

HCEC HAPPENINGS

AUGUST 2023



FROM THE CEO

Station #93 and Station #96 UPDATE

I met with the contractor for stations 93 and 96 on July 26, and the drawings are still in the Harris County Permitting office.

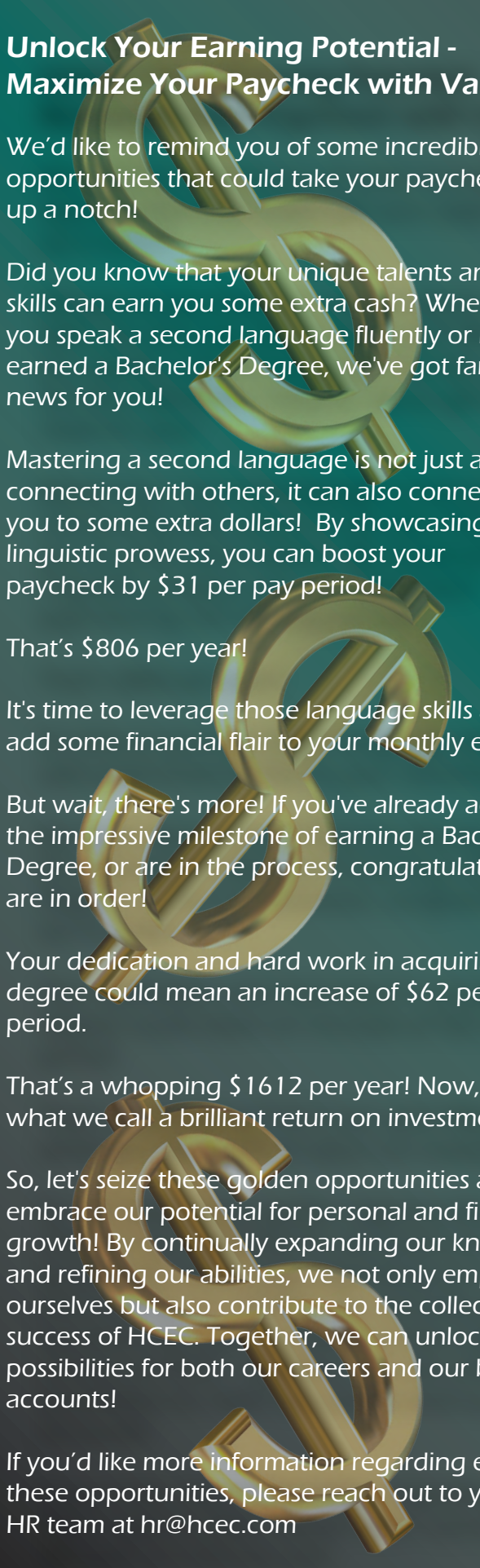
They are telling us it could be 8 more weeks before they get around to approving the drawings. Once complete, the contractors will give us a 3-week notice to vacate the stations.

Once I receive that, I'll pass it along. I've included drawings for both stations. You'll notice that Station 96 is a little larger and is a regional station that will house D901 as well.

Thank you for your patience with this process.

Jeremy





Unlock Your Earning Potential - Maximize Your Paycheck with Valuable Skills!

We'd like to remind you of some incredible opportunities that could take your paycheck up a notch!

Did you know that your unique talents and skills can earn you some extra cash? Whether you speak a second language fluently or have earned a Bachelor's Degree, we've got fantastic news for you!

Mastering a second language is not just about connecting with others, it can also connect you to some extra dollars! By showcasing your linguistic prowess, you can boost your paycheck by \$31 per pay period!

That's \$806 per year!

It's time to leverage those language skills and add some financial flair to your monthly earnings.

But wait, there's more! If you've already achieved the impressive milestone of earning a Bachelor's Degree, or are in the process, congratulations are in order!

Your dedication and hard work in acquiring your degree could mean an increase of \$62 per pay period.

That's a whopping \$1612 per year! Now, that's what we call a brilliant return on investment!

So, let's seize these golden opportunities and embrace our potential for personal and financial growth! By continually expanding our knowledge and refining our abilities, we not only empower ourselves but also contribute to the collective success of HCEC. Together, we can unlock possibilities for both our careers and our bank accounts!

If you'd like more information regarding either of these opportunities, please reach out to your HR team at hr@hcec.com

Bank Account Updates Made Easy

Making changes to your bank account? No worries, we've got you covered! Reach out to our Payroll Coordinator, Toya Thompkins, at

toya.thompkins@hcec.com

and she'll take care of everything to ensure smooth and accurate payroll processing.

Keep Us in the Loop:

Hey, life happens, and we totally get it! Moving to a new address, changing your phone number, or even adopting a new name after tying the knot—these are all wonderful milestones! But to ensure we stay connected and can reach out to you when needed, let's make sure our records reflect the latest and greatest "you"!

Just a quick update in ESO will do the trick. For name changes, please contact HR.

Securing Your Future Beneficiary Designations:

Life is full of surprises, and though we don't like to think about them, it's essential to be prepared. By updating your beneficiary designations for your 401k and other benefits, you're safeguarding your loved ones' financial well-being in the unlikely event of the unexpected. Let's make this process stress-free and comforting for everyone involved. Reach out to our friendly HR team if you need assistance or have any questions.

We're here to help!

HCEC LOOKING AHEAD

TRIMESTER CE AUGUST 2023

Saturday, 12 Aug

Tuesday, 15 Aug

Wednesday, 16 Aug

Thursday, 17 Aug

Register for Trimester CE

@

hcec.com/online-class-booking



WALK LIKE MADD SEPTEMBER 2023

The 2023 Walk Like MADD Harris and Montgomery County event is MADD's signature fundraising event to help us raise both awareness and funds to eliminate drunk and drugged driving.

DATE: 23 Sept 2023

TIME: 09:00 AM

**CLICK HERE TO JOIN THE HCEC
WALK LIKE MADD TEAM!**

LOOK FOR
THE
AUGUST 2023
C.O.R.P.S. AWARD
WINNER
IN
HCEC HAPPENINGS
SEPTEMBER 2023



AUGUST 2023	1	2	3	4	5
		10:30 am FISDAP Testing			

6	7	8	9	10	11	12
	HCEC NEOP			08:00 am Handtevy Course		09:00 am 2nd Trimester CE

13	14	15	16	17	18	19
		09:00 am 2nd Trimester CE	09:00 am 2nd Trimester CE	09:00 am 2nd Trimester CE	07:30 am ATLS-Refresher	07:30 am ATLS-Traditional

20	21	22	23	24	25	26
07:30 am ATLS-Traditional		10:30 am FISDAP Testing	09:00 am Cadaver Lab UT Health - Science Center	09:00 am PHTLS-Hybrid		

27	28	29	30	31
		09:00 am ACLS Update 10:00 am ESD #1 Board Meeting	09:00 am PALS Update	

Register for classes
and Trimester CE at
hcec.com/online-class-booking

HCEC OPERATIONS



OPERATIVE IQ UNIT INSPECTIONS NOTES

Did you know that you can leave shift notes to other crew members using the new Operative IQ platform?

When you log in to submit your truck inspection, there is a box on the right hand side that says Unit Inspection Notes.

By adding a note here, any other crew member that logs on to perform an inspection on that particular truck can see the notes you have left. This can be utilized much like a daily log of information that you want to pass along to other members.

You are able to edit the message during your shift and add any additional information. This is a great place to share what items you have submitted for repair or items you don't want to forget to pass on.

Also a reminder to make sure that you are verifying the assets numbers on the unit with the ones listed in your inspection.

If they are not correct, the system should allow you to remove the ones not present and add the correct items. If you want to access and utilize these features utilizing your smart phone or tablet, download the app titled "Operative IQ Front Line".

Here you have the ability to enter your truck inspection, verify your assets and submit Inspection notes. If you need any assistance with the App or have questions please reach out to Logistics.

You can access the Unit inspection Note PDF from Operative IQ's Knowledge Center.

Front Line: Unit Inspection Notes

Last Updated Apr 17, 2023 04:33 PM EST

Unit inspection notes provide a way for crew members to communicate across inspections by leaving messages for other crew members on a unit. This article demonstrates how to view, create, reply, and lock inspection notes in Operative IQ Front Line.

Unit Inspection Notes

Unit Inspection Notes allow you to communicate across inspections by leaving messages for other crew members on your unit.



View: Unit Inspection Notes title

Unit Inspection Notes notifications



View: Unit Inspection Notes notification definitions

Create a new inspection note

Create a new note via the Create New Note button on the bottom right-hand corner of the screen.



View: Create New Note button on Unit Inspection Notes dashboard

The New Note page requires you to enter a subject and the main text of the note. You can use the voice-to-text icon to dictate your text into the available fields. You can also add an attachment via the paperclip icon.

The Open For Comments checkbox allows you to enable or disable other crew members' ability to leave comments on your note. If you do not allow comments on your note, the Open Notes notification will not update to show a new note.



View: New Note page

Unit Inspection Notes dashboard

The Unit Inspection Notes dashboard displays all available unit notes. Depending on your administrator's settings, notes may be visible for up to 365 days.



Notes History menu

Use the Note History menu to navigate between available notes. The yellow ribbon on a note indicates that the note is open for comments. The green ribbon on a note indicates that the note is locked and no one can leave comments.



View: Notes History on Unit Inspection Notes dashboard

Select the funnel icon to open the filter options. You will be able to filter by date of creation and note creator.



View: Filter History Date

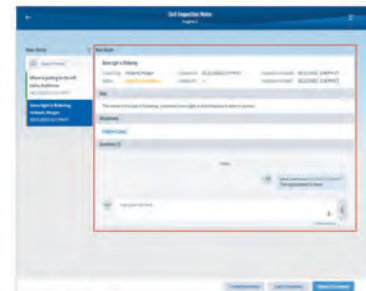
Notes Details

The Note Details section will display important details about the note's creation and status.

The creator of a note can edit their existing note by selecting the Edit button in the Note section, making any changes, and selecting the Save button. Anyone can download any relevant attachments in the attachments section. Attachments can be added during the note's creation or via the Comments section.

Submit comments by typing in the comment field and selecting the Submit Comments button. Voice-to-text is available for this field.

If new comments are added to the note, you will see a Last Read indicator when you return to the note to indicate which comments have been added since you last opened the note.



View: Note Details section

Lock comments

Select the Lock Comments button at the bottom of the page to prevent all crew members, including yourself, from adding comments. Notes can be locked by any crew member but can only be unlocked by the crew member who created the note.

The Wellness Committee is dedicated to supporting our peers with their mental health as well as their physical health, and we've identified that a key player in optimizing both is sleep quality.

We wanted to take a moment to highlight the significant importance of sleep habits when it comes to the process of recovery, whether it be from physical exertion, illness, or even emotional stress, but more importantly—recovering from our demanding shifts.

Sleep is not just a period of rest; it plays a vital role in facilitating our body's natural healing mechanisms. Establishing healthy sleep habits is important for multiple reasons:

-Immune System Support:

Sleep directly impacts our immune system's ability to defend against infections and illnesses. Quality sleep boosts immune function, allowing the body to combat diseases more effectively.

-Mental and Emotional Restoration:

Recovery isn't solely about physical healing; it involves mental and emotional recuperation too. Sleep plays a pivotal role in consolidating memories, processing emotions, and promoting a positive mood.

-Energy Restoration:

Sleep provides the body with the necessary time to replenish energy stores, leaving us feeling refreshed and ready to face the day ahead.

-Cognitive Function:

Sleep is closely linked to cognitive abilities, such as attention, concentration, and problem-solving skills. Restful sleep ensures better mental clarity and enhances decision-making, which can be crucial during recovery.

-Stress Management:

When we are sleep-deprived, stress levels tend to rise, hindering the recovery process. Prioritizing sleep helps manage stress, allowing the body to allocate more resources to healing and rejuvenation.

Incorporating healthy sleep habits into our daily routines is a simple yet powerful way to support and expedite the recovery process. Whether you're trying to improve your recovery after a high call volume shift, recovering from an illness, or simply aiming to enhance overall well-being, restful sleep is a cornerstone for success.

Please take a moment to review these tips to help you improve your sleep habits. If you have any questions or need further information about improving sleep habits for recovery, feel free to reach out.

– The Wellness Committee

SLEEP HABITS

Seven effective tips to establish a healthy sleeping habits

Stay clear of stimulants late in the day.



avoid beverages and foods that contain caffeine close to sleep times if possible

Do a regular exercise.



regular exercise routine can help contribute to improved sleep.

Stick to a consistent sleep schedule.



try not to sleep more than 2 hours during daylight hours.

Create a relaxing bedtime/pre-bedtime routine.



any relaxing activity about an hour before bed helps create a smoother transition.

Unplug an hour before bed.



keep screen use to a minimum, at least an hour before bed, to let your brain become less active before sleep

Keep your room cool and comfortable.



ideal room for sleeping is cool, quiet, and dark.

Avoid foods that can disrupt sleep.



stick to a low sugar diet prior to and on shift to cut down the recovery of normal sleep habits
avoid alcohol and heavy meals right before sleeping to avoid upset stomach that may affect sleep

Thanks go to Hunter Nash for the helpful infographic!

AUGUST BIRTHDAYS



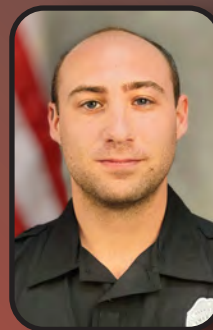
Margaret Ideler
08/02



Marisol Puerto
08/02



Tony Tuttoilmondo
08/02



Walter Kain
08/04



Kathy Chain
08/07



Bryan LeBouf
08/08



Isaiah Black
08/08



Shannon Burleson
08/11



Shaun Kirkdorffer
08/11



Alvaro Gonzalez
08/11



Lymar Crockett
08/14



Erin Garza
08/14



Sue Porarad
08/14



Celeste Gras
08/19



Jennifer Clemonds
08/21



Shelby Chancey
08/21



James Carpenter
08/23



Moses Landaverde
08/26



Michael Van Outryve
08/28

AUGUST ANNIVERSARIES



Jahcoby Fields
2022



Justin Kosley
2022



Anthony Guzzo
2022



Jerry Reyes
2021



Juliana Barron
2020



Jose Luna
2020



Alex Williams
2020



Aaron Henshall
2020



Jennifer Bates
2020



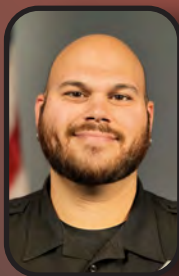
Annalisa Paddon
2020



Kenneth Elliott
2020



Katherine Gaitan
2020



Slate Uys
2018



Sarah Martin
2018



Killian Windmon
2018



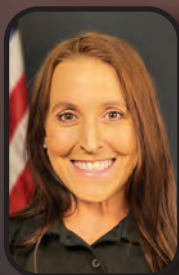
Hiram Castro
2017



Dan Lopez
2017



Evan Scott
2016



Erin Turner
2015



Isaiah Black
2014



Ryan Wogan
2014



Lindsey Nanninga
2009



Tony Tuttoilmondo
1998



Chad Adam
1997