

E-Brief 2020



Excellence Innovation Teamwork Integrity

Friday, February 7, 2020



A group
of

employees walked for heart health awareness today as part of the **Go Red for Women Day**. The **American Heart Association's** signature women's initiative, Go Red for Women,

is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally. Learn the signs and symptoms of a heart attack and stroke in women. See below. Read more about the initiative here <https://www.goredforwomen.org/>.

Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Signs and Symptoms of Stroke

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

Our next **Blood Drive** is scheduled for **Tuesday, March 17th**, in the **City Hall Training Room** from **9 a.m. until 2 p.m.** To make an appointment, you can go to the online scheduling system at www.redcrossblood.org and enter sponsor code: FranklinTN19. You can streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment. If you need help making an appointment or if you have any questions, contact moniquem@franklintn.gov or at extension 6606.

We have a nice thank you note from a resident to the **Building and Neighborhood Service's Barrett Petty** See below.

Dear Sir,

I just wanted to give some unsolicited recognition of appreciation to one of your inspectors, Barrett Petty.

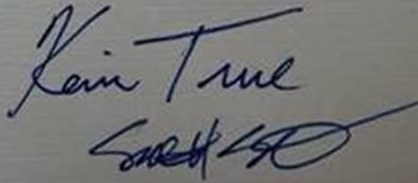
He was very professional and cooperative, prompt and a good communicator, firm but fair.

He would give us warning of what he wanted to see on later inspection, (such as truss repairs stapled to the repaired trusses) and helped us navigate the CO process. I think he really wanted us to see us succeed and not just come back to re-inspect.

An inspector like Barrett really made working in Franklin gratifying.

Sincerely

Kevin True and Scott Slippy



Congratulations to these **newly-promoted Franklin Firefighters: Battalion Chief Jonathan Jenkins, Battalion Chief Ben Marler, Battalion Chief Michael Pardue, Captain Kyle Bess, and Captain Matt Stout!** Thank you for stepping up to these leadership roles within our Franklin Fire Department team.



**Battalion Chief
Jonathan Jenkins**



**Battalion Chief
Ben Marler**



**Battalion Chief
Michael Pardue**



**Captain
Kyle Bess**



**Captain
Matt Stout**

Attached is a flyer for free tax prep assistance. The program is sponsored in part by United Way. There are several sites across Middle Tennessee to get help. Your tax forms are now on green employee on Inside the City.

That's it for this week. Thanks for *all* you do!



Website: www.franklintn.gov

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