



Employee Newsletter

MAY 2019

MEMORIAL DAY, MAY 27TH



MAY BIRTHDAYS

Roy Dickey	1
Matt Pressley	1
Lisa Stroud	2
Misty Postell	4
Sasha Guffey	6
Brad Hoxit	6
Wade Burge	7
Brooke Leatherwood	8
David Pipes	10
Deborah Palmer	11
JB Reeves	11
Jason Derreberry	13
James Phillips	13
Patty Bauman	14
Sabrina Cunningham	14
Lance Daddow	14
Shannon Bruce	15
Candy Anderson	16
Stephanie Swanson	17
Mike Catuto	18
Cindy Coleman	18
Dakota Howard	22
Randy Wiggins	24
David Crisp	26
Michael Ham	26
Sara Barnett	27
Tyler Faggard	27
Donna Oglesby	27
Melissa Walker	27
Chrystal Mimbs	28
Robert Truett	28
Sam Davis	30

Ages 26 to 76

THREE PAY DAYS IN MAY

There will be three pay days in the month of May and on the third one which will be the 31st, there will be no leave accrual and no deductions for insurance, flex, credit union and VALIC. Also, time sheets for the 31st are due in finance by 10 am on the 28th..

Annual Open Enrollment!!!

Annual open enrollment for our insurance products will be on May 16th from 8:00 am to 3:00 pm in the upstairs Courtroom in the Courthouse. **This is the only time during the year you can make changes to your health, dental, cancer, vision, Liberty pre-tax life, and accident policies without having a qualifying event** (such as marriage, divorce, loss of job, birth, death, etc.). You may cover spouses and children on dental and/or vision without having the medical coverage, so those changes may be made now as well. Keep in mind that in order to make changes when you have a qualifying event, the change must be made within 30 days of the qualifying event. So if you get married, divorced, legally separated, spouse changes jobs, increase in cost for spouse, or have a child or have some other event that would be considered a qualifying event, you have 30 days to add or remove dependents to/from your health, dental, life, etc.

You may also make changes to any of our other benefits at open enrollment, if you so choose. Representatives from VALIC (our 457 plan), 401(k), Community Eye Care, AFLAC, Sam's Club, Liberty National (another optional life product) and SONA (our pharmacy company) will be on hand to talk to employees and answer any questions you might have. The meeting is mandatory for all full-time employees and I do keep up with who comes by whose Summary of Benefits and Coverage is left at the end of the two days. I know many of you will want to keep your coverage as it currently is, and that's fine, but we need to show that you have been offered the opportunity to accept or decline additional coverage...and you might actually be interested in something new.

If you wish to participate in FLEX spending, you must enroll again every year. This is the only benefit we have that requires you to enroll on an annual basis. If you have recurring medical, dental, vision, or child care expenses, you should consider this benefit. It's the only benefit that you get more out of than you put in. And you can use the funds for yourself, your spouse and dependent children, regardless of whether you have them on the County's insurance!!!

Retirement Statements

Retirement statements should be available around the middle of May on the retirement website by following the steps below:

1. Go to www.myncretirement.com
 2. Click on ORBIT
 3. Login to your account using your user name and password or if you have not set up an account, you may do so now. Please remember your user name and password as nobody at the retirement system can help you with that.
 4. Click on View Annual Benefits statement on the left then click view annual statement
- This statement shows lots of useful information and the website has several helpful tools to use in retirement planning.

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

Commissioners Board Meetings

Mon., May 6, 6:30 PM
Mon., May 20, 6:30 PM

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or clammy skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



BEING A SOCIAL WORKER
IS EASY.
IT'S LIKE RIDING A BIKE.
EXCEPT THE BIKE IS ON FIRE.
YOU'RE ON FIRE.
EVERYTHING IS ON FIRE.

CPR IS JUST THE HUMAN
VERSION OF BLOWING INTO A
VIDEO GAME CARTRIDGE
HOPING IT'LL WORK AGAIN

Kid's Fishing Day

Hosted by Cherokee County Sheriff's Office

Date: Saturday, May 11

(Rain Date Saturday, May 25)

Time: 9am till the fish stop biting

Place: Sheriff's Office Firing Range

**9554 US 19,
Marble NC 28905**



Join us for Fishing, Food and Fun!

FREE BAIT!! BRING YOUR POLE!!

HOTDOG PLATES!! KIDS EAT FREE!!

Event is for children, NO adult fishing will be allowed at this event!

CHEROKEE COUNTY'S 5K WALK/RUN FOR FOSTER CARE



There are numerous ways to participate:

REGISTER AS AN INDIVIDUAL AND RAISE FUNDS SOLELY

FORM A TEAM AND WORK COLLECTIVELY ON A FUNDRAISING GOAL

JOIN AN EXISTING TEAM

DONATE TO A TEAM OR INDIVIDUAL THAT IS ALREADY REGISTERED

MAKE A ONE-TIME DONATION

FLYERS FOR THIS
EVENT ARE
LOCATED AT
SEVERAL
LOCATIONS
THROUGHOUT
THE COUNTY

Saturday, May 18, 2019
Murphy Health & Fitness
695 Connehetta Street, Murphy, NC 28906

9:00 a.m. - 11:00 a.m.
Registration begins at 7:45 a.m.

TEAMS ARE HIGHLY ENCOURAGED!

AWARDS WILL BE GIVEN TO THE TOP THREE FUNDRAISING TEAM AND THE TOP THREE RUNNERS

Donate or Register online @ www.firstgiving.com/walkmehome/cherokee2019

Or Contact Cindy Bradshaw @ 828-361-0461
E-mail bradshaw1139@frontier.com

All participants are asked to give a \$25 donation in lieu of a registration fee.

