CHIP SHOT

Standard #1 Our Mission Statement
"Personalized Service, Enriching Relationships
& a Quality Lifestyle will make Frenchman's
Creek the Number One Community in South
Florida."

JANUARY



What is flu?

Influenza, commonly shortened to "flu," is an extremely contagious respiratory illness caused by influenza A or B viruses. Flu appears most frequently in winter and early spring. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract.

The flu is a contagious virus. Flu season is from late November through March. Over-the-counter medicines may help relieve flu symptoms but don't treat the actual flu virus. A typical case of the flu can last a few days to up to 2 weeks.

What's the difference between a cold and flu?

The common cold and flu are both contagious viral infections of the respiratory tract. Although the symptoms can be similar, flu is much worse. A cold may drag you down a bit, but the flu can make you shudder at the very thought of getting out of bed.

Congestion, sore throat, and sneezing are common with colds. Both cold and flu bring coughing, headache, and chest discomfort. With the flu, though, you are likely to run a high fever for several days and have headache, myalgia, fatigue, and weakness. Usually, complications from colds are relatively minor, but a severe case of flu can lead to a life-threatening illness such as pneumonia.

More than 100 types of cold viruses are known, and new strains of flu evolve every few years. Since both diseases are viral, antibiotics cannot conquer cold or flu. Remember: Antibiotics only treat bacterial infections. A few antiviral medications are available to treat flu. But there are no medications that specifically defeat the common cold. Antibiotics may be helpful if there is a secondary bacterial infection.



Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Treatment & Care

Need some flu treatments to keep on hand this winter? While there's no flu cure, there are effective treatments to ease your flu symptoms.

The flu treatment you should take depends on your symptoms. For example:

nasal or sinus congestion - then a decongestant can be helpful, Decongestants come oral or nasal spray forms. Decongestants are used to reduce swelling in the nasal passageways. However, nasal spray decongestants should not be used for more than a few days because, if they are used too long and then stopped, they can cause rebound symptoms.

runny nose, postnasal drip, or itchy, watery eyes – then an antihistamine may be helpful for your flu symptoms. Antihistamines block the effect of "histamine," and help relieve such annoying symptoms as sneezing, itching, and nasal discharge. Over-the-counter antihistamines often make people drowsy, whereas decongestants can make people hyper or keep them awake. Keep in mind that both decongestants and antihistamines can interact with other drugs you may be taking, and they may aggravate some conditions. Talk to your doctor or pharmacist about which flu symptom treatment is best for you.

nasal congestion If you need immediate relief for swollen, congested nasal passages, you may get relief with an over-the-counter decongestant nasal spray. It is important to stop using decongestant nasal sprays after three to five days to avoid the development of rebound congestion. Some doctors suggest using a saline spray instead of a medicated spray. Saline sprays loosen thick mucus in the nasal passageways but have no rebound effect. It may be used for extended periods of time without significant side effects.

Decongestants can increase blood pressure and heart rate. Pseudoephedrine and phenylephrine are oral decongestants commonly available in over-the-counter products. In general, if your blood pressure is well controlled with medications, then a decongestant shouldn't be a problem as long as you monitor your blood pressure. This may not be true, however, with certain types of blood pressure medications. Check with your doctor or pharmacist about safety.

Cough An occasional cough may clear the lung of pollutants and excess phlegm. A persistent cough should be diagnosed and treated specifically. On the pharmacy shelf, you'll find numerous cough medicines with various combinations of decongestants, antihistamines, analgesics/antipyretics, cough suppressants, and expectorants. Ask your pharmacist which combination, if any, would be appropriate for your cough. A flu shot is your best protection against the flu

Ideally, you should talk to your doctor about the flu vaccine and antiviral drugs, including side effects, before the flu season begins.

When you do get flu symptoms, it's important to call your doctor soon after symptoms appear. Flu drugs are most effective when taken within the first 48 hours of flu symptoms, although they may help prevent severe disease when taken later.

Flu Emergencies

Infants, the elderly and people with certain diseases or weakened immune systems are the most vulnerable. But a flu emergency can happen to anyone. Since the flu can be dangerous, it's important to know the signs of trouble.

Top 10 Commonly Broken New Year's Resolutions

Rank	Top 10 New Years resolutions for 2014
1	Lose Weight
2	Getting Organized
3	Spend Less, Save More
4	Enjoy Life to the Fullest
5	Staying Fit and Healthy
6	Learn Something Exciting
7	Quit Smoking
8	Help Others in Their Dreams
9	Fall in Love
10	Spend More Time with Family

News Years Resolution Statistics	Data
Percent of Americans who usually make New Year's Resolutions	45%
Percent of Americans who infrequently make New Year's Resolutions	17%
Percent of Americans who absolutiely never make New Year's Resolutions	38%
Percent of people who are successful in achieving	8%
Percent who have infrequent success	49%
Percent who never succeed and fail on their resolution each year	24%
People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions	
Type of Resolutions (Percent above 100% because of multiple resolutions)	Data
Self Improvement or education related resolutions	47%
Weight related resolutions	38%
Money related resolutions	34%
Relationship related resolutions	31%
Age Success Rates	Data
Percent of people in their twenties who achieve their resolution each year	39%
Percent of people over 50 who achieve their resolution each year	14%
Length of Resolutions	Data
Resolution maintained through first week	75%
Past two weeks	71%
Past one month	64%
Past six months	46%

INSIDE THIS ISSUE

Safety First! "Flu"

Top 10 commonly broken New Year's Resolutions

Fit 4 Ever & Presidents Challenge

Calendar January

Worker Comp Report

CALLING ALL STAFF! Art Expo 2015

From start .. to finish

Telephone Etiquette



MEDICAL: Florida Blue

Customer Service: (800) 322-2808 Web Address: www.bcbsfl.com

DENTAL: Ameritas

Customer Service: (800) 487-5553 Web Address: www.ameritasgroup.com

VISION: Ameritas/ VSP

Customer Service: (800)877-7195

Web Address: www.vsp.com

401K: Voya

Customer Service: (800) 584.6001

Web Address: www.voya.com

Frenchman's Creek

To receive your insurance discount plan year 2015-2016, you must participate in the following programs: Health screenings and assessment AND Complete (3) additional programs

Health Screenings/Assessment

- •The screenings and assessment will be offered on ONE DAY ONLY
- •If you miss this program, you can make it up by going to the Florida Blue store or complete an additional preventive care screening

Choose (3) Additional Programs

Medical Check-up / Dental Check-up / Routine Vision Exam / Routine Mammogram / Routine Gynecological Exam / Routine Colonoscopy / Skin Screening / Immunization (flu shot, tetanus shot, etc.) / Online Exercise Program

•The preventive care services listed previously require a form to be completed by your medical provider

•Forms are available in Human Resources

Now all that you have to do to participate in the Wellness program is before you go to your doctor or dentist, go to the Resources Page located under the home tab and go to the benefits section. All forms are located there.

Online Exercise Program

New for this year: Online Exercise Program

•Over 100 exercises and activities to choose from

• Easy to participate in from the sedentary to the seasoned athlete; detail forthcoming

President's Challenge 2014

Sign Up Instructions

1.Go to www.presidentschallenge.org

2.If you remember your login name from last year's President's Challenge and you want to reuse it, you must delete your account first. Otherwise your time and points will carry over into this challenge, which is not allowed. Login, go to "Account Settings", and click on "Delete Account".

- 3.Click the "Register Now" Link under the "Not yet registered?" in the far upper right side of the page.
- 4.Click of the "CREATE AN INDIVIDUAL ACCOUNT" link under Individuals & Groups section.
- 5. Enter a username and password (write it down in case you forget) and complete the remaining information.
- 6.Check the "I agree to the terms and conditions" box, enter the security code, and then click the 'Register' button.
- 7.On the next page there are two challenge options: "Presidential Active Lifestyle Award (PALA)" and "Presidential Champions." Sign up for "Presidential Champions" because the PALA program is set up to run only 6 consecutive weeks then ends. The Presidential Champions does not have a stopping point. Click the "Presidential Champions" then click "Submit" at the bottom.
- 8. You will now see your username at the top right of the screen under "LOGGED IN AS". Click "Account Settings" at the bottom of the page. Information necessary for the program has been pre-populated. It is not necessary, but you can enter you weight and height (click on the 'Metric' dot first, then click back on the 'U.S./English' dot to set up the correct units. When complete, click the 'Save' button at the bottom.

9.On the left corner of the screen, select "Edit Favorites". Check all the activities you would do in this program. This makes logging your activities much quicker and can be modified during the program. When complete, click the 'Save' button at the bottom.

10.Click "GROUPS" in the middle of the page. Enter the Group Number: **945949**, then click the 'Submit' button, then on the next page click the 'Join this Group' button.

11.To update activities, click log-in at the top for Individuals & Groups. Sign-in with your Username and Password. Click "TRACKER" to enter in your activities for each day/activity you complete.

Important notes about the fitness program:

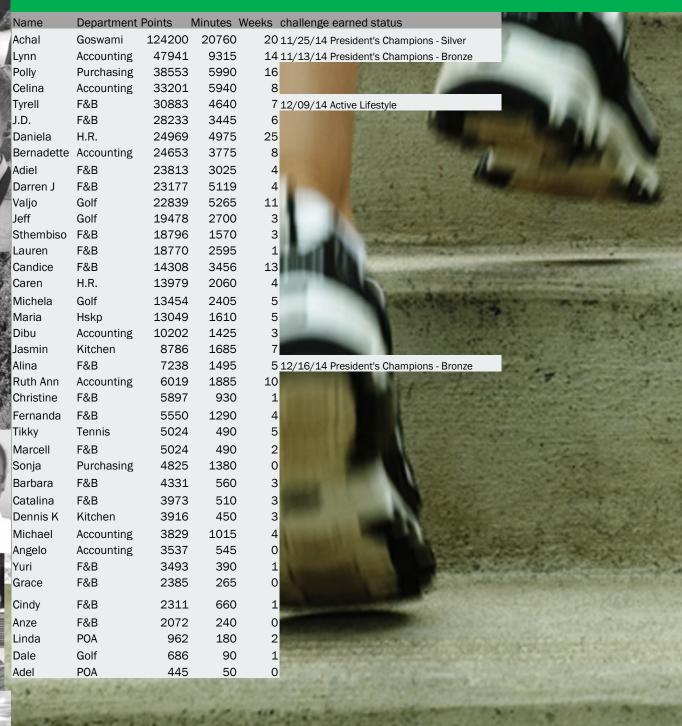
To qualify for the insurance premium discount, you must exercise at least 3 times a week for 30 minutes or a total of 90 minutes every week for 6 weeks. The 30 minute time frame can be broken down into 10 minute segments.

It is helpful to log-in each time you exercise however, if you miss logging in for a week, no problem. If you log-in more than 2 weeks after the last log-in date, you will lose some of your log-ins activity.





The President's Challenge - UPDATE





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		Sthembiso F&B B'Day	Joseph golf 1 yea
		Golf training class 2PM	
		F&B training class 3PM	3PM English Clas
Club Brunch			
Beach Club Brunch	40th Hala Dinner	40th Hala Dinnar	19th Hole Dinner
	19th Hole Dinner Sports Bar Dinner	19th Hole Dinner Sports Bar Dinner	Sports Bar Dinne The Grille Dinner
NFL Sunday BBQ	"Beach Club Cabaret"	The Grille Dinner	Beach Club Dinne
11	12 Alina F&B B'Day	13	14 Celina Finance B
	Alina F&B B Day	Dennis K Kitchen B'Day Golf training class 2PM	Besner GCM 17 y
		F&B training class 3PM	Dooner Gom = . ,
·			3PM English Clas
Club Brunch Beach Club Brunch	 Trivia Dinner		19th Hole Dinner
Beach Club Brunch	19th Hole Dinner	19th Hole Dinner	Sports Bar Dinner
	Sports Bar Dinner	Sports Bar Dinner	The Grille Dinner
BBQ	Beach Club Dinner	The Grille Dinner	Beach Club Dinne
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		F&B training class 3PM	
			3PM English Clas
Club Brunch			Cigar Club
Beach Club Brunch		Gin & Vodka Tasting	19th Hole Dinne
	19th Hole Dinner	19th Hole Dinner	Sports Bar Dinne
BBQ	Sports Bar Dinner BC Lobster Dinner	Sports Bar Dinner The Grille Dinner	The Grille Dinner Beach Club Dinn
25	26	27	28
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	Blikenson rennis z years	rαb (failling class or w	3PM English Clas
			-
Club Brunch		W.F.C.R	10th Hala Dinne
Club Brunch BC Calypso Brunch	10th Hole Dinner	Golf & Luncheon	19th Hole Dinne
	19th Hole Dinner Sports Bar Dinner		19th Hole Dinne Sports Bar Dinne The Grille Dinne

OAY	THURSDAY	FRIDAY	SATURDAY
	15		
	Cesar Kitchen 15 years	2	3 Linda POA 14 years
	New Year's Brunch Main Club & Beach Club	19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
	8 Golf training class 2PM F&B training class 3PM	9 Wellness Lunch & Learn Scotch Tasting	10 Ollie Rose F&B B'Day
	19th Hole Dinner Sports Bar Dinner The Grille Dinner BC Stone Crab Night	19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
y 'S	15 Mark GCM B'Day Golf training class 2PM F&B training class 3PM Safety committee Meeting 3:30pm HR conference room Performers Series 19th Hole Dinner Sports Bar Dinner Beach Club Dinner	19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	17 Michael Finance B'Day Gourmet Wine Dinner 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
	22 Emma Kitchen 2 years Ricardo F&B B'Day Golf training class 2PM F&B training class 3PM	23 Sam Golf B'Day	24 Angel Finance B'Day
	19th Hole Dinner Sports Bar Dinner The Grille Dinner BC Skype Wine Dinner	"Art Show" 19th Hole Dinner Sports Bar Dinner The Grille Dinner	"Art Show" 19th Hole Dinner Sports Bar Dinner The Grille Dinner
ing B'Day	29 Karmveer F&B B'Day Golf training class 2PM F&B training class 3PM	30 Bilian Hskp B'Day	31 Dora Golf B'Day
	Scotch Dinner 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	Flavors of the World Dinner Dance The Grille Dinner Beach Club Dinner

orkers Compensation Trending 2014-2015

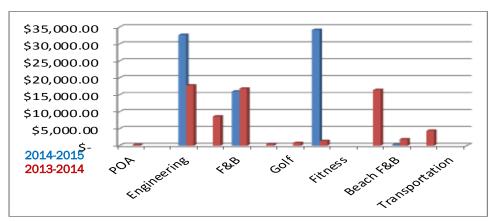
Policy Period	2008	2009	2010	2011	2012	2013	2014
	2009	2010	2011	2012	2013	2014	2015
October	\$507.36	\$99.25	\$2,250.40	\$0.00	\$1,218.67	\$8,137.00	\$66,936.56
November	\$1,870.20	\$0.00	\$2,294.50	\$178.00	\$469.00	\$488.00	\$16,353.28
December	\$702.00	\$826.17	\$0.00	\$34,753.04	\$8,139.52	\$16,440.00	\$-
January	\$6,030.72	\$4,598.05	\$39,764.11	\$5,907.50	\$2,493.63	\$17,316.00	
February	\$1,284.64	\$5,964.37	\$203.00	\$0.00	\$486.63	\$0.00	
March	\$560.34	\$953.49	\$0.00	\$13,499.26	\$0.00	\$1,082.00	
April	\$371.00	\$1,001.02	\$5,865.44	\$0.00	\$4,191.30	\$3,492.00	
May	\$0.00	\$873.25	\$0.00	\$0.00	\$232.00	\$3,258.00	
June	\$773.34	\$2,219.50	\$5,506.00	\$0.00	\$405.74	\$10,213.00	
July	\$205.00	\$167.22	\$300.00	\$57,897.63	\$381.00	\$537.00	
August	\$333.00	\$804.46	\$0.00	\$54,011.46	\$0.00	\$7,949.00	
September	\$3,120.46	\$0.00	\$0.00	\$18,526.49	\$119.56	<u>\$0.00</u>	
total incurred	\$15,758.06	\$17,506.78	\$56,183.45	\$184,773.38	\$18,137.05	\$68,912.00	\$83,289.84

TYPES OF INJURIES RESULTING IN MEDICAL ATTENTION AND COST TO DATE

As claims are closed with no medical treatment these numbers will be adjusted

OCT: HIT BY OBJECT	\$34,227.26	GCM
OCT: KNEE	\$32,709.30	ENG
NOV: FOOT	\$353.28	BC
NOV: KNEE	\$16,000.00	F&B
DEC: Slip & Fall	\$-	ВС

\$83,289.84



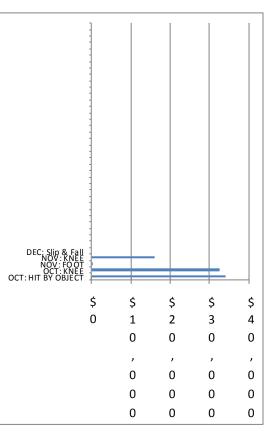
N

NEXT SAFETY COMMITTEE MEETING

January 15 H.R. MEETING ROOM 3:30PM



PLEASE JOIN US
FOR
OUR NEXT
SAFETY
COMMITEE
METTING!
EVERY
DEPARTMENT
SHOULD
SEND ONE
PRESENTATIVE.
THANK YOU!





For more information, please contact Andrea in the Food & Beverage Office 561.868.6370



START...























































..._{to} FINISH























What a

Telephone Etiquette - Frenching MANS (REEK

Way

Phone rings

Pick up the phone within 3 rings (no matter which dept. you are in)

Smile (Always welcome the call, don't sound rushed or disturbed)

Use proper greeting For Example:

Good Morning, Thank you for calling Frenchman's Creek, (state the department), this is (state your name), How may I assist you?

When the call is for your co worker

Taking a message

- •Let the caller know that your coworker has stepped away from his/her desk and you would be happy to take a message for him/her.
- •Make sure to deliver this message to your co-worker

Message Example:

"John has stepped away from his desk. Would you like to leave a

message?"

Transferring Procedures

- •Ask for the Caller's permission to transfer, and wait for his response, "May I transfer you?" (Please make sure the caller always knows that he is going to be transferred)
- •Make sure your coworker/employee is available on the other line to receive the call.

Transfer Example:

"May I transfer you to his extension?" The extension number

is XXX

Holding procedures

•Ask for the caller's permission and wait for his response, "May I place you on Hold?" (Please make sure the caller always knows that he is going to be placed on hold).

BEACH & COUNTRY CLUB

•Please do not place the caller on hold for more than 30 seconds!

Holding Example:

"I will be happy to find out for you. May I place you on hold while I look

AT&T Voice DNA QUICK REF. GUIDE

HOLD

To place a call on hold:

- Press the hold button
- To reconnect with the call:
- Press the "RESUME" soft key (see in your display)

TRANSFER

To announce a call to another extension:

- Press the "Transfer" soft key
- Enter destination number
- Speak with receiving party to announce the call
- Press the "Transfer" soft key a second time

FORWARD THHE PHONE

forward the phone manual to an extension or phone number to forward:

 *72 NUMBER and the destination number push dial

to cancel forward

• *73 and the destination number push dial

