

CITY OF VALDOSTA

THE HR NEWSLETTER

MAY 2021



VALDOSTA
A City Without Limits

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Who is Who in HR

YOUR GO-TO TEAM "Whom do I call for...?"

It can be confusing to determine who in HR to call with your specific questions.
Use the information below to point you in the right direction.



Catherine Ammons

Deputy City Manager of Administration/
Director of Human Resources
cammons@valdostacity.com
(229) 259-3544 ext. 4745

EEO Claims, lawsuits, related issues.

Employee grievances and appeals.

Position management, workflow,
reorganization.

Policy interpretation/challenges.

Any issue, problem, or question for which
you are unable to get a timely answer.

Sick Leave Donation.

Staff handbook updates/changes.



Ryien Bonner

Human Resources Coordinator
rbonner@valdostacity.com
(229) 259-3544 ext. 4318

Employment Verification
Employment On-boarding
Training
Job Postings
I-9 Verifications



Azhia Smothers

Human Resources Coordinator
asmothers@valdostacity.com
(229) 259-3544 ext. 4746

Worker's Compensation claims
Property insurance
FMLA



SAFETY FOCUSED

Presented by: Valdosta Safety Committee

Research has indicated that the percentage of Americans who are stressed at work is high—and it's only getting higher. Anxiety from heavy workloads, deadlines and interpersonal conflicts can put large amounts of pressure on any employee. And, if left unaddressed, workplace stress can lead to safety risk, lower performance and health problems.

While stress at work is common, finding a low-stress job is hard (if not impossible). A more realistic approach is to adopt effective coping strategies to reduce stress at your current job.

Here are six stress management techniques you can try if you are finding it hard to cope with work stress.

1. **Start your day off right.** Start off the day with planning, good nutrition and a positive attitude.
2. **Be clear on requirements.** Take time to go over expectations with your supervisor and discuss strategies for meeting them.
3. **Stay away from conflict.** Avoid gossip, personal opinions and people who don't work well with others.
4. **Stay organized.** Planning ahead to stay organized means less rushing in the morning and less hustling at the end of the day. Keeping yourself organized can also mean avoiding the negative effects of clutter, and being more efficient with your work.
5. **Walk at lunch or on breaks.** Walking can help you blow off steam, lift your mood, and get in better shape.
6. **Listen to music on the drive home.** Listening to music offers many benefits and can be an effective way to relieve stress before and after work.

“At the end of the day, you can’t control the results; you can only control your effort level and your focus.”

EMPLOYEE BIRTHDAYS




- FRANKLIN A. ADAIR, 05/01
- WALTER DARRYL MUSE, 05/01
- MINNIE LEE CLARK, 05/02
- TONYA M. KENNEDY, 05/02
- MICHAEL B. CARTRETT, 05/03
- BRENT NORMAN JOHNSON, 05/03
- NATHANIEL COLBERT, 05/04
- ALLEN R. CARTER, 05/06
- HAROLD B. HENDERSON, 05/06
- CAITLIN MCQUAIG, 05/07
- DARREN M. WILLIAMS, 05/07
- TYLER SCOTT VANDER ZANDEN, 05/11
- SHELIA E. WILLIAMS, 05/11
- SANDRA J. TOOLEY, 05/12
- BO GARRETT BEWLEY, 05/13
- MATTHEW L. DAVIS, 05/13
- BRADLEY C CHASON, 05/14
- CEDRIC JEROME KIER, 05/14
- ZACHARY S. TOUCHTON, 05/14
- TERESA A. TURNER, 05/15
- VIVIAN D. MILLER-CODY, 05/16
- WINSTON MACK WILLIAMS, 05/16
- BRANDON WESLEY TEBEDO, 05/17
- AAKASH B. PATEL, 05/18
- JERMAINE CARLISLE JOHNSON, 05/19
- LEROY A. PAULO, 05/19
- C.W. SHAW JR, 05/19
- THOMAS EDWARD MEYER, 05/20
- ROBERT T. CLARK, 05/22
- JESSICA SUZANNE STOWE, 05/22
- MECEDES ELEXIS CASON, 05/23
- TIMOTHY E. HINES, 05/24
- JAMIE L. SAPP, 05/26
- JAMES DONALD DEAN JR, 05/27
- MICHAEL CARLOS LAMB, 05/27
- STACEY PORTER, 05/27
- JASON W. BARNES, 05/28
- KEN T. TAYLOR, 05/29
- MICHAEL L. WALDEN, 05/29
- HARRY JOSEPH BOWDREN, 05/30
- TYLER BENNETT COPPAGE, 05/30
- NICHOLAS JASON BISHOP, 05/31



EMPLOYEE ANNIVERSARIES



- NINA L. MCMILLAN, 05/02, 33 Years
 - JAMES D. BROWN, 05/11, 27 Years
 - ANTONYIO HARRELL, 05/06, 23 Years
 - RONNIE C LANCASTER, 05/26, 23 Years
 - ALLEN R. CARTER, 05/03, 22 Years
 - CHAD L. ROE, 05/03, 22 Years
 - RUSSELL A MCBRIDE, 05/10, 22 Years
 - CHERYL L. GALLAGHER, 05/28, 22 Years
 - ERIC JAMES MOORE, 05/21, 20 Years
 - JOHN L. BURTON III, 05/06, 19 Years
 - HENRY M COURSON, 05/27, 18 Years
 - SHARON KIMBERLY FULFORD DOUB, 05/14, 14 Years
 - SHARON D BRINSON, 05/30, 13 Years
 - THEODORE HAYES BILAK III, 05/02, 11 Years
 - QUILLIAN DEMON PEELER, 05/03, 11 Years
 - DONALD STOCKWELL, 05/02, 10 Years
 - JOHN M. TURNER, 05/07, 9 Years
 - BRIAN K. SUNBOM, 05/13, 8 Years
 - DAVASIO L JOHNSON, 05/20, 8 Years
 - MORRIS DANILE LANCASTER, 05/19, 7 Years
 - ROGER D WEAVER JR, 05/29, 7 Years
 - STEVEN CURTIS JOLLY, 15/11, 6 Years
 - ELMORE JAMES COWINS, 05/02, 5 Years
 - JOHN HENRY ARON HARKLESS, 05/02, 5 Years
 - C.W. SHAW JR, 05/16, 5 Years
 - JOSEPH HENRY GANGLER III, 05/23, 5 Years
 - LUCIOUS BERNARD KING JR, 05/15, 4 Years
 - WILLIE PRICE III, 05/30, 4 Years
 - JAMES W. CULPEPPER, 05/14, 3 Years
 - CATHERINE ANN AMMONS, 05/21, 3 Years
 - ASHLYN SUE JOHNSON, 05/21, 3 Years
 - JOHN L. CHRISTIAN JR, 05/06, 2 Years
 - TIMOTHY W ELLIOTT, 05/06, 2 Years
 - MICHAEL A BROOKS, 05/20, 2 Years
 - ALVIN HUMPHREY JR, 05/20, 2 Years
 - LESLIE A WILLIAMS, 05/20, 2 Years
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UPCOMING EVENTS

1 BROWN BAG LUNCH CONCERT SERIES



Day: Monday, May 3 – Friday, May 7
Time: 11:30 am – 1:30 pm
Place: Historic Courthouse Lawn

2 FIRST FRIDAY LIVE CONCERT ON THE SQUARE



Day: Friday, May 6, 2021
Time: 6 pm
Place: Historic Courthouse Square

3 MAKER'S MARKET



Day: Saturday, May 9, 2021
Time: 9 am – 1 pm
Place: Historic Courthouse Square

4 FOOD TRUCK CRAWL



Day: Thursday, May 20, 2021
Time: 5 pm – 8:30 pm
Place: Downtown Valdosta

5 DOWNTOWN SUPER DAD 5K



Day: Saturday, June 19, 2021
Time: 7 am
Place: Georgia Beer Co.



VALDOSTA
A City Without Limits

EMPLOYEE APPRECIATION

LUNCHEON

BBQ ● MUSIC ● GAMES

11-1

PM

THURSDAY, MAY 13, 2021

**JOHN W. SAUNDERS
MEMORIAL PARK
1151 RIVER STREET**



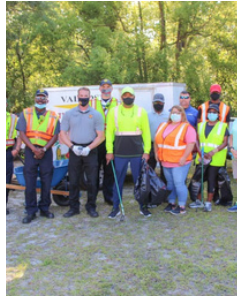
Muffins for M♥M



Mother's Day is a time to celebrate all women, whether they have children or not.

On Friday, May 7th, the ERC will deliver muffins to each department. We ask that admin distribute these treats to the ladies in your department.

Photos From Past Events






Want to get the COVID-19 Vaccine?

APPOINTMENTS NOT REQUIRED

Monday - Friday: 10am - 3pm



The Regional Covid-19 Vaccination Drive Thru is located
on SGMC Main Campus, Surgery Center Drive Thru
2417 North Patterson Street in Valdosta, GA

Learn more at sgmc.org



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Clean and disinfect frequently touched objects and surfaces.



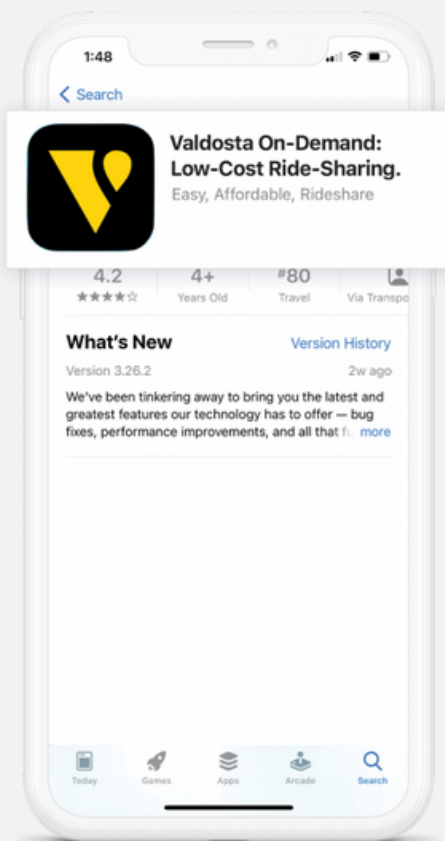
cdc.gov/coronavirus

COVID-19 May 12, 2020 4:01 PM

How to ride with Valdosta On-Demand.

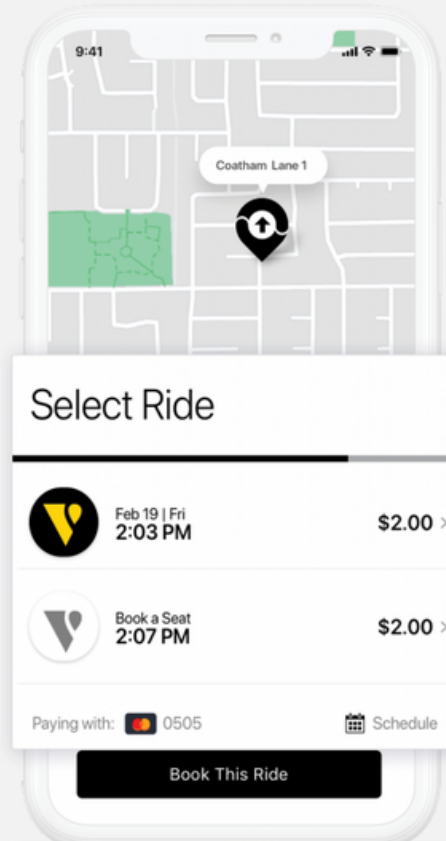
Follow these easy steps and you'll be on board in no time.

1. Create an account.



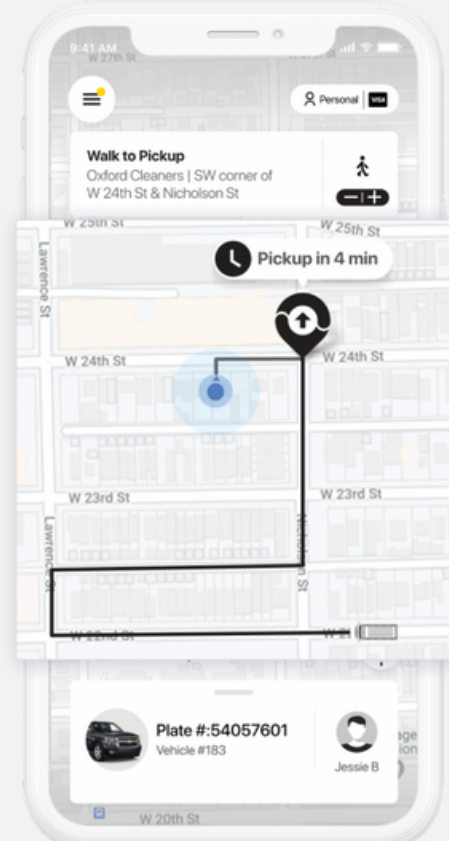
Download the **Valdosta On-Demand** app from the **App Store** or **Google Play** store and follow the simple signup steps.

2. Book a ride.



If you're ready to leave right away, tap **Book This Ride**. If you want to schedule a ride in advance, hit the **Schedule** button and choose the day/time you want to travel.

3. Meet your driver.



Check the app to find out exactly where to meet the vehicle, which may be a short walk from the address you gave us.

Download the **Valdosta On-Demand** app or call (229) 441-2940 to get started.