

Jefferson County Line

FALL EDITION 2024



It's time for Annual Enrollment!!

October 1-15, 2024

2025 Benefits

Reminder!
The deadline to enroll is
October 15, 2024

Table of Contents	
Annual Enrollment	1
Annual Enrollment Meeting Schedules	2
Employee Health	3
Mosquito Control	4
Visitors Center	5
Commissioner Alfred—Annual Health Fair	6
Constable Bates	7
Hats Off!	8
Welcome New Hires & Recent Retirements	9
Risk Management	Inserts
co.jefferson.tx.us	

What You Need to Know

- ◇ **There are many benefit options for 2025!**
- ◇ Read all of the information in your Annual Enrollment Guide
- ◇ Starting October 1, 2024, log into Employee Navigator, <https://employeenavigator.com/> to review coverage, make changes, or enroll. Click 'Register' and use the company identifier: JefCou2024
- ◇ If you do not wish to make changes to your benefits or participate in the Flexible Spending Account (FSA), your 2024 benefits will roll over to 2025, **with the exception of any FSA elections.**
- ◇ If you want to participate in either of the 2025 Flexible Spending Accounts, you must enroll.
- ◇ If you are adding dependents, you must submit your

supporting documentation (marriage license, birth certificates, etc.) by October 15, 2024.

Follow the instructions in the Annual Enrollment Guide to make changes or enroll.

There will be many benefit options to choose from!



Employee Assistance Program
1-800-324-4327

UNITED HEALTH CARE
1-877-844-4999

Express Scripts
1-800-282-2881

Deferred Compensation
1-877-677-3678

Risk Management
409-835-8672

Employee Health
409-784-5881

2024 Annual Enrollment Meetings - 2025 Benefits

Tuesday, September 24, 2024 @ 2:00 PM

Jefferson County Courthouse, Jury Impaneling Room
1085 Pearl St, Beaumont, TX 77701

Wednesday, September 25, 2024 @ 9:30 AM

Jefferson County Sub-Courthouse, Judge Guillory's Courtroom
525 Lakeshore Drive, Port Arthur, TX 77642

Wednesday, September 25, 2024 @ 1:30 PM & 3:00 PM

Jefferson County Correctional Facility, Shift Room
5030 US 69 South, Beaumont, TX 77705

Thursday, September 26, 2024 @ 9:30 AM

Jefferson County Courthouse, Jury Impaneling Room
1085 Pearl St, Beaumont, TX 77701

It is very important employees attend one of the offered Annual Enrollment Meetings in order to learn more about your benefit options and ask any questions you may have.

If you have any questions or concerns, please call Risk Management at (409) 835-8672.



Pros & Cons of Weight Loss Injections

Q: What’s the hottest trend this year in prescribed medications?

A: Semaglutide weekly injections

Let’s learn more about this widely prescribed medication. First and foremost, you will lose weight with semaglutide. It does this by targeting an area in the brain called the GLP-1 receptors. The GLP-1 receptors help to regulate your appetite and how much you eat. It closely mimics a natural hormone in the body called incretin, which is made primarily in our digestive tract. Semaglutide (Wegovy and Ozempic) is used as a long-term weight loss treatment in addition to a healthy diet and regular exercise.

It should not be used with other semaglutide-containing products such as Rybelsus or other GLP-1 receptor agonist medicines. GLP-1 works by helping people to lose weight by targeting the brain centers that regulate appetite, which may help you eat less. It also slows down how quickly the stomach empties, which makes you feel fuller for longer. It is a long term treatment. If you stop the medication the appetite will return. It is also an expensive medication for weight loss that is only covered by insurance for specific diagnoses.

Semaglutide is used in addition to diet and exercise for long-term weight management in adults who are either obese (BMI ≥ 30 kg/m²) or overweight (BMI ≥ 27 kg/m²) with at least one weight related condition such as high blood pressure, type 2 diabetes, or high cholesterol levels. It is also available for adolescents 12 years and older with an initial BMI at or above the 95th percentile for age and sex based on standard growth charts. It is also approved in adults, to reduce the risk of heart attack, stroke and heart-related death in people with cardiovascular disease who are obese.

Semaglutide also comes with the most common side effect of constipation and nausea. Acute pancreatitis and acute gallbladder disease are also known adverse effects of the GLP-1 agonist and are listed on the labels for all formulations of semaglutides. Semaglutide injections may increase the risk of developing thyroid tumors, including medullary thyroid carcinoma. Laboratory animals who were given semaglutide developed tumors, but it is still unknown if this medication increases the risk of tumors in humans. Keep in mind the weight loss clinics who sell semaglutide injections are not FDA approved. These are bought through pharmacies who compound the drug and are not regulated in how they are made. The weight loss clinics will charge varying prices and those prices will increase as you need more of the drug to continue your weight loss. As with any medication, read, research and consider your individual health before jumping on the latest trend. Every drug on the market has pros and cons and affects each of us differently.

Remember to call the Employee Health Clinic first for your basic health care needs!
409-784-5881



Mosquito Control: Working Together to Protect Ourselves, Our Loved Ones, and Our Community

Over the past few months the Texas Department of State Health Services (DSHS) & Centers for Disease Control & Prevention (CDC) have reported that arbovirus activity for West Nile virus and Dengue virus have increased for the state of Texas. These diseases are spread through the bite of an infected mosquito. One species that is a vector for WNV that we target in Jefferson County is the *Culex quinquefasciatus* "culex quinq". Peak feeding time for this species is two hours after sundown. Some of its preferred habitats are catch basins, stagnant water and organic waste materials just to name a few. Symptoms of West Nile virus include fever, headache, body aches, vomiting, diarrhea, or rash. Symptoms for Dengue virus are similar and may include pain behind the eyes, muscle and joint pain and swollen glands. Unfortunately, at this time, there are no vaccines to prevent or medicines to treat West Nile virus in people. While that is the case, the following are measures that we can take to help protect ourselves, our loved ones, and our community.

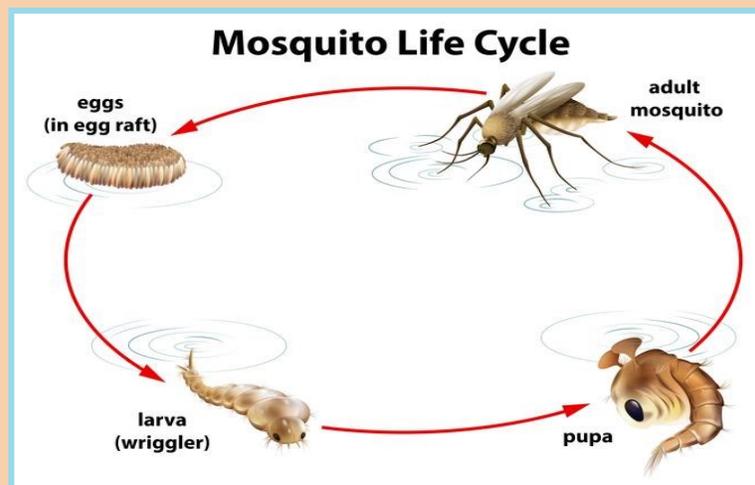
The 4 D's

- **Drain:** Eliminate breeding sources such as tires, flower pots, buckets, pools, bird baths, pet dish and rain gutters. Mosquitoes can breed in as little as one teaspoon of water.
- **Dress:** Wear light colored clothing (long sleeves & pants)
- **Dusk & Dawn:** Try to stay indoors
- **DEET:** Apply EPA approved repellants



Also, to keep from attracting mosquitoes to your home either turn off security lights or replace them with motion detector lights that only come on when needed. If you must have a security light on at all times, change the bulb from a mercury vapor to a sodium vapor bulb. The yellowish sodium vapor light is less attractive to insects than the blue-white mercury vapor light.

Don't forget to share these tips with your neighbors. Remember mosquito control is a community effort and together we can be successful in the fight!



What's Happening at 'The Ben'?

An update from your friends at the Ben J. Rogers Regional Visitors Center

As we transition into fall, we are excited to welcome visitors back to our regular hours. From now until Memorial Day, we're open daily from 9 AM to 5 PM.

One of our most important upcoming events is the Veteran's Day Observance Ceremony on November 11th, hosted by the Vietnam Veterans Chapter 292. The ceremony will begin promptly at 11 AM at the Visitors Center, and we encourage everyone to invite their friends and family to honor our veterans. This event is open to all, and it's a wonderful opportunity to come together as a community and show our appreciation for those who have served.



In addition to the Veteran's Day Observance Ceremony, fall is packed with exciting festivals and we are honored to be representing Jefferson County at several of them. Be sure to check out the Harvest Festival in Woodville, the Clear Lake Folk Festival, the Creekwood Farms Southeast Texas Fall Festival in Vidor, and the Henderson Syrup Festival. These events keep us busy, but we love the opportunity to promote the history, events, and attractions in Jefferson County throughout the region.

**Follow
Us on
Social
Media**



Let's Get Connected for Our Latest News & Updates



On Facebook:
Ben J. Rogers Regional Visitors Center



on Instagram @explorejeffcotx

We hope to see you at one of these upcoming events or festivals, and as always, don't forget to check out our updated website, ExploreJeffersonCountyTX.com, for all the latest information on local events and attractions. If there are any events you'd like to add, please e-mail us at explore@jeffcotx.us and we'd be happy to put it on the website!

Be sure to follow us on Facebook and Instagram to stay up to date on everything happening in Jefferson County!

Take Yourself
& a Loved One
To the Doctor
Day

Commissioner
Everette "Bo" Alfred
Annual Health Fair
Precinct 4



Thanks
for all
you do!



After hearing startling health statistics about the prevalence of Chronic Kidney Disease, Commissioner Everette "Bo" Alfred hosted the Jefferson County Precinct #4 Annual Health Fair with special emphasis on the issue. About 800 people attended the event on September 21, 2024, at Cathedral of Faith Baptist Church and received the following services: blood pressure, blood sugar, and cholesterol screenings, vision screening for adults, SPOT Vision Screening for children, hearing screenings, and screenings for asthma and COPD. There was a blood drive, food giveaway, appliance and door prize drawings, and voter registration. Rolanda Ford, MSN APRN, FNP-BC gave the presentation on Chronic Kidney Disease. There was also a presentation by the Cathedral of Faith Health/Nurse Ministry. Commissioner Alfred thanks the corporate sponsors, community partners, vendors, volunteers, and medical professionals who made this event possible.

Constable Bates Junior Deputy Camp

On August 8th, Constable Christopher Bates Sr. hosted his 7th Annual "Junior Deputy Camp"! The Campers had a full day of events including, talks on gang & drug awareness, bullying, and respect.

We truly appreciate Amber Lucas, Executive Director of Linda's Lighthouse Non-Profit, for the partnership and Port Arthur LNG for being a sponsor!

Special thanks to Sheriff Zena Stephens and the Jefferson County Sheriff's Office for bringing the airboat for the kids and Constable Gene A. Winston Jr. and his Deputies for supporting the event! We appreciate D.A. Investigator Brandon Crowder for giving the kids some fitness motivation and Port Arthur Fire Inspector Jarrod Brannon for speaking about fire safety and showing the kids the fire truck!

We truly appreciate Ms. Glenda Trainer and Tesheena Guient for allowing us to use the West Side Development Center again this year! We are equally grateful for Christian Carrier, PAISD School Board Trustee Brandon Bartie, Sgt. Calvin Walker, and Brandon Marks for their donations to the Camp!

We also had great support from volunteers: Shenetta Alexander, Cynthia Ford Arceneaux, Rachel Nicole and the LSCPA Nursing Program! A big thanks to Robert King Jr. for setting up the "Jr. Deputy Obstacle Course". Last but not least, we are grateful for Constable Pct. 2 office staff, Chief Craig Turner, Lieutenant Isaiah Seltzer, Clerk Dayse Becerra, and Chief Clerk Linda Cormier for helping it all come together!

We hope to continue the fun next year!! Be Blessed! #BridgingTheGap



HATS OFF TO YOU!!

40 Under 40 Honorees!

Congratulations to Verence Rosales, Director of Human Resources and Risk Management, and JaMarcus Davis, Chief Deputy Constable, Pct. 8, on their nominations and awards as two of the Southeast Texas Young Professionals Organizations 40 Under 40. The SETX YPO 40 Under 40 recognizes the best and brightest young professionals under the age of 40 for their academic achievements, professional success, and community involvement. Congratulations to you both, the citizens and employees of Jefferson County are lucky to have employees like you.



Hats Off to Pct. 4 Staff!

In preparation to receive a new portable building at the Visitors Center, groundwork needed to be addressed. Posts and gates had to be removed until the installation is made. Director Kathi Hughes reached out to Milton Zachary at Pct. 4 for his expertise on how to prep the area. He recently managed to work us into their busy road & bridge schedule and with a few Pct. 4 employees prepared the surface even better than we could have hoped for.

This upgrade will allow the new building to sit higher on the property and be easier to maintain in the long run. We appreciate their time and attention to making a better spot for our portable building.

Many thanks to Milton Zachary, Benny Thibodeaux, Annias Bean, and Terrence Gray on a job well done!!

Congratulations!

We're thrilled to celebrate **Victoria Schultz** for earning her Certified Tourism Executive (CTE) certification! After three years of Travel and Tourism College and completing an impressive capstone project focused on our new website ExploreJeffersonCountyTX.com, Victoria continues to show what hard work and persistence can achieve. Along with her certification, Victoria plays a key role every day at the Ben J. Rogers Regional Visitors Center, managing grants, the new website, and social media. All while helping to support the growth of local tourism. Her passion for promoting our region shines through in everything she does, and this certification is a testament to her commitment. Victoria, we couldn't be more proud of you and are excited to see how you'll continue to elevate tourism in Jefferson County.





Welcome Y'all!

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

Auditor's Office: Brittany Taylor

Adult Probation: Alexandra Robinson, Daeshawna Stelly, Anita Young

Agriculture: Tiffany Castleman

Constable, Pct. 1: Casandra Scott

County Clerk: Yvette Broussard, Reagan Dixon

District Attorney's Office: Karen Castaneda-Ramos, Shannon Schild

District Clerk's Office: Tamerniko Cormier

Environmental Control: Cathy Landry

Juvenile Probation: Charles Bell Jr., Dahlia Giron, Cliff Harris, Inadiya Mitchell, Jekore Tyler

Sheriff: Taraneisha Boagni, Antoineia Bohanon, Kristina Bryan, Wilnitra Buckley, Sam Carpenter III, Symiah Chatman, Sheneeka Clark-Bennett, Penny Collier, Gailin Curl, Enrique Gamboa-Aleman, Dacia Good, Rhonda Gordon, Madison Guidry, Georgi Guillory, Barnard Holmes, Daleshia Jackson, Kevina Keal, Zendora Kight, Geneva Lathan, Felix Lewis III, Avantae Madry, David Marshall, Amanda Meaux, Jaylon Melvo, Chayla Merritt, Brittany Mickens, Alexie Motton, Loghan Myers, Thanneysia Payton, Harold Pickens III,

Christopher Price, Destiny Roach, Versace Rodriguez, Leedrick Senegal, Reshone Simon, Shadonna Sims, Kameron Smith, Mary Smith, Aaliyah Staves-White, Avery Taylor, Terri Thomas, Kyra Vickery-Poole, Vicki Williams Harris

Tax Office: Sasha Coar, Tamera Compton, LaKeda Dumas

9th Court of Appeals: Judge Kenneth Chambers



Happy Retirement!



July

Marian Burt
Hilary Guest
Homer Kiker
Valerie Nobles

September

Trisha Lyn
Vernon Wright

We wish all our
retirees well in their
future endeavors!

August

Raquel Diaz
Stephanie Monk

Congratulations!

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

Health tip: Dietary Guidelines



The food and beverages you choose to consume may have a large impact on your overall health status. With the assistance of dietary research since the 1980's, it has been found that enjoying a healthier dietary pattern may not only help you achieve and maintain good health, but also help reduce the risk of having a chronic disease throughout all stages of life. Recently, diet-related chronic disease rates have risen to concerning levels and continue to be a major public health initiative.²

With that being said, the U. S. Department of Health and Human Services and the U. S. Department of Agriculture publish dietary guidelines every 5 years. These guidelines reflect advancements in scientific knowledge and may help Americans make healthier choices in their daily lives to help prevent chronic diseases and enjoy healthier eating habits.¹

It is recommended by the Office of Disease Prevention and Health Promotion to consume a healthier eating pattern that accounts for all foods and beverages within an appropriate calorie level.¹ Following these dietary guidelines, in conjunction with regular physical activity, may help with weight loss or weight management, chronic disease reduction, and supports an overall healthier lifestyle.²

Did you know?

1/2 of all American adults have one or more preventable diseases related to poor eating and physical inactivity.¹

Examples include:

- Cardiovascular disease
- High blood pressure
- Type 2 diabetes
- Some cancers
- Poor bone health

Sources of Nutrition

(recommendations may vary by age, gender, and activity level)^{1, 3}

Fruits	Vegetables	Grains	Dairy	Protein
<ul style="list-style-type: none"> • Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. • 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group. 	<ul style="list-style-type: none"> • Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. • Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. 	<ul style="list-style-type: none"> • Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. • Grains are divided into 2 subgroups, whole grains and refined grains. • At least half of all the grains eaten should be whole grains. 	<ul style="list-style-type: none"> • All fluid milk products, many foods made from milk, and foods made from milk that retain their calcium content are considered part of this food group. • Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of this group. • Most dairy group choices should be fat-free or low-fat. 	<ul style="list-style-type: none"> • All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein group. • Meat and poultry choices should be lean or low-fat. • Vegetarian options include beans and peas, processed soy products, and nuts and seeds.

Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, a greater percentage of men (50%) have higher blood pressure than women (44%).^{1,2}

Leading causes of death for men

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents²

There are many risk factors that impact the health of men

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- Not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings⁴

Men & social isolation

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work⁵

Men & stress

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support/ talk to a friend or doctor
- Exercise
- Meditation
- Get plenty of sleep
- Connect with your community or faith-based organizations³

Suggested screenings & checkups for men⁴

Receiving health screenings at the right time is one of the most important health actions a man can do for his health. Screenings may detect diseases early, even before symptoms occur, when they are easier to treat.

It is important for men to have regular checkups with a physician and receive preventive screenings based on their age, gender and health risk factors. Suggested screenings include:

- **Blood Pressure**—a healthy blood pressure is less than 120/80
- **Cholesterol**—a healthy total cholesterol level is less than 200 mg/dl
- **Cancer Screenings**—the Centers for Disease Control supports screening for colon and lung cancers as recommended by the U.S. Preventive Services Task Force. The CDC recommends talking with your doctor about being screened for prostate cancer. Depending on your health history and family health history, your doctor may recommend a digital rectal exam (DRE) and/or a prostate specific antigen (PSA) test.
- **Fasting Blood Sugar/A1C**—a healthy fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you may have prediabetes, and 126 mg/dL or higher indicates you may have diabetes. Additional discussions with your doctor should occur if your fasting blood sugar is above 100 mg/dl.
- **Sexually Transmitted Diseases**
- **Glaucoma**—half of people with glaucoma don't know they have it. Glaucoma is a group of diseases that damage the eye's optic nerve and may result in vision loss and even blindness. Prevention includes having a comprehensive dilated eye exam to help catch glaucoma early and start treatment if needed. Your eye care specialist will recommend how often you should have follow-up exams.

Small changes may reduce your risk

To reduce the risk of developing chronic health conditions, men can make behavior changes to help manage risks or maintain their health. Behaviors that may reduce risk include:

- **Achieve and maintain a healthy body weight.** Achieving a healthy weight isn't only about short-term changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the calories you consume with the calories your body uses.
- **Eat a healthier diet.** According to the Dietary Guidelines for Americans a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; Includes lean meats, poultry, fish, beans, eggs, and nuts; Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- **Exercise regularly.** Being physically active and reducing the amount of "sitting time" during the day may improve your overall health regardless of age, ability or physical shape. The goal is to move more and sit less throughout the day.
- **Don't use tobacco products**
- **If you drink alcohol, do so in moderation.** Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. The Dietary Guidelines do not recommend anyone start drinking for any reason.
- **Sleep 7 to 9 hours a night**
- **See your doctor for routine care⁴**

United
Healthcare

¹ Centers for Disease Control and Prevention, Men's Health. <https://www.cdc.gov/nchs/fastats/mens-health.htm>. July 2023. Accessed October 2023.

² Centers for Disease Control and Prevention, Facts About Hypertension. [https://www.cdc.gov/bloodpressure/facts.htm#:~:text=Uncontrolled%20high%20blood%20pressure%20is,pressure%20than%20women%20\(44%25\)](https://www.cdc.gov/bloodpressure/facts.htm#:~:text=Uncontrolled%20high%20blood%20pressure%20is,pressure%20than%20women%20(44%25).). July 2023. Accessed October 2023.

³ Centers for Disease Control and Prevention, Coping with Stress. <https://www.cdc.gov/violenceprevention/about/copingwith-stress/ps.html>. November 2021. Accessed October 2023.

⁴ UnitedHealthcare, Men's preventive health tips. <https://www.uhc.com/health-and-wellness/health-topics/mens-health/preventive-care>. 2023. Accessed October 2023.

⁵ National Institute on Aging, Loneliness and Social Isolation - Tips for Staying Connected. <https://www.uhc.com/health-and-wellness/health-topics/mens-health/preventive-care>. January 2021. Accessed October 2023.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

Health tip: Healthier Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, threats to oral health, including tooth loss, poses a risk to all generations. Poor dental hygiene is correlated with several other diseases not directly in the mouth, including diabetes, heart disease, pneumonia and rheumatoid arthritis.



A healthier mouth for a lifetime includes:³

- Regular dental visits
- Brush twice a day for at least 2 minutes
- Floss once a day
- Do not use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner, and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.



Other ways to maintain good oral hygiene:³

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - lean sources of protein
 - fruits
 - low-fat/fat-free dairy foods
 - vegetables



Did you know?

- 26% of adults in the United States have tooth decay¹
- 46% of adults aged 30 years & older have signs of gum disease¹
- Oral cancers are more common in older people, particularly those who drink and/or smoke²
- Besides brushing, there are other tools to keep your mouth healthy like flossing and using mouthwash¹

Sources:

¹ Centers for Disease Control. <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html> 2020. Accessed on August 2022

² American Cancer Society. <https://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer/about/key-statistics.html> 2022. Accessed August 2022

³ American Dental Association. <https://www.mouthhealthy.org/en/az-topics/t/brushing-your-teeth> 2022. Accessed August 2022.

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