

# REEF REVIEW

## NEWSLETTER

**July 2018**

- Inside this issue:**
- Department Spotlight
  - Welcome Corner
  - 2018-19 Fish Team Meetings & Events Calendar
  - Upcoming Events
  - Wellness Corner & Events
  - Grams (Thank You Grams/ Welcome Grams)



### Meet your 2018 Fish Team Committee

**Not Pictured:**  
 Alex Barrios  
 Yesenia Hernandez  
 Kelly Dunkley  
 Shirley Lee  
 Christine Velasquez  
 DiAnne Brown  
 Annette Duclos



Cancy McArn



Sandy Kiser-Stodden



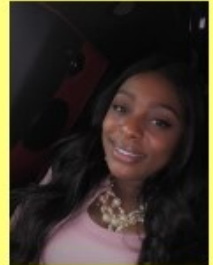
Karla Faucett



Erika Zavaleta



Phyllis Fogg



Sheena Milton-Cole



Maritza Blumberg  
 Kristina Reyes

### Welcome Corner

SCUSD would like to welcome the following employees to the SERNA Center  
 Julie Yontrarak as Payroll Supervisor  
 and Judy Rasberry as Disability Management Specialist

# Fish Team Meetings & Events Calendar



# 2018-2019

## Fish Team Meetings and Events

JULY						
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22	23	24	25	26	27	28
29	30	31				

AUGUST						
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19	20	21	22	23	24	25
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SEPTEMBER						
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NOVEMBER						
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25	26	27	28	29	30	

DECEMBER						
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23	24	25	26	27	28	29
30	31	Xmas-Families in Crisis				

JANUARY						
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FEBRUARY						
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MARCH						
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APRIL						
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28	29	30				

MAY						
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16	17	18	19	20	21	22
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30	31					

JUNE						
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JULY						
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21	22	23	24	25	26	27
28	29	30	31			

## In the Know...

SCUSD has partnered with local area businesses and organizations to provide discounts to district employees. Please be sure to visit the Staff Lounge page online to see the discounts that are available to you. Just to name a few:

- Pollo Loco 10% off your purchase with Employee ID
- AT&T & Sprint offer a 17% discount on select plans. Please visit store for details.

A complete list of those businesses and organizations are available to you on the Staff Lounge page. Please visit link below for more information:

<http://www.scusd.edu/staff-lounge>



## SERNA Salsa & Guacamole Contest

Save the Date: July 20, 2018



Location: Bistro

Time: 12:00 pm

Bring in your best Salsa or  
Guacamole!!!



Hosted by: The Fish Team & Business Services

\*Fish Team will provide Chips, Plates, Napkins

## SERNA Chili Cook-off!! Coming in October



Save the Date: October 2018

Location: Bistro

Bring in your best Chili!!!

Hosted by: The Fish Team & Human Resources

\*Fish Team will provide Bowls, Spoons, Napkins  
and Drinks





## Wellness Committee Corner

Grab your tennies, and join in the "Stepping into wellness" walking campaign. You can participate as individual or challenge co-workers. Email Cathy Rasmusson, Wellness Coordinator [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com) to have tennie tracker sent to you. If you are interested in being a tennie challenge **captain or challenge team member** please let Cathy know.

### Instructions:

- Each square equals **15 minutes** of walking.
- Fill in square(s) with your initials and date you walked 15 minutes in square.
- Once all squares have been filled in note your name, email, phone number and the day you send tracking shoe to Risk Management Dept. Attn: Cathy Rasmusson or your team captain.
- Each of your "Step Into Wellness" tracking tennies submitted with all squares filled in will be entered into a District-wide weekly prize drawing for tee shirt or workout towel.
- Questions? Email [healthybusinessdesigns2@gmail.com](mailto:healthybusinessdesigns2@gmail.com)

Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Date sending in: \_\_\_\_\_



## Classes and Massages

### Yoga classes

Every Wednesday at 5:00-6:00 p.m.

Serna Center Minn./Mich. Room

Instructor: Dr. Josephine Jones-Pugh

Cost: \$10/class

Drop-ins welcome

- ♦ Classes will encompass all levels Hatha style yoga. Hatha yoga focuses on the physical and mental wellbeing using both postures and breath work
- ♦ Please bring small towel, water, and a yoga mat.

### Massages

Every 1st and 3rd Mondays of the month

Cost: \$15 for 15 minute massage

By appointment every 15 minutes 2:15 - 5:00 pm.

Email: Cathy Rasmusson, "Step Into Wellness" Coordinator

[healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com) to schedule appointment