



Employee Newsletter

October 2021 HAPPY HALLOWEEN!!!



OCTOBER BIRTHDAYS

Justin Hyde	3
Brian King	4
Annette Shaver	7
David Reid	8
Brian Smith	8
Robert Hart	9
Jennifer Wilson	9
Brian Anderson	10
Hayle Miguel	11
Kathy Danielson	12
Jennifer West	12
Brett Denton	14
Tylor Dockery	14
Mark Stephens	16
Haley Rose	19
Lisa Shields	21
Mary Pickens	23
Christy Taylor	24
Jason Hall	25
Drew Manston	25
Margo Powell	26
Dick Godfrey	27
Tracey Boatwright	28
Chelsey Fletcher	28
Todd Hicks	28
Teresa Palmer	28
Melvin Cantrell	29
Thristen Bailey	30
Rosanne Handford	30
Rachel Jones	30
Kenneth Corn	31
Kenneth Ham	31

Ages 24 to 74

EMPLOYEE FLU SHOTS FREE COVID VACCINE

Flu shots and are now available at the health department. These are available at no cost to our full-time employees and part-time employees (must be paid by the County) who have retirement withheld. Shots are also available to part time EMS, sheriff and jail employees due to the exposure to possible sick folks. You can look at your direct deposit notice and if it lists retirement or leo retirem, then you qualify. For full-time employees, please present your insurance ID card to the clerk at the health department when you go. Hours are 8 am to 4:30 pm (closed for lunch). Any dependents who are covered under our health plan would also be eligible.

Free COVID vaccines have been available since late last year and continue to be available to anyone wishing to receive one. The rapid spread of the Delta variant has seen a sizable uptick in cases nationwide, and especially in areas where the vaccination rate is lower. By this point in the pandemic, I would venture to guess that every one of us either knows somebody who has lost their life to COVID or know of someone who has died due to COVID or who is currently battling COVID.

This is what happens when I can't think of anything to put in the newsletter. Bahahaha!

A guy goes in for a job interview and sits down with the boss.

The boss asks him, "What do you think is your worst quality?"

The man says "I'm probably too honest."

The boss says, "That's not a bad thing, I think being honest is a good quality."

The man replies, "I don't care about what you think!"

My memory has gotten so bad it has actually caused me to lose my job. I'm still employed. I just can't remember where.

Some people say the glass is half full. Some people say the glass is half empty. Engineers say the glass is twice as big as necessary.

I asked the corporate wellness officer, "Can you teach me yoga?" He said, "How flexible are you?" I said, "I can't make Tuesdays."

My boss says I have a preoccupation with vengeance. We'll see about that.

The reason we "nod off to sleep" is so it looks like we're just emphatically agreeing with everything when we're in a boring meeting.

When an employment application asks who is to be notified in case of emergency, I always write, "A very good doctor".

Team work is important; it helps to put the blame on someone else.

I'm great at multitasking. I can waste time, be unproductive, and procrastinate all at once.

Experience is what you get when you didn't get what you wanted.

To be sure of hitting the target, shoot first and call whatever you hit the target.

To err is human, to blame it on someone else shows management **potential**.

A man can do more than he thinks he can, but he usually does less than he thinks he does.

I don't work well under pressure... or any other circumstance.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.

I thought I wanted a career, turns out I just wanted paychecks

DO WE EVEN NEED HALLOWEEN ANY MORE?

I'VE BEEN WEARING A MASK AND EATING CANDY FOR THE LAST 14 MONTHS!

**Commissioner
Board Meetings**

**October 4 @ 6:30 pm
October 18 @ 6:30 pm**

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

NOISE AND HEARING LOSS PREVENTION

Preventing Hearing Loss



In the United States, hearing loss is the third most common chronic physical condition after high blood pressure and arthritis. Not surprisingly, hearing loss is among the most common work-related illnesses. Workers are faced with occupational noise hazards every day. This page provides guidelines and recommendations for employers and workers to help reduce risks from noise exposure in the workplace.

Did you know that within *every* industry sector, there are workers at risk for work-related hearing loss?

Why is prevention important?

- Almost all work-related hearing loss is **permanent**, and it can have a **profound impact on quality of life**.
- As hearing loss worsens, hearing and understanding others becomes increasingly difficult, which can lead to isolation.
- Hearing loss is associated with **cognitive (mental) decline** and **heart problems**, such as high blood pressure and heart disease.
- Hearing loss is also strongly associated with **depression**.
- Hearing loss can lead to **loss of enjoyment**, when all the sounds we want to hear (e.g., music, voice of loved one) become muted and lack quality.
- **ringing in the ears** (tinnitus), which often occurs along with hearing loss, can disrupt sleep and concentration and is associated with both depression and anxiety.
- Hearing loss can impact **safety** at home and on the job.
- **Income is typically lower** among workers with hearing loss, than among workers with normal hearing.

Fortunately, with today's hearing loss prevention strategies and technologies, work-related hearing loss can be nearly always prevented.

What can workers do to prevent work-related hearing loss?

- Find out if the noise in your workspace is hazardous.
- If you must raise your voice to speak with someone at arm's length, then the noise is likely at a hazardous level.
- You can also check the noise level using a sound level meter app on your phone, such as the [NIOSH Sound Level Meter app](#).
- Ask your safety manager or direct supervisor to check the noise levels in your workplace, making sure they are below 85dBA.
- Reduce your noise exposure:
 - Take a break from the noisy activity.
 - Reduce noise at the source of the noise. Use [quieter equipment](#) and keep equipment well maintained and lubricated.
 - Enclose the source of the noise or place a barrier between you and the source.
 - Increase the distance between you and the source of the noise.
 - Reduce your time in noisy areas.
- Always wear hearing protection in noisy areas, and if using foam plugs, [insert them correctly](#).
- If you are listening to music or something else, keep the volume at a safe level and only listen in areas that are not noisy.
- Reduce or stop exposure to chemicals that may damage your hearing:
 - [Use a less-toxic or non-toxic chemical](#).
 - Wear gloves, long sleeves and eye protection.
 - Wear a respirator or other protective equipment, as appropriate.
- Read and follow all chemical safety instructions.

Your Credit Union can help you gain full control of your finances. Choose one or more of the services below and make an appointment at your local branch. To make the most of your financial counseling experience, bring the necessary paperwork identified under each of the services.

Credit Report Review

Prior to your appointment, order a free credit report through annualcreditreport.com or by calling **877.322.8228**.

Bring the credit report to your local branch. A staff member will review it with you and offer suggestions on how to improve your credit rating and how to prevent identify theft.

Spending Plan Review

Prior to your meeting complete a financial assessment available through Member Connect at lgfcu.org. Follow the steps to start your financial assessment.

1. Click on the Services tab
2. Select the Financial Assessment link under the "Financial Advisory Services" heading.
3. Navigate to step 5: "Spending Plan."
4. Enter your income and expenses. Don't worry if you aren't sure about all the categories. Complete as much as you can and select "Save."

You can also complete a spending plan using other software or by hand, and bring it to your appointment. A staff member will review your spending plan with you and offer suggestions about where you might reduce your spending or increase your income in order to provide funds for your financial goals.

Debt Elimination Counseling

Bring the following information about each debt to your appointment:

- Type of debt
- Name of creditor
- Interest rate
- Amount owed
- Current monthly payment
- Minimum monthly payment.

A staff member will enter your debts into our Debt Elimination Calculator to help you set priorities on which debts to pay first.

Future Financial Goals

Discuss your financial goals with a staff member, and get help creating an action plan to achieve them.

Get started today with rebuilding your financial future. Make an appointment today!