



September

2025

EMPLOYEE NEWSLETTER



**September is National
Suicide
Prevention Month**

If you know someone in
crisis, call or text the hotline below

988 SUICIDE & CRISIS
LIFELINE



NATIONAL
SUICIDE
PREVENTION
AWARENESS MONTH
SEPTEMBER



Heart of Florida United Way

**At the 988 Suicide & Crisis Lifeline,
we understand that life's challenges can sometimes be difficult. Whether you're
facing mental health struggles, emotional distress, alcohol or drug use concerns,
or just need someone to talk to, our caring counselors are here for you.
You are not alone.**

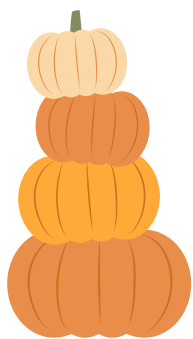


FUN FACTS

Birth Flowers: Aster & Morning Glory

Birth Stone: Sapphire

Zodiac Signs: Virgo & Libra



September 1 - Labor Day

September 7 - Grandparents Day

September 11 - Patriot Day

September 13 - Kids Take Over the Kitchen Day

September 17 - Constitution Day

September 19 - International Talk Like a Pirate Day

September 21 - International Day of Peace

September 22 - Start of Fall

September 23 - Rosh Hashanah



September is National Preparedness Month

Happy Birthday

Joe Hoffman
Preston Sorrell
Toby Bennington
Michele Elston
DeMondri Sykes
Dalton Barnes
Angela Dothard
Andrew Howle
Vance Heibel
Jonathan Leyden
Bruce Barnes
Alan Robison
Christy Smith
Kevin Waddell
Joseph Crow
Willie Pierson

Andrew Howell
Montague Braxton
Rudy Jimenez
Matthew Martin
Robert Oliver
Lindsey Smedley
Daniel Spaulding
David Arnett
Darien Carmichael
Mark Caballero
Josh Forrest
Sean Hoffman
Undra Buchanan
Isaac Franklin
Andrew Groce
Wyatt Reaves

Happy Anniversary

Doris Crawford 26 Years

Paul Nichols 21 Years

Christy Smith 20 Years

Jason Brown 17 Years

Allen Garrett 17 Years

Dannis Collins 14 Years

Preston Sorrell 14 Years

Andrew Yancy 13 Years

Shasta Hayes 11 Years

Taylor Oblinger 10 Years

Amanda Roberts 9 Years

Aimee Grey 5 Years

Christopher Hughes 4 Years

Debra Arnett 4 Years

Wyatt Reaves 3 Years

Jackson Henry 2 Years

Eugenia Lockridge 2 Years

Allan Ray 1 Year

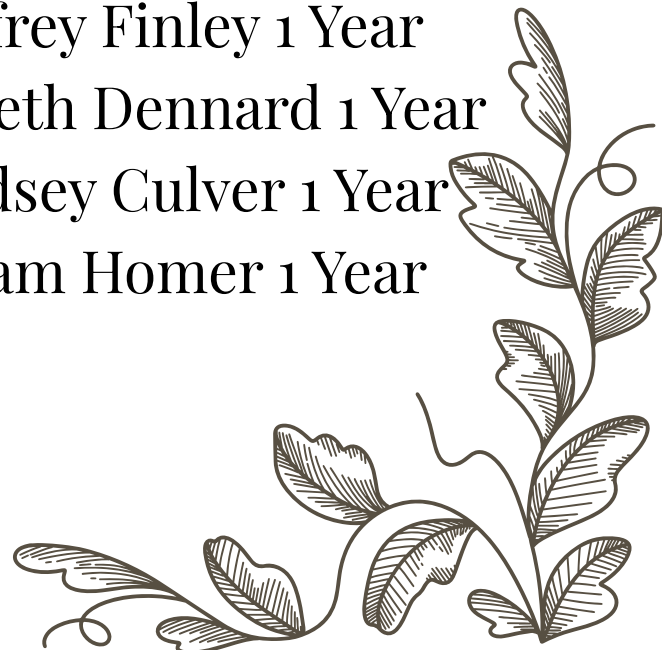
Talon Whaley 1 Year

Jeffrey Finley 1 Year

Kenneth Dennard 1 Year

Lindsey Culver 1 Year

Adam Homer 1 Year



EVENTS

IN ANNISTON & SURROUNDING AREAS

THE TORTOISE AND THE HARE LIVE ANIMAL PRESENTATION

Saturday, September 6
1:00 pm

Anniston Museum of Natural History



Sep 6, 2025

Sat, 1:00 PM (CDT)



CREATURE FEATURE

Saturday, September 13
1:00 pm - 2:00 pm

Anniston Museum of Natural History



Sep 13, 2025

Sat, 1:00 PM - 2:00 PM (CDT)



Anniston Museums and Gardens

The Tortoise and the Hare Live Animal Presentation

Anniston Museums and Gardens

Creature Feature

Museum Dr, Anniston, AL, United States, Alabama

THIRD THURSDAY: GARDEN WALK

Thursday, September 18
10:00 am

Tropical Courtyard Garden



Sep 18, 2025

Thu, 10:00 AM (CDT)



Sep 18 - 20, 2025

Thu, 11:45 PM - Sat, 6:00 PM (CDT)



Anniston Museums and Gardens

Third Thursday: Garden Walk

Museum Dr, Anniston, AL, United States, Alabama

Biker Bay

PTSD Awareness Summit

S Quintard Ave, Anniston, AL

Calhoun County
A Natural Attraction

Sep 20, 2025



ECHOES OF THE PAST: UNRAVELING THE CULTURAL CLUES IN ARTIFACTS

Saturday, September 20
1:00 pm

Berman Museum



Sep 20, 2025

Sat, 1:00 PM (CDT)



Janney Furnace Park

Janney Furnace 5K Run/Ohatchee Fest

145 Janney Rd, Ohatchee, AL

Anniston Museums and Gardens

Echoes of the Past: Unraveling the Cultural Clues in Artifacts

Employee Spotlight



Taylor Freckman

Police Corporal

7 Years

What do you like to do in your off time?

I enjoy spending every second with my family. I have three amazing kids and a wonderful husband. We enjoy traveling, outdoor activities, and experiencing new adventures.

What do you enjoy most about your job?

That no one day is the same. I am currently the Anniston City Schools SRO. I get the opportunity to spend every day with all my students. I also get to have my partner K9 Louie with me and the kids love him! What career is better than this?



Louie

K9

1 Year

What do you like to do in your off time?

When I am off I get to finally let loose, show off my zoomies, roll around in the grass and sometimes the dirt, and I get to play with my family.

What do you enjoy most about your job?

I mostly enjoy being able to help my partner (mom) Cpl Freckman find hidden treasures and get lots of treats. My favorite treats are the ones that she gets me from the windows of coffee shops, it's called a "doggy cup". Sometimes I even get to get lovin (pets/hugs) from all of the students. Did I mention "doggy cups?"



Josh Cornett

Fire Lieutenant

17 Years

What do you like to do in your off time?

I enjoy hunting, motorcycle riding, spending time with my wife and traveling.

What do you enjoy most about your job?

I enjoy the people I work with.



Trevor Anderson

Equipment Operator I

5 Months

What do you like to do in your off time?

Hanging with friends and family

What do you enjoy most about your job?

My coworkers, the freedom of the job and my work environment



Mark Caballero
Equipment Operator I
6 Months

What do you like to do in your off time?

Playing Call of Duty and sending rainbow pictures to my supervisor

What do you enjoy most about your job?

I enjoy the people I work with, the freedom of my job and cutting grass.



Zachary Davis
Park Equipment Operator
4 Years

What do you like to do in your off time?

I enjoy spreading the gospel, playing golf and spending time with my family.

What do you enjoy most about your job?

The things that we do are for the kids, its easy to come to work when giving community somewhere to be for the kids



Jaden Miller

Recreation Leader - Hodges Center

6 Months

What do you like to do in your off time?

Going to the gym

What do you enjoy most about your job?

Getting to meet people and talk to them and helping the community



Jonathan Leyden

Park Equipment Operator

2 Years

What do you like to do in your off time?

I enjoy playing around with my dog, carving wood and spending time with family.

What do you enjoy most about your job?

I enjoy my coworkers and my boss because they make it easier to come to work.



ATTENTION



FIRST RESPONDERS



YellaWood 500 Race Weekend at Talladega Superspeedway First Responder Offer:

<https://www.gofevo.com/group/Yellowood50047>

Friday, October 17th – Love's RV Stop 225 NASCAR Craftsman Truck Series Playoff Race

- Kick off the weekend with the NASCAR Craftsman Truck Series Playoff Race, where rising stars battle for glory!

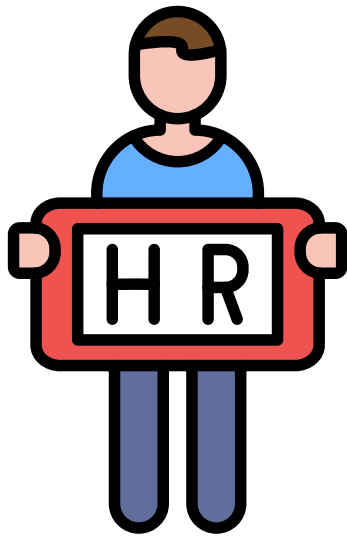
Saturday, October 18th – United Rentals 250 NASCAR Xfinity Series Playoff Race

- The NASCAR Xfinity Series heats up in this high-stakes playoff showdown, with championship dreams on the line!

Sunday, October 19th – YellaWood 500 NASCAR Cup Series Playoff Race

- Experience the crown jewel of the weekend – the YellaWood 500 – where speed, strategy, and pure adrenaline collide at over 200 MPH!
- Sunday tickets also include a limited-edition NASCAR-branded challenge Coin and Access to the Saturday Night Infield Concert featuring Whiskey Myers!

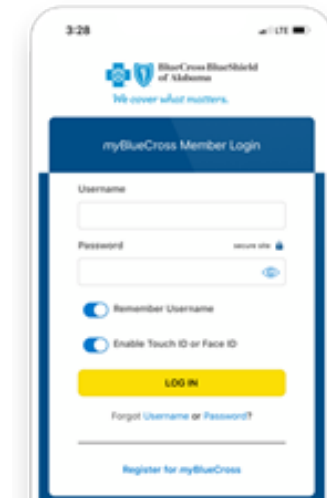
To purchase tickets, use the link or feel free to contact Joshua Burnette at (256) 223-8115 or jburnette@nascar.com! Thank you for everything that you do!



REMINDERS



We cover what matters.



Remember you can login to KRONOS at anytime and update your contact information such as your phone number, email and mailing address, emergency contact, direct deposit and withholdings forms.

Please know that you can access your cards, claims, benefits/coverage information and other must have tools at [myBlueCross](#).

FROM THE HUMAN RESOURCES TEAM

Big thanks to everyone who participated in the Employee Spotlight! We're grateful for your time and effort in joining us for this, and we're excited to involve even more folks in the future. Thanks for doing a great job representing your departments and being such valuable members of the City of Anniston team.

*Thank
you!*

Bersheba Austin, HR Director

LaKea Bailey, HR Generalist

Amanda East, HR Clerk



SAFETY TIPS



- Safely warm up by the fire.
- Never leave burning candles unattended.
- Watch for new roadway hazards.
- Be alert for wildlife on roadways.
- Share the road with harvesting equipment.
- Get the yard ready for winter.
- Use ladders safely.
- Get your flu shot.





For more information:

AlabamaBlue.com/myBlueWellness

Remember to check with your doctor before beginning any exercise program.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide specific ideas for a healthy and safe lifestyle.

AlabamaBlue.com/myBlueWellness



An Independent Licensee of the Blue Cross and Blue Shield Association

This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.

FYH14-2105



Exercise: Make Time for It

We live in a stressful, fast-paced world and sometimes we just can't seem to fit exercise into our busy schedules. Yet, we should make time for it.



myBlueWellness

*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

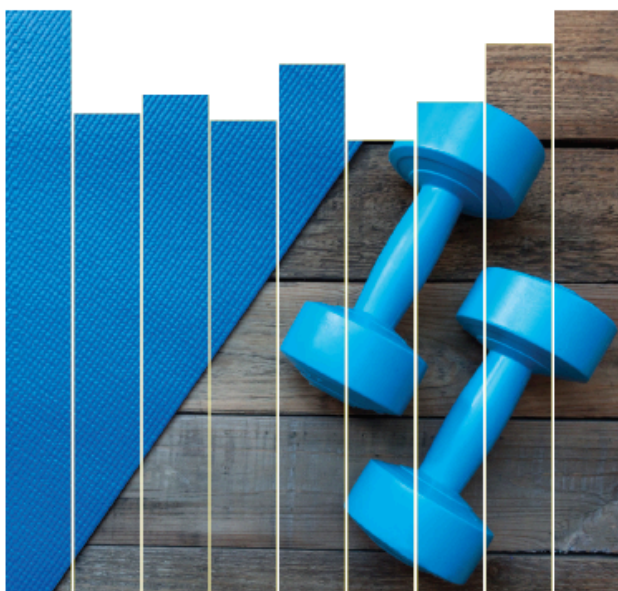


A regular exercise program not only improves your health, it is also a great "stress-buster."

Taking time out of your day to exercise will help you cope with the stress of daily life. No matter what your age, it is never too late to begin an exercise program.

The health benefits of regular exercise are tremendous.

Exercise can help lower your risk for heart disease. It also can help you keep your blood pressure at a healthy level. Exercise helps you lose weight or maintain a healthy weight while building muscle and improving your stamina.



Here are some basic guidelines for a regular exercise program.

- Repetitive and rhythmic exercises are best for keeping in shape. These include walking, jogging, swimming, biking and aerobics.
- Don't overdo it, and don't try to do too much too soon.
- It's much better to start slowly and allow your body time to adjust to the change in lifestyle
- Your body will let you know if you are doing too much.
- You should be able to carry on a conversation while working out. If you cannot talk without feeling out of breath, slow down! If you feel pain or exhaustion after exercising, back off a little. Your ideal goal should be to exercise at least 30 minutes, five days a week.
- If you have a history of only staying with an exercise program for a short time, find a friend to exercise with you. You'll both benefit.

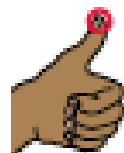
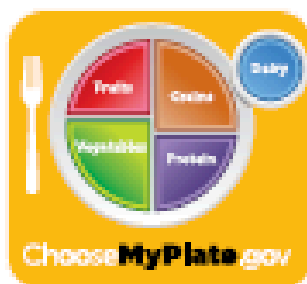
AlabamaBlue.com/myBlueWellness

Handy guide to portions

A Quick Guide to Serving Sizes

Balancing your food choices helps ensure you are getting a variety of nutrients in your diet. A healthy diet emphasizes a variety of fruits, vegetables and whole grains. It also includes low-fat dairy and lean protein sources. Below is a plate model of a balanced meal.

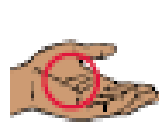
- About one-fourth of your plate should be filled with whole grains or starchy foods such as rice, pasta, potatoes, corn or peas.
- Another fourth should be protein foods such as pork, beef, fish, poultry or tofu.
- The last half of your plate should be filled with fruits and non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes and cauliflower.



1 teaspoon
The tip of the thumb



1 tablespoon
A thumb (from the knuckle)



1/2 cup
A rounded handful



1 cup
A tight fist



2 to 3 ounces
The palm of your hand

Tips to Help Control Your Portions

- Learn to read food labels.
- Avoid buying supersized foods.
- Share a meal with a friend.
- Have your waiter half your entree before you begin eating.
- Use a smaller plate.
- Avoid immediately going back for seconds.



Use Food Labels to Help You Choose

Learning how to read a food label is an important step in making better choices for your health.

1 Start Here

It's important to identify how many servings are in the package. The serving size listed is often much smaller than what you would expect. Some packages may appear to be only one serving, but may actually contain two or three.

2 Check Calories

The number of servings you consume determines the number of calories you eat. As a general rule, 40 calories is low, 100 calories is moderate and 400 calories is high for a serving of food.

3 Quick Guide to % Daily Value

This area is a quick guide to determine if a food is low or high in a certain nutrient. If the % Daily Value is 5% or less, it is considered low, and if the % Daily Value is 20% or more, it is considered high.

4 Limit These Nutrients

These nutrients are often too high in our diet. Eating too much of these may increase risk for certain chronic diseases such as heart disease, cancer and high blood pressure.

5 Get Enough of These

This section includes nutrients associated with good health, but are often the ones we do not get enough of.

6 Footnote

The footnote at the bottom of the label stays the same and will not change from product to product. It provides recommendations for certain nutrients based on a 2,000 or 2,500 daily calorie diet.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2000	2500
Total Fat	Less than	64g	80g	
Sat Fat	Less than	25g	35g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate	Less than	300mg	375mg	
Dietary Fiber		25mg	30mg	

IT'S FAST AND EASY TO CHOOSE A PROVIDER

With Our Online Provider Directory

With our vision insurance, you have access to advanced vision technology at many independent and retail providers, including popular national chains and regional favorites, as well as online retailers. That way, you receive vision care and services when and where it's convenient for you.

- ① Go to **MutualofOmaha.com/vision**
- ② In the **Extensive Network** section, click on the **Locate a Provider** link.
- ③ Enter a **ZIP code** or click on **Use My Location** to see providers in your area.



If you have questions or need additional assistance during business hours, contact our service team at **(833) 279-4358**.



Download the EyeMed Members app on your iPhone, iPad or Android to view benefit information and ID card.

EMPLOYEE ASSISTANCE PROGRAM - EAP

When life's a little much, reach out and get in touch.

Let's be real: life can be tough. When your responsibilities start to feel overwhelming and showing up each day with a smile on your face seems difficult, it's important to reach out for help. You can lean on your free and confidential Employee Assistance Program (EAP) for support.

We've got your back.

A free benefit from your workplace, the EAP can help you or anyone in your household:

- Be more present and productive at work
- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Grow personal and career skills
- Be a caring, loving friend or family member
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life

We're here for you, always.

Life happens, regardless of the day or time. That's why we make ourselves available 24/7, even on holidays. So whenever you need to reach out, we're here for you.



Support Line
Call anytime
800-624-5544



Mobile app
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Visit eap.ndbh.com
for resources

SERVICES

- ✓ **Counseling**
- ✓ **Consultation on**
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 - Legal needs
 - Managing employees
 - Life
- ✓ **Crisis support**
- ✓ **Coaching**
- ✓ **Adult and child care resources**
- ✓ **Personal and professional training**
- ✓ **Digital behavioral health tools**

eap.ndbh.com
800-624-5544

Services are free and your employer will not know you reached out.
Flip this sheet over to see some common reasons people use EAP.

Pumpkin Cream Cheese Muffins



Ingredients

Filling:

- 1 (8 ounce) package cream cheese
- 1 large egg
- 3 tablespoons brown sugar
- 1 teaspoon vanilla extract

Streusel:

- 5 tablespoons white sugar
- 4 ½ tablespoons all-purpose flour
- 3 tablespoons chopped pecans
- ¾ teaspoon ground cinnamon
- 3 tablespoons cold butter, cubed

Muffins:

- 2 ½ cups all-purpose flour
- 2 cups white sugar
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 1 ⅓ cups canned pumpkin
- 2 large eggs
- ⅓ cup olive oil
- 2 teaspoons vanilla extract

Directions:

1. Gather all ingredients.
2. Preheat the oven to 375 degrees F (190 degrees C). Grease and flour 18 muffin cups or use paper liners.
3. To make the filling: Beat cream cheese in a medium bowl with an electric mixer until soft.
4. Add egg, brown sugar, and vanilla; beat until smooth. Set aside.
5. To make the streusel: Mix together sugar, flour, pecans, and cinnamon until combined. Cut in butter with a fork until crumbly. Set aside.
6. To make the muffins: Sift together flour, sugar, baking powder, cinnamon, and salt in a large bowl; form a well in the center.
7. Add pumpkin, eggs, olive oil, and vanilla to the well; beat until smooth.
8. Pour batter into the prepared muffin cups, about 1/2 full.
9. Drop 1 tablespoon filling over batter in each muffin cup. Press down gently; do not let filling touch the bottom of the muffin cup.
10. Sprinkle with streusel.
11. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes.