



American Heart Association



Employee Newsletter

February 2020

President's Day Feb 17th



Valentine's Day

FEBRUARY BIRTHDAYS

Rhonda Taylor	2
Joe Wood	2
Gary Gladson	3
Travis Jackson	3
Robin Kline	3
Richard Chant	4
Danny Cross	4
Charlotte Schwalm	4
David Bledsoe	5
Gary Tompa	5
Mitch Morgan	7
Nick Roberson	7
Debbie Ambler	9
Beth Rutledge	9
Kevin Carter	11
Janet Crisp	11
Matt White	11
Karen Freyre	12
Parker Morgan	12
Michael Smith	13
Melody Johnson	15
Jamie Pack	15
Dennis Dore	17
Kathy Pratt	18
Danny Clayton	21
Jeremy Lance	21
Tonya Chastain	22
Jessica Mariano	22
Regina Swanson	23
Jennifer O'Dell	24
Nolan Queen	24
Kent Drum	26
Brandon Morgan	27
Carolyn Hogsed	28
Heath Nagel	28
Junior Peels	28
Lisa Wells	28
Mike Reid	29

Ages 28 to 78

The groundhog saw his shadow, predicting 6 more weeks of mild autumn.

Commission Meetings

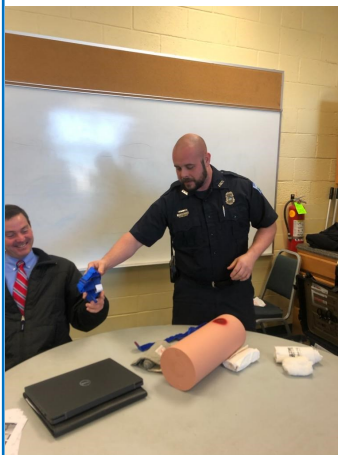
February 3rd 6:30 pm
February 17th 6:30 pm

LEAVE BALANCES

Your leave balances should look normal on your direct deposit you receive on February 7th. Any excess vacation pay you had at the end of 2019 was rolled into your sick balance. For general folks, that was anything in excess of 240 hours, for EMS, deputies, detention officers and dispatchers, anything in excess of 252 hours rolled over. This is a good thing, though, because unused sick leave actually counts as time worked when you get ready to retire. This amount is made a part of the calculation of your benefit. We have had folks who were able to retire with 30 years of service at 28.5 years due to having accrued so much sick leave...so think about that before you "burn" your sick time. It does count for something down the road. You may say, I'll never make it to 30 years, but you just never know. You just might.

EMS HOLDS TRAINING CLASS

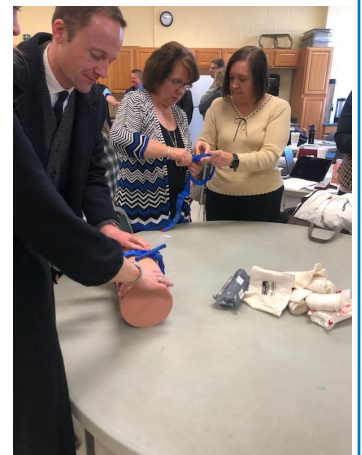
On January 21st, Haven Stiles and Jason Derreberry visited Murphy Elementary School and held a "Stop the Bleed" training course for a total of 20 Principals and Administrative staff of Cherokee County Schools. We had been invited by School RN Heather Watson. This class focuses on life-saving immediate management of injuries and seemed to be a hit with participants. Pictures are below.



Jason Derreberry



Haven Stiles



Cherokee County Schools staff

CONGRATULATIONS TO EVELYN POSTELL WHO IS RETIRING AT THE END OF FEBRUARY FROM HER POSITION AS TAX COLLECTOR AFTER HAVING WORKED FOR THE COUNTY FOR 13.5 YEARS. BEST WISHES IN YOUR NEW ENDEAVORS!!!

The Nation Goes Red in February

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke. This year go red day is on Friday, February 7. Let's all wear red that day to show

If you would like something published in the newsletter, or have ideas to suggest, contact Melody Johnson @ melody.johnson@cherokee-county-nc.gov



Avoid a Contact Burn

HOT SURFACES DAMAGE SKIN!

A contact burn is a burn caused by touching a hot object

TIPS

- Supervise children around hot objects at all times.
- Stand at least 3 feet away from hot outdoor objects. Keep area clear of trip hazards. Limit alcohol consumption.
- Protect your feet from hot objects by wearing shoes when walking on hot pavement or sand. Keep pets off hot pavement too.
- Turn heating pads and blankets off before sleep.
- Have hot pads available whenever cooking. Long oven mitts are best when needing to reach in or over hot surfaces, such as in an oven or over a grill. Assume all pots and pans are hot.
- Remember to treat items coming from the microwave as you would items from the oven. Limit microwave use by children.
- Unplug tools such as these when not in use, and always treat as if they are still hot. Keep out of reach of children

FACTS

- Roughly 70,000 people went to the hospital emergency department because of contact burns in 2018 (National Electronic Injury Surveillance System- NEISS).
- About one-third of the patients were children under the age of five (5).



**BURN
PREVENTION**

American Burn Association
312-642-9260
www.ameriburn.org

Improving the lives of those
affected by burn injuries

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