

Employee Newsletter



**October 2016
Breast Cancer
Awareness Month**



OCTOBER BIRTHDAYS

Cindy Thrasher	2
Janet Barton	3
Justin Hyde	3
Katie Johnson	3
Debbie Thigpen	3
Brian King	4
Darrian Ferguson	6
Tonya Queen	6
Rachel Sylvester	6
Robert Caldwell	7
David Mastifino	8
David Reid	8
Jennifer Campbell	9
Jennifer West	12
Joseph Cloer	13
Tylor Dockery	14
Carla Crowder	16
Jennifer Roche	16
Haley Rose	19
Megan Senger	19
Jesse Neumann	22
Mary Pickens	23
Christy Taylor	24
Jason Hall	25
Eddie Mathis	25
Tisha Paskanik	25
Dick Godfrey	27
Nicole Plemmons	27
Tracey Boatwright	28
Todd Hicks	28
Melvin Cantrell	29
Hubert Picklesimer	29
Rosanne Handford	30
Molly Sawyer	30
Bill Coleman	31

Ages 19 to 79

Q: What do you call an alligator that sneaks up and bites you from behind?

A: A tail-gater

Commissioner Board Meetings

**October 3 @ 6:30 pm
October 17 @ 6:30 pm**

Mandatory Training in October

Our upcoming annual training provided by our Employee Assistance Network is on Wednesday, October 19th and Thursday, October 27th.

Each employee must attend at least one of the sessions for employees and each supervisor must attend at least one of the sessions for supervisors. However, if you would like to attend more than one and your department can accommodate that, you may attend additional sessions. Dawn Klug with the EAN will be presenting the classes this year.

Below are the classes and their date and time.

October 19th

For Supervisors

10:15 Communication Skills for Managers
11:30 Team Building for Managers

For Employees

2:15 Managing Your Time So
It Doesn't Manage you
3:30 Problem Solving

October 27th

For Employees

9:45 Brain Health: It's a Snap
11:00 Gratitude: The Flame Within

For Supervisors

1:15 Constructive Confrontation Skills

There has been a change of the location for these—they will be held in the Commissioner's Boardroom instead of the Courtroom due to a session of court being scheduled after we set these dates. Again, attendance at at least one class is mandatory for all employees. I hope you enjoy these this year and that you get something useful from it. Thank you for your feedback in choosing the classes.

EMPLOYEE FLU SHOTS

Flu shots are now available at the Health Department. These are available to our full-time employees and part-time employees who have retirement withheld. Shots are also available to part time EMS, sheriff and jail employees due to the exposure to possible sick folks. You can look at your direct deposit notice and if it lists retirement or leo retirem, then you qualify. For full-time employees, please present your insurance ID card to the clerk at the health department when you go. Hours are 8 am to 4:30 pm. Any dependents who are covered under our health plan would also be eligible.

State of Franklin and the Cherokee Indian worker program workers are not County employees and are not eligible for this service.

Could I have seasonal affective disorder (SAD)?

If some of these feelings seem to happen each year, have a real impact on your life, and improve during certain seasons, talk to your doctor, you may have seasonal affective disorder.

- I feel like sleeping all the time, or I'm having trouble getting a good night's sleep
- I'm tired all the time, it makes it hard for me to carry out daily tasks
- My appetite has changed, particularly more cravings for sugary and starchy foods
- I'm gaining weight
- I feel sad, guilty and down on myself
- I feel hopeless
- I'm irritable
- I'm avoiding people or activities I used to enjoy
- I feel tense and stressed
- I've lost interest in sex and other physical contact

Source: BC Mental Health

Is there something you would like to see in the newsletter? Please email Melody at melody.johnson@cherokeecounty-nc.gov with any suggestions. Thanks.

Harvest Moon Masquerade

"Rising up to lend a helping hand..."

October 29th, 2016

6:00pm – 10:30pm

Join Family Resources of Cherokee County for a night of Delicious Food, Wine Pulling, Entertainment, Silent Auction, and various raffles. All proceeds to benefit helping families in our area.

Family Resources of Cherokee County is a 501-3c Non-profit Organization

For more information: Call- (828) 837-3460



OCTOBER
IS BREAST
CANCER
AWARENESS
MONTH

You must do
the thing
you think you
cannot do.

Elabor Roosevelt

www.TheSilverPen.com

Whoever said winning isn't everything,
obviously wasn't fighting breast cancer.

FUSOVERLOVER.COM

SUPPORTING THE
FIGHTERS
ADMIRING THE
SURVIVORS
HONORING THE
TAKEN
AND NEVER, EVER GIVING UP
HOPE 



Learn the basics of online safety during

NATIONAL CYBER SECURITY AWARENESS MONTH

National Cyber Security Awareness Month (NCSAM) – held annually in October – is a collaborative effort between government, industry and organizations of all sizes to help you – and everyone – stay safer and more secure online.



Online safety is our shared responsibility, and it starts with **STOP. THINK. CONNECT.**™ Follow these tips throughout October – and year-round! – to help protect yourself and your information and promote a more trusted internet for everyone.

OWN YOUR ONLINE PRESENCE

Set the privacy and security settings on websites to your comfort level for information sharing. It's OK to limit how and with whom you share information.

PERSONAL INFORMATION IS LIKE MONEY. VALUE IT. PROTECT IT.

Information about you, such as purchase history or location, has value – just like money. Be thoughtful about who gets that information and how it's collected by apps and websites.

SHARE WITH CARE

Think before posting about yourself and others online. Consider what a post reveals, who might see it and how it could be perceived now and in the future.

KEEP A CLEAN MACHINE

Keep all software on internet-connected devices – including PCs, smartphones and tablets – up to date to reduce risk of infection from malware.

GET 2-STEPS AHEAD

Turn on two-step authentication – also known as two-step verification or multi-factor authentication – on accounts where available. Two-factor authentication can use anything from a text message to your phone to a token to a biometric like your fingerprint to provide enhanced account security.

GET STARTED TODAY!

staysafeonline.org/ncsam ▶



STOP | THINK | CONNECT™

@STAYSAFEONLINE /STAYSAFEONLINE

.....
Life is 10% what happens to us and 90% how we react to it.
.....

-Dennis P. Kimbro

Change is not a four letter word...but often your reaction to it is.

Jeffrey Gitomer

Opportunity is missed by most people because it is dressed in overalls and looks like work.

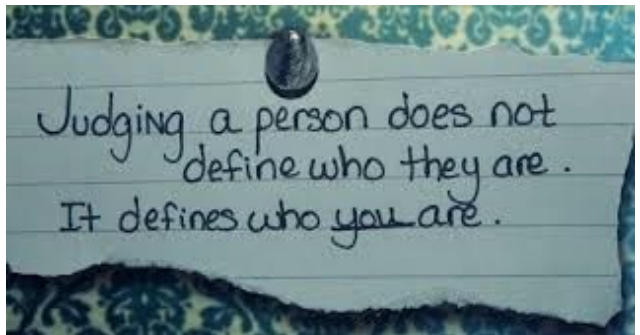
Thomas Edison

Opportunity does not knock, it presents itself when you beat down the door.

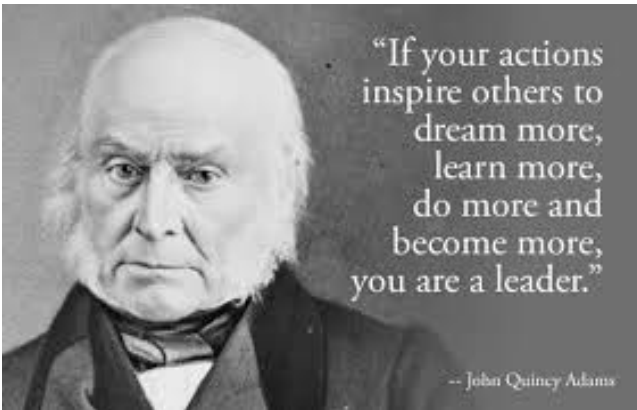
Kyle Chandler

Never let your sense of morals prevent you from doing what is right.

Isaac Asimov



SPENDING TODAY COMPLAINING ABOUT YESTERDAY WON'T MAKE TOMORROW ANY BETTER



Beautiful in my opinion has nothing to do with looks. Its how you are as a person and how you make others feel about themselves.

The Notebook of Life

Friends are like wedgies... They know your inner self. They're intimately close. And it feels great when you pick out a good one!



"COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, 'I WILL TRY AGAIN TOMORROW.'"

- Mary Anne Radmacher