

Employee Newsletter

MAY 2017

Annual Open Enrollment!!!

The County will have a new pharmacy company effective July 1 and we will have a representative from our pharmacy carrier for the first time ever at open enrollment this year to explain the changes to you. CVS/Caremark will no longer be providing this service to us. When your new ID card arrives, you will need to throw away the old card and begin using the new one after July 1. More to come so keep an eye out for it.

Annual open enrollment for our insurance products will be on May 17th from 10:00 am to 3:30 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 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 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.

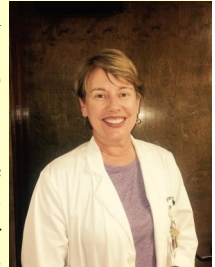
You may also make changes to any of our other benefits at that time, if you so choose. Representatives from VALIC (our 457 plan), 401(k), Community Eye Care, AFLAC, the Hartford (life and disability), Sam's Club, Liberty National (another optional life product) and SONA (our new pharmacy company) will be on hand to talk to employees and answer any questions you might have. The meeting is mandatory for all full-time employees..

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!!!



WELCOME DR. LANE!!!

The Health Department is excited to introduce Mary Lane, MD as the newest member of our staff. As we grow our practice and provide essential health care services to members of our community, we also want to welcome all participants of the Cherokee County Employee Health Plan to utilize the health department's services when sick or in need of routine health care. In addition to our laboratory services, employees can walk-in for visits as needed or schedule an appointment that best meets their needs. In order to provide these services, we ask that you please provide your insurance card at the time of service. The cost for the visit is the primary care co-pay of \$25. We encourage you to take advantage of our services as a convenient and cost effective alternative.



CONGRATULATIONS TO JAN GRIGGS!!!

Jan has been selected as the American Legion, Department of NC winner of Veteran's Service Officer of the year. She was nominated by American Legion Post 96 in Murphy and was selected #1 out of 315 American Legion Posts in NC! WAY TO GO, JAN!!! What an honor!!!

Commissioners Board Meetings

Mon. May 1, 6:30 PM
Mon., May 15, 6:30 PM

MAY BIRTHDAYS

Roy Dickey	1
Shanda Cheeks	2
Larry Payne	2
Lisa Stroud	2
Eddie Spradlin	3
Westley Whitaker	3
Monika Gregory	5
Brad Hoxit	6
Wade Burge	7
Julia Morrow	7
Paul Jones	8
Brooke Leatherwood	8
David Pipes	10
Deborah Palmer	11
JB Reeves	11
Jason Derreberry	13
James Phillips	13
David Hughes	14
Shannon Bruce	15
Candy Anderson	16
Stephanie Swanson	17
Brad Bailey	18
Mike Catuto	18
Clesia Wells	19
Jan Griggs	22
Randy Wiggins	24
David Crisp	26
Michael Ham	26
Donnie Roberson	26
Sara Barnett	27
Tyler Faggard	27
Derek Kincaid	27
Chrystal Mimbs	28
Tracy Pollard	28
Robert Truett	28
Thomas Nelson	29
Sam Davis	30
Jake Phillips	30

Ages 19 to 70

CONGRATULATIONS!!! to **Phoebe Hedden** at DSS who is retiring at the end of May after 25 years of service. Best Wishes, Phoebe!!!

Q: What did mommy spider say to baby spider?
A: You spend too much time on the web.

Q: What do you call a small Mom?
A: Minimum

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



We want to extend a huge THANK YOU to all of you for the wonderful job you did on Career Day at Ranger School! Thank you so much for giving your time, energy and expertise to share your careers and experiences with our students. Our students and faculty have all commented about the wonderful job you did, and the day would not have been as successful without each of you. From the bottom of our hearts, thank you!

Sincerely,
Suzanne McLelland
School Counselor
Ranger Elementary/Middle School



Sign up for the new reverse 911 system at nixle.com. Here you can sign up home and cell phone numbers to receive voice and/or text messages along with email. Just a few clicks away from the new system that will also allow instant alerts to severe weather. For any questions please call the Emergency Management office at 837-7352 or Ashley at extension 853. Make sure to tell your family and friends to sign up!!

This system replaces the Code Red system the County has been using, so if you or your family were enrolled in it, you will need to enroll in this new system to continue to receive alerts. So it is very important we get the word out about this. This is one of those times it will be good to tell everybody you know...

Are you ReadyNC? ... for Floods

Floods are one of the most common dangers in North Carolina and can occur any time, any where. They may be caused by large amounts of rain, hurricanes or dam failures. Most hurricane damage is caused by flooding.

Know the Terms

Flood watch – rainfall is heavy enough to cause rivers to overflow their banks. Flooding is possible.

Flood warning – flooding is occurring or very likely to happen in an affected river, lake or tidewater area.

Flash flood watch – flash flooding in specified areas is possible.

Flash flood warning – flash flooding is occurring or is likely to happen along certain streams and select areas.



Be Safe! Act Quickly

- Build an emergency kit.
- Make a family communications plan.
- Listen to the radio or television to learn what to do.
- Do not build in a floodplain unless you take the proper steps to raise and support your home.
- If you live in a flood high-risk area, elevate your home's furnace, water heater and electrical panel above base flood elevation.
- Think about putting in "check valves" to prevent flood water from backing up into the drains of your home.
- If you can, build barriers to stop floodwater from entering the building. Seal walls in basements with waterproofing compounds.
- Be aware of flooded or washed out roads. Just a few inches of water can float a car. Don't walk or drive through moving water. Think: **Turn Around, Don't Drown.**

Remember...

- ◊ Insurance companies do not include flood damage on a standard homeowner's policy. You may need to buy a separate flood insurance policy.
- ◊ Find out if your home is in a flood zone. Go to www.ncfloodmaps.com to learn about the risk of flooding in your area.



Get ReadyNC!

Download the FREE ReadyNC mobile app for both iPhone and Android phones.

ReadyNC.org
Plan. Prepare. Stay Informed.

Retirement Statements

Retirement statements should be available around the middle of May on the statement 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 information that is useful and the website has several useful tools to use in retirement planning.



Q: What did the baby corn say to the mama corn?
A: "Where's popcorn?"



My mom likes to play this game called "Yell from four rooms away" and get upset when I can't hear her. BAHAHHAH!!!

Losing a Family Member

Most of our holidays revolve around spending time with family and friends. We typically think of Thanksgiving and Christmas as being hard times to have lost a family member—and they are, but during the past year it seems like our employee family have lost an unusual number of spouses, brothers, parents, children, grandchildren, aunts, uncles, nieces, nephews, grandparents and other folks who are close to them. I can't remember a time since I've been working for the County when so many employees have lost loved ones.

This will be the first Mother's Day many have spent without a mother or the mother of their children. If you still have a living Mother, spend time with her and cherish another year you get to have her here. If you are one of those who lost a family member this year, know that your fellow employees care about you.

All of us deal with death differently, but if you're having a hard time coping after losing someone, the County provides an Employee Assistance Program through the Employee Assistance Network. Their number is 800-454-1477. Please don't hesitate to reach out to them for help. If you do, no one will know but you because the service is totally confidential. They don't tell us who calls them or who takes advantage of the free counseling sessions they provide. You get a limited number of visits that are covered by the County's contract with them. Please don't try to carry the burden alone when you can get help. Sometimes it just helps to have somebody who doesn't have a vested interest in you to listen and provide an unbiased helping hand. It might be that a counselor could provide a point of view that someone close to you could not. Don't suffer alone if you don't have to.

AllyHealth

If you have still not registered for our telemedicine benefit, it's not too late. Several folks have taken advantage of this benefit and the great thing about this one is that it's available for you to use for anyone who lives in your home even if you don't have them on your health insurance. They can take care of minor illnesses such as sinus infections, pink eye, and other minor health issues you or someone in your family might have. This is not intended to replace your regular physician, but it is useful for the little things and it keeps you from having to miss work and best of all, it doesn't cost you anything. Their website is www.allyhealth.net.

*A mother
is not a person
TO LEAN ON,
but a person to
MAKE LEANING
unnecessary.*

- DOROTHY CANFIELD FISHER



This is a
wonderful day.
I've never seen
it before.

MAYA ANGELOU

RD.COM/QUOTES

Enjoy the little things, for one day
you may look back and realize they
were the big things.

- Robert Brault

SayingImages.com

