



Employee Newsletter

SEPTEMBER 2018

HAPPY LABOR DAY!



SEPTEMBER BIRTHDAYS

Dillon Daniels	1
Robin Caldwell	3
Melissa Mariano	5
Tom Sullivan	5
Julia Weaver	5
Justin Wilson	5
Mark Gerbino	6
Kevin Bolen	9
Jimmy Hall	10
Rodney Morrow	10
David Oeth	11
Harold Mashburn	12
Robby Rivers	12
Jeff Clark	13
Caleb Stiles	13
James Watkins	13
Trevor Lovin	15
CB McKinnon	17
Trudie Evans	18
Penny Staton	19
Christopher Denton	20
Tim Sells	21
Tom Beasley	22
Darrell Decker	22
Chris Bateman	23
Mendy Lance	23
Trey Moyer	24
James Rosser	24
Jeff Scott	24
Donald Dockery	29
Trista Hughes	29
Marvin Jenkins	29
Tami Mileti-Rayburn	29
Brandi Spiva	29
Branson Worley	29
Tiffany Holland	30

Ages 23 to 66

Urine -- Opposite of you're out
 Varicose -- Located nearby
 Vein -- Conceited
 Protein -- Favoring young people
 Morbid -- Higher offer

Mandatory Training in October

Each fall we have mandatory employee training. This year you chose the topics again and the winners were (in order from most votes to last winner): Emotional Intelligence, Lighten Up: Stress Reduction for a Tense World, Compassion Fatigue, Brain Health: It's a SNAP and Defusing Anger. The two top picks for supervisors were Emotional Intelligence and Constructive Confrontation Skills for Managers, so department heads and supervisors may attend either the employee session on Emotional Intelligence or the Constructive Confrontation Skills or both if you'd like to do both. If your department can accommodate your absence and you would like to attend more than one session, you may do so, but you need to get approval from your supervisor to do that. I have the times listed below and will put in the class selection in October's newsletter once I get some more feedback from departments and employees.

October 18th

For Employees

9:45 To Be Determined
 11:00 To Be Determined
 1:15 To Be Determined

For Supervisors

2:30 Constructive Confrontation Skills for Managers

October 30th

For Employees

8:00 To Be Determined
 9:15 To Be Determined

For Supervisors

11:00 Closed session

Classes will be held in the old Courtroom, or possibly the Commissioner's Boardroom. Again, attendance at at least one class is mandatory for all employees. Attendance is tracked by signed acknowledgement forms, so be sure you sign and turn in a form noting your attendance.

REPORTING WORKERS COMP INJURIES

Just a reminder, if you have a work-related accident or injury, **even if you don't go for treatment**, those accidents or injuries still need to be reported within 24 hours. The reason you need to report, even if you don't need to be seen that day, is that if in three or four days whatever you hurt isn't better, there isn't any question about how, when or where you were injured. Your supervisor should have access to the form that needs to be completed and returned to Human Resources so the claim can be documented and reported.

If you do have some type of work-related accident or injury and need to go for treatment and it's during normal working hours, our treatment starts at the Health Department if the doctor is there that day and your injury doesn't require emergency treatment. If the doctor is not there, then the next place of treatment is at Urgent Care. We only use the ER if your injury is severe enough that you need emergency care or if the injury is after both the health department and/or Urgent Care have closed for the day. In no event are you ever supposed to call your personal health-care provider and seek treatment there. If you do that, you may be responsible for paying for that visit. Workers comp treatment is always directed by your employer and we have Sedgwick Claims Management who oversees our workers comp claims past the initial visit.

Commissioners Board Meeting

Thursday, Sept. 20 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.

Joe: What's the king of all school supplies?

Moe: I don't know. What?

Joe: The ruler.

Please join me in congratulating Michael Smith as the Captain for C shift. The interview board was tasked with this very tough decision, due to the many qualified candidates we had. This speaks highly of our service. Captain Smith brings a wealth of training and experience to C shift. Captain Smith will start his duties on August 2nd 2018. Along with his regular Captain duties, he will be tasked with the additional duty of Training Supervisor. He will be working with our Training Officer to start a quarterly hands on training program for our service.

Sincerely

Doug Mills

Doug Mills
EMS Chief
Cherokee County
7/30/2018



A big shout out to our EMS crews and personnel. In the past few months, they have had at least two "saves" of which I'm aware. Because we're such a small community and the need to protect patient privacy, I can't give details or list your names, but you know who you are if you were involved in one of these.

A "save" is where a patient's condition has deteriorated enough that the emergency medical personnel pretty much snatch them back from the arms of death. They don't happen very often, but when they do, it's really a big deal and you are to be commended for the work you do. We are very appreciative of you all. Way to go EMS employees!!!

Dispatcher Rule #49

Much like a cop or a mother, a dispatcher can smell BS a mile away.

As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember – and share with your children – some key tips that will help keep them safe and healthy throughout the school year.

Getting to School

Whether children walk, ride their bicycle or take the bus to school, it is vitally important that they – and the motorists around them – take proper safety precautions.

Walkers »



A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.
– Paul Dudley White

Walking is the world's oldest exercise and today's modern medicine.

Walk as if you are kissing the Earth with your feet.
– Thich Nhat Hanh

The best remedy for a short temper is a long walk.
– Joseph Joubert

- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available
- Never walk while texting or talking on the phone
- Do not walk while using headphones

Bike Riders »



Jack and Jill have just climbed L'Alpe d'Huez, one of the steepest peaks in the French Alps, on their tandem.

"Phew, that was a tough climb" said Jill, leaning over, breathing hard. "That climb was so hard, and we were going so slow, I thought we were never going to make it."

"Yeah, good thing I kept the brakes on," said Jack, "or we'd have slid all the way back down!"

- Always wear a helmet that is fitted and secured properly
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing

Bus Riders »



- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers

IT WAS the first day of school, after summer vacations and time for me to pick up the children in my school bus and take them home again. After I had made the complete run that afternoon, one little boy remained on the bus. Thinking he had simply missed his stop, I started driving slowly back through the neighborhood and asked him to be sure to let me know if any of the houses or people looked familiar. The boy sat in his seat contentedly and shook his head whenever I asked him if he recognized a person or place. After the second unsuccessful tour of the area, I started back to the school to ask for his address. When we arrived, the child got off the bus and started walking away. "Wait!" I called. "We have to go inside and find out where you live." "I live right there," he said, pointing to a house across the street. "I just always wanted to ride in a school bus."

Drivers, Share the Road »



- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus



Teen Drivers »

Teens crash most often because they are inexperienced. They struggle judging gaps in traffic, driving the right speed for conditions and turning safely, among other things. As your teen becomes a new driver, learn more about what you can do as a parent to keep them safe.

Theresa: Doctor, I get so nervous and frightened during driving tests is there anything you can give me.
Doctor: Just don't try not to worry about it. You'll pass eventually.
Theresa: But I'm the examiner.

