

IN THIS ISSUE...

HPA HQ 1

Electronic Health Records Bring
Wellness Center onto the
Continuum of Care

Mon Valley 2,3

CFH Introduces the Burnzone
Center for Fitness App
Go Red for Prevention of
Heart Disease
Healthy & Fit Education

Meridian 3,4

Fighting back against Parkinson's
Diabetes Prevention Program
Allie Cat & Anderson Cup Race
Pound Class

Pascagoula 5

Healthy Heroes
Celebrating 8 years of Service
Shape Up Mississippi

Monterey 6

Check In Challenge

Odessa 7

Desert Dash
Employee Spotlight

Valencia 8

Continuing Education
Group Exercise
Performance Training Center

Bay City 9

Meets his Goal
Presses the 50s
TRX Education
Pop Pilates

Thomaston 10

Member Spotlight
Fitness on Demand
Charity Golf

HR Corner 11

Congratulations
Welcome to the Team

ELECTRONIC HEALTH RECORDS BRINGS THE WELLNESS CENTER INTO THE CONTINUUM OF CARE

Recently, Numerof & Associates and David Nash, Dean of the Jefferson College of Population Health published a study to detail the progress we've made in the U.S. toward achieving meaningful gains in health benefits and cost reductions that are goals of the population health movement. The conclusions were pretty discouraging. Although a great deal has been said and written on the subject, real progress has been hard to come by in a system still stuck on fee for service medicine.

As a wellness company, devoted to improving the quality of life in our communities, this is not news to us. We believe that a significant part of the ideal model for a truly integrated model must include promoting the concept that "exercise is medicine" as the American College of Sports Medicine has done for years. To us, until exercise, and more broadly, lifestyle modification is accepted as a key part of the equation in population health, there will never be the success that is needed to make a difference.

Over the years we've seen initiatives to create this recognition come and go. While it would be unfair to say that we have not seen progress, until physicians truly embrace the leadership role they need to take in guiding patients and influencing the system to embrace this concept, we believe that the promise of population health initiatives will continue to be unfulfilled.

Which leads us back to the failures of a system where compensation is largely paid for responding to sickness and injury rather than attacking the root causes. While we in the medical fitness industry can't provide a cure all, one of the strategies that we can do is to make it easier and more efficient for our physicians to prescribe an exercise regimen for their patients. Having their support clearly helps to motivate patients.

One of the more recent initiatives that HPA has taken is to work with our hospital partners to link their medical staff to the wellness center through the EMR (electronic medical record) system. By providing an easy, guided option for the physician to refer a patient to the wellness center we can facilitate the process and keep wellness "top of mind" for all involved.

While our hospital partners across the country use a number of different systems such as Epic, Cerner or MediTech, the objective and initiative is still the same; to create a smooth path to the wellness center and to position it as a part of the continuum of care in the minds of both the patient and the physician.

HPA has already seen results from taking to this to the next level of integration. For example our Singing River Health System Healthplex in Pascagoula, Mississippi recently began receiving electronic referrals for an exercise program through the EMR. The Clinical Coordinator now gets the referral in real time and can easily supply the referring physician with an electronic version of the desired exercise program, as well as reporting adherence and outcomes. In Meridian, MS, Anderson Regional Medical Center's wellness center used advanced communications to encourage physician support for patients qualifying for a Diabetes Prevention Program. The Center used the system to make it easier for physicians to refer prediabetic patients to their CDC approved program.

As leaders in wellness center management, we know we have to constantly "push the limits of the envelope" to be a partner to our health systems in managing patient care. Applying technology in new and innovative ways can help us to achieve the goal of a truly integrated system.

MON VALLEY...

CFH INTRODUCES BURNZONE TRAINING

The Center for Fitness and Health has started an exciting new group training program. Utilizing Polar Heart Rate Monitors, group instructors can now track a participant's heart rate while they are exercising. These heart rate monitors supply



real time feedback to the member and trainer on how much effort each participant is exerting. While they are working out, the members can see how many calories were burned, their

heart rates and how long they were able to maintain a "fat burning" zone. Burnzone programming adds a whole new scientific approach to traditional group exercise programs.



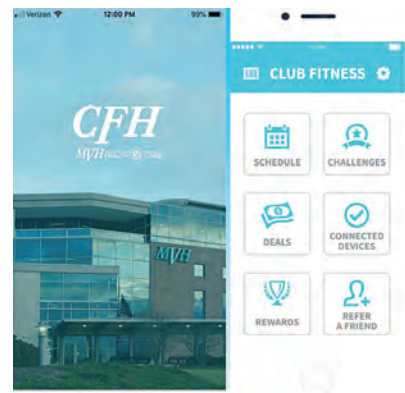
The program has been well received by membership. One long term personal training client had this to say; "seeing the heart rate displayed and knowing when I was most efficient was motivational. I now have a better understanding of how hard I need to push myself. It sure takes the guess work out of fitness. I will be a regular at these classes!"

Putting **your** health first.

Center for Fitness and Health



CENTER FOR FITNESS CREATES ITS OWN APP FOR MEMBERS



In an effort to keep members engaged, the Center for Fitness and Health has partnered with Netpulse to create a member-friendly, fitness oriented mobile app. This new platform allows us enhanced communication with our members from check-in counts to rewarding them for usage and progress. The ability to track their fitness journey and register for group classes has members excited about the technology. This has allowed the Center to "push" alerts to members, as well as promote programming, events and specials.

GO RED FOR PREVENTION OF HEART DISEASE



In honor of National Heart Disease Awareness Month, the Center for Fitness and Health helped raised awareness and donations for the American Heart Association. Every Friday in February members and staff were asked to wear red and donate a \$1 to support the cause. Group Exercises classes, like Dana's Senior Stretch Class pictured below were given bracelets to show support. Like always, the members responded generously and a sizable donation was given.

CFH HOSTS HEALTHY AND FIT EDUCATION CLASSES

In an effort to offer innovative new educational programs in conjunction with our medical staff, the Center for Fitness and Health has partnered with Mon Valley Hospital and the Orthopedic Group (located in our building) to offer a four-part "Healthy and Fit Series". Recently, Dr. Shane Hennessy presented the session "Concussions in Athletics". The audience included local athletes, parents, coaches and athletic administrators. The information presented focused on latest research and advances in prevention, diagnosis and treatment.

Chad Vorderbrueggen, CFH Fitness Director, used this class as an opportunity for

continuing education of his own staff of certified fitness professionals. The information presented in "Concussion in Athletics" will give trainers working with athletes in CFH's "Athletic Performance Program" a deeper understanding of prevention and treatment protocols.

Some of the members who attended had a very personal connection to the material. One attendee at the session shared that he was a former football player and the advances in information available to today's athletes, eased his concerns of grandson playing football.



MERIDIAN...



FIGHTING BACK AGAINST PARKINSON'S DISEASE

Anderson Health & Fitness Center has recently earned recognition as a Rock Steady Boxing Affiliate. The mission of Rock Steady Boxing is to empower people with Parkinson's Disease to fight back. Rock Steady Boxing gives people with Parkinson's Disease hope by improving their quality of life through a non-contact boxing based fitness curriculum.

Parkinson's Disease is a degenerative movement disorder which can cause deterioration of motor skills, balance, speech and sensory function. The Parkinson's Disease Foundation estimates there are more than 1 million people in the United States diagnosed with Parkinson's Disease, and more than 60,000 people are diagnosed each year. Rock Steady Boxing is the first gym program in the country dedicated to the fight against Parkinson's.



Exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. For RSB, Parkinson's Disease is the opponent. Exercises vary in purpose and form, but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

AHFC General Manager Adam Hodges, hopes to launch this new program in May and states, "Our staff at Anderson Health & Fitness are very excited to be able to offer this innovative and effective program to help those in the Meridian area who suffer from Parkinson's Disease to fight back".

CDC-NDPP AT ANDERSON HEALTH & FITNESS CENTER

Anderson Health & Fitness Center had an informational meeting on Tuesday, April 2nd about our CDC Recognized-National Diabetes Prevention Program (NDPP). The NDPP

is a yearlong lifestyle change program focused on preventing or delaying the onset of type 2 diabetes for those at risk.

Did you know that over 84 million Americans now have prediabetes – that's 1 out of 3 adults! Of those 84 million, 9 out of 10 of them don't even know they have prediabetes.

How do you know if you are at risk? The following is a list of risk factors:

- blood work indicating you have prediabetes (high glucose levels)
- you are overweight (is your BMI higher than 25?)
- you are 45 years of age or older
- your parent or sibling has type 2 diabetes
- you are physically active fewer than 3 times per week
- you gave birth to a baby that weighed more than 9 pounds
- you had diabetes while pregnant (gestational diabetes)

Laura Hodges, Dietitian at Anderson Health & Fitness Center had a few things to say about the program. "We are about to start our 4th group through this program and have had tremendous success with our past groups. There are no gimmicks and no products to buy. Instead, this is a medically based, CDC recognized, lifestyle program with proven success."



POUND CLASS STILL A CONTINUED SUCCESS AT ANDERSON HEALTH & FITNESS CENTER

Jill Acosta, Pound Instructor is excited about her new class at AHFC: "We have a brand new class at Anderson Health & Fitness Center called POUND! Are you ready to take your workout



The "Pound Posse" with Jill, Pound Instructor

experience to the next level? Then come try this class! It's more than just a class-it is an experience! Using weighted Ripstix, you will tone, burn calories and relieve stress. One of the BEST feelings is to BANG those Ripstix on the floor while being encouraged to let go, experience the music, and do approximately 500 squats and lunges during a class. The best part is that POUND is for EVERYONE at any age (the oldest we have is 79) and any fitness level. Pound is about YOU and YOUR workout!"

ALLIE CAT RUN & FESTIVAL

Anderson Health & Fitness Center was proud to be a part of the 2nd annual Allie Cat Run & Festival. The staff and members volunteered to oversee the 5k run, 2 mile walk, and 1 mile Kid's Fun Run.

The Allie Cat Run and Festival is all about bringing awareness to the need of organ, tissue, and eye donation. The run kicked off National Donate Life Awareness Month, which begins in April. It was a day of honoring our heroes and celebrating the lives made possible through the generosity of donors.

Every individual has the potential to make LIFE possible by registering their decision to be an organ, eye and tissue donor



A LITTLE HEALTHY COMPETITION FOR THE ANDERSON CUP ROAD RACE

The 36th annual Anderson Cup Road Race will be held Saturday, April 20, 2019. Adam Hodges, General Manager, sent out a challenge to everyone at Anderson Hospital to see which department will take home the trophy. (And get bragging rights all year as it will be displayed in the winning department!) The rules are simple: Team members have the option of doing either the 5K or the 2-Mile Walk. Points will be awarded for participation and completion for either of these events. Points will also be awarded for how team members place in these events, so it is definitely to a team's advantage to have as many participants as possible.

Anderson Health & Fitness Center has already had many teams from the Hospital sign up and we've heard lots of friendly chatter about which department will win. We hope this will incentivize team members of Anderson to be part of the 36th annual Anderson Cup Road Race.



Chelsea Green, Front Desk Coach, and Reva Coate, Crossfit Level 1, Crossfit Kids with the trophy

PASCAGOULA...

HEALTHY HEROES!



The SRHS Healthplex held its 2nd Annual Healthy Heroes challenge which was a part of the Singing River Health System 'Healthy Revolution' program in January and February at the Healthplex. This 8-week, team-based wellness program is designed to support health-system employees in achieving their fitness and wellness goals. Teams consist of 4-8 participants. Singing River Health System CEO – Lee Bond is very passionate about achieving a healthy community and workforce, and had the following to say about the Healthplex Healthy Heroes Challenge: "We are serious about our mission to improve health and save lives in our community and it starts with leading by example. So we are proud to salute the Healthy Heroes of Singing River Health System's Healthy Revolution initiative who joined the challenge in various ways to improve fitness and add time to their life expectancy. It is very difficult to pursue being healthier - the challenges and success factors are drastically different for every person. Our collective constancy of purpose is paying off by working harder together as a team, supporting each other, and also being sensitive to our genetic differences. Challenges like the Healthy Heroes Challenge involve a team approach to improved key health measures like BMI, Blood Glucose and Blood Pressure. The Healthy Heroes group has LOST a total of 1,096 POUNDS so far - and they are still going!

Healthplex

SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

SINGING RIVER HEALTHPLEX CELEBRATES 8 YEARS OF SERVICE



This year Singing River Healthplex Celebrated its 8th anniversary. Anniversary week was packed with fun fitness challenges, educational lectures, and an abundance of giveaways. We also included an all staff luncheon pot-luck for our members, to show our appreciation for choosing us as their Health and Wellness club.

SINGING RIVER HEALTHPLEX 7TH ANNUAL 'SHAPE UP MISSISSIPPI' WEIGHT LOSS CHALLENGE

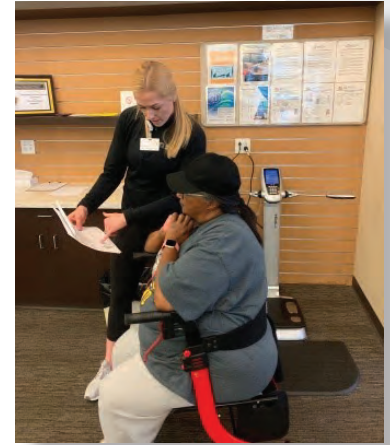
The Singing River Healthplex 's Lifestyle Specialists provided customized training sessions, along with a sample meal plan, a Cardio Tracker, access to a private Facebook group, and weekly emails from the Fitness Director. This year's weight loss challenge had 83 participants who lost a combined 495 pounds in only 4 weeks!



TEST OF THE MONTH

Montage Wellness Center hosts clinical screenings based on a specific topic chosen for that month. In March, we hosted an Inbody screening to analyze body composition to couple with our weight management theme for the month. The Inbody 270 is a bioelectrical impedance machine that breaks down a comprehensive view of body composition. This determines your water weight, dry lean mass, body fat mass, BMI, body fat percentage, BMR, and shows weight distribution between left and right sides. We had 46 participants who took part in this screening, 16 of these participants being non-members.

Staff members, Kellie Schoepp our Clinical Integration Coordinator and personal trainers Cristian Bonilla, Valerie Valladares, and Marisa Vinson helped execute this screening to assess and explain the importance of muscular structure in terms of body composition. Both members and non-members appreciated the information shared and many signed up for additional Health Risk Assessments.



CHECK IN CHALLENGE

March Madness took over Montage Wellness Center Marina and Salinas. Our members were challenged to visit the facility three times a week for 4 months. Winners were then drawn from the members that completed the challenge to win prizes. Over 100 members participated and completed the four week challenge with the winner from each facility getting three months free membership!



MONTAGE
Wellness Center

INTERACTIVE FOAM ROLLER CLASS FOR MISSION FITNESS MEMBERS.



Baylie Hurt, DC and Emilie Clare, DC, Airrosti professionals who work within the MCH Center for Health & Wellness, taught foam rolling techniques to Mission Fitness members to help them reduce injuries and pain, improve flexibility, increase blood flow and circulation. The one hour

class focused on rolling out quadriceps, hamstrings, calves, glutes and upper back.

A 20 minute question and answer period allowed members to ask specific questions of the practioners regarding their areas of concern.

"This class was interesting and educational with staff that was eager to answer any questions. I was surprised about how the roller made me feel my muscles differently and how much I need the specialty stretching provided by the foam roller," said Paula Snider.



Mission Fitness

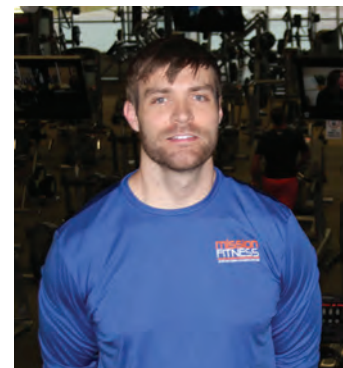
A Member of Medical Center Health System

EMPLOYEE SPOTLIGHT... ZACH HOLLEY

We are pleased to announce that Zach Holley has been appointed the Fitness Director of Mission Fitness.

Zach holds an undergraduate degree from The University of Texas-Tyler. He brings a vast amount of experience to the team from his prior positions within the industry. Zach has many ideas and programs that he will be implementing at Mission Fitness in the upcoming months.

Prior to joining Mission Fitness, Zach worked in Fort Worth, TX where he served as a Metabolic Specialist. Zach is originally from Andrews, TX which is 30 minutes north of Odessa, and where he has returned to settle down with his wife and three daughters.



Mission Fitness hosted the fifth annual Desert Dash on April 27, 2019. Through generous contributions of our sponsors, \$9,000 was raised for the MCH Foundation/Children's Miracle Network.





TRAINER CONTINUING EDUCATION

The Club's trainers attended a Complete Speed and Power Summit at the University of La Verne to learn from top strength and conditioning coaches from all over the nation. This 2-day conference consisted of lectures and hands-on learning on the actual playing fields. Some of the local faculty included a number of coaches: Carmelita Jeter, a three-time gold medalist, lead us through warm-up techniques and sprint mechanics. Bo Sandoval, UFC's Director of Strength and Conditioning, presented the research behind training specifics with martial arts athletes. And Josh Henkins, co-creator of the Ultimate Sandbag also taught a class.

GROUP EXERCISE

The Henry Mayo Fitness and Health Center hosted a Mardi Gras group exercise special for members to try out our newest class addition- POUND! as well as a one-night Karaoke and Spin class. POUND! taught by instructors, Bridgette Strong and Debbie Childs, is an exciting cardio jam session inspired by drumming using lightweight drumsticks. Karaoke and Spin was a huge hit as DJ Andy P. and instructor, Ericka Watson had us going to the beat AND lyrics of the top hits of the 80s, 90s, and today!



WHAT'S COMING AT HMFH?



THE PERFORMANCE

HMFH is expanding with a new 3,000+ square foot performance training center and Pilates Reformer studio. The Performance Institute at Henry Mayo Fitness and Health will be a location for athletes who wish to increase their performance level or who are rehabbing from injuries, and will also offer performance and mobility training for adults. Our newly appointed Sports Performance Director, Russell Gage, has already started small group strength training classes with a local youth baseball development program, ASAP. In addition to sports performance training, there will be Pilates Reformer classes offered at the center. Bill Holstein adds, "There's already a high level of anticipation for this new addition."

Also, athletes undergoing physical therapy will be able to use the center. The Director of Rehabilitation Services, John Adam, PT, is excited for the facility to open up as he mentioned "we'll have the space and equipment needed to get our patients back performing at a competitive level before they leave our care." The facility is expected to open this summer.

BAY CITY...

MRMC Wellness Center is now pushing strong towards hitting 500 members and with that, members are now focused and committed on achieving their summer goals. With the new growth, new programs are forming and the staff is working on even more improvement in the member experience.



MATAGORDA REGIONAL
MEDICAL CENTER
WELLNESS & REHABILITATION

MR. STARKS MEETS HIS GOAL TO BALANCE AND SQUAT ON A BOSU BALL!!

The Wellness Center is proud of one of our senior members, James Starks who offers his own experience at the Wellness Center:

"The MRMC Wellness Center is an important part of my daily routine and keeping my body in shape. The first thing I do is my exercise and stretches that the MRMC Staff provides that keep me healthy and with a positive attitude. The facility is clean, organized and not noisy. I enjoy meeting old friends and making new ones at the center. The staff is beyond exceptional. They do an outstanding job and are always willing to help."



MRS. MIRELES PRESSES THE 50's!!!

Julia Mireles, a member at the Center since July 2018, has really found success with her wellness program. She tells her story here:

"There are so many great benefits in joining the MRMC Wellness Center. The Wellness Center has helped me increase my endurance, strength, and even my want to be a better me. I feel so much healthier. I've gained confidence and have lost unwanted pounds and inches. I love that the staff is so professional and motivating. They consistently encourage me and assure me that I am doing great. They go above and beyond to make sure I get every benefit available to me. It's a staff that has become family! Because of all this, I'm a better 'me' today than yesterday and I will not fail!"



TRX EDUCATION

Adam Gomez, Assistant Wellness Coordinator is now teaching the benefits of the TRX System by conducting an introductory educational class throughout the week. The TRX suspension is rapidly becoming a popular and important approach to building muscular strength, endurance, and flexibility in fitness centers everywhere. It can be used to help achieve any/and all fitness goals. By simply leveraging body weight, one can perform a variety of exercises, while at the same time working on balance and core. The goal of the classes is to explain the TRX System, and teaching members how to use it by demonstrating how exercises can be performed. Adam also shows how to modify many exercises, customizing workouts for members.



POP PILATES

MRMC Wellness is now offering POP Pilates, a form of Pilates that was created by Casey Ho, a well-known Pilates instructor. POP Pilates is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates calls for a dance on a mat, and the participants are able to perform various Pilates moves while listening to upbeat music during the class. The classes last for 45 minutes. Pilates moves are done on the floor and members use their bodyweight, Pilate's reinforcement rings, and Pilates Soft balls. The first class started at the beginning of the spring and has become popular for all members.





THE WELLNESS CENTER'S FEATURED MEMBER STORY...

APRIL GREENE



"In November of 2018, I joined the Wellness Center. I frequent the gym almost on a daily basis; sometimes twice a day. I jokingly call the gym my "second home". When I first started on this exercise journey, I was doing well just to walk a few miles before tiring. I decided that I wanted to do better and used the apps on my phone to start jogging. Recently, I have been able to jog a mile in 10 minutes, which may not seem like a big deal to some, but to me it was a great accomplishment.

I love the incentive programs the gym has to offer (Biggest Loser, Miles Matter, 119 in '19). They are fun programs that I participate in to help keep me motivated. Through the Biggest Loser program, I have dropped unneeded pounds, gained exercise endurance, and learned about healthy nutrition.

The Wellness Center is truly a great place. They have friendly staff, clean environment, great classes (especially Zumba and Zumba Strong) and nice equipment. I'm so glad I started my journey two years ago for a healthy lifestyle.

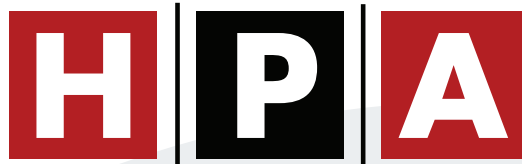
FITNESS ON DEMAND



Great news at The Wellness Center, Fitness on Demand has gone live! After a few glitches (due to internet issues), it is up and running and seems to be a big hit. The initial intent was simply to avoid having to cancel a class due to an absentee Instructor. Although that has been helpful, we have found it to be very popular and we are now planning to schedule regular FOD virtual classes to supplement our live classes, giving our members a host of user-friendly options. The Club is now able to schedule our live and virtual classes through the website provided and share the schedule in the calendar through Outlook. Our Power Pilates FOD class shown in the picture is another example of our members taking advantage of the system!



On March 27th, the Upson-Thomaston Chamber of Commerce held a Charity Golf Tournament. Golfers who were willing to dress up like a lady for the tournament, were allowed to hit from the shorter ladies' tee box on #10. We are proud to say that several of our own went the "extra mile" and did just that. (Left to right) Donald Johnson (Maintenance Department), Tommy Glisson (The Wellness Center), Hoppy Hopkins (Physician Recruiter), and John Williams (CFO/COO) willingly showed off their legs to try and gain an advantage. We wish we could say that the dresses helped to put them on top, but alas, they came in at 5th place. They were, however, great sports about it and helped raise money for the County Chamber.



healthplex associates, inc.

IN THE NEWS

Congratulations



Every golfer from the novice hacker to Tiger knows that the ultimate example of perfection is that rare Hole in One. Recently, our own **Lynn Robbins** scored hers at Osprey Cove Golf Club. But what makes it remarkable is that this was her third Hole in One which she makes perfectly clear to everyone

with the three large trophies she has on the living room mantle. Congrats!

Teresa Hobbs (MSD, URM) welcomed her newest grandbaby. Asher Troy Vickers was born @ 7 lb. 6 oz., 19 1/2" long, welcome to the family little guy!!!! Congratulations Teresa and family, I know you are SOOOOO PROUD!!!!



Welcome to the team

Acosta, Mary
Agin, Emily
Aikens, Alteichea A.
Allen, Earl
Alvarez, Alma A.
Alvarez, Josefina
Amos, Tyler
Andrews, Vera J.
Applewhite, Kimberly
Aroutinounova, Inna
Askew, Benjie
Aycock, Jill A.
Ballard, DeAndra M.
Barrios-Chavez, Mario
Baskin, Stanson
Beeler, Deanna D.
Bennett, Avani S.
Borja, Erica N.
Brents, Deborah E.
Brill, Peter
Brindle, Sally L.
Burks, Lee E.
Burks, Solomon L.
Busby, Michael A.
Busby, Myles A.
Buselli, Andrea S.
Buxton, Sherrie
Canaan, Cody P.

Clemente, Marisela
Cobb, Kristin
Collett, Bethany J.
Collier, Chantel
Conley, Darius L.
Cook, Lester H.
Cook, Melissa
Copeland, Laurie K.
Covington, Shelley D.
Crowther, James B.
Davis, Eileen C.
DiPrima, Lauri L.
Dolan, Judith S.
Dorsel, Paige E.
Dunigan, Bristin T.
Edge, Nancy
Espinoza, Adam
Etchison, Niccole M.
Faires, Raquel
Freeman, Pearl D.
Freitag, Natalie
Gamez, Beverly S.
Gerard, Kelly
Gonzales, Allisyn
Graham, Bryant
Grosvenor-Ward, Hannah
Harrington, Darrion P.
Harris, Cameron M.

Hayes, Linda s.
Haygood, Payton R.
Haynes, Marcus J.
Head, Jeffery B.
Heavilon, Larry
Hess, Laurel E.
Hill, Andrew
Holland, Marva
Holley, Zach
Jackman, Vonda K.
Johnson, Porshea
Jones, Rebecca J.
Kirkendall, Michelle
Lawson, John
Lee II, Norris
Lee, Crystal G.
Lovett, Lori
Ludden, Ellyn A.
Martin, Steven
Martinez, Samantha B.
McDonald, Curt
Miles, China
Miller, Jaci A.
Mingus, Hannah
Moat, Shane
Montgomery, Lauren
Morris, Megan J.
Narez-Ramirez, Sandy

Neal, Brendon M.
Newman, Lauren
Oberkrom, Cassandra L.
Olosan Gutierrez, Christina M.
Owen, Stephen P.
Panozzo, Reilly E.
Parks, Brian
Patilla, JaQuan
Patton, Amy E.
Powell, Chris
Powell, Ryan J.
Price, Julia
Price, Sarah M.
Pride, Wardell
Purcell-Monn, Valerie J.
Purichia, Jenna G.
Ranck, Kristin
Reagan, Robin
Remson, Yvonne R.
Rey, Carmen
Reynolds-Ward, Stacy
Rice, Hadiah
RIESTER, BROOKE
Rihm, Sarah
Roach, Abigail
Rosio, Angela S.
Ross, Christal
Rubey, Catherine E.

Schnepf-Saxen, Beth A.
Scholl, Jessica
Shapurji, Renee A.
Shimano, Tomoko
Simmons, Michelle D.
Southerland, Paige E.
Spears, Lacy S.
Spinola, Marianne K.
Stockdale, Melinda
Strong, Bridgette A.
Svorinic, Nicole
Swanigan, Anthony D.
Swetnam, Pamela J.
Taylor, Anita
Thornton, Tera S.
Townsend, Tayler N.
Tschauner, Ashley C.
Tucker Stewart, Jo Anna
Van Sickle, Jeanette D.
Vrabel, Megan
Wagner, Dianne M.
Wangler, Kathryn L.
Wheatley, Dean Antonia L.
Wild, Rochelle L.
Wilson, Paris
Wilson, Rayeahl