



Employee Newsletter

First Day of Fall, Sept. 22

HAPPY LABOR DAY!



SEPTEMBER BIRTHDAYS

John Bandy	2
Robin Caldwell	3
Jessica Wilson	4
Chad Hall	5
Melissa Mariano	5
Julia Weaver	5
Mark Gerbino	6
Shane Strickland	6
Mike Townsend	7
Morris Blackwell	9
Jimmy Hall	10
Rodney Morrow	10
Jeannie Roberts	10
Maureen Sharp	11
Phoebe Hedden	12
Harold Mashburn	12
Robby Rivers	12
Jeff Clark	13
Shayn Loy	14
Trevor Lovin	15
Missy Thorpe	15
CB McKinnon	17
Trudie Evans	18
Bill Pave	19
Tanner Gay	20
Tom Beasley	22
Brian Carter	22
Darrell Decker	22
Chris Bateman	23
Sarah Crist	23
Mendy Lance	23
Joe Bateman	25
Amanda Scruggs	26
Dale Miller	27
Maggie Abernathy	28
Tashaya Holland	28
Donald Dockery	29
Trista Hughes	29
Tami Mileti-Rayburn	29
Branson Worley	29
Tiffany Holland	30

Ages 22 to 77



Commissioners Board Meetings

Tuesday, Sept 6th 6:30 pm
Monday, Sept 19th 6:30 pm

Mandatory Training in October

Each fall we have mandatory employee training. I sent out a list of courses from which you could choose last week. Below are the classes receiving 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, October 19th and October 27th. We're making these a little later in the day on the 19th to hopefully accommodate those folks who get home at 7 in the morning to sleep. I realize a 7:15 class might work better for a few of you, but we have to get all of our employees squeezed into the four sessions. The classes in order chosen were 1) Brain Health, 2) Managing Your Time, 3) Gratitude, 4) Problem Solving and 5) Lighten up. Three, four and five tied so I looked at last year's classes and eliminated the one that looked similar to the classes from last year.

Below are the classes you chose 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

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.

Help Cherokee County Go Green!

Cherokee County mailed **36,664** tax bills starting August 11th, 2016. In an effort to be environmentally friendly, we invite you to visit our eStatement website to register to receive all your tax bills electronically.

Please log on to Cherokee County at <https://cherokee.nctaxstatements.com>. Enter the requested information including the Registration ID to begin receiving your bill electronically. You will find your Registration ID located on your tax bill.

If you have any questions, please contact the Appraisal Office at (828) 835-3296, option #2.

AFLAC Wellness Benefit

This is just a reminder that 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.

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

Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- » PRACTICE using different ways out.
- » TEACH children how to escape on their own in case you can't help them.
- » CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » CALL the fire department from outside your home.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Murphy Medical Urgent Care Claims

If you have been to MMC's Urgent Care, please check and make sure your claim was billed properly. Because the Urgent Care and Murphy Group Practice are housed in the same facility, they are mistakenly billing some of the Urgent Care visits as specialist visits which causes an incorrect co-pay to be charged. If you or one of your covered dependents have been to Urgent Care, please make sure and carefully check your explanation of benefits when it comes from Crescent and make sure it shows the balance you owe as \$30 (the Urgent care co-pay) rather than \$50 (specialist co-pay). If it does not, you can either contact Urgent Care and ask them to rebill the claim correctly, or contact Crescent and make them aware of the error and they can work with Urgent Care to get the claim rebilled correctly.

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.

...John Lubbock

SUMMER: The time of year when teachers can go to the bathroom when they need to.

Winter is an etching, *spring* a watercolor, *summer* an oil painting, and *autumn* a mosaic of them all.

...Stanley Horowitz

I wish menus would list burpee requirements. Like if you drink that pumpkin spiced latte, you might as well get down and do 367 burpees.

I feel sorry for the trees this time of year. At least when I went through "the change" nothing fell off! ...Maxine

Changes in Life and Disability Rates

If you are having a birthday that causes your age to end in a 5 or an 0 (one of the "ouch" birthdays), and it puts you above 30, you will see an increase in your life insurance and disability premiums if you elected those coverages. The premium that comes out of the first check of the month is larger than what your rate will end up being due to having to collect the additional that was not collected in the month prior to your birthday. The premium on the second check for the month will be what your new cost is until either we have a rate change or your have another 5 or 0 birthday.



Veteran's Appreciation Day

Date: October 8, 2016

Time: Begins at 10:00AM

Place: Roger Swanson's Farm

Pleasant Valley Rd.

Murphy NC 28906

SPONSORED BY CHEROKEE COUNTY SHERIFF'S OFFICE 837-2589

EMS Recognition Ceremony



EMS held a recognition ceremony on August 8th to celebrate the promotion of Brian King to Captain and David Reid's fulfilling all the requirements to become a paramedic. It was held at the Murphy Fire Department and was attended by many EMS employees, members of management, the EMS Medical director, three commissioners and family members.

EMS Director Al Lovingood played a motivational video and gave a brief presentation after which both Brian and David were pinned by their wives. Congratulations to both Brian and David for your accomplishments. The top photo is of David Reid and his family. The bottom photo is Brian King and family



In 20 years,
you will be more dissapointed by what you didn't do
than by what you did.
-Mark Twain



THE HAPPIEST PEOPLE
DON'T HAVE THE BEST
OF EVERYTHING, THEY
JUST MAKE THE BEST
OF EVERYTHING.

One small crack does not
mean you are broken,

it means that you were
put to the test and
you didn't fall apart.

“TO LIVE IS THE RAREST
THING IN THE WORLD.
MOST PEOPLE EXIST,
THAT IS ALL.”
OSCAR WILDE

The weak can never forgive.
Forgiveness is the attribute
of the strong.

Gandhi

BE SO
HAPPY
THAT WHEN
OTHERS LOOK
AT YOU
THEY BECOME
HAPPY TOO.

You are determining
the future you
every day.
Will the decisions
you make today
lead you closer to
the person you want to be
tomorrow?