

September Classified Kudos

Employee Group Being Recognized:
Mechanics, Bus Drivers, Bus Aides

CMCSS Newsletter

September 18, 2017

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Alive & Well

***Classified Kudos** is a monthly employee newsletter feature, which was initiated by a Continuous Improvement Team charged with employee recognition. The month's featured group will mirror the Classified Staff Appreciation calendar.*

2017-2018 FLU Vaccine Information

The Flu Vaccine will be offered this year to CMCSS employees and their dependents at the Benefits Fair on Sept. 26 from 3 p.m.-6 p.m., at Central Office in the Board Room. Any employee who plans on receiving the flu vaccine must present a valid ID and insurance card. Employees not covered under the BCBS insurance plan still may receive the flu vaccine for a \$15 (cash only).

The Flucelvax Quadrivalent will be administered. It helps protect against the four strains of influenza (2 A strains and 2 B strains) recommended by the CDC for the current influenza season. The Quadrivalent will be replacing the Fluvirin Trivalent that has been provided in years past.

The Quadrivalent is appropriate for ages 4 years old and up only. Please visit your child's pediatrician for additional options for flu protection of kids that are 3 and younger.

Common Side Effects:

- pain or redness where you got the shot
- headache
- tiredness
- muscle aches
- feeling unwell (malaise)

For all of the possible side effects of this vaccine, please visit the CDC website at www.cdc.gov.



Flu Vaccine Information Continued

You should not get Flucelvax Quadrivalent if you have had a severe allergic reaction to any of the ingredients in the vaccine or if you have been diagnosed in the past with Gillian-Barre. If you have questions as to whether or not you should receive the flu vaccine, due to any previous or current illness/allergy, please contact your primary care physician. The nurses administering the vaccine are not able to give medical advice.

Allergy, Asthma, and Sinus Center Booth at the Benefits Fair

The Allergy, Asthma and Sinus Center will be having a booth this year at the CMCSS Benefits Fair on Sept. 26. They will be conducting a six-panel allergy skin test for any CMCSS employees who would like to participate.

Allergy Testing is a basic tool for determining the cause of allergy symptoms and the expected wait time is approximately 10-20 minutes. Allergies are also the cause of many disease including asthma, rhinitis, and bronchitis. Studies show that all asthma has an allergic trigger.

Pulmonary Function Testing (PFT's) will also be offered at the Allergy, Asthma and Sinus Center booth. Pulmonary Function Testing is performed to determine how well air is getting in to your lungs, how well your lungs use the air breathe, and how well the air is expelled from your lungs. This can be a key indicator of reduced breathing capacity.

Important Reminders before testing

- It is recommended that you stop taking antihistamines 5 – 7 days prior to testing.
- All sleep aid and over the counter medications need to be withheld for 2 to 5 days before your appointment
- Because most cough preparations contain antihistamines, these need to be withheld for 2 days.
- **Please contact your physician before stopping medication that you take on a daily basis.**

Benefits Update

Open Enrollment

Open enrollment began Aug. 1 for the medical, dental and vision plans. Last day to enroll or make changes to coverage is Oct. 1. If adding a spouse to any of your plans, you will need to provide a copy of your marriage certificate.

Sick Leave Bank enrollment also began Aug. 1. The last day to enroll is Oct. 31.

Open enrollment for Colonial Supplemental Insurance and the Medical Flexible Spending/Dependent Care plan will be in November. Specific dates will be set later.

Benefits Fair



The poster is for the 13th Annual Benefits Fair. It features a carousel with three horses (two red, one blue) and a red and white striped canopy. Above the carousel is a banner that reads "THE 13th ANNUAL BENEFITS FAIR". Below the carousel, the text says "Come Discover Our Carousel of Benefits!". The date and time are listed as "September 26th SHOWTIME 3 to 6 PM" at "Central Services Gracey". A list of participating organizations includes Onsite Health Care, The Hartford, Colonial, MetLife, RetireReadyTN, Cornerstone Credit Union, BlueCross BlueShield, LegalShield, Coordinated School Health, Tennova Healthcare, Travelers, YMCA, Benefits Connection, Vision Service Plan, Fessenden Consulting Group, and True Life Care. A special presentation on Medicare is also mentioned.

THE
13th ANNUAL
BENEFITS FAIR

Come Discover Our
Carousel of Benefits!

September 26th **SHOWTIME 3 to 6 PM**
Central Services Gracey

- Onsite Health Care: Offering flu shots!
- The Hartford • Colonial • MetLife • RetireReadyTN
- Cornerstone Credit Union • BlueCross BlueShield • LegalShield
- Coordinated School Health • Tennova Healthcare • Travelers • YMCA
- Benefits Connection • Vision Service Plan • Fessenden Consulting Group
- True Life Care • *Allergy, Asthma and Sinus Center: Offering allergy testing!

*To ensure test results are accurate, please don't take antihistamines for 5-7 days prior to the Benefits Fair.

SPECIAL PRESENTATION: Medicare 101: The A, B, C and D's of Medicare.

Are you planning for retirement and want to know more about Medicare? Do you help your parents with their Medicare choices and wish you understood more? Do you think you might work past age 65 but are not sure how to handle Medicare enrollment? A Medicare Advocate from BlueCross BlueShield of Tennessee will prepare you with the facts so that you can make a decision that's best for you. This approximately one-hour presentation will be held at 4:30 p.m. in the Lecture Hall.

cmcss
The Defining Difference

Benefits Office is open Monday through Friday 7:30 a.m. to 4:30 p.m.

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October Alive & Well Events



Ultimate Frisbee: October 3rd at Liberty Park, 5-6 p.m.

Come learn to play ultimate Frisbee, and experience a fun way to get some exercise!

Sign-up: <https://goo.gl/forms/gSNA0xCzm6HilVw2>

Yoga: October 5th and 19th at Kenwood Middle School, 5-6:15 p.m. All skill levels welcome!

October 5th class sign-up: <https://goo.gl/forms/70c0720mf8iefCs92>

October 19th class sign-up: <https://goo.gl/forms/hoCaJtdUIHv1E3H02>

Group Hike at Rotary Park: Oct. 10, 5-6 p.m.

Join us for a group hike during fall break! Sign-up: <https://goo.gl/forms/CiC7wzjJzTnH5sEA2>

Meal Planning Workshop: Oct. 16, 5-6 p.m. at the Central Office Lecture Hall

Join Onsite Clinic's dietitian for a hands-on workshop on meal planning for yourself and your family. Includes tips, recipes, and meal ideas!

Sign-up: <https://goo.gl/forms/CDlXof4TwiOmhQgg2>

Costume Crawl 5k Run/Walk: Oct. 28 at Richellen Park. View the flyer within this newsletter or visit <http://aliveandwell.cmcss.net/events.html> for more information.

To find out about more events happening in October, join **Alive & Well Pop-Ups** on Facebook!

Alive & Well Costume Crawl 5K Run/Walk

October 28, 2017
Richellen Park
Timed Event 5K Run/Walk

Event Times:

8 a.m. – Runners (No children or dogs allowed on race course)

9 a.m. – Walkers (Children and nice dogs welcome)



All participants will receive a t-shirt!



Gift card prizes and "bonus" points awarded to top runners in men's and women's divisions.



Be Alive points for all those who participate and "bonus" points for those wearing a costume.

FREE to all CMCSS and Montgomery County employees!

Must register by October 13th.

Go to <http://aliveandwell.cmcss.net/events.html> for more information.



Contact Katie Massman at katie.massman@cmcss.net with questions.

