

**BIRDIES FOR BRAIN HEALTH CHARITY GOLF FUNDRAISER**  
BIRDIES FOR BRAIN HEALTH CLASSIC

**REGISTRATION:** \$145 PER INDIVIDUAL OR \$340 PER TEAM  
\$155 PER INDIVIDUAL OR \$350 PER TEAM  
BirdiesforBrainHealth.com

**EVENT START:** MAY 13, 2024  
12 PM START TIME

**FOOD:** BOWL LUNCH & HEAVY WINGS ENJOYING AT THE AWARDS CEREMONY

**GET IN TOUCH:** DANIELLE WILLIAMS  
803.265.1699

**WOODSIDE PLANTATION:** 1200 WOODSIDE PARKWAY, Aiken, SC

**FUNDRAISER:** Join us for the annual Birdies for Brain Health to partner with us in fighting back against chronic neurological disease and disability. Your team includes: Shotgun Start \$10,000 Cash Prize, Hole-in-One Competition, Complimentary Lunch & Heavy Wings, Silent Auction \$500 cash prize and "Bringin' Home" trophy from DAY ONE.

## CHARITABLE GIVING

Omega is sponsoring teams participating in the upcoming Annual **Birdies for Brain Health Charity Golf Fundraiser**, dedicated to combatting chronic neurological diseases and disabilities. The event will be on May 13th at Woodside Plantation. If you are interested in playing, sign-up is first come, first served and the spots are limited! If you would like to be added to the list, contact Haley Trapuzzano at [htrapuzzano@omegatechserv.com](mailto:htrapuzzano@omegatechserv.com) no later than March 15, 2024.



## A NOTE FROM BILL TINDAL NEVER GOOD TO BE BLIND

Several years ago, I was on a business trip to LANL and taking that long drive from Albuquerque to Santa Fe with a good friend and colleague. Alan and I were headed there for some meetings at the lab because of the uranium processing work we were doing. Alan was a uranium metallurgy expert. But he's also an inspiring speaker, honest broker, man of faith, and a long-time mentor of mine (and many others). He's also an African American who grew up near the auto plants in Detroit.

During the drive, there are always things to talk about, even after a long flight. I was feeling proud of myself after a compliment I received from one of our Operations Supervisors, Gloria, who is also African American. I said, "Hey Alan. Gloria paid me a nice compliment the other day." "What's that?" he asked. I replied, "She said I was

the most colorblind manager she'd ever had." What he said next made my shoulders drop a little. "That's not a compliment, Bill." There was a long pause while I wondered what I was missing. I asked, "Um... Why not?" What he said next was wisdom that has stayed with me since. "If you're colorblind, you're not seeing me for who I really am." At Omega, we consider Relationships as a core value. To me this means considering that everyone is unique and valuable. It takes time and effort to get to know each other and find those unique and valuable traits. Rather than being "blind" to the differences, I've learned those differences can be one more thing to talk about, and one more thing to explore and learn. But most important, it's one more thing that can help form deeper relationships. I will always be thankful for my dear friend, Alan.

## EMPLOYEE ART-ICLE

### Omega's Boyzuick, an Artist in Our Midst:

**Pete Boyzuick**, an Omega SME for the SRPPF project, has a talent beyond nuclear facility construction, he is also an aspiring artist at heart. Pete attended the University of Florida School of Art, where he honed his skills and developed his talents. When I asked him about his artistic influences, he stated that "My art is very linear from free hand. I don't like being in any specific genre, but I would say I like Picasso, Henri de Toulouse-Lautrec, Amedeo Modigliani, Van Gogh and a host of others". In addition, Pete has been a guitarist for 60 years and has written and recorded a lot of music over the years.

Recently, Pete was tasked with drawing the cover for the novel of a close friend. His friend was in the development of his novel and saw a drawing on Pete's wall and asked if he wouldn't mind drawing a book cover for his novel. This drawing is attached (on the right), with the novel title removed to ensure copyright protections are maintained. Attached are just a few of hundreds of drawings Pete has done over the years.



If you see Pete, feel free to give him feedback on his talents and his support of his passion for art and for his willingness to help a friend.



## OMEGA'S SUPPORT TO THE COMMUNITY

The Omega corporate offices in Oak Ridge teamed up with the **Medic Regional Blood Center** for a mobile blood drive on February 20, 2024. This Omega coordinated event produced vital resources for East Tennessee during a critical shortage of blood nationwide. We are very proud of our employees and neighbors who contributed to help save lives in our local community.



## EVENTS CALENDAR

- March 10 – Daylight Savings Time
- March 21 – Aiken PMO Luncheon
- March 31 – Easter Sunday

## WELCOME

- Brandi Phillips- Technical Recruiter
- Raymond "Ray" Kadane- QA/QC Civil Inspector
- James Chiramonte- QA/QC Civil Inspector

## CONGRATULATIONS!

We'd like to congratulate **Sarah Martin** for recently completing a Shipley Associates certification on Managing Strategic Proposals. Sarah plays an important role as Omega's Proposal Manager and is key to winning new business when the Request for Proposals (RFP). Her work involves outlining project details, scope, selection criteria and keeping up with the submission processes. Omega will certainly benefit from Sarah's training in Shipley's methods of managing bids and proposals, tracking compliance checklists, and facilitating proposal reviews. **Great job, Sarah!**



Group benefits

Help handling life's ups and downs



## EMPLOYEE ASSISTANT PROGRAM

Life can be unpredictable. And it's not always easy. So it's a big deal to know there's help available when you need it. That's what the **employee assistance program (EAP)**, provided by Magellan Healthcare, is all about.

With an EAP, you and your family have access to **free, confidential** resources to help handle life's everyday-and not so everyday-challenges. Use of the program isn't reported to your employer.

### Services for you and your family

Your EAP offers and your services to help you and your family deal with the big and little things:

- Life Mart Discount Center, with savings on a variety of products and services
- Health and wellness articles, guides, webinars, and podcasts
- Online assistance with elder care, child care, and other family life resources
- Help with teen and adolescent issues
- Tips on parenting and grand parenting
- 24/7 consultation with licensed mental health professionals and referrals to supportive resources\*
- Digital solutions to support emotional well-being for depression, anxiety, sleep, substance misuse, chronic pain, stress, mindfulness and meditation, and more

### Help when and where you need it-day or night

- Life's challenges don't always happen during regular business hours. That's why you and your family have **24/7 access to your EAP**.
- Through the **Core EAP** all eligible Omega employees, and their household members have access to the EAP and the benefit includes **3** counseling sessions per year, as well as legal and financial offerings.
- When accessing the member web site, member.magellanhealthcare.com, they must use "**Principal Core**" as the organization name.

(800)450-1327  
International: (800)662-4504  
TTY: 711

[MagellanAscend.com](http://MagellanAscend.com)

## FREQUENTLY ASKED QUESTIONS

**Q: How to create an account on Magellan Ascend?**

- Click on the blue **Find My Company | Log in** button in the upper right corner of the page.
- Select the **log in** tab.
- In the white box, next to "**Don't have an account?**" click on the link to "**Sign up.**" Complete the fields in the **Create an Account** registration form.
- Click the **Get Started** button.

**Q: What are the password requirements?**

**A: The password requirements:**

- Must contain at least 8 characters
- Must contain 1 lowercase character
- Must contain 1 uppercase character
- Must contain 1 number
- Must not contain any parts of your username/ email address

**Q: I tried to create an account and received the alert message indicating that my email address already exists. What do I do?**

**A: Follow these steps to reset your password**

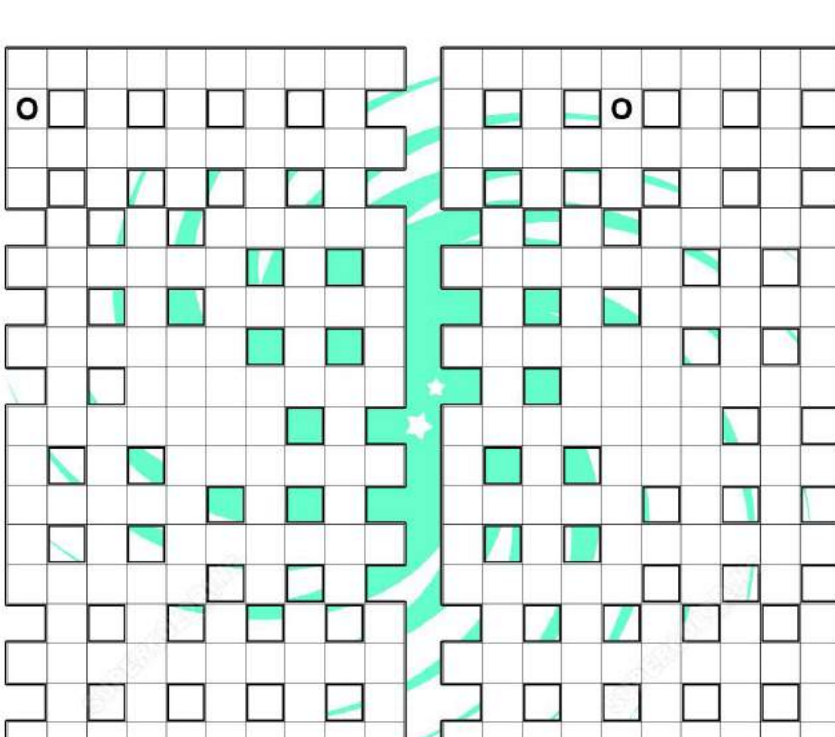
- On the "**Create an Account**" registration form, click the grey **Cancel** button and you will be taken back to the Magellan Ascend homepage.
- Click the blue **Log In** button on the upper right corner of the page.
- In the white box, below the blue **Sign in** button, click on the text for "**Need help signing in**" link.
- Click "**Forgot Password**" link.
- Enter your email address and click **Get Started**
- Check your email inbox for an email to **don\_not\_reply@Magellanhealth.com** (Be sure to check your Junk or Spam Email folder if you do not receive a timely reply).

\*You're responsible for any fees resulting from referrals outside the EAP, including those associated with medical benefits.



## PET OF THE MONTH

Introducing March's pet of the month: **Little Miss Paris** belongs to **Bernice Abrams**. She is equal parts fashionable and cuddly! Remember anyone can submit their pets to [hr@omegatechserv.com](mailto:hr@omegatechserv.com) for a chance to be selected next month and win a PetSmart gift card!



## WORD SEARCH

\$25 Amazon Gift Card to the first field employee and the first corporate employee to send results to [hr@omegatechserv.com](mailto:hr@omegatechserv.com)

### FILL-IN (or CRISS-CROSS) CROSSWORD PUZZLE

Fill in the blanks of both grids with the words (ignore spaces and dashes, if any):

- |                 |              |            |           |           |          |
|-----------------|--------------|------------|-----------|-----------|----------|
| (10) DICYNODONT | (7) RED TAIL | (6) MORRIS | (5) CATCH | (5) RURAL | (4) HILL |
| (10) FELLOWSHIP | (7) REGARDS  | (6) ONLINE | (5) CURLS | (5) SCREW | (4) HOUR |
| (10) INVITATION | (7) SLENDER  | (6) PAYOUT | (5) DISCS | (5) SHADE | (4) NOTE |
| (10) NINETEENTH | (7) STACKED  | (6) RECALL | (5) EASEL | (5) SQUID | (4) OBOE |
| (10) SCHOOLBOOK | (6) AROMAS   | (6) RESEDA | (5) STEER | (5) STEER | (4) ONCE |
| (10) SNAPDRAGON | (6) BREATH   | (6) RUBRIC | (5) EVENT | (5) TWIST | (4) SOFT |
| (10) STATIONERY | (6) CAMERA   | (6) SEVERN | (5) EXAMS | (5) UNION | (4) SONG |
| (10) TECHNICIAN | (6) DAHLIA   | (6) TROPHY | (5) GIVER | (5) WHEAT | (4) TRIM |
| (7) DRESSER     | (6) EATING   | (5) AERIE  | (5) LAYUP | (4) AHOY  | (4) HOUR |
| (7) INKBLOT     | (6) ICARIA   | (5) AGAMA  | (5) MAGIC | (4) CAVE  | (4) DEMO |
| (7) INSIDER     | (6) IDEALS   | (5) ALOUD  | (5) NEVER | (4) DEMO  | (4) ETON |
| (7) MANAGER     | (6) JAGUAR   | (5) BASIC  | (5) OLIVE | (4) ETON  | (4) ETON |
- Two letters are already in place.

## CONTACT

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(865) 272-3371 | CORPORATE@OMEGATECHSERV.COM