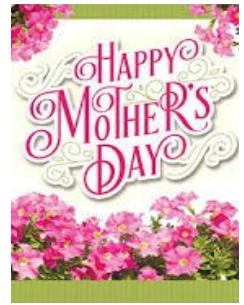




Employee Newsletter MAY 2018 MEMORIAL DAY, MAY 28TH



MAY BIRTHDAYS

Roy Dickey	1
Matt Pressley	1
Larry Payne	2
Lisa Stroud	2
Eddie Spradlin	3
Kathleen Anderson	4
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
Sabrina Cunningham	14
Shannon Bruce	15
Candy Anderson	16
Stephanie Swanson	17
Mike Catuto	18
Cindy Coleman	18
Clesia Wells	19
Randy Wiggins	24
David Crisp	26
Michael Ham	26
Donnie Roberson	26
Sara Barnett	27
Tyler Faggard	27
Donna Oglesby	27
Chrystal Mimbs	28
Robert Truett	28
Sam Davis	30

Ages 26 to 75

CONGRATULATIONS!!!
to **Wanda Stalcup**, our
museum director, who
is retiring at the end of
May after over 20 years
of service with the County.
Best Wishes, Wanda!!!
Don't catch all the fish
out of Lake Chatuge!

Annual Open Enrollment!!!

Annual open enrollment for our insurance products will be on May 16th 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, 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 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 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

Thurs. May 10, 6:30 PM
Mon., May 21, 6:30 PM



EMS OPENS STATION 4 IN MARBLE

EMS had an official ribbon cutting for their new station 4 in Marble on March 23, 2018. Pictured above from left to right: Jimmy Amos, Randy Wiggins, Cal Stiles, CB McKinnon, Roy Dickey, Doug Mills (EMS Director), Derrick Palmer, Hippie Westmoreland, Mark Patterson and Mandy Francis.

Pictures below, on the right and on the next page are of EMS staff attending career day at Ranger Elementary/Middle School on April 3. Congratulations and Thank you for all your hard work!





**MORE EMS PHOTOS FROM
CAREER DAY AT RANGER**

PHYSICAL FITNESS, VISION AND HEARING SAFETY TIPS

FITNESS

Almost anybody can safely take up walking, and light to moderate exercise is usually fine for healthy adults with no troublesome symptoms. But do you need to talk to your doctor before taking on a more strenuous regimen? It's wise to talk to a doctor if you have any questions about your health or plan to start more vigorous workouts, especially if you haven't been active recently.

Definitely talk to a doctor if you have any injuries or a chronic or unstable health condition, such as heart disease or several risk factors for heart disease, a respiratory ailment like asthma, high blood pressure, joint or bone disease (including osteoporosis), a neurological illness, or diabetes. Also consult your doctor if you suspect you may have an illness that would interfere with an exercise program or if you have been experiencing any troublesome symptoms, such as chest pain, shortness of breath, or dizziness.

VISION

Computer Vision Syndrome

Computer Vision Syndrome, also referred to as Digital Eye Strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use.

The average American worker spends seven hours a day on the computer either in the office or working from home. The e American Optometric Association is working to educate both employers and employees about how to avoid digital eye strain in the workplace. To help alleviate digital eye strain, follow the 20-20-20 rule; take a 20-second break to view something 20 feet away every 20 minutes.

HEARING

1. Whether noise damages your hearing depends on three things: how loud it is, how long you are exposed, and how close you are to the source.
2. As a rule of thumb, if you have to raise your voice when talking to someone a couple feet away, the noise is above the trigger level for wearing PPE.
3. The type of hearing protection you may be required to wear depends on the type of noise hazards. The most common types are earplugs, canal caps, and earmuff cups.
4. Wash your hands before inserting earplugs.
5. Learn how to use the various types of soft and preformed earplugs. In general, you pull the ear up and back before inserting the plug.
6. Wash reusable earplugs every day, and dry them before you store them.
7. Replace them when they are worn or don't seem to fit.

CHEROKEE COUNTY VETERANS SERVICES OFFICE

GEORGE HEILNER-PSYCOLOGIST



Mobile Vet Centers of the Department of Veterans Affairs provide readjustment counseling and information resources to Veterans across the country.

MOBILE VET CENTER

Department of
Veteran
Affairs

Come join us for a free tour on
Thursday May 31st 2018 from
9:00 a.m. until 3:00 p.m. at
Lowes 198 Bulldog Drive
Murphy NC

VETERANS SERVICES

LOWES HOME IMPROVEMENT



THURSDAY MAY 31ST



COME AND MEET WITH LOCAL VETERANS ORGANIZATIONS

LOWES HOME IMPROVEMENT

Shouting to make your children obey is like using your horn to steer your car, and you get about the same results.

You know the only people in this world who are always sure about the proper way to raise children? Those who don't have any.

Kids really brighten a household. They never turn off any lights.

Cleaning the house while your children are at home is like shoveling the driveway in the middle of a snow storm.

Raising a teenager is like nailing Jell-o to a tree.

You know you're a Mom when...

You weep through the scene in Dumbo when his mother is taken away, not to mention what Bambi does to you.

Your feet stick to the kitchen floor...and you don't care.