



PAY DAY NEWS

ITEMS OF INTEREST TO AMBERLEY VILLAGE EMPLOYEES

Scot Lahrmer, Village Manager
July 30, 2014

As we enjoy a beautiful summer, the Village Annual Ice Cream Social will be held on Sunday, August 24 from 6 to 8:00 p.m. Resident Amy Rubenstein will coordinate the event again this year.

Employee Celebrations

August Birthdays

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| Scot Lahrmer | August 1 |
| Tim Schmidgoessling | August 15 |
| Ryan Shaw | August 22 |
| Tony Chesney | August 29 |

August Anniversaries

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| Ryan Shaw | August 6 (7 years) |
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Employee Spotlight with Randy Newsom

Randy started working for the Village as a part-time dispatcher in 2012 and, earlier this year, was selected to fill the vacant full-time dispatcher position. Randy proudly served 22 years in law enforcement and retired at the rank of sergeant, which met his life-long goal to follow in his father's footsteps. Randy's first job was in maintenance for Surrey Square in Norwood.



When asked what the funniest thing that happened to him at work, he shares that he was run over by his own police car! What he likes most about working for Amberley are his co-workers.

Three things you might not know about Randy: he has an identical twin, is a licensed pilot, and runs his own business. His hobbies are shooting and gun collecting. His favorite Cincinnati attractions are the Bengals and Reds games. His favorite lunch spot is Panera and for dinner it's The Greyhound Tavern.

Randy is pictured here with his son, Nathan, in a Dojet aircraft preparing for a maintenance flight out of Lunken 3 years ago.

Police and Fire Pension (OP&F)

For those public safety employees in Police and Fire pension, your pension rate went up .75% to 11.50% with this payroll. This increase in member rates comes from the Ohio Police and Fire Pension Fund as part of a package of changes required so that OP&F can remain financially secure and continue to provide benefits to its public safety members. You may not notice it in this paycheck since this is the 3rd payroll of the month and insurance isn't taken out of this check.

Healthcare Update

Open enrollment concludes with our plan year beginning Friday, August 1. HSA employer contributions to your HSA accounts will be credited to your accounts Friday. Any changes of employee contributions to your HSA accounts will be reflected on your first August paycheck, August 13, along with the change in the employee portion of health insurance premiums.

National Watermelon Day

On Tuesday, August 5 we will give pause to celebrate watermelons on National Watermelon Day. Sweet and tasty, watermelons are one of summer's favorite fruits. While watermelon is over 90% water, it sure tastes good and nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it is has excellent levels of vitamins A and C and a good level of vitamin B6:



- Vitamin A found in watermelon is important for optimal eye health and boosts immunity by enhancing the infection fighting actions of white blood cells.
- Vitamin B6 found in watermelon helps the immune system produce antibodies and helps maintain normal nerve function and form red blood cells.
- Vitamin C in watermelon can help to bolster the immune system's defenses against infections and viruses.

Stop by the Admin kitchen on Tuesday, August 5 and enjoy some watermelon from 12:00 to 1:30 p.m. as we celebrate National Watermelon Day.

Keeping Your Family Active

(adapted from Christ Hospital Newsletter)

Being active as a family is very important whether it is taking a walk, washing the car together, or playing a game outside. Parents are encouraged to set a positive example for physical activity. Choosing the right activities will help ensure that your family will stay active and be interested in moving rather than spending family time on the couch. Kids do not get enough physical activity at school, leaving their daily activity needs to be met at home. Being active at home will not only teach kids that being active is the right way to live, but will help in many other aspects of life including: relieving stress, improving sleep, providing a way to connect with family and friends, and make you feel good about yourself. Get your family moving, even after a long day at work. Not only will it help your children, but you will also reap the benefits from doing the activities yourself!

Back to School

(adapted from Christ Hospital Newsletter)

Summer vacation will soon come to a close, and parents and students alike will turn thoughts toward the upcoming school year. Don't forget to schedule a back-to-school check-up for your child, as well as to confirm that his or her immunizations are up-to-date. All school-age children, including preschoolers and college students, need vaccines for protection against potentially life-threatening diseases. Taking charge of your child's health care by scheduling physical exams and ensuring timely vaccinations is one of the most important things you can do as a parent:



Physicals

Annual physicals provide an important opportunity for your family's pediatrician to give your child a thorough physical examination including a check of height, weight, blood pressure, and vision and hearing screenings. Additionally, a check-up gives children and parents a chance to ask questions, discuss concerns, and to receive guidance regarding nutrition, physical activity, behavior, emotional health, and time management, as well as physical health.

Immunizations

Vaccines are both safe and effective. In fact, the American Academy of Pediatrics reports that vaccinations have reduced the number of infections from vaccine-preventable diseases by more than 90 percent. To stay healthy, the American Academy of Pediatrics recommends that children follow a specific schedule to be vaccinated against Hepatitis A and B; Rotavirus; DTaP (diphtheria, tetanus, and whooping cough); Hib (a type of spinal meningitis); Pneumococcal; Polio; Influenza; Measles, Mumps and Rubella; Varicella; Meningococcal; and HPV (human papillomavirus).

Council Action

- Resolution Authorizing the Village Manager to Execute an Amendment to Terminate the Contract with the Village of Silverton for Dispatch Services

The next Village Council meeting is Monday, August 11.