

Reach Out and Give to Communities in Need



In an effort to provide an opportunity to make a meaningful contribution during the pandemic, SwRI partnered with United Way in a new campaign: “Reach Out and Give – Our Response to COVID-19.” June 15 through June 26, employees had the opportunity to make a donation or volunteer their time to help support our community and neighbors who have been adversely impacted by COVID-19. This special one-time campaign was intended to provide staff the opportunity to act now when it is most needed and to help others facing challenges during this crisis. We thank all those who participated and helped make an impact in our community.



Wellness Evaluations are Here!

Perhaps more than any other year, all of us can recognize that it is important that we do what we can to control our health. An important first step is to “Know your Numbers.” Take that step and join the Health Improvement Program by participation in the 2020 Wellness Evaluations. Registration is now open. ([Click here](#) for more details.) Visit the [Wellness Evaluations](#) page for more information.

This year we would like to introduce you to our new provider, Quest Diagnostics. You will have the option to choose between participating in an on-campus evaluation beginning in late July or making an appointment to visit one of the many Quest offices in your immediate area. Quest has enhanced their event safety measures to ensure compliance for all involved in the evaluation process. If you participate, your individual results will not be shared with any individual or group at the Institute. After completing your screening, you will receive an in-depth My Health Profile report so that you can review and discuss the results with your personal physician.

All regular employees and spouses covered on an Institute health plan are eligible to participate at no cost. You must register to participate in the screenings.

Walk-ins are not available. Visit <https://my.questforhealth.com> to register for an account and schedule your screening. When you register, use **SWRI2020** as the Registration Key. You will use your employee ID number in the requested Unique ID (UID) field without the leading zeroes (e.g. 14111). Eligible spouses will use the same Registration Key and add a “S” at the end of the employee ID number in the UID field (e.g. 14111S).

New for 2020, all employees who participate will receive a \$50 Amazon gift card following participation. The gift card will be distributed via email a few weeks following your screening. Additionally, employees and spouses covered in the **Critical Illness** or **Accidental Injury** plan are also eligible for a health screening benefit of \$50-\$100 upon filing a claim with Cigna following the screening.

You will also be receiving emails and other communications directly from Quest related to the 2020 Wellness Evaluations. For inquiries, you may email wellness@swri.org or contact Andrea Camacho at ext. 5455. If you are unable to register online or have questions regarding the registration process, contact Quest at 1-855-623-9355.



AWP Webinar: Talking to Your Kids About Internet Safety



Recent advances have brought undeniable global benefits and educational opportunities, so much so that today's children tend to embarrass their parents with an innate technological prowess. Many parents might feel more comfortable about their child's electronic and Internet use if they were prepared with limitations and safety guidelines.

This training will address:

- Youth online culture
- The realities of internet use
- Monitoring online behavior

This webinar is available for viewing through 7/31/2020. View this and other AWP webinars in the [viewing room](#).

RRA Blood Drives

SAVE A LIFE GIVE BLOOD



July 16 (Thurs. 9am – 3pm)

August 20 (Thurs. 9am – 3pm)



Schedule your appointment at **RRA Blood Drive**. Walk-in donors are welcome. Bring a co-worker too! Blood donors must wait at least eight weeks between donations.

FREE ICE CREAM at all RRA Blood Drives

Slick Talkers Toastmasters Club

Slick Talkers meets the 1st and 3rd Fridays of each month. If you want to improve your speaking and leadership skills, Toastmasters is for you. Following the guidance of Toastmasters International, you learn at your own pace. This is also an opportunity to network with other SwRI staff and folks in the nearby community who have the same goals. A Toastmasters club is a safe place to practice the skills you want to improve.

Our meetings are virtual from 11:30-12:30. Call Bobby x3371 or Eva x2237 for meeting number.

Dates: July 17, August 7 and 21.

Please join us. If you have any questions contact Eva Carpenter, x2237.

Contact Information

The RRA operates through committees headed by a chair. The RRA Board of Governors Officers and Committee Chairs are listed below.

RRA Executive Board

Chair	Melissa Wallace	x5908
Vice Chair	Mary Ramos	x3353
Secretary	Alma Vega	x4508
Treasurer	Jennifer Dietrich	x5369
Executive Secretary	Andrea Camacho	x5455
SwRI Fitness Center	JoLyn Swain	x5100

Committee Chairs

Athletics	Luciano Smith	x6857
Employee Engagement	YongLi McFarland	x2715
	Carlos Sanchez	x3663
Health & Fitness	Mark Griffin	x3502
Membership & Education	Linda Estes	x5664
Outreach	Shane Siebenaler	x5758
Publicity & Historical	Kimberly Guzman	x2714
Recreation	Natasha Albracht	x3971
Social	Sheri Baetz	x6667

For questions or comments about the *Happy Times*, call 210-522-5100.

rra classifieds

Household

High Power Ultra Violet Light Unit, Ultraviolet Products Inc. Model S-52D, older model but in very good condition, unfiltered raw up, bulb is 30" tube folded into a grid, 5.25" x 1.75" space which is housed in a plastic

handle, handle can be removed from H V power supply, power supply has a one hour timer built in, very powerful lamp, will cause damage to skin or eyes. Asking \$100. Contact Ben Delgado at 210-673-1054.

Submit your ad for free!

Submit ads on the RRA website at rra.swri.org or email rra@swri.org by July 20 for the August *Happy Times*.