

# Heads Up!

**HR News You Need to Know**

This issue of Heads Up! is dedicated to the 32+ lives lost in Buffalo, NY, Laguna Woods, CA, and Uvalde, TX their family, and friends.

## Tops Friendly Market - Buffalo, NY



**Roberta A. Drury**  
 Age 32



**Heyward Patterson**  
 Age 67



**Ruth Whitfield**  
 Age 86



**Aaron Salter**  
 Age 55



**Celestine Chaney**  
 Age 65



**Katherine Massey**  
 Age 72



**Margus D. Morrison**  
 Age 52



**Geraldine Talley**  
 Age 62

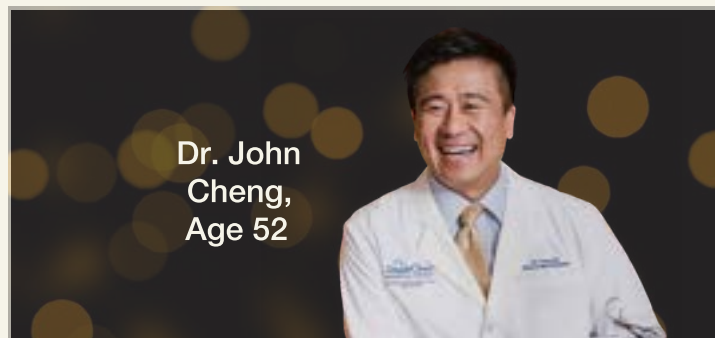


**Andre Mackneil**  
 Age 53



**Pearl Young**  
 Age 77

**Geneva  
 Presbyterian  
 Church  
 Laguna Woods, CA**



**Dr. John Cheng,**  
 Age 52

## Robb Elementary School – Uvalde, TX



Alexandria  
 Aniyah Rubio  
 Age 10



Alithia  
 Ramirez  
 Age 10



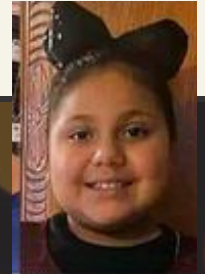
Amerie Jo  
 Garza  
 Age 10



Annabelle  
 Rodriguez  
 Age 10



Eliahana  
 Torres  
 Age 10



Eliana "Ellie"  
 Garcia  
 Age 9



Jackie  
 Cazares  
 Age 10



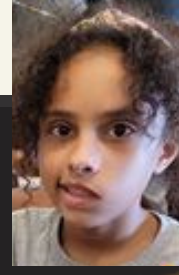
Jailah  
 Silguero  
 Age 10



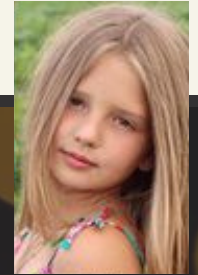
Jayce  
 Luevanos  
 Age 10



Jose  
 Flores  
 Age 10



Layla  
 Salazar  
 Age 10



Makenna  
 Elrod  
 Age 10



Maite  
 Rodriguez  
 Age 10



Miranda  
 Mathis  
 Age 11



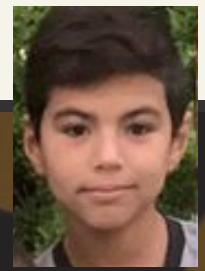
Nevaeh  
 Bravo  
 Age 10



Rojelio  
 Torres  
 Age 10



Tess Marie  
 Mata  
 Age 10



Uziyah  
 Garcia  
 Age 10



Xavier Lopez  
 Age 10



Irma Garcia  
 Age 49



Eva Mireles  
 Age 44

So much has transpired over the past few weeks involving senseless violence around our country. Watching the aftermath of these events unfold on our televisions, newsfeeds on our phones, and social media has a profound effect on our mental health. Far too often we find that people do not have adequate support systems or resources to get the help needed.

Ironically, May is Mental Health Awareness Month; a month-long observance dedicated to raising awareness about mental health issues and resources to help people maintain and improve their mental health and working to remove the stigmas around mental health conditions.

It has never been more important than now to recognize that mental health is an essential component of one's overall health and wellbeing. After all, none of us had any idea that our world would be trounced by COVID-19, being separated from our friends and family, as well as the repetition of violent acts with no resolve. That isolation, loneliness, depression, worry, and anxiety would become a collective experience shared with everyone with no immunity. This is why we should be focused on our mental health every day.

Our mental health affects all aspects of our lives. Too often most people who experience mental distress suffer in silence and their mental stress manifests itself in ways where they harm themselves or others.

Employers, this is the time to remind your employees about the counseling services that are available through your Employee Assistance Program (EAP). If you don't have an EAP, counseling services can also be found by calling 800.273.8255.

**“What mental health needs is more sunlight,  
more candor, and more unashamed  
conversation.”**

**—Glenn Close**

**As always, please do not hesitate to contact us.**

**We are a RESOURCE for HUMANS  
and we're happy to help.**