



# Employee Newsletter

## March 2017



### MARCH BIRTHDAYS

Pat Bowman	2
Carmen Carricaburu	2
Walter Abbott	3
Kathy Killian	3
Emily Reid	3
Cathy Davidson	5
Sara Smith	5
Brent Burrell	6
Steve Coleman	6
Billy Norton	6
Christopher Berry	7
Janice Costello	7
Jody Bohanon	8
Peggy Graham	8
Evelyn Postell	8
Travis Evans	10
Lindsey Pertet	10
Bill Moyer	11
J J Wooten	12
Tania Firebaugh	13
Paul Fry	13
Dana Allen	15
Earlene Leonard	15
Adam Nicholson	15
Brent Hardin	16
Derrick Palmer	16
Tina DuBois	17
Lisa Lovingood	17
Edith Mason	17
Katherine Blevins	18
Alan Wildsmith	21
Nick Dilbeck	23
Jake Chapman	25
Kevin Creasman	25
Christopher Foster	25
Ed Marshall	25
Seth Morgan	26
Todd Abshier	28
Becky Turner	28
David Kidd	29
Mandi Amos	30
Mitch Boudrot	30
Kim McClain	31
Ages 18 to 85	



Cherokee County is now recognized as a StormReady community. Pictured are those who worked collaboratively on achieving this goal. From left Anthony Cavallucci- National Weather Service-Morristown Office, Jessica Orton- Cherokee County Emergency Medical Services, Robin Caldwell-Cherokee County

Emergency Management, Randy Wiggins- Cherokee County Manager, Jimmie Ramsey- North Carolina Emergency Management.

Being part of a Weather-Ready Nation is about preparing for your community's increasing vulnerability to extreme weather and water events. Americans live in the most severe weather-prone country on Earth. You can make sure your community is **StormReady®**. Some 98 percent of all presidentially declared disasters are weather related, leading to around 500 deaths per year and nearly \$15 billion in damage. The StormReady program helps arm America's communities with the communication and safety skills needed to save lives and property--before, during and after the event. StormReady helps community leaders and emergency managers strengthen local safety programs.

StormReady communities, counties, Indian tribal governments, universities and colleges, military bases, government sites, commercial enterprises and other groups are better prepared to save lives from the onslaught of severe weather through advanced planning, education and awareness. **No community is storm proof, but StormReady can help communities save lives.**

StormReady uses a grassroots approach to help communities respond to extreme weather—from tornadoes to hurricanes. StormReady helps communities respond to hazardous weather by providing emergency managers with clear-cut guidelines on how to improve their hazardous weather operations. Applying is easy. To be officially StormReady, a community must:

- Establish a 24-hour warning point and emergency operations center
- Have more than one way to receive severe weather warnings and forecasts and to alert the public
- Create a system that monitors weather conditions locally
- Promote the importance of public readiness through community seminars
- Develop a formal hazardous weather plan, which includes training severe weather spotters and holding emergency exercises.

All these objectives have been met and completed by the Cherokee County Emergency Management Team.

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

### Commissioners' Board Meetings

March 6th 6:30 PM  
March 20th 6:30 PM

# Are you **ReadyNC?** ... for **Severe Storms and Lightning**

Any thunderstorm can produce strong winds, lightning or hail that can be deadly and damaging. Know what to do and where to go when severe storms threaten your area.

## Lightning

Lightning can strike as far as 10 miles away from the rain area in a thunderstorm. That's about the distance you can hear thunder. When a storm is 10 miles away, it may even be difficult to tell a storm is coming. If the sky looks threatening, take shelter before you hear thunder.



### 30/30 Rule

Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

## Be **Safe!** Follow These **Tips**

- Listen to a NOAA weather radio for weather updates.
- Delay outdoor activities if storms are predicted for your area.
- Get inside a building or hard top vehicle (not a convertible). You are much safer inside.
- Unplug any electronic equipment well before the storm arrives. Don't go near electrical equipment or cords.
- Stay away from the plumbing. Don't wash your hands, take a shower, wash dishes or do the laundry. Plumbing can conduct electricity.
- Stay away from windows and doors. Stay off porches and away from hilltops, open fields, the beach or a boat on the water.
- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Don't touch anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.
- If driving during heavy rain, try to pull over safely and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Try not to touch metal or other surfaces that conduct electricity in and outside the vehicle.



### Get **ReadyNC!**

Download the ReadyNC mobile app on both iPhone and Android devices. It's free!

**ReadyNC.org**  
Plan. Prepare. Stay Informed.

**Remember:** Rubber-soled shoes and rubber tires provide NO protection from lightning.



## Insurance networks and how to access them

With our self-insured plan, we have access to two different networks: 1) Crescent (primarily Western NCO and the PHCS network that gives us access to a nationwide network of providers that is as extensive as the ones available through the major insurance carriers. You don't need to do anything to see a provider in this network, but if you want to see which providers are available, go to [www.multiplan.com](http://www.multiplan.com), click on search for a doctor or facility (towards the upper right of the website with a green background), then towards the bottom of the next page under the "Back of card" section, click PHCS. Continue following the instructions to search for the type of doctor you are wanting to see. Any doctor or facility you find on this site is an in-network provider for you.

Or if you wish to search for providers in Western North Carolina, go to [www.crescenths.com](http://www.crescenths.com) and in the middle at the bottom, click on "Search for Providers" and enter group number 8228. Any practice you find here is also an in-network provider.

Also, at the bottom of the back of your insurance ID card, there is a number for Global Care. If you are ever out of the area and get sick, such as when you are on vacation, call that number (866) 807-6193 and they will find an in-network provider who is in the PHCS network that you can see in that area. It's a wonderful benefit that is available to you that helps you save money and gives you access to providers who are in-network no matter where in the United States you may be. We've had folks use this when they were traveling out West and in the Southern states. Global Care even found a provider for one of our employee's children who was on a mission trip in Africa that they could see as an in-network provider.

Also, remember that we do not have a dental network. You have \$1000 to spend on dental care from July to June (***this does include the cost of cleanings***). You go to whichever dentist you choose and have them file your claim with Crescent and if it is a covered service, we will pay for it. Major restorative services, such as crowns and bridges, are not covered until you have been insured for 12 months.

DAYLIGHT SAVINGS  
TIME BEGINS SUN-  
DAY MARCH 12<sup>th</sup>

Q: What lives in apples and is an avid reader? A: A bookworm  
Q: How do you make an apple puff? A: Chase it round the garden.  
Q: Why can't you tease egg whites? A: Cause they can't take a yolk.  
Q: What do chickens grown on? A: Eggplants  
Q: What do you call a mischievous egg? A: A practical yolker.



**New Health Benefit**  
**Have you enrolled yet?**



Have you activated your AllyHealth account yet? If you have not and you are covered by the County's insurance, you may enroll both yourself and your family members who live in your home. And the family members are covered even if you don't have them covered by the County's health insurance—yes, you read that correctly—family members are covered regardless of whether you have them on your health insurance. To activate your account go to [https://members.mdlive.com/allyhealth/landing\\_home](https://members.mdlive.com/allyhealth/landing_home) and click on the activate tab. Any members who are already on your health plan will already be there and you will need to activate each of them. You will need to add family members who are not insured on the County's health plan. If you aren't registered and need to use this wonderful service the County is now providing, you may also call at 1-888-870-4366 and the representative who answers can help get your account activated and facilitate your visit with a physician. There is no cost to you for using this service, nor to your family members. It sounds too good to be true, but it really is!!!

Once you go to the AllyHealth website, you can see frequently asked questions and get some good general information about the plan and the services they can provide. They will not, under any circumstance, prescribe narcotic medications, so if your health issue would require that, you will need to go ahead and see your primary care provider or go to Urgent Care. Several employees have already taken advantage of this service and have loved the ability to either place a call or set up an appointment in your account online, plus the fact that you don't have to miss half a day's work to go to an appointment if it is something that can be handled by them. If you contact them and your condition is not something they can address, they will advise you to see your physician or if your condition is more serious, to either go to Urgent Care or even the Emergency Room.

WEAR RED DAY



Top photo: employees and ladies from the Senior Center (in black vest is Peggy Graham, last one on back row on right Jean Pendley, seated on far left of front row, Mary Pickens.)

Middle photo: Transit employees, L-R, James Bolick, Jennifer West, Rhonda Taylor, Mike Catuto

Bottom photo: Back Row L-R David Pipes, Eddie Allen, Debbie Weatherly, Karen Wright, Kathy Hinzman, Melody Johnson, Debra Howard, Debbie Ambler, Maria Hass; Front Row L-R Randy Wiggins, Nadine Allen, Tania Firebaugh, Jan Griggs, Nicky Stalcup and Daphne Dockery

Dress down dollars received for the last three Fridays have been donated to the American Heart Association to support women's heart health. The total donated was \$90.00.

Thank you to all of you who participated and donated. Wear Red Day is observed annually to raise awareness that heart disease is the number one killer of women—not just men. For more information go to [www.goredforwomen.org](http://www.goredforwomen.org)

At left: Never pass up an opportunity to do some advertising!!!



take time  
TODAY  
to appreciate  
SOMEONE  
who does  
SOMETHING  
you take for  
GRANTED