



# Health & Wellness Links & Resources

Wellness Coordinator & Safety Co-Chair – Lacy Neal x. 5433

Director of Security & Safety Co-Chair – Rob Shailor x. 5292

WA Wellness Smart Health Program

WA State Employee Assistance Program

Department of Retirement Systems

HomeStreet Bank Inside Edge Benefits

The Strong Center Health Club

Twin Star Credit Union Work Perks

Teachers Insurance & Annuity Association (TIAA)

Pinnacle Health Solutions

Dream Ahead College Investment Plan

Guaranteed Education Tuition (GET)

[www.smarthealth.hca.wa.gov](http://www.smarthealth.hca.wa.gov)

[www.eap.wa.gov](http://www.eap.wa.gov)

[www.drs.wa.gov](http://www.drs.wa.gov)

[www.homestreet.com](http://www.homestreet.com)

[www.thestrongcenter.com](http://www.thestrongcenter.com)

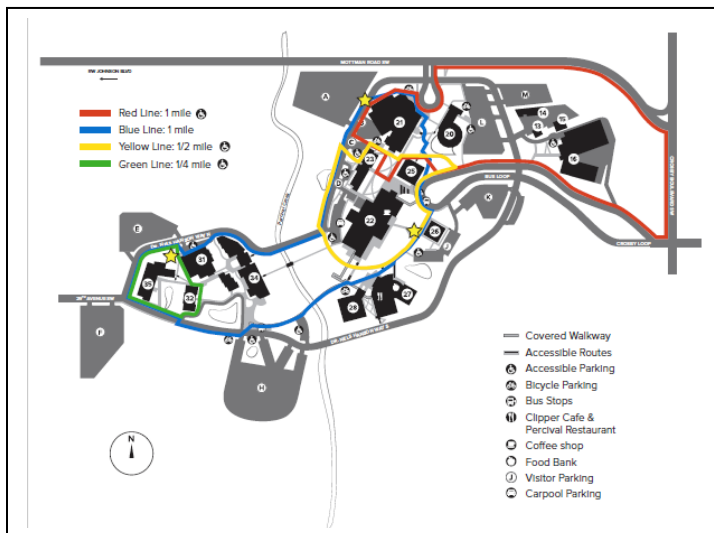
[www.twinstarcu.com](http://www.twinstarcu.com)

[www.tiaa.org](http://www.tiaa.org)

[www.pinnalcehealtholympia.com](http://www.pinnalcehealtholympia.com)

[www.dreamahead.wa.gov](http://www.dreamahead.wa.gov)

[www.get.wa.gov](http://www.get.wa.gov)



**Want to get involved?**

**The SPSCC Safety & Health  
Committee meets on the last  
Thursday of every month.**

**Building 25 Room 203**

**2:15 p.m.**

Got questions? Contact any member of our Human Resources Team!

Chief of Human Resources – Samantha Dotson x. 5361

HR Consultant – Lynn Dignan x. 5360

HR Consultant – Lara Semidei x. 5546

HR Consultant – Lacy Neal x. 5433

Fiscal Analyst 2 – Karen Hensley x. 5374

HR Consultant Assistant 2 – Kat Alsalman x. 5500