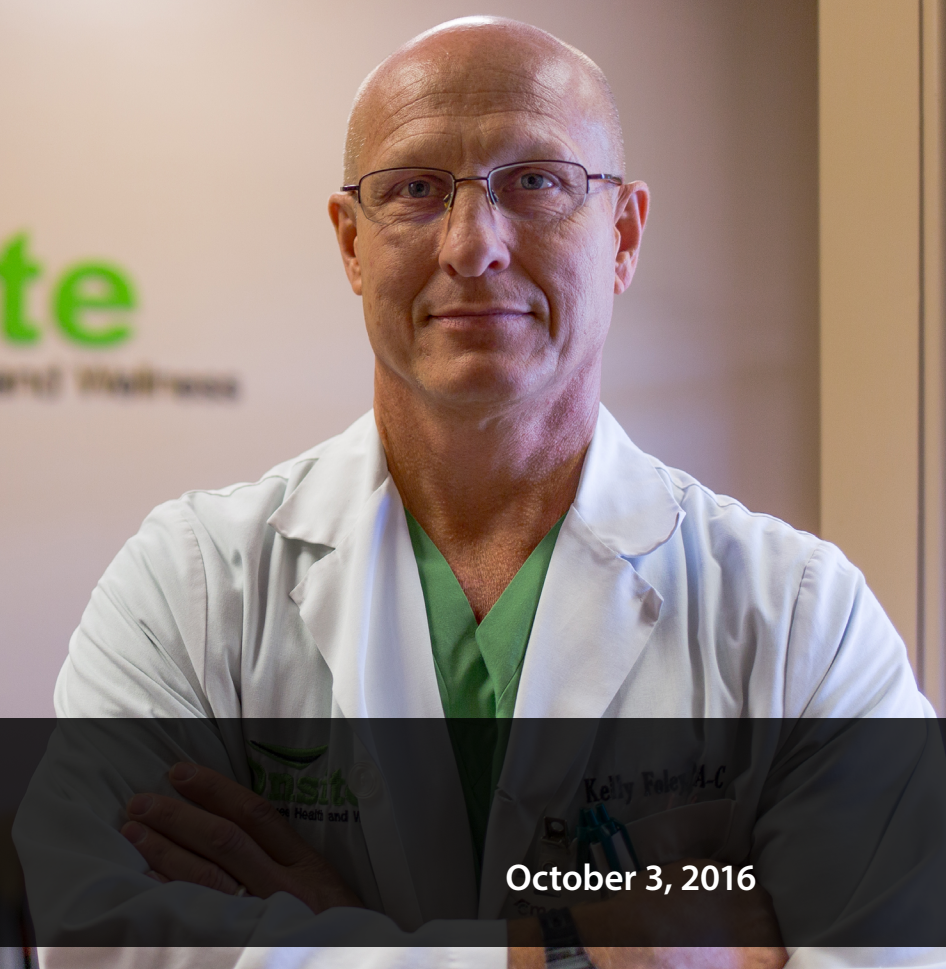


October Classified Kudos

Employee Group Being Recognized: **OnSite Staff**
Employee Representing Group: **Kelly Foley**
Time of Service to CMCSS: **3 years**
Primary Job Responsibility: **Physician Assistant**

*"I support the CMCSS mission by daily doing my best.
The best thing about my job is being able to help people
and taking care of their needs."*



CMCSS Newsletter

October 3, 2016

In This Newsletter

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Kickball Tourney Winners

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***Classified Kudos** will be 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. The spotlight will focus on one employee representing the group or groups being recognized.*



Election on Nov. 8

The Presidential, State General and City of Clarksville election will be Nov. 8. Polls are open from 7 a.m. to 7 p.m. While students will not attend school that day, staff development will be held throughout the district.

The following schools are used as voting precincts: Barkers Mill, Barksdale, Byrns Darden, Clarksville High, Cumberland Heights, East Montgomery, Glenellen, Hazelwood, Minglewood, Montgomery Central Middle, Northwest High, Oakland, Ringgold, Sango, Smith, St. Bethlehem and Woodlawn. For staff at schools used as polling places, voter parking will be designated. Please be sure to adjust parking for that day.

Early voting starts Oct. 19 and concludes Nov. 3. Click here for more information about times and location:
<https://newsletters.cmcss.net/Documents/63>

Benefits Update

Open Enrollment

Sick Leave Bank enrollment will continue to 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 Door Prize Winners



We had a great time at the Benefits Fair! Thank you to everyone who attended and/or helped with the event. It couldn't be a success without you! Check for your name in the list of door prize winners! Congratulations!

Door Prize	Sponsor	Winner
iPad	Reliance	Mike Ellis, Transportation
Fitbit	Fessenden Consulting Group	Joe Williams, Technology
Fitbit	Fessenden Consulting Group	Jamie Wright, Kenwood High
Virtual Reality 3D Headset	TrueLifeCare	Brinda Miller, West Creek High
Mug & \$50 American Express Gift Card	LegalShield	Rhonda Outlaw, Transportation
\$50 Blackhorse Gift Card	Jack Turner & Assoc.	Katherine Taylor, Technology
\$50 Blackhorse Gift Card	Jack Turner & Assoc.	Melinda Harris, Barksdale
\$50 Visa Gift Card	Cornerstone Financial	Patricia Corbett, Northwest
\$50 Visa Gift Card	Cornerstone Financial	Kimberley Moore, Transportation
Pedometer/Radio	Hartford	Aaron Taylor, Technology
Tech Pak	Lincoln Life	Karl Bittinger, Instruction
Portable Canvas Chair	Tennova Healthcare	Angie Nelson, Learning Center
Pullover Windbreaker	Hartford	Anita Smith, Learning Center
Lunch Bag/ Water Bottle	Hartford	Pat Lyle, Richview
Large Canvas Tote	BlueCross	Holly Hull, West Creek Elementary
\$25 Cracker Barrel Gift Card	Colonial	Bryan Lopp, Facilities
\$25 Cracker Barrel Gift Card	Colonial	Connie Deere, Transportation
\$25 Cracker Barrel Gift Card	Colonial	John Stafford, Warehouse
Aviator Sunglasses	VSP	Lisa Long, Northeast Middle
Golf Umbrella	Travelers	Katie Kitchen, Child Nutrition
Golf Umbrella	Travelers	Cheryl Roby, Learning Center
Compact Umbrella	Travelers	Joannie English, Transportation



PhysicianNow-A New Kind of House Call

PhysicianNow, powered by MDLIVE, connects you with doctors 24 hours a day, 7 days a week. Use PhysicianNow to avoid the hassle of scheduling time with your doctor or spending hours in an ER or Urgent Care waiting room. All you need is a telephone, smartphone, tablet or computer.

When Should I Use PhysicianNow?

When it's not an emergency
 When it's not easy to schedule with your doctor
 When you're traveling
 When you're too busy to go to your doctor's office

What conditions can be treated?

General Health

Allergies
 Asthma
 Cold & Flu
 Bronchitis
 Ear Aches
 Fever
 Infections
 Sore Throat
 And more

Pediatric Care

Cold & Flu
 Constipation
 Ear Infections
 Nausea
 Pink Eye
 And more



Employees enrolled in the BlueCross BlueShield medical plan, who are interested in PhysicianNow may call 888 283-6691 or log in to bcbst.com and click on "My Health and Wellness" tab.

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

Donna McIntosh – donna.mcintosh@cmcss.net Amy Wigington – amy.wigington@cmcss.net

Alive & Well

Employee Wellness Program

The Inaugural Fall Kickball Classic, sponsored by the Alive & Well employee wellness program, was held on Sept. 24. The event had 16 teams, which included both school teams and county teams. The final four included teams from Barkers Mill, Glenellen, County Mayor's Office, and Montgomery Central Middle. The team from the County Mayor's Office won the final game and took home the classic trophy. Thank you to everyone that participated! Please mark your calendar for the 2nd Annual Spring Kickball classic that is scheduled for April 29, 2017.



Photos provided by Jim Knoll and Katie Massman

Alive & Well Event Dates for October



Greenway Walk/Run

Oct. 3 from 4:30-5:30 p.m. and Oct. 6 from 5:30-6:30 p.m.

This event provides the opportunity to walk or run with friends and co-workers, and will be led by wellness representatives of CMCSS. Please contact Katie Massman, katie.massman@cmcss.net if interested in attending.

Grocery Store Tour: Produce and More

Oct. 18 and 20 at 6 p. m., Kroger on Madison St.

This fruit and vegetable themed tour will include hands-on activities to help you make the best food choices, tasty recipes, tips on how to include more produce in your diet, and a chance to win a cookbook. Limited number of participants per tour. To sign-up, please email Katie Massman, katie.massman@cmcss.net.



Debunk the Junk: Finding and Using Reputable Sources for Nutrition

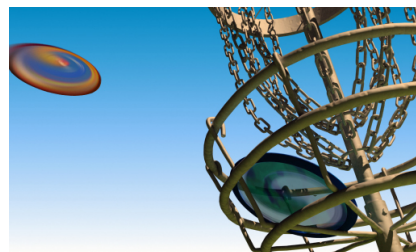
Oct. 27 at 5 p.m., location TBA

Learn how to decipher bad nutrition information from the good, in addition to learning the truth about many nutrition myths! Games, prizes, and more! To sign-up please email Katie Massman, katie.massman@cmcss.net.

Disc Golf Experience

Oct. 29, 10 a.m. at Airport Park in Clarksville

Now is your chance to learn a new sport! This event provides the opportunity to learn the basics of disc golf from an experienced player. Discs will be provided for participants to use. You could also win a disc of your own!



Each of the above events will earn Be Alive Points Participants 10 points if they attend.

Upcoming Events:

Alive & Well Indoor Duathlon at YMCA

The indoor duathlon will be held Nov. 5 at the YMCA of Clarksville. It will consist of a 25-minute run on a treadmill, and a 25-minute on the stationary upright bike. The goal is to try to complete as much distance on the treadmill and the bike as you can in the given time frame. The duathlon may be completed by an individual or two-person team. More information to come.

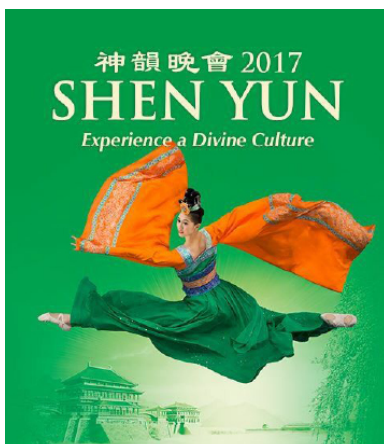
Click here for registration: <https://newsletters.cmcss.net/Documents/64>

Alive & Well Two-Mile Walk

The two-mile walk is a non-competitive event in which participants will walk at their own pace on the indoor track at the YMCA on Nov. 5. This event is for our non-competitors to provide an opportunity to participate in a physically active event with their friends, colleagues, and peers. Everyone will keep track of their own laps (1 mile=19.5 laps). Each participant will receive a t-shirt for participating in the event.

Click here for registration: <https://newsletters.cmcss.net/Documents/65>

Community



Shen Yun

The world-renowned Shen Yun Performing Arts is returning to Nashville to perform at TPAC on January 6 - 8, 2017. This is a great opportunity for students to appreciate traditional Chinese culture through the art form of music and dance.

Click here for information:
<https://newsletters.cmcss.net/Documents/66>