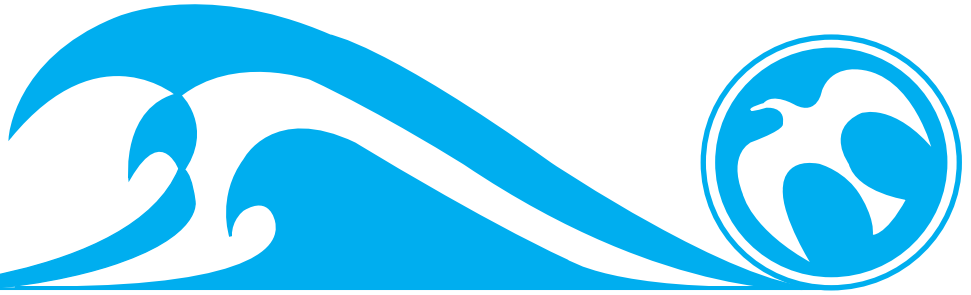


THE NEWS WAVE.



Volume XVIII, Issue IX

CITY OF DELRAY BEACH
100 N.W. 1ST AVENUE • DELRAY BEACH, FLORIDA 33444

September 2005



Magellan's member Web site offers fast, easy links to a number of valuable resources. Visit Magellan at www.MagellanHealth.com to access a wide range of resources and tools! This month the September Health Observances page offers helpful information on the following topics:

National Alcohol & Drug Addiction Recovery Month
This observance highlights the contributions of treatment providers and promotes the benefits of substance abuse treatment. Our materials support the program goals of promoting education and awareness.

Baby Safety Month
Children and their safety is a major priority of parents and caregivers. It is very important to check cribs, car seats and strollers for any potential hazards. Magellan offers tips to parents and caregivers on how to maintain a safe environment for their child.

Healthy Aging Month
This national, annual observance is designed to increase knowledge about new treatments, promote awareness of healthy lifestyles, and expand the contributions of older persons to families and communities. It promotes the positive aspects of aging and offers ways to avoid declines in physical, mental, and emotional health that sometimes accompany growing older.

National Cholesterol Education Month
Get your cholesterol numbers back on track! Research has clearly shown that lowering cholesterol can reduce the risk of developing heart disease. This month is a good time to find out your cholesterol level and to take steps to maintain a lower, healthier cholesterol level.

Suicide Prevention Week
More than 1 million people commit suicide each year worldwide, and a multitude of others make suicide attempts. This observance, held September 4 – September 10, promotes awareness and advocacy about suicide prevention across the globe. Magellan offers materials on how to identify suicidal behaviors and get help before it's too late.

National Rehabilitation Week
Most Americans will require at least one rehabilitation service at some time in their lives. During this observance from September 18-September 24, celebrate the powers of rehabilitation and share the message that through rehab there is hope, achievement and success as the nation focuses its attention on capabilities rather than disabilities, and increases awareness of the tremendous power and impact of rehabilitation.

EMPLOYEES BIG WINNERS AT HEALTH FAIR

The Employee Health Fair that took place on August 18th at our Community Center turned out to be a huge success and everyone that attended was a winner. They were winners because they received valuable information about their health through various medical screenings and educational materials.

Human Resources Director Harry Hamilton stated, "This fair was very successful due to the hard work of Nancy King who, along with Valerie Smith, spent many hours coordinating this wellness event. We thank them, the rest of my staff and the employees at the Community Center for their effort."

Employees who participated in screenings were eligible for fabulous door prizes. Thanks to the generosity of our sponsors and vendors, 26 lucky employees were winners of gift certificates to local restaurants or gyms. For a complete list of winners, please turn to page 4.



Administrative Assistant, Sue Luteran (Finance) gets an analysis of her risk for osteoporosis at the Employee Health Fair from Toby Mastrocola, Center for Breast Care Administrator, with the affiliated HCA Palm Beach Hospitals.

CREATING A VISION FOR DELRAY'S FUTURE

The City Commission and executive team earlier this year participated in a strategic planning process to set targets of action for the upcoming year and to establish goals for the next fifteen years. The process began by developing a vision statement defining what they wanted the City to become by the year 2020. Delray's preferred future was defined in the following statement:

"Delray Beach is a charming village by the sea, with a great world class beach, a vibrant downtown and a community of quality neighborhoods and schools. Recreational and cultural opportunities abound. People embrace cultural diversity."

Incorporated in that statement are the five guiding value-based principles that will lead to the achievement of the vision.

The vision for the world class beach is one that is family-friendly, safe and secure and accessible to the public. It will be a beautiful, natural beach with vegetation and wildlife. It will be an enjoyable place with swimming, sunbathing, walking and controlled activities.

Our vibrant downtown will have people living there year-round. It will be a safe destination for residents, tourists and guests to enjoy, with exciting places to eat, fun things to do, and opportunities to shop. The downtown will be a healthy environment of diverse businesses with attractive

store fronts, streetscapes and public places.

Delray Beach will be a community of quality neighborhoods with well maintained, livable homes where residents will feel safe and secure. An active partnership with schools will be continued to maintain quality education.

When looking for recreational and cultural opportunities, there will be no need to leave our community. Cultural and community events and celebrations will take place throughout the year. Leisure time will be filled with affordable activities such as walking, biking and running. Programs and amenities will be available for all generations and citizens.

Our cultural diversity will be embraced. Cultural events and celebrations will create a greater understanding and appreciation of other cultures. Cultural differences will be respected and diverse cultures will feel welcome in the Delray Beach community.

Many of the means toward these principles are already in place, but steps are being taken to continue building upon them. As City employees we are an integral part of this visioning process. Articles in upcoming issues of this newsletter will outline the steps that we all will be taking to turn this vision of Delray's future into reality.

EMPLOYEE NEWS

Communications Specialist **Shana Taylor** was named the Police Department's Employee of the Month for May. Shana was recognized for her professionalism while handling a call that involved a victim of a drug overdose. Shana was able to gain the caller's trust and put the caller at ease making it easier to extract the necessary information for the responding officers and paramedics. Great job!

Congratulations to Community Service Officer **Fred Glass** on being named the Police Department's Officer of the Month for June. Officer Glass has been instrumental in the success of the Delray Youth Vocational Charter School. His recent accomplishments and on-going projects include securing space to house the program, raising \$158,000 for building modifications and recruiting 100 students.

Police Officer **Thomas Quinlan** was honored as Officer of the Month for July. Officer Quinlan was recognized for his experience, tenacity and thoroughness that led to crime patterns being infiltrated, suspects identified and stolen property recovered. Congratulations on a job well done!

Police Officers **Bruce Dinan**, **Nicole Guerriero** and **Jeffrey Rasor** had fulfilled the requirements for Career Officer 1. Way to go!

Thumbs up to Sergeant **Thomas Tustin** and Crime Scene Investigators **Ronald Held**, **Carrie Hellenbrecht**, **Clyde Jones**, **David McKinlay** and **Amy**

Thomson for their excellent service to the community during the past year and a half which resulted in 170 latent print identifications. On many occasions these prints provided the final piece of evidence needed to make cases prosecutable. Their hard work and team efforts earned them a Unit Citation.

Congratulations to Detective **Casey Thume** and Paramedic **James Bunnell** on being named Police Officer of the Year and Firefighter of the Year, respectively, by the Delray Beach Noontime Kiwanis Club. Detective Thume is an 11-year veteran with the Delray Beach Police Department. She was honored for her work in cracking an identify theft ring operating from Palm Beach County to Miami. Paramedic Bunnell, was recognized for his heroic efforts saving a victim in a burning building.

The Community Improvement Department would like to congratulate **Ferline Mesidort** and her husband on the birth of their son, **Zandher Ellis**, who was born on August 9 and weighed 7 lbs., 8 oz. Mom and baby are doing fine.

Patsy Fox's (Human Resources) son **Joe** graduated high school in May. He is currently attending Motorcycle Mechanics Institute in Orlando. So far, Joe has completed his first two months of theory and passed the final with flying colors. He is now on to the "hands on" work. Joe's trying to talk Dad into buying a Harley because he will have his own private mechanic to work on it!

SERVICE AWARDS

TWENTY-FIVE YEARS

September 16
Thomas Tustin
Police Department

TWENTY YEARS

September 9
Geraldine Bauer
City Manager's Office

SEVENTEEN YEARS

September 26
Daniel Kenny (Part-time)
Parks & Recreation

FOURTEEN YEARS

September 16
Morris Kirsch (Part-time)
Police Department

TEN YEARS

September 5
Gregory Banks
Community Improvement

September 18
George Diaz
Community Improvement

September 25
Mark Lucas
Police Department

EIGHT YEARS
September 17
Erika Seabrooks (Part-time)
Parks & Recreation

SEVEN YEARS
September 8
Stephanie Dassie (Part-time)
Parks & Recreation

SIX YEARS
September 30
Wilma Knight (Part-time)
Parks & Recreation

FIVE YEARS
September 25
Kimberlee Hall
Environmental Services Department

The next Service Award Ceremony will be held on Friday, October 7, 2005 at 10:00 a.m. in the Ocean Breeze Room, Crest Theatre, Old School Square. Eligible employees with anniversary dates in July, August and September will be honored.

WELCOME TO OUR NEW EMPLOYEES



(left-right) *Jennifer Speers, Communications Specialist (Police Department); Cheryl Minchak, Accounting Assistant (Finance); Willie Brown, Utility Service Worker "C", Environmental Services; Johnny Thomas, General Maintenance Worker (Parks & Recreation).*



(left-right) *Steven Tobias, Plumbing Inspector (Community Improvement); Dawn Teetsel, Assistant Planner (Planning & Zoning); Angel Santiago, General Maintenance Worker (Parks & Recreation); Steve Kunjbehari, General Maintenance Worker (Parks & Recreation).*



(left-right) *Kenneth Wright, General Maintenance Worker (Parks & Recreation); Connie Jones, Police Information Specialist (Police Department); Joey Vashlishan, Building Maintenance Worker (Environmental Services); James Cain, Senior Planner (Planning & Zoning); and Ashley Wintemute, Police Information Specialist (Police Department).*

HEALTH RISK ASSESSMENT SURVEY

How many employees have high cholesterol? How many employees are at risk for diabetes? How many employees exercise during their spare time? How many employees would like to shed a few pounds but aren't quite sure of the best way to do it? The inquiring minds in the Risk Management Division want to know, so they are inviting employees covered by our CIGNA health plan to participate in an on-line survey.

"The City wants to promote healthier living for its employees and we want to create a program specific to the needs of our employees," says Valerie Smith, Insurance Specialist Senior. "Healthier employees are happier employees and they are also more productive at work."

CIGNA HealthCare offers a confidential Web-based personal health management tool that can help you take the first step toward better health. The Health Quotient™ Health Risk Assessment (HQHRA) on www.myCIGNA.com can help you make the most of the time you spend planning, managing and understanding your health benefits.

The survey takes about twenty-five minutes to complete and the results are confidential.

Risk Management is even offering a special incentive to those who complete the survey.

"We want to encourage our employees to take the HQHRA so we are offering four fantastic raffle prizes," says Valerie. "Our goal is to have at least 100 City employees complete the survey so that we can obtain a summary of the results for planning purposes. We hope to gain valuable information from the data gathered. If anyone has any suggestions for future health and wellness programs, please let me know."

The prizes are a \$100.00 American Express gift card and gift certificates to Lemongrass Asian Bistro, Outback Steakhouse and Old Calypso restaurants in Delray Beach. To be eligible to win one of these prizes all you have to do is logon to the www.myCIGNA.com Web site and complete the survey by September 19, 2005.

For those who do not have a home computer, arrangements have been made for employees to use the computer lab at Pompey Park. An instructor will be available to assist you on Fridays from 11:00 a.m. to 2:00 p.m. and Saturdays from 9:00-11:30 a.m. weekly until September 17 (except Labor Day weekend).

Human Resources has a brochure available with more information on the Health Quotient™ Health Risk Assessment. The brochure includes easy instructions on how to logon to the CIGNA Web site. To request a copy of the brochure, call Valerie Smith at 243-7154.

CITY BRIEFS

FAMILY FUN DAY

Delray Beach Parks and Recreation Department is proud to present the 2nd Annual Family Day and Barbecue Fest at Pompey Park on August 27, 2005. Families are invited to join the fun from 2:00-7:00 p.m. with plenty of activities for everyone, including games, live entertainment and motivational speakers, free food, and prizes. There will also be dozens of vendors for the whole family to enjoy. This is a day that is not worth missing. Please make sure to bring your lawn chair and shade umbrella! For additional information, please contact Rhonda Williams-Turner at 243-7356.

LABOR DAY CHALLENGE

The 19th Annual Labor Day Police Challenge, pitting Delray Beach Police versus Boca Raton Police versus Boynton Beach Police versus the Palm Beach County Sheriff's Office is set for Monday, September 5th, Labor Day, 2005. On the Municipal Beach, in front of the Pavilion at Atlantic Avenue and A1A, the contests begin at 11:30 a.m. with a relay race. The challenges continue as follows:

- Volleyball Tournament at 12:00 noon
- 3 on 3 Basketball Tournament at 1:30 pm adjacent to Boston's on the Beach
- Bench Press Contest at 1:30 pm at Boston's on the Beach
- Dart Throwing Contest at 2:00 pm in Boston's on the Beach

The awards ceremony will take place at 3:00 pm in Boston's on the Beach with prize money going to the winners along with bragging rights for another year.

FLORIDA COASTAL CLEANUP

Pitch in and do your part to keep our community clean by volunteering for the Florida Coastal Cleanup on Saturday, September 17th. The event takes place at Lake Ida Park, N.W. 9th Street (near the Delray Beach Playhouse) from 9:00-11:00 a.m. Free commemorative T-shirts will be given to volunteers while supplies last. Light refreshments will be provided. If you would like to pre-register or you know of someone who would like to earn some community service hours, please call Jennifer Buce at 243-7138 or Danielle Gallo at 243-7277.

FIRE-RESCUE DINNER

The Professional Firefighters & Paramedics of Delray Beach, Local 1842 will host the Annual Recognition Dinner on Friday, September 9th at the Delray Marriot. Come and enjoy cocktails, dining, dancing, and honor 20 year veterans of the department. Cocktails and registration starts at 6:30 p.m. and dinner begins at 7:00 p.m. Tickets are \$45 each and must be purchased by September 2nd. For more information e-mail Jed Dalton at Dalton@ci.delray-beach.fl.us or Mike McCleary at mcclary@ci.delray-beach.fl.us

RECHARGEABLE BATTERY RECYCLING

The Police Department has a recycling program for rechargeable batteries. Acceptable categories are:

- Nickel Cadmium (ni-Cad)
- Nickel Metal Hydride (Ni-Mh)
- Lithium Ion (Li-ion)

Small sealed lead (Pb) weighting up to 2 lbs. Cell phones and their batteries are also included. Please note that alkaline batteries are not accepted. Batteries can be brought from home use as well as from work. If you have any batteries you wish to recycle, please drop them off to Perry Cormen at the Police Department.

AFFORDABLE HOUSING

A new master planned community designed to address the needs of full-time residents is under development in western Boynton Beach. Green Cay Village is offering 3 bedroom Town Homes, 2 & 3 bedroom Condominiums starting at \$199,000. The homes are intended for owner occupants and there will be restrictions on investor sales, re-sales and rentals.

Luxury affordable rentals will also be available in the community with occupancy planned for late spring 2006. Green Cay Village will be located at the NW corner of Jog Road and Flavor Pict Road. Register now for information in advance of Grand Opening by visiting www.greencayhome.com. For more information, please see the brochure distributed with this newsletter, or call (561) 736-1440.

SEPTEMBER BIRTHDAY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Christine Braswell Antonio Colon Jean Pierre	2 Shirley Geer David Priest Melvin Teeters	3 Neisha Delemos Joseph Drayson Jerome Weatherspoon
4 Antonio Martinez	5	6 Richard Bauer Stephanie Dassie Frank Moschette, III	7 Terrill Barton Curtis Jepsen Odell Lewis Hugo Luc Adam Margolis Adan Perez	8 Lonnie Brown Jason Dobronz Darren Gurley Jill Rafferty Pamela Williams	9 Shana Taylor Christine Victoria	10 Giovanna Caliendo Kenneth Repass William Rodriguez James Schmitz John Staab
11 Phillip Etchison Winston Hudson	12 David Kobrin	13 Paul Fulton	14	15 Wayne Dorcas Estevan Lucio	16 Regina Hart	17 Lisa Hartman Robert Keating
18 Lasaundra Campbell Clyde Jones Tavaris Moore	19 Al Angulo Douglas Vaughn	20 Richard Bush Augustus Wesley	21 Janice Abraham Vincent Gray James Hancock, Jr. Carl Hicks	22	23 James Hilgenfeldt	24 Marlo Dahl Joyce Desormeau Harry Hamilton Arthur Lang Mark Siciliano Daniel Waldrep
25 Mark Dagnan Shirley Goddard	26 Gerald Bojanowski Gregory Grumski Larry Jackson, Jr. Joe Robinson	27 John Battiloro Walter Stephens	28 Conor Devery Ever Gamble	29	30	

OVER 150 EMPLOYEES ATTEND ANNUAL HEALTH FAIR

The Employee Health Fair took place on August 18th at our Community Center. Over 150 employees took part and the feedback has been quite positive. This year nine vendors participated including Donna Lamberti our Client Service Specialist from CIGNA HealthCare and Vickie Rubin from Magellan Behavioral Health.

New screenings were provided at the Health Fair this year thanks to the efforts of Michelle Wolf, Employer Relations Manager of the affiliated HCA Palm Beach Hospitals(Columbia Hospital, JFK Medical Center and Palms West Hospital). Michelle arranged for the bone density, pulmonary, pulse oximetry, vascular, Body Mass Index (BMI) screenings and blood pressure checks.

Palm Beach Gym and World Gym had personal trainers on site to answer questions about exercising and training. We were also pleased to have J.C. Stern from Hospice of Palm Beach County at the fair. Additionally, representatives from Costco distributed



Annie Moore, phlebotomist from Delray Medical Center draws blood from Toni Byrd (Finance) so that Toni's cholesterol and glucose can be checked.

HOW DID WE SCORE?

The following number of employees screened had abnormal results:

High Body Fat and BMI	61
High Blood Pressure	29
Pre-Osteoporosis	10
Vascular	8
Pulmonary	6

Employees with abnormal results are encouraged to follow-up with their physician.

BE GOOD TO YOURSELF

If you want to be healthy in every aspect of your life, one of the first things you need to do is to develop a genuine compassion for yourself. Here are a few tips for getting started:

- Get out there and do a lot of interesting things.
- Treat every day like the miracle it is.
- Make as many friends as you can.
- Cultivate your creativity and fun-lovingness as much as possible.
- Exercise.
- Eat a healthy diet.

Live your life with such fullness that if you become ill or disabled, you will have no regrets.

--adapted from *Herbs for Health*

information on its eye care and pharmacy programs.

Special thanks to Marlene Wotell, Delray Medical Center's Public Relations Manager, for arranging for the cholesterol/glucose/PSA screenings and the Tenet Wellness Mammography Van. Eleven employees had mammography screenings. Results from the tests taken by Delray Medical Center will be mailed directly to employees' homes within the next month.

We are also grateful to Publix Supermarkets for generously donating orange juice and breakfast bars for employees who fasted prior to the blood tests.

Plans are already underway for next year's event, so if you have suggestions on how to make the event more rewarding for you please give Nancy King or Valerie Smith in Human Resources a call or send an e-mail with your suggestions.



Paramedic Ken Thompson (left) and Fire Lieutenant Hal Knabb from Delray Beach Fire-Rescue distributed helpful information on child car seat safety.



David Lopez (Environmental Services) is pictured taking the pulmonary test which is used to detect lung disease such as asthma and chronic bronchitis. The raffle ticket he received for taking the test won him a gift certificate to Cabana El Ray.

AND THE WINNERS ARE...



Commissioner Alberta McCarthy is pictured handing a winning raffle ticket to Insurance Specialist Valerie Smith. Street Maintenance Worker Rodney Houston was the grand prize winner of brunch for two at the historic Sundry House in Delray Beach. Here's the complete list of our generous sponsors and prize winners:

- 32 East-Pame' Williams, Public Works
- Boston's On the Beach-
Trish Dunklemaun, Fire Department
- Bru's Room Sports Grill-
Ilene Rose, Fire Department
- Cabana El Ray-David Lopez, Public Works
- Carrabba's Italian Grill-Sue Luteran, Finance
- City Oyster-Maudeline Jean-Louis, Finance
- Dolce Amore Café-
Rebecca Ring, Community Improvement
- Ellie's 50's Diner-
Gloria Montgomery, Environmental Services
- Hospice Gift Bag-Nancy McGee, Finance
- JFK Hospital Baseball Cap-
Sandy Roberts, Community Improvement
- JFK Hospital Towel-
Margo Murphy, Environmental Services
- JFK Hospital Lunch Box-
Susan Maloney, City Clerk's Office
- JFK Hospital Cooler Chair-
Venice Cobb, City Clerk's Office
- Palm Beach Gym-
Frank Babin, Human Resources
- Palm Beach Gym-
Tonya Smith, Parks & Recreation
- Park Avenue BarbequeGrill-
Ollie Cole, Police Department
- Sazio-Loretta Heussi, Planning & Zoning
- Splendid Blended Café-
Sharon L'Herrou, Police Department
- Sundry House-
Rodney Houston, Environmental Services
- Tramonti Ristoranate-Lisa Hartman, Finance
- World Gym-Bruce Roper Environmental Services
- World Gym-Stan Simzer, Public Works
- World Gym-Valerie Smith, Human Resources
- World Gym-Maureen Owens, Finance
- World Gym-Al Nichols, Parks & Recreation
- World Gym-Jennifer Reynolds, Finance