

# The Pine Needle



Volume 2/ Issue 2

**WELCOME**

Help Us Welcome Our Newest Team Members!

*We are so excited to have you on board and grow with us!*

**Danna Harb**

Customer Service Rep- PCS

**Selene Pineda Martinez**

Customer Service Rep- PCS



We want to wish all our employees who are;

Mothers, Grandmothers or  
Mother Figures  
&  
Fathers, Grandfathers or  
Father Figures

a Wonderful Mother's/Father's Day celebrating the most special job you have.

We thank all our hard working employees.

We know it isn't always easy!

## Employee Spotlight

**Sophia Sepulveda**

Park Maintenance Tech for Parks & Recreation

"She has successfully passed her North Carolina Department of Agriculture's spray license exam.

This license will make her a great and needed addition to the Pineville Parks and Recreations maintenance team."

Congratulations Sophia!





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**Brendan Coates**

will be sworn in on April 11<sup>th</sup> as our newest Police Officer. Officer Coates is our first lateral transfer this year. He joins us with over 5 years of experience.

**Jakayla Kelley**

will be sworn in on April 11<sup>th</sup> as our latest Basic Law Enforcement Training Graduate.



**Chelsea Byrd**

911 Telecommunicator

**Jon Beauchamp**

911 Telecommunicator

# Employee Event

## Join us for our Annual Employee Appreciation Picnic!



Burgers and Hot Dogs prepared by the Pineville Church Volunteers

Cornhole Finalist & Leisure play

Yard Games & Prizes!



### Stay Tuned

for an email from Parks & Rec with sign up information the week prior!



# Spring INTO WELLNESS

## Wellness Resources for Our Employees

Feeling under the weather?

Not sure if you should go to the doctor yet?

All Full-Time employees have access to a great tele-medicine resource.

*\*Can be used for family members/children\**

### Teladoc

1-800-835-2362

*\*Free telehealth wellness advice/guidance*

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Your Well-being goes deeper than just your Physical Health!

### EAP with OneAmerica

*\*Counseling/ Legal & Financial Consultation, Work-life Assistance, Crisis Intervention Services and More!*

855-387-9727

[www.guidanceresources.com](http://www.guidanceresources.com)

## Spring Wellness Tips

Do you smell the grass? Can you hear the birds chirping, squirrels running?

The sun is shining again, and days are getting warmer.

### Spring is **HERE!**

Many folks use the start of spring to do "spring cleaning". This Spring we want you to consider Spring cleaning more than your home,

### **YOUR HEALTH!**

Check out the *Pine Needle Nine* for some tips.

1. Spring Into Healthier Eating
2. Refresh your Sleep Schedule
3. Sit Less, Move More
4. Drink More Water
5. Awaken New Goals
6. Soak up the Sun
7. Sprout a new Hobby
8. Cultivate a new positive mindset
9. Spring Clean your Workspace.



### **NEW RESOURCE!**

## **hally**<sup>®</sup> HEALTH

A comprehensive suite of health and wellness resources, programs perks, and offerings from our medical provider First Carolina Care.

Check out their Webpage, [Facebook](#) or Instagram @Hallyhealth for Exercise videos, cooking recipes, Blog posts, Podcasts, Coaching and more!

<https://hally.com/live-well/>



## Announcement Corner

# Pineville SOFTBALL TOURNAMENT



**Save the Date for Pineville's First  
Town vs. Town Softball Tournament!**

**Saturday August 19<sup>th</sup>, 2023**

**10AM-12PM**

Join a team if you're a Pineville Employee, face off against other employees and Pineville Community members!

\*More details to be shared in the Summer Issue

\*\*Rain Date: August 26<sup>th</sup>, 2023

\*\*\*Co-Ed Slow Pitch Softball

\*\*\*\*Volunteer umpires needed

**Registration  
Opens**

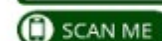
**June 5<sup>th</sup>, 2023**

Link:

<https://qrco.de/bdnWWK>

Email:

[Kpatone@pinevillenc.gov](mailto:Kpatone@pinevillenc.gov)



*Stay Tuned.*  
Coming Soon!

**Our Next Issue: July**



**Topics to Look Forward to:**

WELLNESS

- "Beat the Heat" Water Challenge

- Summer Wellness Tips

**We want to hear from you! Share what you think of our newsletter!**

Got ideas or suggestions for the Summer issue?

Questions about any resources or events?

Want to share a "Big Life Moment"

Let us know!

Your comments are what we use to best improve working here. As always, confidentiality is very important to us.

**Help us make Pineville the best place for you to work!**

[Kpatone@gmail.com](mailto:Kpatone@gmail.com)

