



Employee Newsletter

July/August 2025



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Newsletter, quizzes and challenges*

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LIFE points voucher contact

Upcoming Opportunities



**American
Red Cross**

Blood
Services



**Blood Drive: Discover Church
July 22, 2025 11am to 3:30pm**

[Make Appointment Here](#)

**80's Flashback 5K
Saturday, August 2, 2025 at 8am**

[Register Here](#)

A *NEW* LIFE program year has begun! Have you read the updated LIFE manual?

Skip the Sad, Desk Lunch

By Lisa Stovall of Total Wellness Health



Let's talk about something a little too relatable: the Sad Desk Lunch.

You know the one — cold leftovers in a cracked Tupperware, eaten with one hand while replying to emails. Maybe it's a vending machine snack grabbed in a rush. Maybe it's nothing at all (because who has time, right?). But you deserve better.

Studies show that 62% of professionals eat lunch at their desks, and over 50% say they feel too busy to take a real break. That's a problem — because skipping real downtime can leave you feeling drained, less focused, and way more likely to burn out.

So let's change the vibe. Lunch can be easy, energizing, and even a little joyful. All it takes is a sprinkle of creativity, a dash of planning, and a reminder that you deserve a real break in your day.

Ready to upgrade your midday meal? [Let's go.](#)



☀ Employee Spotlight:

James Cerri Payroll Specialist, Macon County Finance Department

A Franklin native, James returned home to raise his family after a decade away. He started with Macon County in 2014 as a temp at DSS and now serves as the go-to payroll expert in Finance.

Why the LIFE Program? James first joined for the extra paid leave, but now he sticks around for the inspiration each new month brings. With up to 32 hours of earned leave, the program continues to motivate him to show up for his wellness.

Favorite LIFE Activities Quizzes and monthly challenges are James's go-to—especially the easy ones, he jokes. He regularly donates blood, keeps up with annual checkups, and even completed a physical activity log for the first time this year.

A Life-Changing Wellness Journey In early 2024, James made a bold decision: lose 100 pounds. After decades of smoking, chronic pain, and a diabetes diagnosis, he was told to lose weight before undergoing hernia surgery. He quit smoking, changed his habits, and shed over 120 pounds—achieving his goal and getting his surgery in April 2025.

Words of Wisdom > “Make a real decision. Set a goal that’s attainable—even if it sounds crazy—and just get to work. Don’t wait for a breaking point like I did. Be better.”



Grilled Chicken Salad

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none"> • 2 (8-oz.) boneless, skinless chicken breasts • 1 tsp. dried oregano • 1 tsp. ground coriander • Kosher salt • Freshly ground black pepper • 7 Tbsp. extra-virgin olive oil, divided • 1/4 cup red wine vinegar • 1 Tbsp. finely chopped fresh parsley • 4 romaine hearts, chopped • 3 Persian cucumbers, thinly sliced • 2 avocados, thinly sliced • 1 cup grape or cherry tomatoes, halved • 1/2 cup halved pitted Kalamata olives • 4 oz. feta, crumbled 	<ol style="list-style-type: none"> 1. Prepare a grill for medium-high heat; preheat 5 minutes (or heat a grill pan over medium-high heat). In a medium bowl, sprinkle chicken all over with oregano and coriander; season with salt and pepper. Add 2 Tbsp. oil, then toss to coat. 2. Grill chicken, covered, turning halfway through, until slightly charred and an instant-read thermometer inserted into thickest part registers 165°, about 8 minutes per side. Transfer to a cutting board, let rest 5 minutes, then thinly slice. 3. Meanwhile, in a small bowl, whisk vinegar, parsley, and remaining 5 Tbsp oil; season with salt and pepper. 4. Divide lettuce, cucumbers, avocado, tomatoes, olives, and feta among bowls. Top with chicken, then drizzle with dressing. <ul style="list-style-type: none"> • Recipe Tip: A quick hack if you're making salad as an on-the-go lunch: For the dressing, ditch the whisk and throw all the ingredients into a jar. When you're ready to chow down, give the jar a good shake, then pour your perfectly emulsified vinaigrette over the salad.

Email a selfie of you trying this recipe to kloughborough@maconnnc.org and earn 2 LIFE points! (Max 6 points available per fiscal year)