



# 2024-2025 ANNUAL REPORT

Be SMART Employee Wellness Program Report



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# Wellness Champion Program Overview

## Board Policy 8510

The Pinellas County School District is committed to providing healthy schools, by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment.

The Superintendent shall establish a School Health Advisory Committee (SHAC) to align and coordinate the districts efforts to ensure a healthy learning environment and promote lifelong wellness.

The Superintendent will direct the SHAC to develop, implement, monitor and review district-wide Pinellas County Administrative Guidelines on Wellness, Physical Activity and Nutrition.

## Commitment

The board recognizes that a healthy workforce is a key component of student achievement so it encourages all employees to participate in the district wellness program. Principals and administrators along with their designated wellness champion provide the leadership and support necessary for program success.

## BE SMART EMPLOYEE WELLNESS PROGRAM

### Vision

100% productive, healthy and happy employees.

### Mission

To promote a culture that supports and encourages safe and healthy behaviors, employee engagement and a balanced state of wellbeing. The districts' wellness initiatives will inspire and empower employees to take responsibility for their own health and safety which is vital to their ability to contribute to the work and mission of PCS.

### Overall Goals

- 1) Increase adult preventative screening rates among employees and dependent spouses by 3% over 3 years.
- 2) Increase employees who reach the Limeade level 3 by 3%.
- 3) Introduce new programs to address hypertension and hyperlipidemia with the attempt to decrease rates by 3% over 3 years.
- 4) Introduce coaching program through on-site Registered Dietitian and Aetna to address members with diabetes and those using GLP-1s.
- 5) Increase awareness of resources for emotional well-being.

The District's programs will fall into three categories, which were determined based on employees' interests and greatest health risks:

- Physical Health (Goal #1, #2, #3 and #4)
- Mental Health (Goal #2 and #5)
- Clinical Preventative Services (Goal #1 and #2)

# 2024-2025 Program Highlights

## 2024-2025 Program Highlights

### Operating Highlights

Concluded the 2024 year of Limeade with 24.1% of eligible employees receiving the annual wellness incentive.

Introduced the OnSpot Dermatology bus to 30 worksites to provide preventative skin cancer screenings to employees. 2 cases of melanoma and 30 cases of skin cancer were detected and treated.

Introduced nutrition coaching with on-site Registered Dietitian to provide coaching to Aetna members with certain chronic conditions.

Introduced programs that focus

Earned Gold for the 2024 Aetna Workplace Well-being Award.

### Strategic Highlights

135 Employee Wellness Champions.

24.1% of eligible employees received the 2024 Limeade Annual Wellness Incentive.

86 EAP in person and virtual courses presented to staff. Reached 2,540 employees.

The AdventHealth Mobile Mammography Bus visited 114 worksites and screened 1,232 employees.

New OnSpot Dermatology Bus visited 30 worksites and screened 534 employees.



limeade

### Limeade Wellness Program Highlights

The 2024 Limeade wellness program ran from March 2024 to February 2025. The Limeade program is available to all PCS employees with the medical insurance through the School Board and their dependent spouses.

Employees can earn incentives for participating in annual exams and other habit forming activities, challenges, and lessons. Below are highlights of the 2024-2025 year of the program.

66% of the eligible employee population (5,881 employees) registered for the Limeade program.

47% of those registered were considered actively engaged

24.1% of employees received the 2024 \$300 Annual Wellness Incentive an increase from the previous year.

# Program Details

## GOAL #1: Increase preventative screening rates among employees and dependents.

Programs, activities, interventions completed to meet this goal:

- The Limeade Wellness Program focused on preventative exams. Participants can earn points by completing preventative exams including annual physicals, mammograms, colonoscopies, and well woman's exams.
- The AdventHealth Mobile Mammography Bus visited 114 worksites and screened 1,232 employees.
- New OnSpot Dermatology Bus visited 30 worksites and screened 534 employees.
- Communicated the importance of preventative screenings through newsletters and Employee Wellness Champion communication, including monthly health observances like Colon Cancer Awareness Month, Breast Cancer Awareness Month, Mental Health Awareness Month, and more.

2024 Preventive Exams:

- Adult Preventive Care Exam: 34.8% of Aetna members completed this exam in 2024. Increased from 33.8% in 2023 and 4.0% above Aetna's Book of Business.
- Mammogram: 51% of Aetna members received a mammogram screening. Increased from 49.6% in 2023 and 13.8% above Aetna's Book of Business.
- Colonoscopy: 14.3% of Aetna members received this screening. Increased from 14.1% in 2023 and 2.2% above Aetna's Book of Business.
- Pap Smear/Cervical Cancer: 23.5% of eligible Aetna members received this screening. Increased from 23.2% in 2023 and 2.4% above Aetna's Book of Business.

## GOAL #2: Increase engagement in the Limeade Wellness Program and employees who reach level 3.

Programs, activities, interventions completed to meet this goal:

- 24% of eligible employees earned the annual wellness incentive for the 2024 Limeade program.
- Promotion of Limeade through monthly newsletters, Employee Wellness Champion communication, Risk Management Updates, and posters at schools.
- In addition, the Wellness Team promoted Limeade through on-site staff meetings at worksites.
- Participation increased from 23.9% in 2023 to 24.1% in 2024.

# Program Details

## GOAL #3: Introduce new programs to address hypertension and hyperlipidemia.

Programs, activities, interventions completed to meet this goal:

- Limeade launched hypertension video series. An average of 541 users completed these video lessons that provided education on hypertension and hyperlipidemia.
- Heart SMART: Blood Pressure Program. Pilot program for bus compounds. Four-part education series focusing on reducing and managing high blood pressure. Created in house with PCS wellness team. 47 participants.
- Introduced one-on-one nutrition coaching for Aetna members with hypertension and hyperlipidemia.

## GOAL #4: Introduce coaching program through on-site Registered Dietitian and Aetna to address members with diabetes and those using GLP-1s.

Programs, activities, interventions completed to meet this goal:

- Aetna registered dietician was hired and introduced coaching for Aetna members with diabetes, prediabetes, hypertension, hyperlipidemia, weight loss, or GLP-1 support.

## GOAL #5: Increase awareness of resources for emotional well-being.

Programs, activities, interventions completed to meet this goal:

- 86 EAP in person and virtual courses presented to staff. Reached 2,540 employees.
- EAP Topics include:
  - Finances & Stress Management
  - Avoiding Burnout
  - Goal Setting for Life and Work
  - Time Management at Work & Home
  - Impact of Gratitude
  - Being your Best Self: Self-Esteem
  - Becoming a Better You
  - Fighting the Stigma of Mental Illness
  - Managing Generational Difference
  - Managing Your Emotions Under Pressure
  - Power of Positive Thinking
  - Work/Life Balance
- EAP Annualized Utilization Rate: 16% in 2024 and served 1,161 unique members.
- Promoted EAP through newsletter, Risk Management Updates, mailings, email, etc.
- New Wellbeing Coaching available 1/1/2025. Coaching provides one-on-one sessions to assist with goal setting, support, and boost motivation for a variety of topics from career, stress management, overall wellbeing and more!

# Communication

## Communication

Below is a sample of 2024-2025 communication materials used to promote our programs:

**SMART Start Newsletter**

**May is Mental Health Awareness Month**

Members need to put on important as physical health, mental health is also important. In the U.S., 1 in 5 adults experience a mental illness each year. This month, let's celebrate mental health, support our members, and raise awareness about the importance of accessible mental health care. How can we best support you? Please visit <https://www.pcsb.org/mental-health> for 30 days of great activities you can do to support your mental health.

**Your Mental Health Matters — We're Here to Help!**

The Program for Living EAP (PFL) offers resources for 24/7 support. We offer confidential, free services including counseling, stress management, and stress support. Please visit <https://www.pcsb.org/eap> for more information.

**Schedule Your Invention Exam this Summer!**

Summer is a great time to schedule preventive services like skin cancer and work-related injuries. It can take a while to get into for your next exam, so don't wait! Call your doctor today!

**Learn Limeade Events for Completing Your Invention Exam**

Preventive services are one of the most important things you can do for your overall well-being. By attending our events, you'll learn how to get the most out of your Limeade exam. We make it easy to participate by completing our Limeade preventive services. Here are some of the events you can attend for the month of Limeade programs:

- Annual Invention
- Adult Women's Exam
- Menopause
- Dental Water Cleaning
- Vision Exam
- Skin Cancer Screening
- Physical Exam

**Free Nutrition Coaching for Aetna Members**

Get your diet on track! Get a FREE nutrition consultation with a dietitian. Make changes to your health in the professional coaching services. Discover an additional coaching to great!

- Accountability
- Goal setting
- Weight loss goals
- Knowledge on why certain conditions
- Increasing motivation levels

One-on-one FREE nutrition coaching available to:

- Aetna members
- Diabetes
- Pre-diabetes
- Weight loss (BMI > 30)
- 10/10/10/10/10

Monthly SMART Start Newsletter

**Wellness Programs**

Did you know PCS employees have access to a variety of wellness programs? Check out the offerings below!

**Diabetes CARE Program** - Aetna members only  
Eligible employees with a type 1 or type 2 diabetes diagnosis can earn FREE testing supplies through this program. Contact our on-site Aetna nurse, Jessica O'Connell to get started.  
727-588-6134 | jconne112@aetna.com

**Limeade** - Aetna members only  
Participate in the wellness program Limeade to earn points, incentives, and take care of your health. To get started visit [pcs.org/limeade](https://www.pcsb.org/limeade). For support call 888-984-3638.

**Employee Assistance Program (EAP)**  
All PCS employees and their households have access to resources through the EAP including up to 8 FREE counseling sessions per incident. Call the EAP toll-free number at 1-800-848-9392 to reach a professional who can assist you with a variety of emotional well-being and work-life concerns. Visit [pcs.org/eap](https://www.pcsb.org/eap) for more information.

**AdventHealth Mobile Mammography**  
The Mobile Mammography bus will be visiting most workplaces throughout the year. You can view the full schedule of the bus and book an appointment anytime at [www.adventhealthmobilemammography.com](https://www.adventhealthmobilemammography.com).

**Aetna Health Line** - Aetna members only  
For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Aetna at 1-866-253-0999.

**Quitting Tobacco Resources**  
Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started.

For more information and additional programs available, please visit [pcs.org/wellness](https://www.pcsb.org/wellness) or contact Risk Management at 727-588-6195

Wellness Program Flyer

**Diabetes CARE Program**

Join the revitalized PCS Diabetes Care Program today and receive FREE diabetic testing supplies. For more information and eligibility, contact Jessica O'Connell RN at [pcs.conne11j@pcs.org](mailto:pcs.conne11j@pcs.org) or 727-588-6134

**We are here to support you!**

Diabetes CARE Program is available to all members with the Aetna medical insurance through PCS with a type 1 or type 2 diabetes diagnosis.

Diabetes CARE Program

**MAY IS Mental Health Awareness Month**

**YOUR MIND MATTERS**

For assistance with:

- Finances
- Parenting
- Depression
- Stress
- Alcohol/Drug Use
- Relationships
- Any Other Personal Concerns

visit [pcs.org/eap](https://www.pcsb.org/eap) for more info please call 1-800-848-9392  
Employee Assistance Program for free and confidential 24 hours a day, 7 days a week  
Resources for Living

Monthly Health Observance Flyers

Distributed to all champions.

**PCS limeade**

March 1, 2023 – February 23, 2024  
**Get Started Today!**

Limeade is available to all employees, retirees and dependent spouses with PCS medical insurance coverage.

To get started download the Limeade ONE iOS or Android app. Simply search for Pinellas County Schools when it asks for the employer to access your program today. Scan this QR code with your phone camera to download the app now. You can also visit [pcsb.org/limeade](https://www.pcsb.org/limeade) to access the platform on the web.

Follow the directions below to complete your registration today!

**Employees (Including 2 Board Spouses)**

- Click on "Continue with PCSB Employee Sign On."
- Enter your PCSB single sign on (SSO) credentials. These are the same login credentials used to access PCS Intranet and Employee Self-Service. For assistance with your SSO credentials, please contact the PCS Help Desk at 727-588-6060.

**Retirees & Spouses**

- Click on **Sign Up** next to "Don't have an account?"
- Enter last name & date of birth.
- Use the below chart to determine your Unique ID.
- Click on "Find account." If no account can be found, contact 727-588-6031.
- Enter your email address & create your password.

**NEW Security Verification Step**  
After entering credential, you will be prompted to Secure Your Account

- Follow the directions to enter in a phone number and select if you'd like to receive a security code through text message or voice call. Hit continue.
- You will then receive a code. Enter the provided code into the space provided and hit continue.
- Limeade will then provide a recovery code. Follow the directions to copy the code and store in a safe place. Once copied, check that you have safely recorded this code and hit continue.  
[Click here to view additional directions, if needed.](#)

Employees (Including 2 Board Spouses)	Spouses	Retirees	Retiree's Spouse
The employee's ID will be their PCS Username (or the first part of the email address) @pcs.org. Example: Jane Doe - JaneD	Unique ID is their spouse's Unique ID + "S" + date of birth (MMDDYY) Example: Jane Doe is the employee and her Unique ID is DoeJ501010. Her husband is Frank, and his birthday is 1/1/1970. Therefore, Frank's Unique ID is DoeJ501010.	Your Unique ID is your PCS R Dot account. For example: Jane Smith's is R.SmithJ	Dependent spouses of a retiree will need to know their spouse's R Dot Account information because a Retiree's spouse's Unique ID will be spouse's Unique ID + "S" + Date of Birth (MMDDYY). For example: Jane Smith's Unique ID is R.SmithJ. Her husband is Frank and his birthday is 1/1/1970. Therefore, Frank's Unique ID is R.SmithJ3010170

Limeade Support  
888-984-3638 or support@limeade.com

PCS Wellness Team  
Caleigh Hill 727-588-6031 or hills@pcs.org  
Dawn Handley 727-588-6151 or handleyd@pcs.org  
Jessica O'Connell 727-588-6134 or pcs.conne11j@pcs.org

Limeade Promotions

**Ways to Access Emotional Well-being Support**

**Which Behavioral Health Benefit Should I Use?**

Below is a comparison of services available through Resources For Living Employee Assistance Program (EAP), Talkspace Behavioral Health, Aetna Behavioral Health Benefits, and EAP's new chat therapy benefit through Talkspace. Each comparison focuses on practitioner type, availability, benefits, and costs. Click on each title for details including contact information.

**Available to all PCS Employees**

1. EAP Resources for Living!	2. New! Talkspace Chat Therapy through EAP!
Free emotional support for short-term problem resolution-oriented counseling. Available to members 13 years and older.	Talkspace is an online behavioral therapy platform that allows employees to communicate with a licensed therapist via text, audio, or video message on a smart phone or desktop computer. Available to members 13 years and older.
<b>Practitioners:</b> Licensed Master-Level Counselors.	<b>Practitioners:</b> Licensed Mental Health Counselors.
<b>Type of sessions available:</b> Face-to-face or virtual, and telephonic for urgent, in-the-moment, counseling needs.	<b>Type of sessions available:</b> Text, audio, or video message.
<b>Benefits:</b> Free for all employees and can provide transition through the medical plan after sessions are utilized.	<b>Benefits:</b> No appointment needed. Same-day access. Members can message their therapist as often as they want to and the therapist is available to reply 5 days a week.
<b>Cost:</b> Free to all PCS employees and their household. Up to 8 sessions per issue.	<b>Cost:</b> Free to all employees and their household. Subject to the EAP benefit of up to 8 sessions per issue. 1 week of Chat Therapy qualifies as 1 of the 8 sessions. 25% self-pay discount available after 8 sessions are used.

Contact Resources for Living EAP 24/7  
800-848-9392  
[www.resourcesforliving.com](https://www.resourcesforliving.com)  
Username: pcsb | Password: eap

May 2021

EAP and Emotional Well-being Resources

# Employee Wellness Champion Program Summary

## Employee Wellness Champion Program Summary

### OVERVIEW

Employee Wellness Champions are instrumental in assisting in the delivery of a comprehensive onsite wellness program to our employees. At the beginning of the year, each worksite is surveyed to determine their specific wellness interests. The Employee Wellness Champion builds a program that meets the interests of the staff while also meeting the requirements of the Employee Wellness Champion Program.

Below is an overview of the Employee Wellness Champion program and the activities they completed throughout the year. Wellness Champions are given the opportunity to earn up to \$450 per year and have a wellness budget which varies depending on the size of their worksite. Each year, champions are required to complete at least one program in each semester and attend at least one meeting to qualify for part of the supplement.

### 2024-2025 Program Focus

During the 2024-2025 school year, the focus was to increase financial education. Employee Wellness Champions were required to do at least one program that provided financial education to their staff. Champions teamed up with Pinellas County Schools voluntary retirement vendors to provide this education. Champions were also encouraged do an additional financial themed program that could incorporate nutrition (eating on a budget), mental health (finances and stress), etc.. 270 financial programs were submitted by wellness champions.

### 2024-2025 Wellness Champion Program Statistics

Total Number of Champions	134
Total Activities Submitted	586
Total Financial Programs	270
Average Activities per Champion	4.4
Approximate Number of Participants	15,872
Average Number of Participants per Program	27

# Employee Wellness Champion Program Summary

## Worksite—Wellness Champion

Program title	Number of participants
---------------	------------------------

### Anona Elementary - Erin Miller

Financial Education (FRS/DROP/403B)	40
Financial Program (EAP)-Understanding the relationship between finances and stress	40
Yoga	14
Meditation	7

### Azalea Elementary - Jeannette Gautier-Downes

Financial Education (FRS)	65
Financial Program (EAP)-Understanding the relationship between finances and stress	65
Financial Program (Future Financial Security Starts Now)	65
Stress and Your Body Health Presentation	60

### Azalea Middle - No Champion

### Bardmoor Elementary - Sarah Kalkwarf

Financial Education (FRS/Budgeting)	60
Financial Program (Thrifty and Thriving Challenge)	60
Staff Kickball games	Varies
Cardio Drumming	60

### Bauder Elementary - Melissa Koberna

Financial Education (FRS/Drop)	4
Financial Program (Investing 101)	50
Yoga	4
Cardio Drumming	5

### Bayside High—Barbara Gisondi

Financial Education (FRS)	5
Team Building Activity (Journaling Challenge)	20
Optimism Challenge	20
Yoga	5

### Bay Point Elementary - Candace Thomason

Financial Education (Financial Success)	50
Financial Program (Social Security)	40
Think Yourself Healthy Challenge	50
Cardio Drumming	40

### Bay Point Elementary - No Champion

### Bay Vista Fundamental - Christopher Irving

### Bear Creek Elementary - Brittany Brinson

### Belcher Elementary - Susan Ford-Liddell

Financial Education (FRS)	3
Financial Program (FRS)	45
Cardio Drumming	12
Biggest Loser	12
Registered Dietitian Seminar	45
Team Building Activity (Friday's Dance Party)	12
Team Building Activity (Art Project)	11

### Belleair Elementary - Dino Mullin

Financial Education (FRS/DROP/Social Security)	12
Financial Program (FRS/Pension)	55

### Blanton Elementary - Wendy Seslowsky

Financial Education (FRS)	35
Financial Program (Light your way to Savings)	19
Financial Program (EAP)- Finances & Stress	25
Be Kind Weekly Challenge	24
Monthly Wellness Board Check In	60
Team Building Activity (Impossible Shot)	24

### Boca Ciega High - Dorothy (Flo) Brazukas

Financial Education (FRS)	5
Financial Program (Meal Planning on a Budget)	10
Team Building Activity (Scavenger Hunt)	101
Pirate Protein and Wellness Series	100
Pickleball	100

### Brooker Creek Elementary Travis Broome

Financial Education Women and Investing	35
Financial Program (EAP)-Understanding the relationship of finances and Stress	35
Step Challenge	40
Axe Throwing	10
Breast Cancer Awareness Board	8
Team Building Activity (Thankful Board)	30
Healthy Heart Activity	20
Chair Massages	27
Chair Yoga	16

### Calvin Hunsinger - Emily Brochu

Financial Education (FRS/DROP)	10
Financial Program (Thrifty & Thriving Challenge)	5
Financial Program (Eating on a Budget)	6
Chair Massages	19
Meditation Class	6

### Campbell Park Elementary - Francesca Futia

Financial Education (FRS)	3
Financial Program (Eating on a Budget)	29
Emotional Wellness-Undercover Teacher Spirit Week	19
Step Challenge	8
Walking Challenge	7

# Employee Wellness Champion Program Summary

## **Carwise Middle - Evan Hedrick**

Financial Education (FRS)	16
Financial Program (EAP)-Understanding the relationship between finances and stress	60
Yoga	10
Step Challenge	16

## **Clearview Adult Education Center - James Kotska**

Financial Education (FRS)	25
Financial Program (Investing 101)	35

## **Clearwater Adult Education Center - Angela Faiola**

Financial Education (FRS/Pension)	20
Financial Program (EAP)-Understanding the relationship between finances and stress	24
Financial Program (FRS/Drop)	20
Harnessing Your Personal Powers	24

## **Clearwater Fundamental - Jennifer Brose**

Financial Education (FRS)	40
Financial Program (EAP)-Understanding the relationship between finances and stress	40
Underground Teacher Spirit Week	40
Pickleball	15
Team Building Activity (Club Cricut)	10
Breast Cancer Awareness Bingo	25
OnSpot Dermatology	20
Team Building Activity (Book Club)	12

## **Clearwater High - Cara Swonguer**

Financial Education (FRS)	25
Financial Program (Getting a Grip on Debt)	18
Multi Week Self Care Challenge	16

## **Coachman Bus Compound—Vance King**

Financial Education (FRS/DROP)	12
Financial Program (EAP) Understanding the relationship between finances and stress	14
EAP Presentation –Organize & Simplify Your Life	12
Blood Pressure Program	15

## **Countryside High - Deirdre Schuster**

Financial Education (FRS)	12
Financial Program (Thrifty & Thriving Challenge)	30
Financial Program (Financial Education Talk)	75
Top of Mind Challenge	24
Gratitude Activity	14
Winter Wellness Bingo	14
Team Building Activity (Diamond Painting Stress Away)	20

## **Cross Bayou Elementary - Michael Scheidt**

Financial Education (FRS/DROP)	55
Financial Program (EAP)-Finances and stress	65
Walking Wednesday	250
Cardio Drumming	20

## **Curlew Creek Elementary - Jamie Bunting**

Financial Program (EAP)-Understanding the relationship between finances and stress	90
Take Your Pick- 6 week Fitness Program	15

## **Curtis Fundamental Elementary - Julie Woodka**

Financial Education (FRS/DROP)	2
Financial Program (EAP)-Understanding the relationship between finances and stress	40
Pilates	6

## **Cypress Woods Elementary - Deanna Tsetsekas**

Financial Education (FRS)	63
Team Building Activity (Sticks & Stones)	10
Team Building Activity (Gnomes for the Holidays/ Assisted Living Community)	16
Team Building Activity	42
Limeade Activity	5

## **Disston Academy - Natalee Cleveland**

Financial Education (Investment Stages of Planning)	25
Financial Program (5/3rd Bank Presentation)	25
Financial Program (Thrifty & Thriving Challenge)	15
Step Challenge	13
Take Your Pick Activity Challenge	14
Unwrapped Nutrition Challenge	15
Team Building Activity (Hood Chiropractic)	20

## **Douglas L. Jamerson Elementary - Hasena Kurtic**

Financial Education (FRS)	50
Financial Program (EAP)- Understanding the relationship between finances and stress	50
Financial Program (FRS/DROP)	50
Cardio Drumming	15

## **Dunedin Elementary - No Champion**

### **Dunedin High - Kristina Budworth**

Financial Education (FRS)	90
Holiday Step Challenge	10
Walking Club	7
Limeade Presentation	9

### **Dunedin Highland Middle - Laura Vaughan**

Financial Education (Investing 101)	55
Financial Program (EAP)-Understanding the relationship between finances and stress	42
Financial Program (Thrifty & Thriving Challenge)	3
Step Challenge	13
Limeade Presentation	20

# Employee Wellness Champion Program Summary

## **East Lake High - Karen Dublino**

Financial Education (FRS/DROP)	6
Financial Program (Thrifty and Thriving Challenge)	18
Chair Massage	6
OnSpot Dermatology	13

## **East Lake Middle - Erika Davis**

OnSpot Dermatology	24
EAP Presentation (Speak Positives: Words Matter)	25
Team Building Activity (Fall Bingo)	19
Step Challenge	15
Hydration Bar	20

## **Education Alternative Services - Sherilyn Guzell**

Financial Education (Financial Success & Market Outlook)	50
Financial Program (Eating on a Budget)	50
Financial Program (Thrifty & Thriving Challenge)	25
Wellness Bingo	30

## **Eisenhower Elementary - Elizabeth Wiszowaty**

Financial Education (FRS)	31
Financial Program (Eating on a Budget)	6
Financial Program (EAP) Understanding the relationship between finances and stress	13
Be Kind to Others Wellness Challenge	7

## **Elisa Nelson Elementary - Tamara Bryant**

Financial Education (Financial Well-Being)	25
Financial Program (Thrifty & Thriving Challenge)	12
Breast Cancer Awareness Activity	20
Step Challenge	6

## **Fairmount Park Elementary - Brian Duffey**

Financial Education (FRS)	30
Financial Program (EAP)-Understanding the relationship between finances and stress	30
Step Challenge	63
Maze Step Challenge	20

## **Forest Lakes Elementary - Kelly Rexford**

Financial Education (FRS)	60
Financial Program (Thrifty & Thriving Challenge)	19
Team Building Activity (Jingling and Jamming into Winter Break)	60
Limeade Presentation	12

## **Frontier Elementary - Regan Stevens**

Financial Education (FRS)	50
Financial Program (Washington National Supplemental Insurance)	50
Financial Program (FRS)	23
EAP Presentation	75
Team Building Activity (Humor Challenge)	70
Chair Massage	20
Chair Massage	25
OnSpot Dermatology	45

## **Fuguitt Elementary - Colleen Rafferty**

Financial Education (FRS)	50
Financial Program (EAP)-Understanding the relationship between finances and stress	50
EAP Presentation	50
Biggest Loser	19
Team Building Challenge (Wellness Healthy Thanks Cart)	90
Wellness Get Moving	90

## **Garrison Jones Elementary - Lorena Kogan**

Financial Education (FRS)	60
Financial Program (Financial Success)	45
Yoga	7
Team Building Activity (Drum Circle)	15

## **Gibbs High - Betty Scott**

Financial Education (FRS)	20
Financial Program (Eating on a Budget)	12
EAP Presentation (Wellness One Burst at a Time)	40

## **Gulf Beaches Elementary Magnet - Jennifer Kelly**

Financial Education (FRS/DROP)	25
Financial Program (Common Cents Challenge)	13
Cardio Drumming	9
Love Your Skin Activity	20
Staff Pickleball Tournament	12

## **Gulfport Montessori Elementary - Nicole Wallis**

Financial Education (FRS/DROP)	26
Financial Program (EAP)-Understanding the relationship between finances and stress	16
Limeade Presentation	26
Cardio Drumming	31

## **Gus A. Stavros Institute - Monika Straatsma**

Financial Education (Estate Planning & Legacy Planning)	8
Financial Program (Common Cents Challenge)	5
Financial Program (Thrifty & Thriving Challenge)	9
Gentle Chair Yoga	9

# Employee Wellness Champion Program Summary

## **High Point Elementary - Savannah Strandlof**

Financial Education (FRS/Pension)	8
Financial Program (Eating on a Budget)	9
Bagels and Bracelets (Team Building)	41
Team Building Activity (Community Cookbook)	10

## **Highland Lakes Elementary - Donna Rossi**

Financial Education (FRS)	60
Financial Program (EAP)-Understanding the relationship between finances and stress	30
OnSpot Dermatology	9

## **Hollins High - Lalita Mehlenbacher**

Financial Education (FRS)	100
Financial Program (Thrifty & Thriving Challenge)	100
Breast Cancer Awareness Event	50
OnSpot Dermatology	30
Yoga	20

## **James B. Sanderlin K-8 - Mark Bender**

Financial Education (FRS/DROP)	80
Financial Program (Financial Literacy Presentation)	60
American Heart Month Activity	70
Crucial Catch & Pinellas Goes Pink Breast Cancer Awareness	80

## **John Hopkins Middle - Cheryl Wright**

Financial Education (Making Your Cash Work Harder)	12
Financial Program (Meal Planning on a Budget)	9
Financial Program (Getting a Grip on Debt Challenge)	4
Chair Massages	13
Chair Massages	11

## **John M. Sexton Elementary - Jennifer Velez**

Financial Education (FRS/DROP)	41
Financial Program (Thrifty and Thriving Challenge)	10
Cardio Drumming	8
EAP Presentation (Increasing Wellbeing One Burst at a Time)	39
Wake Up with Wellness	25
Limeade Help Appointments for staff	12
Created a Staff Rejuvenation Room	60

## **Kings Highway Elementary - Zachary Tolson**

## **Lake St. George Elementary - Amy Loconto**

Financial Education (FRS)	30
Financial Program (EAP)-Understanding the relationship between finances and stress	25
OnSpot Dermatology	15

## **Lakeview Fundament Elementary - Jason Wood**

Financial Education (FRS/DROP)	35
Financial Program (EAP)-Understanding the relationship between finances and stress	21
Gratitude Journal Challenge	15
Walking Club	11

## **Lakewood Community - Diana Keller**

Financial Education (Social Security/ Investment Basics)	11
Financial Program (EAP)-Understanding the relationship between finances and stress	14
Breast Cancer Awareness Activity	20
Team Building Activity (Start the Year Off on the Right Foot)	9
Team Building Activity (Spring Picnic/Jenga Competition)	12

## **Lakewood Elementary - Princy Dorsainvil**

Financial Education ( Financial Fundamentals)	16
Financial Program (403b/FRS)	25
Team Building Event (Valentines)	10
Team Volleyball (Weekly)	10

## **Lakewood High - Chandala Walker**

Financial Education (Student Loan Forgiveness)	6
Financial Program (Basic of Investing)	14
Financial Program (Financial Wellness-Ice Cream Social)	6
Cardio Drumming	1
Yoga	2

## **Largo High - Christina Beaulieu**

Financial Education (FRS)	7
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## **Largo Middle - Darija Nikolic**

## **Lealman Ave Elementary - Anthony Eveland**

Financial Education (FRS)	3
Financial Program (FRS/DROP)	4

## **Lealman Innovation Academy - Shanna Walker**

Financial Education (FRS)	58
Financial Program (Thrifty & Thriving Challenge)	12
Financial Program (5/3rd Bank Presentation)	10
Created a Staff Wellness Lounge	45
Team Building Activity (Wellness Snap It and Wrap It- Scavenger Hunt)	50

# Employee Wellness Champion Program Summary

## **Leila G. Davis Elementary - Kimberly White**

Financial Education (FRS)	70
Financial Program (EAP) Understanding the relationship between finances and stress	50
Chair Massage	12
Staff Holiday Breakfast/Reindeer Games	75
Nutrition Activity	70
Water Challenge	40
Team Building Activity (Salad Bar)	40
Step Challenge	40

## **Lynch Elementary - Melissa Russell**

Financial Education (FRS)	15
Financial Program (EAP)-Understanding the relationship between finances and stress	15
Team Building Activity (Bookmarks and Breakfast)	21
Cardio Drumming	15

## **Madeira Beach Fundamental K-5 - Jill Rollo**

Financial Education (DROP Program)	20
Financial Program (EAP)-Understanding the relationship between finances and stress	25
Breast Cancer Awareness	49
Team Building Activity (Healthy Friendsgiving)	49

## **Madeira Beach Fundamental 6-8 - Rebecca Lang**

Financial Education (FRS)	7
Financial Program (Investing 101)	6
Financial Program (Student Loan Forgiveness)	2
Breast Cancer Awareness Activity	18
OnSpot Dermatology	18
Flu Shot	7

## **Mangrove Bay Middle—Mark Dallavelle**

### **Marjorie Rawling Elementary - Amy Rosado**

Financial Education (Financial Planning)	16
Financial Program (EAP)-Understanding the relationship between finances and stress	42
Team Building Activity (Spooktacular Staff Luncheon)	53
Team Building Activity (SOUP Up Your Body Step Challenge)	19
Team Building Activity (Chili and Cornbread Cook-off)	17

### **Maximo Elementary - Naomi Middlebrooks**

Financial Education (Financial Success)	10
Financial Program (Eating on a Budget)	6
Walking Club	4
Show Me the Funny—Humor Challenge	30

### **McMullen Booth Elementary - Jennifer McIntosh**

Financial Education (Wills and Legacy Planning)	9
Financial Education (Medicare)	6
Team Building Activity (Ornament making)	12
Nutrition Activity	10
Cardio Drumming	10

## **Meadowlawn Middle- Leslie McGinn**

Financial Education (FRS)	85
Yoga & Meditation	7
Limeade Presentation	25
Virtual Desk Yoga	10

## **Melrose Elementary - Angelica Castillo**

Financial Education (FRS)	6
Financial Program (EAP)- Understanding the relationship between finances and stress	65
Cardio Drumming	3
Team Building Activity	10

## **Midtown Academy—Alexis Jensen**

Financial Education (Emotions and Economics)	34
Financial Program (EAP) Finances and stress	10
OnSpot Dermatology	18

## **Mildred Helms Elementary - Michelle Feo**

Financial Education (FRS/DROP)	45
Financial Program (Pension vs Investment)	30
Stress Management Activity	56

## **Morgan Fitzgerald Middle - Olivia Ursch**

Financial Education (Student Debt and Dips)	12
Financial Program (EAP)- Understanding the relationship between finances and stress	22
Springing into Step Challenge	16
Water You Waiting For Challenge	21

## **Mount Vernon Elementary - Elizabeth Mitchell**

Financial Education (FRS)	15
Team Building Activity (Kindness Stone)	23
Walking Club	21

## **New Heights—No Champion**

### **Nina Harris ESE Center - Joycelyn Avery-Wright**

Financial Education (FRS)	46
Financial Program (EAP)-Understanding the relationship between finances and stress	83
EAP Presentation (Get Motivated)	75
Random Acts of Kindness Challenge	75

## **North Shore Elementary - No Champion**

### **Northeast High - Rachel Holler**

Financial Education (FRS/403b)	7
Financial Program (EAP) Understanding the relationship between finances and stress	26
Financial Program (Eating on a Budget)	150

## **Northwest Elementary - Christopher Quintana**

Financial Education (FRS)	50
Financial Program (Thrifty& Thriving Challenge)	12
Team Building Activity (Holiday Function)	15
Blood Pressure Presentation	30

# Employee Wellness Champion Program Summary

## **Oak Grove Middle - Katelyn Pellin**

Financial Education (FRS)	90
Financial Program (Student Loan Forgiveness)	100
Red Ribbon Spirit Week	100
Thanksgiving Food Drive	100
OnSpot Dermatology	20
CPR Training	30
Waking Up with Wellness	100

## **Oakhurst Elementary - Tara Stegbauer**

Financial Education (Financial Success)	60
Financial Program (Thrifty & Thriving Challenge)	13
Team Building Activity (Nutrition)	22
AHA Heart Walk	17

## **Oldsmar Elementary - Kathleen Jones**

Financial Education (Student Loan Forgiveness)	5
Financial Program (Thrifty & Thriving Challenge)	13
EAP Presentation (Resilience and Self Care)	52
Fitness Challenge	17
Team Building Activity (Stay & Clay)	14
Pinellas Goes Pink Breast Cancer Awareness	50

## **Orange Grove Elementary - Laura Kuenn**

Financial Education (FRS)	7
Financial Program (Finance Multi-Week-Thrifty & Thriving & Common Cents Challenges)	3
Walking Club	10
Veg-Out -Nutrition	12
Team Building Activity (Guess Who)	29

## **Osceola Fundamental High - Joanne Derenzo**

Financial Education (FRS)	20
Biggest Loser	10
Team Building Activity (Door Decorating Challenge)	15
Team Building Activity (Painting with Gucci)	22
Walking Club	20

## **Osceola Middle - Tracy Underwood**

## **Ozona Elementary - Nicola Repetosky**

Financial Education (FRS/DROP)	17
Financial Program (Eating on a Budget)	17
Breast Cancer Awareness Activity	85
Yoga	20
OnSpot Dermatology	21

## **Palm Harbor Middle - Deborah Porter**

## **Palm Harbor University High - Raquel Stiehler**

Financial Education (Finance Education)	25
Financial Program (FRS)	6
Fruits and Vegetables Challenge	15
Step Challenge	17
Step Challenge	21

## **Pasadena Fundamental Elementary - Toni Hoge**

Financial Education (Planning for Retirement)	14
Financial Program (Meal Planning on a Budget)	32
Breast Cancer Awareness	31
OnSpot Dermatology	16

## **Paul B. Stephens - Lisa Visco**

Financial Education (Student Loan Forgiveness)	25
Financial Program (Thrifty & Thriving Challenge)	28
Limeade Presentation	25
OnSpot Dermatology	26
Your Life Without TV—Behavior Change Challenge	20

## **Perkins Elementary - Lori (Zee) Knight**

Financial Education (Achieving Financial Wellness)	50
Financial Program (Thrifty and Thriving Challenge)	10
Bowling Night of Fun & Fellowship	7
Team Building Activity (Hug Yourself-Destress Staff Art Project)	15
Yoga	7
Cardio Drumming	10
Chair Massage	13
Yoga	8
Team Building Activity (Laughter Therapy)	50

## **Pinellas Central Elementary - Anne Coletti**

Financial Education (FRS)	23
Team Building Activity (Gratitude Scavenger Hunt)	20
Team Building Activity (December Wellness Activity)	20
Team Building Activity (Ceramics)	5

## **Pinellas Gulf Coast Academy - Jennifer Nicastro**

Financial Education (Market Outlook )	6
Financial Program (Meal Planning on a Budget)	7
Cardio Drumming	6
OnSpot Dermatology	5
Walking Challenge & Staff Salad Bar	15

## **Pinellas High Innovation - Brenda Rubio**

Financial Education (FRS)	20
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# Employee Wellness Champion Program Summary

## **Pinellas Park Elementary - Ryan McCulley**

Financial Education (FRS)	60
OnSpot Dermatology	28
Team Building Activity (Teacher Appreciation)	50
Team Building Activity (End of the Year Scavenger Hunt)	50

## **Pinellas Park High - Hollisa Miller**

Financial Education (FRS)	12
Financial Program	10
Breast Cancer Walk	36
OnSpot Dermatology	22
Group Stretching Activity	9

## **Pinellas Park Middle - Allison Swank**

Financial Education (Pension vs FRS)	16
Financial Program (Nutrition on a Budget)	10
Step Challenge	25
Water Challenge	30
Team Building Activity (Spread the Love Challenge)	54

## **PTC Clearwater - JaVonda Bryant**

Financial Education (Estate and Legacy Planning)	5
Financial Program (Thrifty & Thriving Challenge)	5
OnSpot Dermatology	36
Gratitude Challenge	32
Walking Challenge	12

## **PTC St. Petersburg - Bonnie Capra**

Financial Education (FRS/Pension)	10
Financial Program (EAP)-Understanding the relationship between finances and stress	7
Financial Program (Eating Healthy on a Budget)	7
Team Building Activity (Aromatherapy Event)	20
Kindness Calendar Challenge	16
Walking Challenge	28
Cardio Drumming	5
EAP Presentation- Organize Your Life	7

## **Pinellas Virtual School - Elizabeth Tompkins**

Financial Education (FRS)	35
Financial Program (EAP) Understanding the relationship between finances and stress	23
Team Building Activity (Winter Trivia)	25
Team Building Activity (Winter Bingo)	25

## **Plumb Elementary - Pamela DeNinno-Megura**

Financial Education (FRS)	8
Financial Program (EAP)-Understanding the relationship between finances and stress	72
Financial Program (Financial Wellness)	55
2025 Biggest Loser Challenge	11
Massage Therapy	10

## **Ponce De Leon Elementary - Lynn Nobile**

Financial Education (FRS/DROP)	5
Financial Program (FRS)	5
Step Challenge	24
Team Building Activity (Spring Painting)	15

## **Psychological Services - Erin Perez**

Financial Education (Psyching Up for Profit)	6
Financial Program (Thrifty & Thriving Challenge)	2
Team Building Activity (Grounded Over Break)	8
Open Swim or Walk on the Beach	5

## **Richard L. Sanders - Gregory Gaynier**

Financial Education (FRS)	30
Financial Program (EAP)-Understanding the relationship between finances and stress	40
Financial Program (Equitable Representative-questions)	20
Walking Contest	13
Walking Contest	20

## **Richard O. Jacobson Tech High - Liesa Waxman**

Financial Education (Financial Success)	35
Financial Program (Thrifty & Thriving Challenge)	10
Step Challenge	32
Team Building Activity (Diamond Painting Extravaganza)	20
OnSpot Dermatology	10
Wellness Wednesday with RD	30

## **Ridgecrest Elementary - April Jerrell**

Financial Education (FRS)	12
Financial Program (FRS)	60
Team Building Activity (Peep Wars)	60
Wake Up Wellness	10

## **Safety Harbor Elementary - Jose Reyes Rodriguez**

Financial Education (FRS)	8
Financial Program (FRS/DROP)	8
One Blood (Blood Donor Program)	8

## **Safety Harbor Middle - Julia Sweeney**

Financial Education (FRS)	4
Financial Program (EAP)-Understanding the relationship between finances and stress	12
Financial Program (FRS/DROP/403b)	4
Financial 4 (Learn how to prepare for a more comfortable retirement)	6
OnSpot Dermatology	16

# Employee Wellness Champion Program Summary

## **San Jose Elementary - Haley Kukoleck**

Financial Program (EAP)-Understanding the relationship between finances and stress	50
Team Build Activity (Music Wellness)	9
Pickleball	10
Chair Massage	9
Wellness Walk & Waterfront Stretch	10
OnSpot Dermatology	11
Gut Health Activity	20

## **Sandy Lane Elementary - Rachel Mita**

Financial Education (FRS)	57
Financial Program (Thrifty and Thriving Challenge)	10
Girls on the Run 5k	16
Limeade Presentation	40

## **Sawgrass Lake Elementary - Heidi Morton**

Financial Education (FRS)	50
Financial Program (EAP)- Understanding the relationship between finances and stress	46
Team Building Activity (Coaster Craftivity)	15
OnSpot Dermatology	20

## **School Social Workers—Megan Parker**

Financial Education (Investing 101)	6
Financial Education (FRS/Pension/DROP)	10
Snow Many Ways to Stay Healthy Activity	25
Guided Meditation	16

## **Seminole Elementary - Stacy Taylor**

Financial Education (Social Security/FRS)	13
Financial Program (EAP) Understanding the relationship between finances and stress	32
Cardio Drumming	1
Yoga	6

## **Seminole High - Jennifer Kennan**

Financial Education (FRS)	13
Financial Program (EAP)-Understanding the relationship between finances and stress	100
OnSpot Dermatology	24
Chair Massage	7

## **Seminole Middle - Elyse Kienlen**

Financial Education (FRS)	40
Financial Program (Eating on a Budget)	50
Team Building Activity (Wellness Bingo)	10
Chair Massages	10

## **Seventy Fourth Street Elementary - Katherine Durst**

Financial Education (Investment vs Pension)	30
Financial Program (Eating on a Budget)	18
Financial Program (Making Cents)	25
Winter Wellness Workout and Wellness	15
OnSpot Dermatology	30
Team Building Activity (Fruity Friday)	60

## **Shore Acres Elementary - Jennifer Bryant**

Financial Education (Financial Wellness)	47
Financial Program (EAP)-Understanding the relationship between finances and stress	47
Financial Program (Pension vs Investment)	25
Morning Stretch	37
Team Building Activity (Tidy up for the New Year)	50
Team Building Activity (Plants for Spring)	25
Team Building Activity (Cards for Spring)	12
Walking Club	7
Water Hydration Challenge	40
OnSpot Dermatology	25

## **Skycrest Elementary - Bonnie Ruby**

Financial Education (FRS)	60
Financial Program (EAP)-Understanding the relationship between finances and stress	60
Walking Challenge	28
Kindness Calendar Challenge	16

## **Skyview Elementary - Christin Lefleur**

Financial Education (FRS)	80
Financial Program (Eating Healthy on a Budget)	20
Behavior Change—Cold Turkey Event	20
30 Day Water Challenge	10

## **Southern Oak Elementary - Kathleen Wileman**

Financial Education (FRS)	15
Financial Program (EAP) Understanding the relationship between finances and stress	42
Team Building Activity Event	60

## **St. Petersburg High - Susan Lyens**

Financial Education (FRS/DROP)	70
Financial Program (Thrifty & Thriving Challenge)	12
Yoga	10

## **Starkey Elementary - Miranda France**

Financial Education (Financial Fundamentals)	54
Financial Program (EAP)-Understanding the relationship between finances and stress	50
Jog-A-Thon	55
Team Building Activity (Double Good Popcorn Presentation)	50

## **Sunset Hills Elementary - Dautie Craig**

Financial Education (Cyber Security)	50
Financial Program (Thrifty & Thriving Challenge)	20
Nutrition Activity	45
Unwrapped Fruits and Veggies Challenge	45

# Employee Wellness Champion Program Summary

## **Sutherland Elementary - Melanie Attardo**

Financial Education (FRS)	9
Financial Program (Thrifty & Thriving Bingo Challenge)	24
OnSpot Dermatology	8
Sunset Strolls	12
Cardio Drumming	6

## **Tarpon Springs Elementary - Deanna Richards**

Financial Education (FRS)	40
Financial Program (Thrifty & Thriving Challenge)	9
Team Building Activity	24
Breast Cancer Awareness Bingo	28

## **Tarpon Springs Fundamental - Lisa Montie**

Financial Education (FRS/ Saving Early)	25
Financial Program (EAP)-Understanding the relationship between finances and stress	22
Yoga Class	13
Limeade Presentation	8

## **Tarpon Springs High - Joy Popov**

Financial Education (Foundations of Financial Wellness)	3
Financial Program (EAP)-Understanding the relationship between finances and stress	34
Financial Program (Suncoast Credit Union)	10
Show Me the Funny Challenge	12

## **Tarpon Springs Middle - Shanti Taylor**

Financial Education (FRS/DROP)	16
Financial Program (Getting a Grip on Debt- Multi-Week Challenge)	10
Team Building Activity (Secret Santa)	16
Sun Smart Safety Scavenger Hunt	20

## **Thurgood Marshall Middle - Caroline Goff**

Financial Education (FRS)	60
Financial Program (EAP) Understanding the relationship between finances and stress	75
Be Kind to Others Challenge	5
Chair Massage	9
Step Challenge	6
OnSpot Dermatology	13

## **Tyrone Middle - Dawn Causin**

Financial Education (FRS & Drop)	40
Financial Program (EAP)- Understanding the relationship between finances and stress	60
Step Challenge	15
OnSpot Dermatology	15

## **Walsingham Elementary - Erin Kaminsky**

Financial Education (FRS)	2
Financial Program (FRS)	8
Yoga	2
Lunch Time Walk	2

## **Walter Pownall Service Center - Kerri-Ann Henry**

Financial Education (Investing 101)	15
Financial Program (Eating on a Budget)	31
Financial Program (Sweet Success: Ice Cream Social and Financial Wellness)	12
Financial Education (Protecting Against Identity Theft and Retirement)	22
Get Up & Move and Limeade Presentation	7
Lunch & Learn: Donating Blood with One Blood	35
Get Up & Move Workout and Limeade Presentation	19
EAP Presentation- Don't Wait Till Monday	12

## **Walter Pownall Service Center Maintenance—Michele Cribbs**

Financial Education	12
Financial Program (Eating Healthy on a Budget)	31
Financial Program (Identity Protection)	22
EAP Presentation (Get Motivated Now)	12
EAP Presentation (No Excuses)	36
Team Building Activity (Winter Olympics)	200

## **Walter Pownall Service Center Transportation - Josephine Quackenbos**

Financial Education (FRS)	18
Financial Program (FRS)	14
Blood Pressure Program	16
Limeade Presentation	10
Get Up & Moving Fitness	9

## **Walter Pownall Service Center Vehicle Maintenance - Tracy Bodenbender**

Financial Education (Investing Estate Planning)	19
Financial Program (FRS)	18
Heart Smart Blood Pressure Program	15
Limeade Presentation	4
Get Up & Moving Fitness	5

## **Westgate Elementary - Shelley Kappeler**

Financial Education (FRS)	40
Financial Program (Thrifty & Thriving Challenge)	14
Wellness Trivia	50
Pickleball	10
Limeade Presentation	25

## **Woodlawn Elementary - Jessica Lo Grande**

Financial Education (Financial Foundations)	14
Financial Program (EAP)-Understanding the relationship between finances and stress	23
Chair Massage	17
Chair Yoga	26

Thank you for your  
continued support of the  
employee wellness program!

