Dear Alumni,

Hope everyone enjoyed the holidays! My name is Adriana McAnally, and I would like to formally introduce myself to all of you as the Retirement Coordinator for the Hillsborough County Sheriff's Office and most recently, the Alumni Association Newsletter Editor. I appreciate and thank you for the opportunity to serve in such an important role.

I was born in Lima, Peru and moved to Miami when I was four years old. After graduating from Miami Palmetto Senior High School, I attended Florida State University and the University of South Florida, where I received a Bachelor of Arts degree in Criminology. I am fluent in both English and Spanish and thank my parents for always pushing me to keep practicing my first language so I wouldn't forget it. I am currently back in school and will complete my Master’s in Human Resource Administration in October. I am married to my husband, Bradley, and we have three amazing children who keep me quite busy at all times. When I am not at work, I enjoy crafting, taking Zumba classes, being the loudest parent at my son’s basketball games, trying to keep up with my very energetic four-year-old, and rooting for the Florida State Seminoles.

I started my career working as a Dispatcher for the Broward Sheriff’s Office where I worked for seven years before relocating to the Tampa Bay area. My dream was always to be a Law Enforcement Detective and solve cases as seen on popular television shows. After working in Human Resources for the last three and a half years, I have realized this is an area I really enjoy. My husband and I wanted to raise our children in Tampa, and we are happy to have found a home within the Hillsborough County Sheriff's Office.

In my role as Retirement Coordinator, I meet with current employees daily to discuss and run retirement projections, process all paperwork for the Florida Retirement System, and inform all newly hired employees about the different plan options available within the Florida Retirement System. I truly enjoy what I do and stay busy serving the agency's current and former employees.

Wishing you all a very blessed and healthy 2019.

Sincerely,

Adriana McAnally
Quarterly Meeting - Location Changed

The next Alumni Association Quarterly meeting will be held on Thursday, January 24, 2019 at 7:00 p.m. at the Training Division located at 1409 N. Falkenburg Road, Tampa, FL 33619 in Classrooms 1, 2 & 3.

J.J. Taylor Distributing Company is still undergoing renovations. A buffet style dinner will be served at 6:00 p.m.

We hope to see you there!

Dinner Menu

Dinner featuring Boneless Chicken Breast, Yellow Rice, Glaze Carrots, Cesar Salad w/dressing, Vegetable Tray w/Dip, Cold Cuts & Sliced Cheese Tray, Assorted Breads and Peach Cupcake.

Our January 24, 2019 the HCSOAA Quarterly Dinner Meeting is sponsored by Retired Sgt. Edward Peeler and his wife Saundra and Retired Sgt. Mike Boland and his wife Janet, both Mike and Ed are Real Estate Brokers for Dennis Reality, 1022 Land O Lakes Blvd., Lutz, Fl. 32549, Office Phone 813-949-7444, Mike's cell number is 813-220-6521 and Ed's cell number is 813-477-9806. We thank both Retirees and their wives for their kind donation and continued support!

HCSO Promotions

The Sheriff’s Office Alumni Association extends our congratulations to the following Sheriff’s Office employees:

Colonel Wayne Bunton  
Colonel Kristin Poore  
Colonel Ciro Dominguez  
Major O’Neal Jackson  
Major Rick Roebuck

Major Craig Timko  
Captain Rick Jahnke  
Lieutenant Michael Kuettner  
Sergeant Nicole Morgan  
Corporal Jason Allen
Alumni Breakfast

Alumni breakfasts occur the first Friday of every other month. Please note the date change below for the month of February.

The next Alumni Association breakfast will be held at 8:00 a.m. on Friday, February 8, 2019 at Perkins Restaurant, address 5002 E. Fowler Ave. Tampa, Fl 33617. Please join us for food, fun, and fellowship.

Upcoming Dates:
April 5, 2019
June 7, 2019

Shirts, Decals, Etc

HCSO Alumni Association merchandise will be available for purchase at the meetings. To purchase items, contact Clif Whelchel at clif.w@verizon.net.

If you are ordering merchandise through the mail, make checks payable to HCSOAA and send to the address listed on page one of this newsletter. For stickers and decals, add $.50 to your check for additional postage and $6.00 for shirts, caps, and jackets.

Items
Window Stickers
T-Shirts (up to XL)
T-Shirts (2X)
T-Shirts (3X)
Polo Shirts (up to XL) **
Polo Shirts (2X) **
Polo Shirts (3x-4X) **
Jackets (up to XL) **
Jackets (2X) **
Jackets (3X-4X) **
Baseball Style Cap

**All clothing items are currently on hold due to increased costs from the vendor**

In Memory Of...

Retirees
Malcolm Beard, Sheriff
Jaime Cruz, Law Enforcement Detective
Charles Hevel, Storekeeper II
Charles LaFaye, Detention Corporal
Charles O’Daniel, Law Enforcement Deputy
Joseph Tharp, Detention Classification Specialist

Current Employees
Brian Bass, Detention Deputy
Caitlyn Pashnick, Digital Communications Dispatcher

Donations
We are still in need of sponsors to support the quarterly meetings. If you or someone you know would like to sponsor a meeting by donating $300, please contact Ken Schintzius at Kenneth.schintzius@gmail.com
Welcome to the Club!

Congratulations New Retirees!

David Biggs    Sandra Juettner
Christa Chaney    Johnny Levengood Jr.
Michael Cole II    Michael Massimei
Danny Connell    Paula Montalbano
Kenneth Davis    Esteban Rodriguez Jr.
Constance Diez    Brian Sarff
Susan Eichler    Floyd Skeins
Karen Harkin    George Wiehle
Charles Hunt    Levi Williams
Jeffrey Johnson    Susan Yingling

Letter from the Editor

If you would like to receive the quarterly newsletter via email instead of U.S. Mail, please email your name and email address to Adriana McAnally at amcanall@hcso.tampa.fl.us.

There is an additional email distribution list. If you would like to receive HCSO information such as promotions, funeral notices of retirees or current employees, retirement celebrations, Go365 and other insurance information, please indicate you would like to be added to the HCSO News email distribution list.
HCSO Benefits

Reminder for those with HCSO Humana medical insurance (not Medicare Advantage): Go365 is an integrated part of HCSO medical insurance. Although it’s not required, it’s recommended to participate. For those who did not reach Gold or Platinum status at the end of the plan year (September 30th), a Wellness surcharge will be added to your monthly premium. If applicable, the surcharge will begin with your January premium collection and will remain in place for the entire calendar year. For those at Blue status, the surcharge will be $30 per month. For those at Bronze status, the surcharge will be $20 per month. For those at Silver status, the surcharge will be $10 per month.

You can determine how many points are required for each status based on the chart below:

If you have questions about your Go365 status or would like to learn more about the Go365 program, contact Shannon Kelley, HCSO Health & Wellness Manager at (813) 318-5338 or Evelyn Rios, onsite Humana representative at (813) 318-5337.

Advisory Board Members
Joe Franceschi
Robert Grant
Ron Hartley
John Hattan
J.R. “Jim” Miller
Sandi Ray
Richard Smith
Evelyn Yates

Committees
Communications/Newsletter
Advisory Board
Adriana McAnally, Newsletter Editor
Maureen Throop, Publisher

Legislative Committee
Carl Barletta
Walt “Bud” Fisher
Melt Godwin
Frank Martelli
Kenneth Schintzius

Social Events Committee
Evelyn Yates

ATTENTION NEW MEMBERS
Since the Hillsborough County Sheriff’s Office Alumni Association does not collect dues, we are accepting a voluntary, one-time donation of $10. Anyone who is interested in making a one-time donation can do so at the quarterly meeting or mail a check to HCSOAA, PO Box 6843, Brandon, FL 33511-7001.
HCSO New Look

By: Colonel Jim Bradford

The manner in which we wear our uniform at the Hillsborough County Sheriff’s Office conveys a message of teamwork, unity, organization, and pride. The police officer’s uniform is a form of non-verbal communication. When a deputy knocks on someone’s door or encounters anyone, his or her uniform is designed to command attention and respect, as well as demonstrate consistency, strength and competence.

Our uniform has evolved much since the 1940’s. We started with brown shirts, tan pants, and a peaked cap, which evolved to green pants, white shirts, and a western style hat. Most of this was not by chance. The 1957 Florida legislative session voted 35 to 0 to mandate the five-pointed star with the state seal as the official badge of the Florida Sheriffs and their deputies. The senate said the five-pointed star would make it easier to identify deputies. The same bill prescribed forest green and white as official colors for sheriffs’ vehicles but would not require it.

Our shoulder patch has gone through a transition as well. The earliest patch was adopted in the 1940s and was brown and shaped like a shield. The next design in the 1950s was round and lasted until the 1960s. The more traditional green and yellow shield patch was worn with a few modifications (last by Sheriff Gee) until most recently. Sheriff Chad Chronister decided to upgrade our uniforms, patch, and patrol car markings. Most notably, the new uniforms are lighter and more functional as the pants have an interior cargo pocket that provides a cleaner look. The patch has a very new design that brings the agency branding to a more modern level. The clean distinct lines and coloring is a total departure from the current style; bringing a new sense of style to our uniform.

The agency will slowly transition to the new uniforms and patches as replacement uniforms are needed. These changes are a reminder that even though the look and appearance of the deputy may be slightly different, the mission to serve the community has not!
HCSO Retiree Health & Wellness Corner

Your Mental Health Matters: Resources for HCSO Retirees & Family

Suicide

**Suicide Hotline**
Suicide can happen to anyone. The National Suicide Prevention Lifeline provides 24/7, free and confidential support. If you or a loved one is in need of assistance, please call 2-1-1 or dial 1-800-273-TALK (8255).

**COP2COP**
Peer and clinical support services provided 24/7 by law enforcement professionals, psychologists/social workers and retired law enforcement volunteers. Contact 1-866-COP-2COP (1-866-267-2267).

Counseling

**Employee Assistance Program**
The EAP/work-life program provides counseling and informational services to all employees, retirees, and family members. The program addresses problems such as stress, grief counseling, financial issues, family, etc. **HCSO will not know that you or a family member accessed services.**

ALL HCSO employees/retirees and their families are eligible for 24-hour phone support and up to six in-person visits per person per issue with an approved EAP provider each plan year. There is no charge for this service. For more information, visit www.humana.com/eap (username/password: hcsoeap) or call 866-440-6656 for 24/7 phone support and to request a referral for a local provider.

**Professional Counseling & Psychiatry**
Seeking professional help is an important step forward, not something to be ashamed of. You can access counseling through the EAP or for providers outside the EAP, you can locate at Humana.com and filter by specialty.

**Dr on Demand- Emotional Health**
Emotional health is just as important as physical health. Dr on Demand offers video visits with a psychologist or psychiatrist from the comfort of your home. The cost for HCSO Humana members is $15 co-pay (EPO or Cvg 1st) or $49 (HDHP) per visit. Download the app or visit doctorondemand.com.
HCSO Retiree Health & Wellness Corner

Your Mental Health Matters: 
Resources for HCSO Retirees & Family

PTSD/Trauma Treatment

**UCF Restores: PTSD/Trauma Treatment**
UCF RESTORES offers a 3-week intensive outpatient program for first responders experiencing traumatic stress. At this time, treatment and lodging is free for Florida residents that are first responders. For more information, visit ucfrestores.org or call Monica at (407) 823-1196.

**Emotional Support**

**HCSO Peer Support**
HCSO maintains a group of employees who have volunteered to provide confidential assistance to other employees and their families in times of trauma or stress. When in need of assistance, contact the Peer Support Coordinator at 813-290-2279 or 813-699-0394.

**HCSO Volunteer Chaplains**
The following HCSO volunteer chaplains are available to assist with spiritual or emotional concerns:
- Anne Dougherty- (813) 765-1853
- James Farr- (813) 833-6493
- Daniel Middlebrooks- (813) 767-2082
- Kenneth Whitten- (813) 789-3525

**Additional Resources**

**Websites**
- badgeoflife.org
- code9project.org
- copsalive.com
- policewellness.com
- policesuicide.spcollege.edu
- tearsofacop.com
- psucrisismanagement.com
- psf.org
- copline.org
- franciscancentertampa.org/healing/first-responders

**Books**
- Emotional Survival for Law Enforcement
- On Combat & On Killing
- Bulletproof Spirit
- Secrets of Mental Marksmanship

*Available to be borrowed at no cost for HCSO employees or families. Contact Shannon Kelley, HCSO Health & Wellness Manager, at 813-318-5338 to request.*
HCSO News

On the morning of January 15th, Sheriff Chad Chronister was sworn-in as the Sheriff of Hillsborough County by Chief Judge Ronald Ficarrotta. The small ceremony was held in front of family and staff.

Follow the Hillsborough County Sheriff’s Office on Social Media:

- Facebook.com/HCSOSheriff
- Twitter.com/HCSOSheriff
- YouTube.com/HCSOSheriff
- Instagram.com/HCSOSheriff

HCSO Retiree Photos

Have pictures from early on in your career that you would like to share with the Alumni Association? Email the photo to amcanall@hcso.tampa.fl.us to be featured in future editions of the Alumni Association Newsletter.