

# PAY DAY NEWS

ITEMS OF INTEREST TO AMBERLEY VILLAGE EMPLOYEES

Scot Lahrmer, Village Manager  
April 22, 2015



Today is Administrative Professionals Day and a great opportunity for us to recognize the contributions of the Village's support staff. This day calls attention to the important workplace role of administrative professionals. Thanks for all that you do! We all rely on you and couldn't do our jobs without you!



Mother's Day is Sunday, May 10. Remember to honor your Mom on this special day.

Offices will be closed Monday, May 25 for the Memorial Day holiday.

### Save the Date!

The Village will host its 75<sup>th</sup> Anniversary Celebration on Sunday, August 16 this year in lieu of the annual Ice Cream Social.

Employees and their families are encouraged to attend and join in the fun activities!

### Employee Celebrations

#### May Birthdays

James Drake May 7

#### May Anniversaries

Josh Caudill	May 4	10 Years of Service
Jeff Norton	May 4	25 Years of Service
Brian Blum	May 12	22 Years of Service
Scot Lahrmer	May 23	4 Years of Service
Robin Kemp	May 30	25 Years of Service

### Employee Announcements

Part-time Dispatcher and former Police Officer/Firefighter **Keith Sowder** will be participating in an MS Walk on April 25. There will also be a medical fund benefit on May 23. See benefit flyer for details. If you are interested in participating or contributing toward the cause, Keith has shared links for donations and purchasing T-Shirts: <http://www.gofundme.com/mhm09o> and <http://www.promoplace.com/mitchscatalog/stores/KeithsKrusaders>.

Many of you may know that **Sgt. Schmidtgoessling's daughter Kayla** is a guitarist/singer. This year, Kayla was a featured performer at Spring Fest held at the 20<sup>th</sup> Century Theater in Oakley. She also won the Lakota East Idol this year! At 15 years old, Kayla's talent is quite amazing! You can check her out on social media ([www.facebook.com/kaylamaymusic](http://www.facebook.com/kaylamaymusic), Instagram: Kayla\_may\_music, and YouTube: kaylamayacoustic, and there is a CD hanging in Police Kitchen if anyone would like to listen to it!



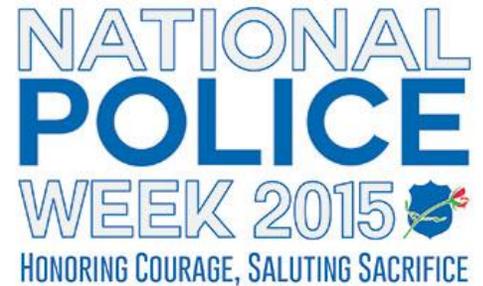
### Way to Go!

The Village received a letter of recognition from the Mayerson JCC for outstanding security work provided by the Amberley Village Police-Fire Department. The department employees were described as pleasant, professional and an asset to the community.

The Village also received a thank you note for the Police-Fire Department locating and contacting the family of an individual described as having dementia that walked away from home. Officers were able to find the individual and keep them safe until family arrived.

## **National Police Week**

National Police Week, held May 10-16, is set aside to honor those who serve in law enforcement. In 1962, President Kennedy proclaimed May 15th as National Peace Officers Memorial Day. Established by a joint resolution of Congress in 1962, National Police Week pays special recognition to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others. National Police Week is a collaborative effort of many organizations dedicated to honoring America's law enforcement community.



### **Calm and Focused — that's your brain on exercise**

(adapted from UHC)

Being physically active is a smart way to boost and protect your brainpower. However you choose to be active, exercise is likely to give your brain and outlook a lift.

#### **How it works**

Your brain contains billions of nerve cells that pass information back and forth. Exercise naturally boosts chemicals and hormones that can strengthen the connections between those cells. It may even help you form new links — or slow down the loss of brain cells over time. Plus, when you get your heart pumping, that leads to improved blood flow to your brain. It's like giving your mind a power surge of oxygen and fuel. Your body also releases endorphins during exercise. These feel-good hormones can increase your sense of well-being.

For people who exercise regularly, these physical changes in the brain can mean:

- Increased focus and mental sharpness — including the ability to plan and organize tasks
- Reduced stress — and greater calm
- Improved memory
- Better sleep



And the benefits may be even more important as we age. Over time, an active life can mean a lower risk of Alzheimer's disease and dementia. You don't have to be a super athlete to enjoy the mental boost that being active can bring. But you do need to get aerobic activity on a regular basis and aim for at least 2.5 hours of moderate-intensity activity a week. It's this heart-pumping exercise that's been most linked to benefits for the brain. While you're at it, don't forget to nurture your brainpower in other ways. You can feed it by eating a variety of healthy foods. And research shows that time spent with friends and loved ones is good for your brain too.

### **Council Action**

- Resolution 2015-8, Authorizing the Village Manager to Bid Joint Paving Project with Village of Silverton
- Resolution 2015-9, Authorizing the Village Manager to Enter into a Contract for Mowing Services for 2015
- Resolution 2015-10, Authorizing the Village Manager to Enter into a Contract for Roof Replacement for the Maintenance and Storage Buildings at the North Site
- First Reading: Ordinance 2015-5, Authorizing Modification of Storm Water Rates (lower rate by 40%)
- Ordinance 2015-6, Amending Appropriations for the Fiscal Year 2015 (return inheritance tax funds - \$87K)
- Second Reading: Ordinance 2015-3, Ordinance for the Disposition of Real Property
- Resolution 2015-11, Authorizing Amended Agreement with the Center for Local Government Joint Self-Insurance Benefits Pool

The next Village Council meeting is May 11.