

**In this issue:**

- Update Contact Info Reminder
- Annual Transfer Period Details
- De-Stress with EAP
- Weakley County on FB/Twitter
- School Calendar 2012-2013
- Honoring David Johnson Chorus



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Find this newsletter, and a wealth of information on the County Website:

[www.weakleycountyttn.gov](http://www.weakleycountyttn.gov)

# Weakley County B•E•A•T

Bringing • Employees • Answers • Today August 2012 Volume 9 | Issue 1



Update Contact Information with Department of Finance  
**To Stay Informed**

Have you moved or plan to move? Have you recently married or changed your name? Do you have a new phone number or e-mail address? Have you cancelled your home phone line or changed any of your banking information?

Be sure that you keep the Department of Finance up to date on any changes that might have occurred recently. We need your correct contact and banking information for your pay, announcements, important notifications, and insurance changes/updates.

All forms needed for changing information can be found on the Weakley County Website: <http://www.weakleycountyttn.gov/downloads.html>. If you need help finding a document on the website, call us at 731.364.5429. We are here to help!

To make a change, please send your updated information to [franciscos@k12tn.net](mailto:franciscos@k12tn.net), or drop by the Finance Office: 8319 Hwy. 22, Suite B, in Dresden. Questions? Call us: 731.364.5429.

## PartNers for Health EAP Encourages Conquer Stress & Anxiety



Stress and anxiety seem to be everyday parts of modern life. It can be hard to keep up with the demands of work, school, parenting, relationships, financial concerns, and other basic daily challenges. Some level of worry and stress is a normal part of daily life. But if stress or anxiety is not relieved, it can cause problems. If you are feeling stressed out, here are some tips for coping with the stress:

- Eat a well-balanced, healthy diet. Don't use "comfort" eating to ease stress.
- Get enough sleep. Make a plan to get in bed earlier if fatigue is adding to your stress.
- Exercise regularly. Start an exercise routine that you can enjoy and sustain. It's perhaps the best way to cut daily stress.
- Limit the use of caffeine, nicotine and alcohol. These can worsen the effects of stress.
- Don't over-commit yourself. Packing your schedule can bring on anxiety.

## PARTNERS FOR HEALTH

The Annual Transfer Period:  
**Approaching Quickly**

The Annual Transfer Period for employee group insurance will be October 1, 2012 through November 1, 2012. BlueCross BlueShield of Tennessee and CIGNA will continue to be the insurance providers for Weakley County employees. Annual Transfer Period is the time to add, drop, or modify coverage.

Information regarding this event will arrive during mid-September 2012. Please watch your home mailbox for a PartNers for Health Enrollment Guide. During the Annual Transfer Period, **employees can:**

- Change health options: Switch between the Partnership and Standard PPO
- Change health insurance carriers: Select either BlueCross BlueShield of Tennessee or CIGNA, but make sure that your doctor is in-network for the carrier you choose.
- Enroll in health insurance for yourself or your eligible dependents (a late applicant fee will apply)
- Cancel health coverage
- Enroll in, cancel or transfer dental options.

The options you choose during the transfer period will take effect on January 1, 2013, and remain in effect through December 31, 2013, if there are no qualifying events/status changes.

For information about qualifying events/family status changes, or to schedule an appointment to make insurance changes contact the Finance Office: 731.364.5429.

For frequently asked questions about insurance coverage, visit: [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov).

- Learn relaxation techniques. Try guided imagery, progressive muscle relaxation, or yoga.
- Limit your TV news viewing. If the bad news on TV news is adding to your anxiety, limit your exposure.
- Don't neglect your hobbies. Direct your energy to active hobbies like playing music, gardening, dancing or crafting.

For more, log on to [www.here4tn.com](http://www.here4tn.com).

BACK TO SCHOOL ISSUE:  
**WELCOME BACK TEACHERS!**



### Dates to Remember

September 3, 2012  
**Labor Day Holiday**  
 No School - County Offices Closed

September 27, 2012  
**Parent-Teacher Conference**  
 Early Dismissal for Students  
 12 p.m. - 6 p.m.

August 31 - September 9, 2012  
 Tennessee Soybean Festival  
**Kid Fit Challenge:**  
**Friday - September 7, 2012**  
 Primary School Age: 9- 9:15am  
 Elementary Age: 11-11:15am  
 Location: Festival Park  
 (in front of the main stage)  
 Sponsored by: The Sideline  
 Contact - Josh Allen: 587-3422

### Did you know...

- The first Tennessee Soybean Festival was in 1994.
- During the Civil War, soybeans were used in place of coffee because real coffee was scarce.
- One acre of soybeans can produce 82,368 crayons.
- Soybeans were introduced to America in 1765 by Samuel Bowen, a sailor who had visited China. He grew soy near Savannah, Georgia.

- Info from: <http://oklahoma4h.okstate.edu>

### August: What Will Be Your Legacy Month

Often, we do not realize how actions affect others. We do not realize the impact of life choices on present and possibly future generations. *What Will Be Your Legacy Month* is a time to reflect on past and present actions and vow to make positive changes that will affect generations. The seeds, whether positive or negative, that we plant in our children's lives will grow and reflect our teachings.

**Weakley County Department of Finance  
on Twitter & Facebook:  
Ask and Get Answers!**



Weakley County is on Facebook and Twitter! Weakley County Government is integrating social media into local government. The implementation is designed to provide citizens an “instant service” for questions such as where to pay a bill, traffic tickets, meeting schedules, and more.

Using Twitter and Facebook, one goal is to increase citizen participation and interest. “Tweet” a request for information, and get answers without ever having to pick up the phone book.

The Communications Department of the Department of Finance is moderating these sites in conjunction with the Weakley County Website, [www.weakleycountytn.gov](http://www.weakleycountytn.gov), which is continuously monitored and updated.

“There are resources here designed for citizens to use, and we want to communicate those services,” said Shawn Francisco, Director of Finance for Weakley County.

The addition shows Weakley County’s commitment to adhering to standards for transparency in government.

Find us on Twitter: @weakleycountyTN

Find us on Facebook: <http://www.facebook.com/pages/Weakley-County-Community/406512186060407>  
Can’t find us? Call 731.364.5429.

**Weakley County Schools Calendar  
2012-2013**

September 3 (Mon.)	Labor Day (No School)
September 27 (Thurs.)	Parent/Teacher Conference
October 12 (Fri.)	Fall Break (No School)
October 15 (Mon.)	Fall Break (No School)
October 16 (Tues.)	Professional Staff Development
November 21-23 (W-F)	Thanksgiving (No School)
December 19 (Wed.)	Christmas Break- Early Dismiss
January (TBA)	Staff Development
January 8 (Tues.)	Student Return, 2nd Semester
January 21 (Mon.)	Martin L. King Day (No School)
January (TBA)	Parent/Teacher Conference
February 18 (Mon.)	President’s Day (No school)
March 19 (Tues.)	ACT Testing (Grade 11)
March 29 (Fri.)	Good Friday
April 1-5 (M-F)	Spring Break (No School)
April 22-26 (M-F)	Achievement Testing
May 7-9 (T-TH)	End of Course Testing
May 22 (Wed.)	Last Day of School - Early Dismiss
May 23 (Thurs.)	Workday for Teachers
May 24 (Fri.)	1/2 Workday (Report Cards)



**Now and Then Zen:  
“Practice a Daily Act of  
Random Kindness”**

From time to time, this section of the newsletter is devoted to sharing tips taken from Dr. Rachel Brown, a family physician practicing out of Brevard, North Carolina.

Even in small ways, an act of kindness sets an example and may cascade into a great many good things happening for a very long time. It is more than simply being polite, saying thank you or holding the door, though these things are also positive markers about your character.

Do something unexpected and pleasant for someone you love, or for that matter a total stranger. Surprise your partner with a special dessert or an evening out.

See that sheriff’s deputy eating alone in the restaurant? Ask the server to bring you the officer’s bill, and then pay it as you leave without identifying yourself to the officer. The deputy will talk about that for days and remember it for years. Spend time with someone who needs advice or a shoulder to lean on.

With August being *What Will Be Your Legacy* Month, it is fitting to ask ourselves what we can do to be kind to one another, and to make a lasting and positive influence on each other and generations to come.



From left to right: Keith Kemp, Tom Reavis, Gail Dyer, David Johnson, Commissioner John Salmon, and Commission Chairman James H. Westbrook, Jr.

At the most recent meeting of the Weakley County Commission, a Resolution was created to honor The David Johnson Chorus as Goodwill Ambassadors for Weakley County, Tennessee. The choral group recently competed in the World Choir Games in Cincinnati, Ohio. The chorus competed in three categories, and won a Silver Diploma in all three. Weakley County is honored to be the home of The David Johnson Chorus, extend the recognition, and commend the group for their success.  
**Congratulations, from Weakley County.**

See the Resolution: [http://www.weakleycountytn.gov/downloads/countycommission/2013-docx/RESOLUTION\\_2013-06.pdf](http://www.weakleycountytn.gov/downloads/countycommission/2013-docx/RESOLUTION_2013-06.pdf)

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Bringing • Employees • Answers • Today      Sept 2012      Volume 9 | Issue 2



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### September is National Preparedness Month

Would you be ready if there were an emergency? Be prepared: assemble an emergency supply kit, make your emergency plans, stay informed, and get involved in helping your family, business, and your community be ready for emergencies.

Consider investing in an ALERT FM Receiver, ([www.alertfm.com](http://www.alertfm.com)) and learn more about how to be prepared here in Weakley County by visiting [www.wc911.com](http://www.wc911.com).

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**Cafeteria Plan  
Changes  
September 17-21**

It is time for changes to your Cafeteria Plan.

In short, the Cafeteria Plan allows employees to pay for certain employer-sponsored insurance premiums with pre-tax dollars. For example: Health, Dental, Cancer, Hospital Confinement and Accidental Insurance premiums can all be deducted from your paycheck before taxes if the policies meet certain criteria. The Cafeteria Plan is an excellent way to generate tax savings. Cafeteria Plan elections will be for a 12 month period: October 1, 2012 through September 30, 2013 and cannot be altered unless you have a change in family status. Examples of a status change include death, marriage, divorce, adoption, birth or a spouse employment change.

**Annual enrollment for the Cafeteria Plan will be September 17-21, 2012.** US Able Life representatives will be available to answer questions and educate each employee on the plan and products available. Make sure to attend one of these meetings:

USABLE Meeting - Wednesday, September 19, 2012	
6:30 a.m. - 9:00 a.m.	Weakley County Jail
10:00 a.m. - 2:30 p.m.	Courthouse
3:00 p.m. - 5:00 p.m.	Highway Dept. in Dresden
USABLE Meeting - Thursday, September 20, 2012	
6:30 a.m. - 8:45 a.m.	Weakley County Jail
9:00 a.m. - 4:30 p.m.	Courthouse
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