this challenge was a huge success and we hope to offer it again in January. Much thanks to all who participated. Everyone lost weight and gained more energy during the challenge.







Angie Conley, Most Water Drank



Diana Ramirez, Most Miles Walked



Alex Oulapour, Best Team Captain



**'The Goal Getters'**

Winning Team:  
Judge Terrence  
Holmes, Glenda  
Segura, Ashley  
Malbrough, Brenda  
Mosby

# Welcome

Please join us in welcoming our newest employees of Jefferson County!

**Adult Probation:** Stacy Chapa-Bradley

**Constable, Pct. 4:** Dwayne Johnson

**County Clerk:** Pamela Wallace

**District Attorney:** Alton Baise, Reginald Boykin Sr.

**District Clerk:** Griselda Ibarra, Angela Thomas

**Juvenile Probation:** LaDaeja Brown, Amari Cola, Ryan Davenport, Kenute Guy Jr.

**Maintenance - Beaumont:** Nathan Hebert

**Risk Management:** Hannah Swanda

**Roads & Bridges, Pct. 1:** Joshua Lockler

**Sheriff:** Yancy Alfred, Alyssa Brooks, Michelle Castille, Daniel Castillo, Joshua Cook, Tyrone Davis, Jazareia Duhon, Jordan Elmore, Lajolla Fontenot, Elizabeth Foshee, Stephen Hodges, Lonnie LaBove, Derek Landry, Azion Mahathay, Jacqueline Owens, Jeremy Reed, Matthew Reeves, Mirria Stacks, Dawn Vest, Cartona Williams, Rance Williams, Alana Winston

**Tax Office:** Shelby Bilbrey, Alison Glenny, Casie Jones, Kristalin Lester, Lance Long, Makayla McDonald, Allison Redeaux, Sinda Reyes Urbieto

We wish all of our retirees continued happiness and success in their future endeavors! Congratulations!

## spring into SUMMER WORD SEARCH

Z	N	K	B	B	S	W	D	L	F	S	U	N	E	Z
K	Q	D	D	O	H	L	E	M	O	N	A	D	E	W
S	J	L	W	A	E	R	U	P	N	X	T	Z	B	P
U	V	D	T	T	L	B	P	O	B	W	X	U	E	J
N	E	G	C	U	L	K	D	P	C	T	P	I	A	T
G	A	E	W	J	T	D	C	S	P	O	O	O	C	A
L	G	Z	Q	A	B	B	X	I	X	G	E	W	H	N
A	Y	F	M	D	T	Z	Q	C	B	W	D	N	E	P
S	U	Z	S	Y	H	E	R	L	J	R	M	W	L	L
S	G	N	K	S	X	V	R	E	I	J	M	W	L	Z
E	G	T	G	O	X	U	V	B	U	O	M	W	A	Z
S	I	C	E	C	R	E	A	M	W	Z	W	Y	Q	C
P	Q	M	R	H	B	D	T	I	Q	A	M	E	T	K
J	X	D	G	Q	I	L	B	U	T	R	S	V	L	K
O	Y	N	W	A	N	S	W	I	M	S	U	I	T	

BEACH	SWIMSUIT	BOAT	SHELL
POPSICLE	LEMONADE	SUNGLASSES	ICE CREAM
SUN	TAN	TOWEL	WATER

## HAPPY RETIREMENT!

### April 2025

Tye Carter  
LaShanta Holloway  
Sherrye Kohler  
Karen Parker  
Veronica Taylor  
Kavin Watson  
Duke Youmans

### May 2025

Elizabeth Bordelon

### June 2025

Jerry Johnson  
Gwendolyn Green  
Kenneth Suitt

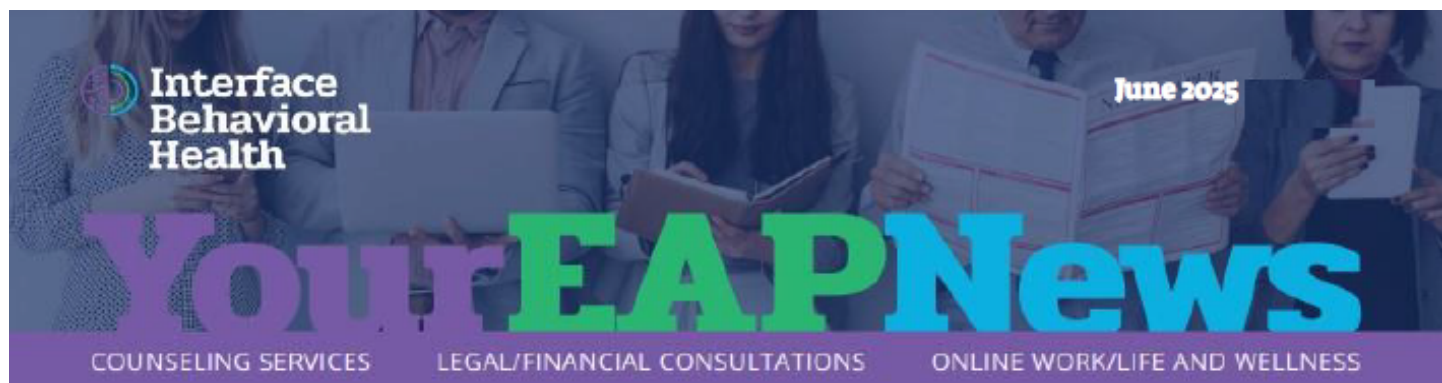
### REMINDERS FOR RETIREMENT

Contact Brandi Doyle in Human Resources, to schedule your appointment to retire and to receive a list of required documents.

If you do not already have access to your online portal you will need to contact Human Resources for your account number.

**(409) 839-2391**





## PTSD Awareness Month: Other Events Can Cause PTSD

**P**osttraumatic stress disorder (PTSD) doesn't just affect war veterans or those who have experienced life-threatening events or injuries. Don't let this myth cause you to hesitate getting treatment for symptoms you suspect could be from a past trauma. You may feel that your trauma isn't serious enough to justify treatment or that you should handle it on your own. PTSD can result from a wide range of distressing experiences. Fear, intensity of your experience, and not necessarily the type of event are what underlie the illness. Chronic abuse, domestic violence, prolonged bullying and harassment, sexual assault, traumatic childbirth, or even betrayal or a serious relationship breakup can lead to PTSD. It's impossible to predict who will develop PTSD after a traumatic experience, as many factors, including genetics, may play a role. Don't let PTSD keep you from the life you want and deserve. Treatment is for anyone who thinks they've been affected.



## Strength Training Matters as You Age

**D**on't overlook strength training as you age. It's as important as aerobic exercise—especially for preventing injuries. In fact, research shows that maintaining muscle mass can improve balance, boost metabolism, and enhance overall mobility as you get older. As you age, muscles lose mass and strength. This makes muscles weaker and more prone to injury, even from everyday activities like carrying heavy objects, bending over, standing for a long period of time, moving heavy furniture, and even pulling a cord to raise a blind. With muscle atrophy, injuries may happen even with good technique. Regular strength training, however, helps counteract this decline. Strength training can also support bone density, reduce the risk of falls, and help manage chronic conditions such as arthritis or diabetes. If you're new to strength training or have health concerns, talk to your doctor before starting. With strength training, you are more likely to enjoy a healthier and more active future.



## Kick Off Summer with a Family Meeting

**I**t's summer, and for families that means new routines, activities, and schedules. It's the perfect time for a family meeting. This powerful tool that can also become a tradition helps keep everyone connected and organized, while it models and strengthens family bonds. Other bonuses include teaching life skills like assertiveness, compromise, cooperation, and problem-solving. How to do it: Gather everyone in a comfortable space, review previous meeting issues, share successes, and set the meeting's goals. Encourage open, respectful discussion. Brainstorm solutions, agree on action steps, and talk about plans, ideas, trips, chores, transportation issues, and responsibilities. Conclude the meeting on a positive note.



## Working Well Under Pressure

**M**any jobs demand the ability to work well under pressure—but few offer training on how to do it. Most employees figure it out as they go, but that can lead to poor habits, chronic stress, burnout, or even resignation. If your job is high pressure, discover whether the following tips will help you finish the day with more energy and less stress. 1) "I got this!" Attitude is everything, even if it means faking it until you make it. By viewing work under pressure as something to command and not fear, you will feel more in control with a positive mindset and experience more resilience. 2) Set regular intervals to preempt fatigue by detaching from duties, even if it's only for several minutes. Hydrate and move. For example, walking only a single flight of stairs will stimulate your body and refresh your ability to focus. 3) Focus on one task at a time. Avoid seeing what's facing you as a single, overwhelming challenge. But if this feeling wells up, stop, take a breath, step back, and regain perspective. 4) Look for support. This includes the EAP, which can help you manage stress. For example, venting your frustrations can offer relief and help you regain focus. 5) Use a pull strategy to lift mood—anticipate an exciting personal reward you can look toward when the work is completed.





## You're Probably Not a Workaholic



**E**ver been accused of being a workaholic? The label is often overapplied, particularly by friends and family, but you can assess whether your work habits are unhealthy. It's worth reflecting on your work habits because self-awareness is the first step if you need to make a change to be happier. Consider motivation, choice, level of joy or excitement, and effects on your health. 1) The person who loves to work (work enthusiast) is motivated by passion and conscious choice, while the workaholic feels compelled and has a loss of control over work. 2) The work enthusiast can set boundaries on when and how much work they do, but the workaholic feels unable to control when and how much. 3) The work enthusiast feels joy and fulfillment, while the workaholic is not joyful about work and feels there is no choice but to continue. 4) The work enthusiast has healthy relationships, whereas the workaholic neglects relationships. 5) The work enthusiast doesn't suffer when not working, but the workaholic experiences anxiety when they can't work, along with adverse effects on their relationships and health. If you spotted signs of unhealthy work habits, take the next step. Consider a deeper assessment, set limits, and prioritize your well-being. Still unsure about your work style? Talk to a professional counselor or reach out to your EAP.



## Extreme Time Management that Works

**T**ime is a perishable resource, so consider these two simple time management conventions to maximize your productivity: time blocking and time boxing. Time blocking schedules specific blocks of time for different work needing to be completed. The benefit, which is underappreciated, is relief from constantly thinking about the work that needs to be done and when it will happen. Time boxing assigns a specific amount of time to a given task; however, focus on the work begins and ends on time—precisely on time! The value of this convention is extreme focus, made possible by the sense of urgency imposed by the strict start-stop boundaries.



**Voluntary:** You decide when to use the program services.

**Confidential:** Your personal information will not be shared with your employer or anyone in your family. Only you know when you call for assistance.

**Convenient:** EAP offers services with professional providers with offices nationwide. Services can be accessed in-person or virtual.

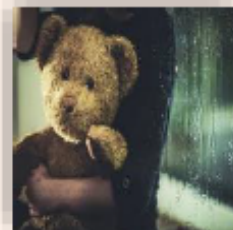
**No-Cost:** Services under the EAP are available to you, your spouse/partner and your dependents under the age of 26.

## How do children and adolescents respond to traumatic events?

Every year children and adolescents experience disasters and other traumatic events. How adults respond to trauma influences how children react to trauma.

### It is typical for children and adolescents to have a range of reactions

- Physical problems such as stomachaches or headaches
- Lose interest in activities they normally enjoy
- Withdraw or become isolated from family/friends
- Nightmares or sleep problems including refusing to go to bed



### WHAT CAN YOU DO TO HELP?

- Allow them to be sad or cry
- Let them talk, write, or draw pictures about the event and their feelings
- Stick to routines such as reading bedtime stories, eating dinner together, playing games
- Pay attention to sudden changes in behaviors, speech, language and strong emotions ,
- Help them feel in control by letting them make some decisions for themselves.

[www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events](http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events)

Your EAP can offer individual counseling, as well as family therapy to help the family adjust and cope with trauma together. **We are here to help.**



[www.4eap.com](http://www.4eap.com)

**EMPLOYEE  
ASSISTANCE  
PROGRAM**

**800-324-4327**

Crisis  
Counselors  
24/7





# GOT PAIN?

**JEFFERSON COUNTY**  
is offering the  
**"NCS ON-SITE WELLNESS PROGRAM"**

Available to **SETGEBP** Members enrolled in the **UHC** Medical Plan and their covered dependents (10+ years). **TOTALLY FREE OF CHARGE.**

IF YOU SUFFER FROM THE FOLLOWING TYPES OF PAIN:



NECK



SHOULDER



BACK



CARPEL TUNNEL



HEADACHES

OR OTHER TYPES OF DISCOMFORT, WE HAVE A PROGRAM JUST FOR YOU.

## How it Works

NCS Doctors use an advanced soft tissue treatment called Fascial Distortion Model (FDM) to find and address injuries and relieve pain. Most issues are resolved within 2-3 visits.

**Appointments are free to employees, only 15 minutes long, and located on-site.**

## To schedule your free 15 minute appointment:

1. Go to [www.NMCSOnline.com/SETGEBP](http://www.NMCSOnline.com/SETGEBP)
2. Select "Create New Account"
3. Complete your medical questionnaire
4. Select "Appointment"
5. Choose a time and follow the prompts.



or scan qr code

## Sign Up Now

**Need help?** Please contact your NCS on-site coordinator.  
Additional assistance is available: [support@ncshealing.com](mailto:support@ncshealing.com) or (817) 380-4183.

**Downtown Annex** 215 Franklin Street, Suite 202  
Beaumont, TX 77701  
Monday and Wednesday  
1:00 PM to 5 PM  
Risk Management Room in the Annex

**Mid County** 7933 Viterbo Road, Unit 4  
Beaumont, TX 77705  
Tuesday and Thursday  
8:00 AM to 10:00 AM

**Port Arthur** 525 Lakeshore Drive  
Port Arthur, TX 77640  
Tuesday and Thursday  
10:30 AM to 12:00 PM