



# MURPHY MONTHLY

Official Citywide Employee Newsletter for the City of Murphy



## EMPLOYEE SPOTLIGHT PENNY PERRYMAN

As a Records Clerk for the Police Department, Penny enjoys the opportunity to work closely with the officers and the public. She loves being a point of contact and assisting members of the community with professionalism, respect, and care. "It's rewarding being able to contribute behind the scenes to something much bigger than myself."

After 26 years in HR, she decided to take a break and felt blessed to find this job posting a year later. Being named Civilian of the Year during the PD banquet this past January was an incredibly meaningful career highlight of hers.

If she had to choose a different department to work in, she would choose CMO, as she admires the leadership of our current City Manager. Spending a day in this role would deepen her appreciation for the human side of public administration, and how strong, people-centered leadership can shape employee satisfaction and public trust.

A piece of advice that's stuck with her? "Not everyone is meant to cook." LOL! This piece of wisdom comes from her four older sisters, who love to cook from scratch. But for her? not so much. Weirdly enough, her two daughters absolutely love baking and cooking, which works out for her and her husband!

Fun Fact: She has been married for over 30 years and was blessed with 3 amazing kids and one grandson.

Lastly, the Murphy core value that speaks to her the most is Friendly, as being friendly encourages a positive work environment, which in turn is a mental health benefit to all.

## WELLNESS WEDNESDAY - 8/27



### Breakfast & Learn Mental Health Awareness

📍 City Hall Community Room  
8:00 AM – 9:00 AM

Register [HERE](#)

Enjoy Breakfast on us!

### Vitamin Shot Clinic

📍 City Hall Conference Room 116  
8:00 AM – 9:00 AM

### 1-Mile Wellness Walk

📍 City Hall Front Entrance  
9:00 AM – 9:30 AM

## PARKS & REC MONTH



National Parks and Recreation Month has come to an end! Though July is over, we are always thankful to our P&R staff for their commitment to providing beautiful and safe spaces for play, community, and connection - showcasing the power of parks and recreation services every day!

Be sure to visit

<https://www.murphytx.org/110/Parks-Recreation> to learn about the upcoming events and programs our P&R department put so much effort and hard work into!



# JULY NEW HIRES

Welcome to the Murphy team!



**Chris Ware**  
Supervisor  
PW

Before coming to Murphy, Chris worked as a Superintendent for the City of Cockrell Hill. In his free time, he enjoys playing guitar and running, and hopes to one day complete a Triathlon. He is motivated by being better than he was before, and is most proud of his children.



**Cole Verhoev**  
Firefighter/Paramedic  
FD

Prior to Murphy, Cole worked as a Delivery Consultant for Bedside Medical Device Interface. In his free time, he enjoys golf, soccer, and eating Japanese BBQ. On his bucket list is renewing vows with his wife in Hawaii, and he is most proud of winning an international soccer cup.



**Colton Gossett**  
Firefighter/Paramedic  
FD

Before Murphy, Colton worked on a golf course while going to paramedic school. In his free time, he enjoys playing golf and watching Back To The Future. He is motivated by challenging himself, and is most proud of getting his EMT certificate while in High School.



**James Lovelace**  
Firefighter/Paramedic  
FD

Prior to Murphy, James worked as an Emergency Room Medic. In his free time, he enjoys running spartan races, hiking, and watching Supernatural. On his bucket list is going to see the Northern Lights, and he is motivated by being of service in a meaningful career.



**Glenda Bryant**  
Crossing Guard  
PD

Before coming to Murphy, Glenda worked at Walmart. In her free time, she likes reading and taking care of her plants. Reading the Bible is what motivates her, and she is most proud of her son, grandchildren, and her great grand son.



**Emily Hartwig**  
Crossing Guard  
PD

Before Murphy, Emily was a retiree who was a consistent volunteer at the Wylie Christian Community Care Center for 5 years. She enjoys visiting her grandson, wishes to travel to all 50 states, and is most proud of her family.

# JOB OPENINGS

View more details at

[www.governmentjobs.com/careers/murphytx](http://www.governmentjobs.com/careers/murphytx)

- Recreation Aide
- School Crossing Guard
- Court Administrator



# WORKIVERSARIES



**Fredrico Mancias** - 20 Yrs of Service

**Matt Foster** - 20 Yrs of Service

**Tammy Drake** - 16 Yrs of Service

**Marilyn Young** - 15 Yrs of Service

**Natasha Vause** - 12 Yrs of Service

**John Burton** - 9 Yrs of Service

**Joshua Simms** - 3 Yrs of Service

**Roger Camp** - 2 Yrs of Service

**Bianca Brown** - 1 Yr of Service

**Carla Blatney** - 1 Yr of Service

*Thank you for your continued service to making Murphy the incredible place it is!*

# BIRTHDAYS



**Jacob Shenk** - 8/1

**Garrett Paynton** - 8/1

**Jeff Gibson** - 8/3

**Frederico Mancias** - 8/3

**Luis Quintana** - 8/11

**Israel Rodriguez** - 8/12

**Jaelyn Smith** - 8/14

**Adana Barber** - 8/14

**Daniel Moszak** - 8/16

**Teresa Thompson** - 8/17

**Sammi Clark** - 8/23

**Terra Lanahan** - 8/27

**Reagan Rothenberger** - 8/31

# RECOGNITION WALL

## PEER-TO-PEER RECOGNITION

From: Tammy Doran

I'd like to take a moment to recognize **Trevor Bowman** (IT) for the incredible support he provides to our Public Works team when it comes to Cartegraph updates. Anytime there's a snag or a task that needs tackling, Trevor jumps right in and handles it quickly, efficiently, and always with an infectious can-do attitude.

His responsiveness and reliability help keep our operations running smoothly, and his contribution is a big reason our systems stay accurate and up to date. He truly embodies the Murphy "COOL" values, and we're lucky to have him as part of our team.

## PEER-TO-PEER RECOGNITION

From: Bailey Ragsdale, Public Affairs

When Bailey got a flat tire during the Public Works Citizen's Academy session, **Brett Bertelli** (Facilities) dropped everything to jump into action and replace the flat quickly and effectively. He truly modeled being a COOL employee by going above and beyond for a coworker in need, exemplifying his kindness and selflessness.

## ON THE SPOT RECOGNITION

Recognizing **Leandra Magness-Weimer** in Customer Service. Congratulations for redeeming a \$10 Jersey Mikes gift card in exchange for the 5 on the spot cards! Thank you for your positive impact to Team Murphy.



# PROFESSIONAL RECOGNITION

## CONGRATS ON YOUR PROMOTION!

**Leandra Magness-Weimer** recently received a promotion to Sr. Customer Service Specialist, a well-deserved advancement for all the effort she puts into serving Murphy residents. Congratulations!

## CONGRATS ON YOUR PROMOTION!

A big congrats goes to **Jerry Murphree**, who received a promotion to Maintenance Worker II after only four months of being a Maintenance Worker I, showing that he truly does know his stuff and his dedication to keeping our Public Works operations running smoothly. Way to go!

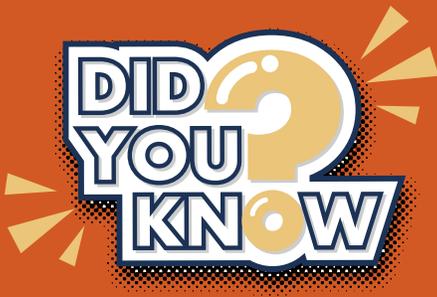
## PARAMEDIC SCHOOL GRADUATION!

Join us in congratulating **Nick Donahue** for graduating paramedic school last month! This accomplishment is extra special as Nick is only the third firefighter in the history of the City to complete paramedic school and pass the National Registry exam while actively serving our community. We are incredibly proud to have him on our Team!

## NEW TCEQ LICENSE!

Join us in recognizing and celebrating **Orion Hackney** who obtained his TCEQ Class I Wastewater Collection Operator license this month! This achievement shows his dedication to professional growth and commitment to ensuring Murphy has a functional and safe wastewater collection system. Thank you for all that you do, Orion!





# AUGUST IS NATIONAL WELLNESS MONTH!

**National Wellness Month** is all about prioritizing self-care, managing stress, and promoting healthy routines, both at work and at home. It's a great time to reflect on your overall well-being and explore small changes that can make a big impact, like staying hydrated, taking regular movement breaks, or unplugging from screens for a while each day. Throughout the month, consider setting a wellness goal, whether it's adding more steps to your day, practicing mindfulness, or reconnecting with a hobby you love. Remember, taking care of yourself isn't a luxury, it's essential.

Don't forget to participate in this month's **Wellness Wednesday** and submit your Wellness Program Scorecard by **August 31<sup>st</sup>** to earn a monthly incentive for prioritizing your health!

Name: _____ Department: _____ Phone: _____ Health Plan (check one): [ ] PPO [ ] HDHP		Completed scorecards are due to HR by <b>August 31, 2025</b> . For questions, e-mail <a href="mailto:hr@murphytx.org">hr@murphytx.org</a> .
<b>2024-2025 WELLNESS PROGRAM SCORECARD</b> <i>Complete the following activities to earn a \$20 monthly wellness incentive!</i>		
<p><b><u>REQUIRED ACTIVITIES:</u></b></p> <ol style="list-style-type: none"> <li><b>Annual Physical</b> Complete an annual physical either onsite or at an in-network physician of your choice.</li> <li><b>Biometric Screening</b> Complete a biometric screening either onsite, through a Catapult virtual check-up, or at an in-network physician of your choice (results must include Height, Weight, Blood Pressure, Glucose, Total Cholesterol, HDL, LDL, Triglycerides)</li> <li><b>Well onTarget Health Assessment</b> Complete your Health Assessment via WellonTarget.com            1. Login using your BCBS Blue Access for Members credentials.            2. New users click "Register Now" to create an account or sign in if a returning user.            3. Have your Biometric Screening results handy.</li> <li><b>Additional Wellness Activity (choose 1 of the following)</b> <ul style="list-style-type: none"> <li>Complete a preventative screening of choice (i.e., dental exam, vision exam, vascular screening, mammogram, colonoscopy, vaccine, etc.)</li> <li>Participate in a City-sponsored wellness event (i.e., lunch &amp; learn, fitness event, blood drive, etc.) or complete a wellness webinar via awpnw.com</li> <li>Complete a BCBS-sponsored wellbeing challenge or program, or a Well onTarget health tracker for 60 days (ex. Track your fitness, nutrition, weight, sleep).</li> </ul> </li> </ol> <p style="text-align: center;"><b>Spouse on your health plan? Have them complete steps 1-3 for an additional \$10 a month!</b></p>	<p><b><u>RECORD YOUR COMPLETION:</u></b></p> <ol style="list-style-type: none"> <li><b>Annual Physical</b>            Employee Signature: _____ Date Completed: _____            Spouse Signature: _____ Date Completed: _____         </li> <li><b>Biometric Screening</b>            Employee Signature: _____ Date Completed: _____            Spouse Signature: _____ Date Completed: _____         </li> <li><b>Well onTarget Health Assessment</b>            Employee Signature: _____ Date Completed: _____            Spouse Signature: _____ Date Completed: _____         </li> <li><b>Add Wellness Activity:</b> _____            Date Completed: _____         </li> </ol>	

## WELLNESS TIP OF THE MONTH

### Understanding Your Cortisol Levels

Cortisol levels continue to trend on social media as people want to understand energy levels, manage stress and boost their well-being. So, what exactly is cortisol? **It's your body's primary stress hormone**, helping regulate various functions, such as metabolism, blood sugar, and blood pressure.

While it's normal for cortisol to fluctuate throughout the day (usually going up in the morning and slowly down during the day), consistently high or low levels can cause health issues.

To get a better understanding of your cortisol levels, seek the advice of a medical professional who can administer a **cortisol test** that measures the cortisol in your blood, urine, or saliva.



# MONTH IN REVIEW

## MPD's 50<sup>th</sup> Anniversary Celebration

MPD recently celebrated their 50th Anniversary with a very special event that brought together many past and present members of the agency, including Kimberly Parker, who spoke on behalf of her father, Dennis Pirkle—the very first paid police officer for the City. We were also honored to hear from Lt. Barber, former Chiefs G.M. Cox and Arthur Cotten, and our current Chief Gibson. Each speaker shared memories, milestones, and the values that have shaped Murphy PD into the agency it is today. The celebration also included a ribbon-cutting ceremony at the future site of the 50th Anniversary Mural—a permanent tribute to our history and growth.



## Citizen's Academy

Team Murphy has successfully hosted the 4th, 5th, & 6th sessions of the MurphyU Citizen's Academy: A Deep Dive into Fire Rescue, All About city Infrastructure (Public Works), and Inside Park Operations & Recreation Services. Citizens got to participate in simulating an emergency rescue using the Jaws of Life on an old car in full Murphy Fire gear; study planning and budgeting of park operations & recreation services, and got to see a backhoe demonstration. The last session is on August 7<sup>th</sup>, featuring internal services.



## Wellness Wednesday

July's Wellness Wednesday featured a 1-hr Vitamin Shot Clinic that was open for staff to get a wellness boost with Vitamin D, B12, and Lipotropic shots as well as a refreshing 1-mile walk from 9-9:30am.

(GREAT news: The Vitamin Shot Clinic is now a monthly staple because consistency is key when it comes to staying well!)



## Annual Benefits Enrollment

Thank you to everyone who attended last month's Benefits Education Sessions! We appreciate your engagement and commitment to staying informed about your benefit options. A big thank you as well to all who completed their annual benefits enrollment on time, your attention to these important deadlines helps keep everything running smoothly. Be sure to keep an eye on your mailbox in the coming weeks - your new insurance cards will be arriving soon!



# COUNCIL ROUNDUP

## A RECAP FROM THE JULY MEETINGS



### **Consent & Regular Agenda Items**

- **Ordinance approved:** amending the FY25 General, Utility, Public Safety Donations, MMDD, Election Capital, and VERF Funds.
- **Resolution Suspended:** delaying the effective date of Oncor Electric Delivery Company's requested rate change to allow for negotiations.
- **Ordinance Approved:** amending the FY25 General Fund and ARPA funds.
- **Resolution approved:** authorizing the City Manager to execute a contract with Cigna for employee medical, dental, and vision benefits.

## UPCOMING EVENTS

**City Hall Selfie Day - August 12**

**Murphy University-Internal Services - August 14**

**Cool-Down Friday (featuring Frios Gourmet Pops) - August 15**

**New Hire & Birthday Social - August 21**

**Wellness Wednesday - August 27**

**Cool-Down Friday (featuring Frios Gourmet Pops) - August 29**

**Employee of the Quarter Submissions Open - Week of September 1**

**Murphy University Citizens Academy Graduation - September 2**

**Food Truck Friday - September 5**

**Moonlight Movies: Minecraft Movie - September 19**

**Employee Town Hall - October 1**