

RIVERVIEW

03/11/20



PROTECT YOURSELF, YOUR FAMILY AND THE COMMUNITY

You have likely seen the news regarding COVID-19 or the Coronavirus. The number of confirmed cases continues to spread, and we want our employees and their families to stay safe and healthy.

Follow these basic tips to help stop the spread of germs:



1. Avoid close contact with people who are sick. Try to keep a distance of at least 6 feet.
2. Avoid touching your eyes, nose, and mouth.
3. Cover coughs and sneezes with the crook of your elbow or a tissue, then throw the tissue in the trash.
4. Clean and disinfect frequently touched objects and surfaces using a household cleaning spray or wipe.
5. Wash your hands often with soap and water, or sanitize with at least a 60% strength alcohol-based gel.

YEAR-TO-DATE METRICS

Near misses/ Concern reports:	11
Training completion:	11.7%
Recordable rate:	1.93
Days away from work rate:	0

STAY HEALTHY WITH PROPER HANDWASHING

Keeping hands clean is one of the most important things you can do to stop the spread of germs and stay healthy. Wash after using the bathroom; before during, and after preparing food; before eating; after blowing your nose, coughing or sneezing; after touching an animal, animal feed, or animal waste; after touching garbage; after changing diapers or cleaning up a child who has used the toilet; and before and after caring for someone who is sick.



- 1) WET your hands with clean, running warm or cold water, turn off the tap, and apply soap.



- 4) RINSE hands well under clean, running water.



- 2) LATHER your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



- 5) DRY hands using a clean towel or air dry them.



- 3) SCRUB your hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end twice.



...SPINESS AND WELLBEING START WITH OUR GEA FAMILY



40 yr. Service Anniversary



Congratulations!!!
John Sterling

Black History Month Celebration



The Decatur AAF hosted an “African American Pioneers” event during Black History Month. Employees stopped by for a bag of popcorn and had a chance to learn more about these pioneers, including a video featuring African Americans and their contributions to the city of Decatur, AL. These leaders made a difference in the areas of religion, education, employment, military, athletics, and political and social change.



Decatur March Events:

Tuesdays
Event: BOGO Boneless
Where: Buffalo Wild
Wings
Contact:
256-301-5454

Tuesdays
Event: Family Night
Where: Mellow
Mushroom
Contact:
256-355-5161

Tuesdays
Event: Kids Night
Where: Texas
Roadhouse
Contact: 256-301-0007

Tuesdays
Event: Kids Night
Where: Moe's
Southwest Grill
Contact:
256-580-2817

March 1 - April 15,
2020

Event: FREE

Income Tax Preparation with RSVP

Where: Decatur

Public Library-Training Center

Contact:

256-353-2993 ext. 10

March 1, 5, 6 &
7, 2020

Event: Calhoun Theatre presents The Comedy of
Errors

- The Pop Musical

Where: Alabama
Center for the Arts

Contact:

256-260-4293

March 2-27, 2020

Event: Youth Art

Month – Annual Showcase of Youth Talent

Where: Alabama
Center for the Arts

Contact:

256-260-4293

Event: Cross-Eyed Trivia
Event: Cross-Eyed Trivia

Thursdays

Event: .70 Boneless Wings

Where: Buffalo Wild

Wings

Contact:

256-301-5454

2nd and 4th

Saturdays

March through May

Event: Stories in
the Store

Decatur Bicentennial
March, 2020

Event: “Decatur
Reads”

Where: Decatur,
Alabama

Contact:

256-350-2028

Get Your Shamrock On!

St. Patrick's Day - Tuesday, March 17th

St. Patrick was NOT Irish
He was from Wales
-Source: IrishCentral.com

11 of our favorite ways to celebrate St. Patrick's Day

1. Drink green beer
2. Go to a parade (instead of work)
3. Make green eggs & ham
4. Learn an Irish jig
5. Don a green top hat
6. Wear green knee socks
7. Paint toenails green
8. Eat corned beef & cabbage
9. Shave a shamrock in your beard
10. Add Irish cream to your coffee
11. Buy an Irish Setter

-Source: MAGIC Marketing staff

39% of Americans celebrate St. Pat's Day

Wear green.....83 %
Make special food34 %
Attend a party..... 31 %
Decorate home.....25 %
-Source: history.com

The first St. Patrick's Day parade took place in **New York** in **1762**
-Source: history.com

Irish immigrants subbed **CORNERED BEEF** for traditional **Irish BACON** to save money
-Source: history.com

The color traditionally associated with St. Patrick was **BLUE** not green
-Source: IrishCentral.com

40 LBS of green dye are used in the Chicago River every year
-Source: IrishCentral.com

The **SHAMROCK** called the "seamroy" by the Celts, symbolized the rebirth of spring in ancient Ireland
-Source: history.com

In the last 100 years **650,000** babies have been named **PATRICK** in the U.S.
-Source: history.com

5.5 million pints of Guinness® are consumed every day around the world

11 million pints on St. Paddy's Day!
-Source: IrishCentral.com

THERE ARE OVER **450** CHURCHES named for St. Patrick in the U.S.
-Source: history.com

Events Near You

Downtown Decatur Pub Crawl
Sat. March, 14
11 a.m.-9 p.m.
Downtown Decatur

St. Patrick's Day Karaoke 67
Roadhouse 2941 Point Mallard Parkway,
Suite V Decatur, AL March 17, 11 a.m.-12
a.m. 256-584-8025

43rd Annual St. Patrick's Day Parade
Saturday, March 14th, at 11:00 am
Downtown Huntsville

Straight to Ale
March 14th starting at 2:00 pm
free, family, friendly fun
live music
Irish food
Irish dancing



Are you Ready for March Madness ?

What is it?

The NCAA Division I men's basketball tournament is a single-elimination tournament of 68 teams that compete in seven rounds for the national championship. The penultimate round is known as the Final Four, when (you guessed it) only four teams are left.

Why is it Madness?

That term somehow captures the excitement that swirls around the sports world as tournament time approaches. In the weeks leading up to the "Big Dance," as it is called, hundreds of college basketball teams from all over the United States fight to earn a spot in the tournament

How Can I play?

To play along, AND **WIN** cool prizes, completely fill in the March Madness bracket on the next page, with the teams you feel will win each round. Points are rewarded per round (1-1, 2-2, 3-3, 4-4, 5-6, playoff - 10)
For a tie breaker, be sure to enter what you think the total number of points scored in the championship game will be.

Submit all brackets to the drop box, located in the HR office area. **NO LATER THAN WEDNESDAY, MARCH 18TH, 2019.**

Brackets will also be printed and available in the HR office beside the drop box.

Name: _____

CC: _____

First Round MARCH 19-20 Second Round MARCH 21-22 Regional Semifinals MARCH 26-27 Regional Finals MARCH 28-29 National Semifinals APRIL 4 Dayton MARCH 17-18 National Semifinals APRIL 4 Regional Semifinals MARCH 26-27 Regional Finals MARCH 28-29 National Semifinals APRIL 4 First Round MARCH 19-20

FIRST FOUR

DAYTON
MARCH 17-18

Watch on
tru



FINAL FOUR

ATLANTA
APRIL 4 AND 6

NATIONAL CHAMPIONSHIP

APRIL 6

