Employee Newsletter
MAY 2019
MEMORIAL DAY, MAY 27TH

Annual Open Enrollment!!!

Annual open enrollment for our insurance products will be on May 16th from 8:00 am to 3:00 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 pretax 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 retirement website 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@cherokeecounty-nc.gov with any suggestions

Commissioners Board Meetings
Mon., May 6, 6:30 PM
Mon., May 20, 6:30 PM

MAY BIRTHDAYS
Roy Dickey 1
Matt Pressley 1
Lisa Stroud 2
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
Patty Bauman 14
Sabrina Cunningham 14
Lance Dadow 14
Shannon Bruce 15
Candy Anderson 16
Stephanie Swanson 17
Mike Catuto 18
Cindy Coleman 18
Dakota Howard 22
Randy Wiggins 24
David Crisp 26
Michael Ham 26
Sara Barnett 27
Tyler Faggard 27
Donna Oglesby 27
Melissa Walker 27
Chrystal Mimbs 28
Robert Truett 28
Sam Davis 30

Ages 26 to 76

THREE PAY DAYS IN MAY
There will be three pay days in the month of May and on the third one which will be the 31st, there will be no leave accrual and no deductions for insurance, flex, credit union and VALIC. Also, time sheets for the 31st are due in finance by 10 am on the 28th.
# Heat-Related Illnesses

<table>
<thead>
<tr>
<th>WHAT TO LOOK FOR</th>
<th>WHAT TO DO</th>
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</thead>
<tbody>
<tr>
<td><strong>HEAT STROKE</strong></td>
<td></td>
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<tr>
<td>• High body temp (103°F or higher)</td>
<td>• Call 911 right away—heat stroke is a medical emergency</td>
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<tr>
<td>• Hot, red, dry, or damp skin</td>
<td>• Move the person to a cooler place</td>
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<tr>
<td>• Fast, strong pulse</td>
<td>• Help lower the person’s temperature with cool cloths or a cool bath</td>
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<tr>
<td>• Headache</td>
<td>• Do not give the person anything to drink</td>
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<tr>
<td>• Dizziness</td>
<td></td>
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<tr>
<td>• Nausea</td>
<td></td>
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<tr>
<td>• Confusion</td>
<td></td>
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<tr>
<td>• Losing consciousness (passing out)</td>
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<tr>
<td><strong>HEAT EXHAUSTION</strong></td>
<td></td>
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<tr>
<td>• Heavy sweating</td>
<td>• Move to a cool place</td>
</tr>
<tr>
<td>• Cold, pale, and clammy skin</td>
<td>• Loosen your clothes</td>
</tr>
<tr>
<td>• Fast, weak pulse</td>
<td>• Put cool, wet cloths on your body or take a cool bath</td>
</tr>
<tr>
<td>• Nausea or vomiting</td>
<td>• Sip water</td>
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<tr>
<td>• Muscle cramps</td>
<td>Get medical help right away if:</td>
</tr>
<tr>
<td>• Tiredness or weakness</td>
<td>• You are throwing up</td>
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<tr>
<td>• Dizziness</td>
<td>• Your symptoms get worse</td>
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<tr>
<td>• Headache</td>
<td>• Your symptoms last longer than 1 hour</td>
</tr>
<tr>
<td>• Fainting (passing out)</td>
<td></td>
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<tr>
<td><strong>HEAT CRAMPS</strong></td>
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<tr>
<td>• Heavy sweating during intense exercise</td>
<td>• Stop physical activity and move to a cool place</td>
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<tr>
<td>• Muscle pain or spasms</td>
<td>• Drink water or a sports drink</td>
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<tr>
<td></td>
<td>• Wait for cramps to go away before you do any more physical activity</td>
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<tr>
<td></td>
<td>Get medical help right away if:</td>
</tr>
<tr>
<td></td>
<td>• Cramps last longer than 1 hour</td>
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<tr>
<td></td>
<td>• You’re on a low-sodium diet</td>
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<tr>
<td></td>
<td>• You have heart problems</td>
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<tr>
<td><strong>SUNBURN</strong></td>
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<tr>
<td>• Painful, red, and warm skin</td>
<td>• Stay out of the sun until your sunburn heals</td>
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<tr>
<td>• Blisters on the skin</td>
<td>• Put cool cloths on sunburned areas or take a cool bath</td>
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<td></td>
<td>• Put moisturizing lotion on sunburned areas</td>
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<td></td>
<td>• Do not break blisters</td>
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<tr>
<td><strong>HEAT RASH</strong></td>
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<td>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</td>
<td>• Stay in a cool, dry place</td>
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<tr>
<td></td>
<td>• Keep the rash dry</td>
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<tr>
<td></td>
<td>• Use powder (like baby powder) to soothe the rash</td>
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"Hey Mom, can I help you clean?"
- No One Ever

"Being a social worker is easy. It's like riding a bike. Except the bike is on fire. You're on fire. Everything is on fire."
Kid’s Fishing Day
Hosted by Cherokee County Sheriff’s Office

Date: Saturday, May 11
(Rain Date Saturday, May 25)
Time: 9am till the fish stop biting
Place: Sheriff’s Office Firing Range
9554 US 19,
Marble NC 28905

Join us for Fishing, Food and Fun!
FREE BAIT!! BRING YOUR POLE!!
HOTDOG PLATES!! KIDS EAT FREE!!

Event is for children, NO adult fishing will be allowed at this event!
CHEROKEE COUNTY’S 5K WALK/RUN FOR FOSTER CARE

There are numerous ways to participate:
- Register as an individual and raise funds solely
- Form a team and work collectively on a fundraising goal
- Join an existing team
- Donate to a team or individual that is already registered
- Make a one-time donation

Saturday, May 18, 2019
Murphy Health & Fitness
695 Connehetta Street, Murphy, NC 28906
9:00 a.m. - 11:00 a.m.
Registration begins at 7:45 a.m.

Teams are highly encouraged!
Awards will be given to the top three fundraising team and the top three runners

Donate or Register online @ www.firstgiving.com/walkmehome/cherokee2019
Or Contact Cindy Bradshaw @ 828-361-0461
E-mail bradshaw1139@frontier.com

All participants are asked to give a $25 donation in lieu of a registration fee.