

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

08.27.2021

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## **FM Occupational Programs & the FM Apprenticeship Program mourns with our colleagues the recent and sudden loss of Danny Lawson.**

*Danny was a 1992 graduate of the Apprenticeship Program and had 35 total years of service at UVA Facilities Management.*

*Read his full obituary: <https://at.virginia.edu/PAGB3R>*

*Please remember the UVA Faculty and Employee Assistance Program (FEAP) is always available as a resource when dealing with grief, trauma, or stress. It is free and confidential for all UVA employees:*

[UVAFEAP.com](https://www.uvafeap.com)

# OCCUPATIONAL HEALTH & SAFETY

## ARE FM EMPLOYEES EXPOSED TO LOUD NOISE AT WORK?

Yes, some of FM- employees are exposed to loud noise because of their job duties or their work environment. The threshold for hearing loss is **85 dBA**.

What FM departments are in the FM Hearing Conservation Program? Why?

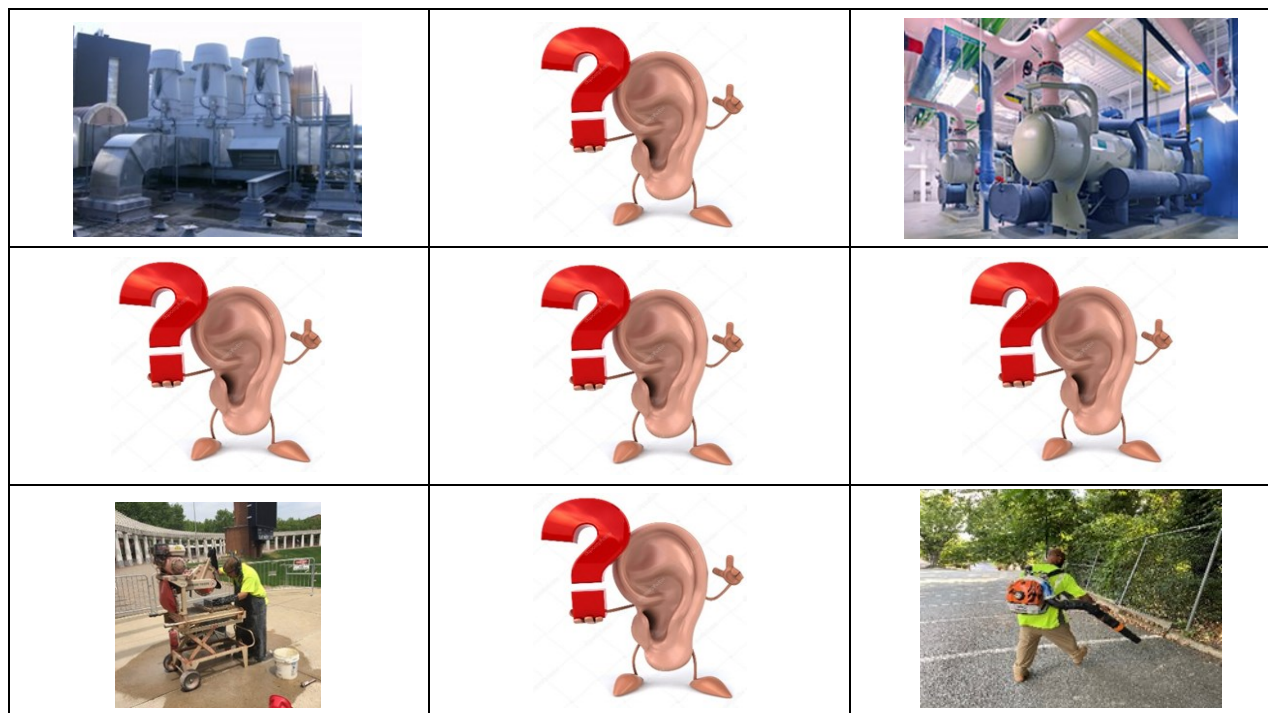
- Chiller Plant
- Heat Plant
- Landscaping
- Sheet Metal Shop
- CC&R Masonry Shop
- CC&R Plaster Shop
- CC&R Cabinet Shop

*All employees working in these groups may be exposed to **85 dBA** or above for a full shift. This is calculated over an 8-hour TWA (Time Weighted Average).*



**All FM Apprentices are in the FM Hearing Conservation Program because they may work in these departments and be exposed to 85dBA or above.**

Are you in the FM-Hearing Conservation Program? Do you know sources of loud noise in your department ? Share your knowledge with us! Send an email to [fm-ohs@virginia.edu](mailto:fm-ohs@virginia.edu) for a chance to win a prize.



**Learn more about Protecting Your Hearing>>>>**

# OCCUPATIONAL HEALTH & SAFETY

## PROTECT YOUR HEARING

### Who needs to wear hearing protection and when?

All FM employees are REQUIRED to wear hearing protection when they are exposed to **sounds levels 85 dBA (decibels) or above.**

### How do I know that I am exposed to loud noise?

Rule of thumb: If you need to **raise your voice from 3 feet away to be heard**, the noise is above 85 dBA.

### Download the NIOSH Sound Level Meter App

<https://www.cdc.gov/niosh/topics/noise/app.html> The app was developed to help you make informed decisions about your noise environment and promote better hearing health and loss prevention efforts

### Contact OHS

Send an email to [fm-ohs@virginia.edu](mailto:fm-ohs@virginia.edu) to request noise sampling



## REMINDERS

[OSHA.gov](https://www.osha-slc.gov) posts and emails workplace safety reminders daily.

Visit [Worker.gov](https://www.worker.gov) to learn more about his one.

Visist [OSHA.gov](https://www.osha-slc.gov) to see more [workplace safety reminders of the day.](#)

**WORKPLACE**

**SAFETY REMINDER**

**You have the right to be treated equally.**



## OCCUPATIONAL HEALTH & SAFETY

### RED WING SHOE TRUCK

On August 31, the Red Wing Shoe truck will be at Zehmer Hall (not Skipwith) from 8:00 AM to Noon. The afternoon location remains unchanged (HSPP Loading Dock).

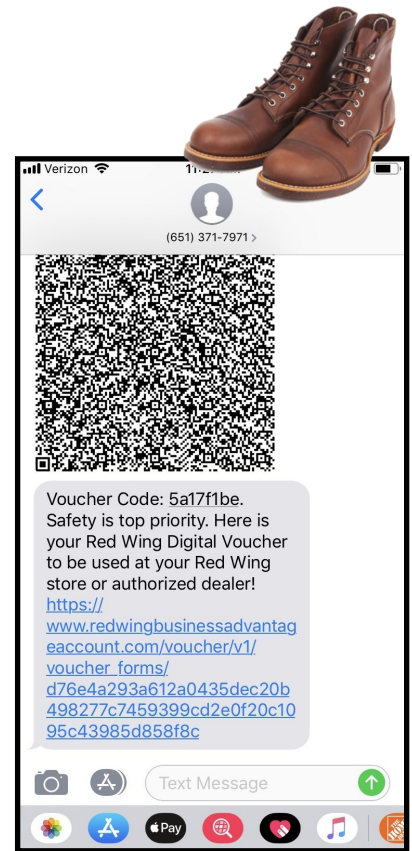
#### UPDATES to the Shoe Truck Process:

- FM employees can visit the shoe truck by appointment ONLY. Once your shoe voucher request is complete, you will receive an email from FM OHS Shoe Request <[fmweb@virginia.edu](mailto:fmweb@virginia.edu)> with the link to make an appointment.
- Only one FM employee at a time is allowed on the truck.
- Face covers are required at all times on the shoe truck and must cover your nose and mouth, regardless of vaccination status.

#### Routine Reminders:

- Employees needing safety shoes need to submit a request via the online portal: <https://at.virginia.edu/FMShoeRequest>
- If your shoe order is taking more than 10 days, email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) to follow up.
- Vouchers will be released weekly via email and text (if available).

View the latest updates to the shoe program: <http://bit.ly/FM-PPE>



## WORK SAFELY!

FM Occupational Health and Safety is here to support you and a safe working environment.

If you have any questions or concerns related to health and safety at work, speak with your supervisor, [Safety Committee representative](#), [someone from OHS](#), or submit a [near miss report](#).

A yellow banner with the text "SAY NO TO UNSAFE WORK PRACTICES" in large, bold, blue letters. Below this, in a red banner, is the text "UNSAFE WORK PRACTICES" in white. At the bottom, it says "NOTIFY YOUR SUPERVISOR, FILL OUT A NEAR MISS FORM OR CALL FM-OHS AT 434-297-6379". On the left side, there is a vertical yellow banner with the text "SPEAK UP!". On the right side, there is a QR code.

## DIVERSITY, EQUITY & INCLUSION



**¡Mejora tus habilidades en inglés!**

Regístrese para las clases de inglés -

Miércoles o jueves 12: 30-1: 30, Lanugage Commons (New Cabell Hall, Suite 298)

Para registrarse, llame o envíe un correo electrónico a Emily Douglas, [em4hg@virginia.edu](mailto:em4hg@virginia.edu) (434) 906-5810

La fecha límite es el 31 de agosto

**Améliorez vos compétences en anglais!**

S'inscrire aux cours d'anglais -

Mercredi OU jeudi de 12h30 à 13h30, Lanugage Commons (New Cabell Hall, Suite 298)

Pour vous inscrire, appelez ou envoyez un email à Emily Douglas, [em4hg@virginia.edu](mailto:em4hg@virginia.edu) (434) 906-5810

La date limite est le 31 août

**Improve your English skills!**

Register for English classes -

Wednesdays OR Thursdays 12:30-1:30, Lanugage Commons (New Cabell Hall, Suite 298)

To register call or email Emily Douglas, [em4hg@virginia.edu](mailto:em4hg@virginia.edu) (434) 906-5810

Deadline is August 31st

## How to talk about vaccines

The World Health Organization outlines four steps to help individuals, colleagues and teams talk about vaccines - "It's normal to have questions about vaccines and want to make the right decision for you and your loved ones. If someone you know – a friend, family member or colleague – asks questions or expresses concern about vaccines, listen to them, acknowledge their feelings and offer correct information if you can. Be ready to suggest reputable sources of information if they want to learn more."

Read more: <https://at.virginia.edu/OadaPg>



**More from FM DEI >>>**

## DIVERSITY, EQUITY & INCLUSION

### Read: Why Trauma-Sensitive Teaching Matters Even More in 2021

Trauma-sensitive teaching is an even greater focus this school year, how can we be aware of and acknowledge similar trauma in our workplace?

"There are processes we can do in schools that are good for everybody that are trauma-sensitive – they provide a sense of safety. That's the No. 1 thing. Everybody feels safe, everybody feels accepted. Everybody's identity and needs are recognized and honored, and everybody is valued for what they have to contribute. All that is the foundation of trauma-sensitive teaching."



"Trauma is defined by the person experiencing it. Depending on the resources you have to draw upon as an individual, an experience can be more or less traumatic. And how you identify that experience is what counts. I don't think we, as observers of another person, can tell what they're going through – depending on the situation, something can have a horrible impact on one person and not such a bad impact on another person."

Read more: <https://at.virginia.edu/sMh8Dq>

## TALENT DEVELOPMENT PROGRAMS

SEP  
16

9:30 AM - 12:30 PM

### Multicultural Fluency

Multi-cultural Fluency is an introduction to the work of diversity and inclusion. This highly interactive workshop introduces the necessity and power of reflective thinking and of telling our personal stories. The concepts of intent and impact and micro-aggressions are also explored. The course is designed to help participants uncover the complex terrain of cultural differences in a brave environment. The facilitators will lead participants in activities ranging from personal, private inquiry to small and large group discourse.

SEP  
22

10:00 AM - 12:30 PM

### Bridging the Generation Gap

The goal of this webinar, offered by UVA HR Learning & Development, is to build a better understanding of the multiple generations in the workplace.

Register for these programs and see more opportunities available from UVA Talent Development: <https://hr.virginia.edu/talent-development-programs>

More from FM DEI >>>



# COVID-19 RESOURCES

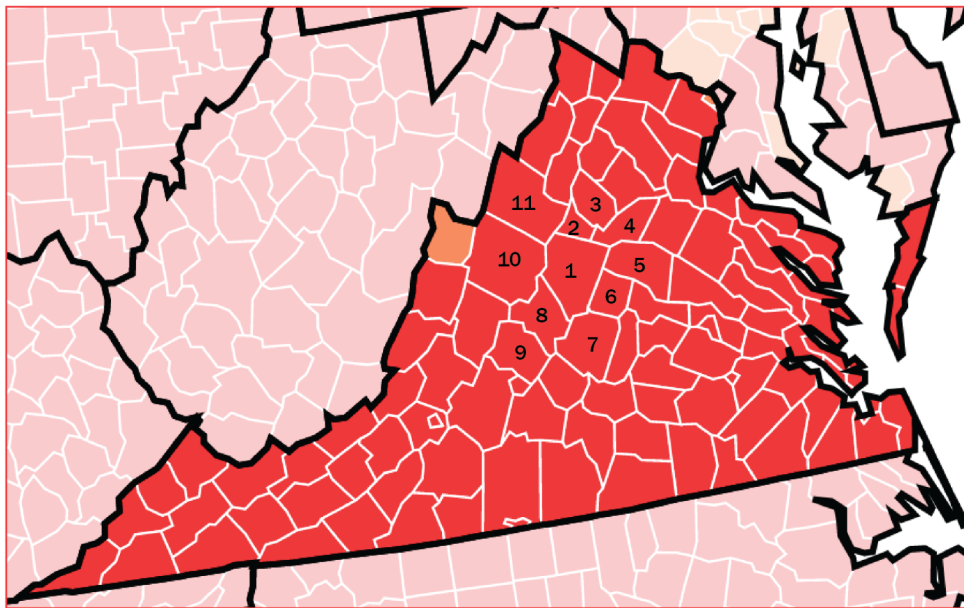
## LOCAL COMMUNITY TRANSMISSION LEVELS

“Community Transmission” is defined as spread of an illness for which the source of infection is unknown, or simply encountered in the local community, like grocery shopping or at the movie theater. Because COVID-19 is highly transmissible and can be spread by people who do not know they have the disease, risk of transmission within a community can be difficult to determine.

We still need to follow healthy hygiene practices, stay at home when sick, practice physical distancing to lower the risk of disease spread, and use a cloth face covering in community settings when physical distancing cannot be maintained.

KEY:

● High ● Substantial ● Moderate ● Low



Current 7-days is Tue Aug 17 2021 - Mon Aug 23 2021 for case rate and Sun Aug 15 2021 - Sat Aug 21 2021 for percent positivity. The percent change in counties at each level of transmission is the absolute change compared to the previous 7-day period.

#	County/Locality	Community Transmission Rate
1	Albemarle/C'ville	High
2	Greene	High
3	Madison	High
4	Orange	High
5	Louisa	High
6	Fluvanna	High
7	Buckingham	High
8	Nelson	High
9	Amherst	High
10	Augusta	High
11	Rockingham	High

Source: <https://covid.cdc.gov/covid-data-tracker/#county-view>

## FDA GRANTS FULL APPROVAL TO PFIZER-BIONTECH COVID-19 VACCINE

On August 23rd, the US Food & Drug Administration approved the first COVID-19 vaccine for the prevention of COVID-19 disease in individuals 16 years of age and older. The vaccine also continues to be available under emergency use authorization (EUA), including for individuals 12 through 15 years of age and for the administration of a third dose in certain immunocompromised individuals.

“While this and other vaccines have met the FDA’s rigorous, scientific standards for emergency use authorization, as the first FDA-approved COVID-19 vaccine, the public can be very confident that this vaccine meets the high standards for safety, effectiveness, and manufacturing quality the FDA requires of an approved product,” said Acting FDA Commissioner Janet Woodcock, M.D. “While millions of people have already safely received COVID-19 vaccines, we recognize that for some, the FDA approval of a vaccine may now instill additional confidence to get vaccinated. Today’s milestone puts us one step closer to altering the course of this pandemic in the U.S.”

Source: <https://at.virginia.edu/Ocbske>

# **COVID-19 RESOURCES**

## **DEALING WITH GRIEF AND LOSS**

Grieving the loss of a loved one while coping with the fear and anxiety related to the COVID-19 pandemic can be especially overwhelming. Some actions you can take to help you cope with feelings of grief after the loss of a loved one include:

### **Connecting with other people**

- Invite people to call you or host conference calls with family members and friends to stay connected.
- Ask family and friends to share stories and pictures with you via mailed letters, email, phone, or video chat or via apps or social media that allow groups to share with each other (e.g., group chat, group messaging, Facebook).
- Coordinate a date and time for family and friends to honor your loved one by reciting a selected poem, spiritual reading, or prayer within their own households.

### **Creating memories or rituals.**

- Develop a virtual memory book, blog, or webpage to remember your loved one, and ask family and friends to contribute their memories and stories.
- Take part in an activity, such as planting a tree or preparing a favorite meal, that has significance to you and the loved one who died.

### **Asking for help from others**

- Seek out grief counseling or mental health services, support groups, or hotlines, especially those that can be offered over the phone or online.
- Seek spiritual support from faith-based organizations, including your religious leaders and congregations, if applicable.
- Seek support from other trusted community leaders and friends.

Source: <https://www.cdc.gov/mentalhealth/stress-coping/grief-loss/index.html#loved-one>

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## **UVA FACULTY AND EMPLOYEE ASSISTANCE PROGRAM**

### **CONNECT FOR SUPPORT - EMPLOYEE FOCUS**

Join a 30 minute drop-in session to check in with colleagues, share strategies for challenges you are facing, and discover resources available to help.

Sessions occur the first Tuesday of each month

### **CONNECT FOR SUPPORT - MANAGER FOCUS**

Join a 30 minute drop-in session to check in with peers who share a similar experience and learn about new resources available to support you as you in turn support your team.

Sessions occur the second Wednesday of each month

**See more events & register:** <https://uvafeap.com/events>



## FACE COVERS: STILL WORTH IT























Face covering requirements at UVA FM, per [Policy SEC-045](#) and [FM's On-Grounds Work Guidelines](#):

- **Unvaccinated** students, faculty, staff, contractors, and visitors **must wear a face cover outdoors even when they can maintain a physical distance of at least six feet.**
- **Everyone** must wear a face cover when:
  - In shared spaces indoors.
  - In FM vehicles with a passenger
  - In [UVA Health facilities](#)
  - At saliva testing facilities
  - Engaged with K-12 students
  - Using public transportation (UTS, other buses, taxis, rideshares, etc.)
  - In the **Shoe Truck**
- Consider wearing a face cover outside of work during activities or outings with others who are not fully vaccinated.

### When to Wear

# FACE COVERS

**at UVA FM**

LOCATION at UVA – <i>Non-UVA locations may have different requirements</i>	UNVACCINATED (or have not completed all vaccine doses)	FULLY VACCINATED (2+ weeks since the final dose)
<b>OUTDOORS</b>	 <b>YES</b> required by UVA Policy SEC-045	 <b>NO</b>
Indoors, alone in your own office with a door, not a cubicle.	 <b>NO</b>	 <b>NO</b>
Indoors, physically distanced	 <b>YES</b> required by UVA Policy SEC-045	 <b>YES</b> , temporarily required by UVA Policy SEC-045
Indoors, with both vaccinated & unvaccinated individuals	 <b>YES</b> required by UVA Policy SEC-045	 <b>YES</b> , temporarily required by UVA Policy SEC-045
UVA FM Training (indoor and outdoor)	 <b>YES</b> , required by UVA FM On-Grounds Work Guidelines	 <b>YES</b> , temporarily required by UVA Policy SEC-045
<b>ALONE</b> in FM vehicles	 <b>NO</b>	 <b>NO</b>
UVA Health Facilities	 <b>YES</b> required by UVA Policy SEC-045	 <b>YES</b> required by UVA Policy SEC-045
UVA Saliva Testing Facilities	 <b>YES</b> required by UVA Policy SEC-045	 <b>YES</b> required by UVA Policy SEC-045
Public Transportation, including buses, rideshares, and taxis	 <b>YES</b> required by UVA Policy SEC-045	 <b>YES</b> required by UVA Policy SEC-045
Red Wing Shoe Truck at UVA FM	 <b>YES</b> , temporarily required by UVA FM Shoe Truck Program	 <b>YES</b> , temporarily required by UVA FM Shoe Truck Program
When your coworker asks you to	 <b>YES</b> practice kindness	 <b>YES</b> practice kindness

**Thank you for practicing kindness & understanding, as well as for protecting your coworkers during this “new normal.”**

UVA Facilities Management Occupational Programs | 434.297.6379 | [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)

## COVID-19 RESOURCES

### TESTING RESOURCES/PREVALENCE TESTING FOR UVA FM EMPLOYEES

UVA has begun prevalence testing for employees who have not been fully vaccinated in order to prevent the asymptomatic spread of the virus that causes COVID-19. *If you have had COVID-19, you are exempt from testing for **150 days** after you have recovered.*

**If you have illness or symptoms, regardless of your vaccination status:** Stay home, inform your supervisor, and call Employee Health for testing and/or guidance at 434-924-2013.

**If you are not experiencing symptoms:**

- **Let's Get Checked at-home kit:**

<https://www.letsgetchecked.com/us/en/order-form/verification/>

- **Saliva testing at the Student Activities Building, by appointment ONLY:**

- **Make an appointment:** <https://time2test.sites.virginia.edu/>  
(log in with Netbadge.)
- **See sites & hours:** <https://besafe.virginia.edu/testing-sites-and-hours>

**If you think you have been exposed, but aren't having symptoms OR**

**If someone in your close contacts or household has symptoms,** reach out to Employee Health for testing and/or guidance at 434-924-2013.

**Remember:** What is mild for you may be life-threatening for another family.

[See the following page if you are interested in COVID-19 testing for a family member or non-UVA employee >>>](#)

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### ACCESSING/REPLACING YOUR COVID-19 VACCINATION RECORD

If you have misplaced your vaccination card, you can request a copy of your record. If you received your vaccine through:

- **Virginia Department of Health** or through a local Virginia health district: Go to <https://vaccinate.virginia.gov> and scroll down to click "Need a Copy of Your Vaccination Record?". Enter your information and submit your request.
- **UVA Health:** <https://forms.uvahealth.com/vaxcard/>
- **A local pharmacy or your primary care physician:** Contact the practice for your vaccine record. *Most providers participate with Virginia Immunization Information System (VIIS), so records will eventually be available at <https://www.vdh.virginia.gov/immunization/immunization-record-request-form/>*

### REMINDER: SUBMIT YOUR VACCINATION INFO VIA WORKDAY

- **Look in Workday to see if you have an announcement** (on the upper left side) regarding proof of vaccination. *If you did not receive an announcement that means your vaccine data was automatically populated in Workday because you received your vaccine from UVA Health. No action is needed on your part.*
- If you did receive a notification, follow the directions to document your proof of vaccination.

**See more from UVA HR:** <https://hr.virginia.edu/proof-vaccination>

# COVID-19 RESOURCES

## THIRD DOSES AND BOOSTER SHOTS

The FDA and CDC ACIP recently approved a 3rd dose of COVID-19 vaccines for **people who are moderately to severely immunocompromised** that received an mRNA vaccine (Pfizer or Moderna). Blue Ridge Health District is now offering 3rd doses to individuals who are moderately to severely immunocompromised, which includes people who have:

- **Been receiving active cancer treatment** for tumors or cancers of the blood
- **Received an organ transplant** and are taking medicine to suppress the immune system
- **Received a stem cell transplant within the last 2 years** or are taking medicine to suppress the immune system
- **Moderate or severe primary immunodeficiency** (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- **Advanced or untreated HIV infection**
- **Active treatment with high-dose corticosteroids** or other drugs that may suppress your immune response

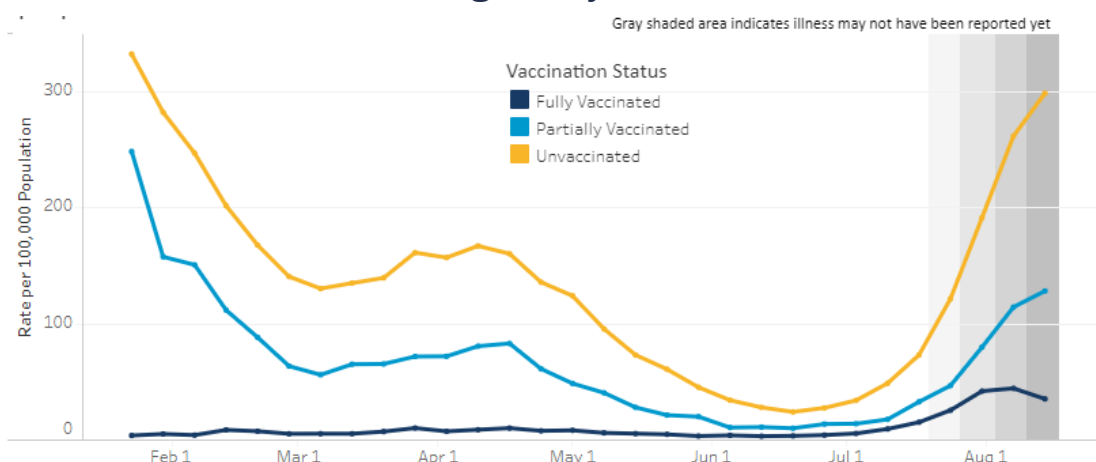
Third doses of COVID vaccines should be the same manufacturer (Pfizer for ages 12+ or Moderna for ages 18+) as the previous two doses when possible, but this is not required. Additional doses are not approved for individuals who received Johnson & Johnson vaccines.

### Immunocompromised? Here's how to get a 3rd Dose:

Third doses through BRHD are by appointment only which can be found online at [BlueRidgeHD.org](https://www.blueridgehd.org) or calling the hotline at 434-972-6261.

BRHD will administer 3rd doses by appointment only at local health departments, J. Crew at Fashion Square Mall, Mobi on the Mall, and through homebound services. Local primary care providers and some pharmacies will offer 3rd dose vaccines as well. We will not require a patient's medical records when administering a third dose.

### COVID-19 Case Rates in Virginia by Vaccination Status



Between 1/17/2021 & 8/14/2021, unvaccinated individuals developed COVID-19 at a rate 12.5 times higher than fully vaccinated and 2.5 times higher than partially vaccinated individuals.

Source: Virginia Dept. of Health  
<https://at.virginia.edu/4u6myh>



# FREE COVID-19 TESTING

**Summer 2021**



## UVA Health and BRHD Testing Sites

- Church of the Incarnation
  - 1465 Incarnation Drive
  - Mondays | 6:00-7:30pm
- Mount Zion First African Baptist Church
  - 105 Lankford Ave
  - Tuesdays | 5:30-7:00pm
- Charlottesville/Albemarle Health Dept.
  - 1138 Rose Hill Drive
  - Fridays | 5:00-7:00pm



## CVS & Walgreens

### CVS C'ville

- 208 East Main Street
- 1341 Long Street
- 3420 Seminole Trail
- 1133 5th Street SW
- 1170 Emmett Street N
- 1425 University Ave
- 1700 Seminole Trail
- 312 Connor Drive

### CVS Localities

- 503 Main St | Louisa
- 28 Abby Rd | Palmyra
- 9026 Seminole Trail | Ruckersville

### Walgreens

- 412 E Main St | Louisa
- 74 Tanbark Plaza | Lovingson
- 314 Rolkin Rd | Charlottesville
- 3489 Seminole Trail | Charlottesville

**BOTH PHARMACIES  
ACCEPT WALK-IN  
APPOINTMENTS WEEKLY.  
CALL DIRECTLY FOR  
MORE INFORMATION.**

**Questions?**  
**434-972-6261**  
**BlueRidgeHD.org**

More info: <https://www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites/>

# IT'S EASIER THAN EVER TO GET YOUR COVID-19 VACCINE!



## Make your plan today.

Schedule your free vaccine using any of the resources below:

- [Vaccines.gov](https://www.vaccines.gov)
- Blue Ridge Health District:  
<https://at.virginia.edu/MU5RI9>
- UVA Health: <https://at.virginia.edu/C0og39>

OR

Plan to visit a walk-in clinic: <https://at.virginia.edu/JhDgmD>

Remember to use your PHEL for any time away from work.

Learn more about the available vaccines in the US >>

## Need Help?

Call 877-829-4682

to help you find available vaccination clinics near you, answer questions about vaccination and other COVID-19 topics, and more.

Open Monday-Friday  
from 8 a.m. to 6 p.m.

Learn more about variants of COVID-19: <https://at.virginia.edu/xI3NZP>

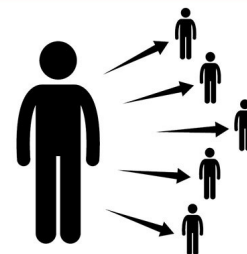
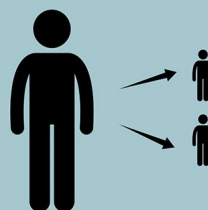
## THE DELTA VARIANT: WHAT WE KNOW

- **The Delta variant is more contagious:** The Delta variant is highly contagious, nearly twice as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated persons.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus strains.
- **Unvaccinated people remain the greatest concern:** Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others. The greatest risk of transmission is among unvaccinated people who are much more likely to contract, and therefore transmit the virus.
- **Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period:** The Delta variant seems to produce the same high amount of virus in both unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people. This means fully vaccinated people are likely infectious for less time than unvaccinated people.

The Delta variant is more contagious than previous strains—it may cause more than **2x** as many infections

ORIGINAL COVID-19 STRAIN

DELTA VARIANT



Vaccines protect you from hospitalization, severe infections, and death

See more from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>



# COVID-19 VACCINE CLINIC WALK-IN AVAILABILITY

**August 2021**



## Weekly Walk-ins

### J.CREW LOCATION

Fashion Square Mall in Charlottesville

1639 Rio Road East | 434-972-6261

(J&J, Moderna, & Pfizer)

- Monday: 3:30-6:30pm
- Tuesday: 10:30am-3:30pm
- Wednesday: 10:30am-3:30pm
- Thursday: 3:30-6:30pm

## Pharmacy Options

All retail pharmacies listed below accept walk-ins.  
Contact these pharmacies directly for more information.

- **Costco Pharmacy**  
\*no membership required for vaccination
- **CVS Pharmacy**
- **Giant Food Pharmacy**
- **Harris Teeter Pharmacy**
- **Kroger Pharmacy**
- **Sam's Club Pharmacy**
- **Top Notch Pharmacy**
- **Walgreens Pharmacy**
- **Walmart Pharmacy**

## LOCALITY CLINIC WALK-INS

OFFERING J&J, MODERNA, & PFIZER

### GREENE HEALTH DEPARTMENT

#### MONDAYS

50 Stanard St.  
Stanardsville

9:30–11:30 a.m.  
1:00–3:30 p.m.

### LOUISA HEALTH DEPARTMENT

#### TUESDAYS

540 Industrial Dr.  
Louisa

9:30–11:30 a.m.  
1:00–3:30 p.m.

### FLUVANNA HEALTH DEPARTMENT

#### WEDNESDAYS

132 Main St.  
Rt. 15, Palmyra

9:30–11:30 a.m.  
1:00–3:30 p.m.

### NELSON HEALTH DEPARTMENT

#### THURSDAYS

4038 Thomas Nelson  
Hwy., Arrington

9:30–11:30 a.m.  
1:00–3:30 p.m.

### CHARLOTTESVILLE/ALBEMARLE HEALTH DEPARTMENT

#### FRIDAYS

1138 Rose Hill Dr.  
Charlottesville

9:30–11:30 a.m.  
1:00–3:30 p.m.

QUESTIONS?

**434-972-6261**

**BlueRidgeHD.org**





# let's celebrate!

*Reasons to celebrate are all around us!*

Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

**August 27: National Tracky Dack Day**

**August 28: National Bow Tie Day**

**August 29: More Herbs, Less Salt Day**

**August 30: National Grief Awareness Day**

**August 31: Eat Outside Day**

**September 1: Building & Code Staff  
Appreciation Day**

**September 2: National Blueberry Popsicle Day**

**September 3: College Colors Day**