



# Employee Newsletter

SEPTEMBER 2015

## HAPPY LABOR DAY!



Annual Big Sweep, Sept. 26th

### SEPTEMBER BIRTHDAYS

John Bandy	2
Robin Caldwell	3
Jessica Wilson	4
Melissa Mariano	5
Julia Weaver	5
Mark Gerbino	6
Shane Strickland	6
Mike Townsend	7
Jimmy Hall	10
Rodney Morrow	10
Jeannie Roberts	10
Maureen Sharp	11
Phoebe Hedden	12
Harold Mashburn	12
Robby Rivers	12
Jeff Clark	13
ShaynLoy	14
Trevor Lovin	15
Missy Thorpe	15
CB McKinnon	17
Trudie Evans	18
Bill Pave	19
Tanner Gay	20
Doug Miguel	20
Tom Beasley	22
Brian Carter	22
Darrell Decker	22
Chris Bateman	23
Mendy Lance	23
Joe Bateman	25
Dale Miller	27
Maggie Abernathy	28
Tashaya Holland	28
Donald Dockery	29
Trista Hughes	29
Tami Milet-Rayburn	29
Branson Worley	29
Tiffany Holland	30

Ages 21 to 76

### Mandatory Training in September and October

September and October are the months in which we normally do our harassment training. However since all new employees are supposed to be reading through a PowerPoint on harassment and customer service, we are going to change things up and offer some "fun" classes this year. I sent out the list of options a couple of weeks ago and asked for your feedback and have chosen the classes with the most votes.

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. The classes will be offered on two days, September 28th and October 22nd. Employee classes will be before lunch and supervisor classes will be after lunch. Jim Stratton, who did our harassment training last year, will be presenting on September 28 and Dawn Klug (pronounced Kloog), who has done our harassment training in the past, will be presenting on October 22nd.

Below are the classes you chose and their date and time.

#### September 28th

##### For Employees

9:45 Cracking the Code: Successful Habit Change

11:00 Successful Change and Transition

##### For Supervisors

1:15 Communication Skills for Managers

2:30 Team Building for Managers

#### October 22nd

##### For Employees

9:45 Defusing Anger

11:00 Stress, Anxiety and Depression

##### For Supervisors

1:15 Constructive Confrontation Skills

Classes will be held in the old Courtroom. 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.

#### **Wellness Rebates**

If you had your blood work done for your physical last year and participated in the wellness program rebate program **and** met your deductible, you should have received a \$100 rebate. If you have not received it, you need to contact Jennifer Hodge at Crescent at (828) 231-9501 and she can check into that for you. You must have had your blood work done and had height, weight and blood pressure measured **and** you must have met your \$500 deductible in full in order to qualify. We are going to try to do the rebates quarterly, so after the end of the quarter in which you met your deductible, you should be receiving the rebate if you have participated in the wellness program.

#### **AFLAC Wellness Benefit**

Speaking of wellness, if you have an AFLAC Cancer or Critical Illness policy, there is a wellness benefit associated with those that you can receive each calendar year. On the Cancer policy, having a cancer related test such as a mammogram, PSA, pap smear and 15 other tests qualifies you for that benefit. On the Critical Illness, many of the same tests count plus some additional ones related to heart health. There is also a Wellness benefit associated with the Accident policy after you have had it for a year. It can also be used by a family member if the insured does not use it. Almost any kind of exam counts for the Accident Wellness benefit. The wellness forms are available on the County's website. Click on Departments, then Human Resources, then Employee Information to locate them.

Q: Have you heard of that disease that you get from kissing birds?

A: Chirpes. It's one of those canarial diseases. I hear it's untweetable.

#### **Commissioners Board Meetings**

Tuesday, Sept 8th 6:30 pm  
Monday, Sept 21st 6:30 pm

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

### **“Be Aware and Prepare”**

Cherokee County residents are resilient. They have weathered *tornados, severe rear flank down draft winds, snows and flood* emergencies and come out better prepared. Yet, after an emergency is not the time to prepare.

No one knows when the next flood, tornado, hurricane or even chemical spill will impact our area. But Cherokee County residents can prepare for these and other disasters. Preparing now for emergencies makes you better equipped to handle and recover from them when they occur.

September is North Carolina Preparedness Month and marks the 12th annual National Preparedness Month, sponsored by the Federal Emergency Management Agency in the U.S. Department of Homeland Security.

Cherokee County Emergency Management wants to educate residents about how to prepare for emergencies by creating an emergency plan, communicating with your family and loved ones what to do during an emergency, and putting together an emergency supplies kit.

It's easy to get started!

1. Make a plan. Use the resources on websites like ReadyNC.org or Ready.gov to help you and your family make emergency plans for home, work or school. Plan for the risks in your area such as if you live in a low-lying area or area prone to flooding. Work together with neighbors, colleagues, and others to build community resilience.
2. Discuss and practice your plan with your family. Be sure to communicate with one another about where to go and how you will get in touch with each other when an emergency occurs.
3. Build a kit. Keep enough emergency supplies – water, nonperishable food, first aid, prescriptions, flashlights, and battery-powered radio on hand – for you and those in your care.
4. Stay informed. Listen to local media outlets for up-to-the-minute weather alerts. Follow the advice and instructions of local emergency personnel and first responders. Download the free, ReadyNC mobile app that provides up-to-date weather and traffic but also lists what you need to include in your emergency supplies kit.

It's important to mold your plan to your family's needs and discuss it with every member in the house. Planning ahead of time will help you remain calm, think clearly and react accordingly. The more prepared people are, the quicker the community will recover. It's important to be aware and prepare!

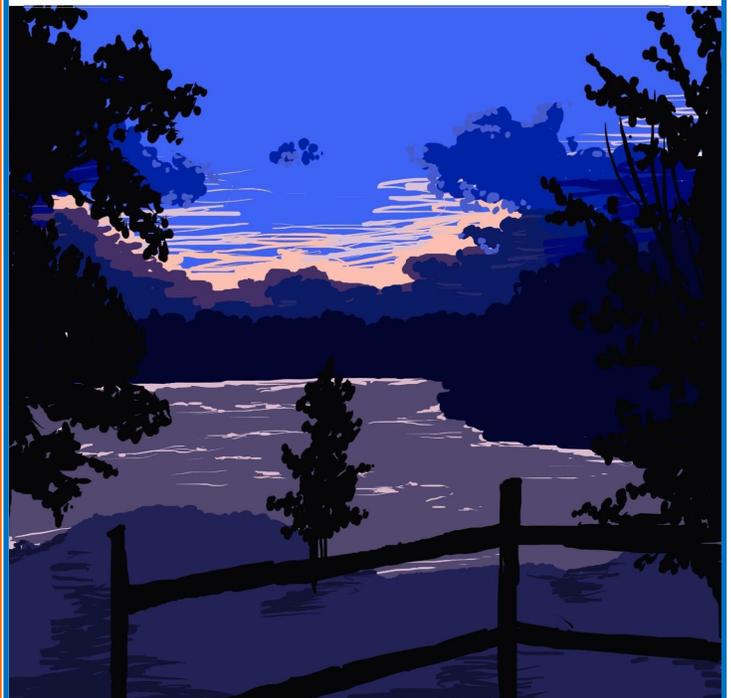


If a train station is where the train stops, and a bus station is where the bus stops, what is a work station?

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.

*Bertrand Russell*

## *BIG SWEEP 2015*



Hiwassee Lake - Cherokee County, N.C.

### **VOLUNTEERS NEEDED**

HANGING DOG CAMPGROUND September 26, 2015 from 9:00 am to 12:00 pm. For more information call 828-837-3950 or 828-837-6730, or email [sam.davis@cherokeecounty-nc.gov](mailto:sam.davis@cherokeecounty-nc.gov) or [brian.dillion@cherokeecounty-nc.gov](mailto:brian.dillion@cherokeecounty-nc.gov)

Water will be provided during the event. Light breakfast (coffee, doughnuts and fruit) will be served before this begins. Lunch will be served around 12:00.