



MURPHY MONTHLY

Official Citywide Employee Newsletter for the City of Murphy

MANAGEMENT MESSAGE FROM CITY MANAGER - ARETHA ADAMS

Happy New Year! This month marks my 1-year anniversary with Team Murphy and I wanted to take a moment to reflect on the incredible journey I've had so far and express my deepest gratitude for each and every one of you.

It has truly been an honor to join this dedicated and passionate team. Over the past year, I've had the privilege of working alongside talented individuals who consistently demonstrate a deep commitment to serving each other and our community. From tackling daily challenges to celebrating collective achievements, I've seen the dedication that each of you brings to your role—and I'm inspired every day by your hard work and enthusiasm. Our culture of teamwork and C.O.O.L service is evident in everything you do, and it's been amazing to witness firsthand how we all come together to make a meaningful difference in our city.

As we move forward together into 2025, I look forward to building on the progress we've made, continuing to strengthen our team, and working toward new shared goals that will help steer our City into a bright future.

In the coming months, we'll begin the process of preparing for the implementation of our annual budget, which will outline our financial priorities and ensure that we are investing in the growth of both our community and our employees. Additionally, I am excited to embark on the implementation of our new strategic plan, which will serve as our roadmap to prioritize initiatives, resources, goals, and department operations. Lastly, we will work on the implementation of a comprehensive plan that will guide our efforts toward responsible community development, economic prosperity, and improved quality of life for our residents.

Last but not least, I want to emphasize how important your health and well-being are to us. This year, let us continue to prioritize not only the success of our City but also the health and wellness of you and your families. We are committed to promoting an environment that supports both personal and professional well-being and I encourage you to take time to care for yourself and pursue balance. Remember to take advantage of the City's Wellness Program and participate in the various wellness initiatives offered to you. Your well-being is integral to our collective success.

Let's make 2025 another year of opportunity, progress, and wellness. Thank you again for the opportunity to be a part of an amazing team and for all you do to help make our City a better place. I'm excited for what this year holds and with your continued commitment, I know we will continue to accomplish great things.

Warm regards,

Aretha Adams
City Manager





EMPLOYEE SPOTLIGHT

JACY MITCHELL

PARKS & REC EXECUTIVE ADMIN ASSISTANT

My favorite part of my role is that I just absolutely love my department and team. Coming to work every day is a joy, and I haven't felt this way in years!

At the start of 2024, I decided it was time for a career change. After five years in the cut-throat world of sales, I wanted to return to my passion: helping people. Before sales, I spent 16 years as an executive assistant for a private family-owned business and later worked for UPS corporate in Dallas. Those were some of my happiest professional years. When I came across the City of Murphy's posting for an executive administrative assistant, it felt like destiny. Murphy has always been special to me—my grandmother's best friend lives off Starlite, and we visited often. Joining the city felt like coming home.

Regarding career achievements, in 2024, I was honored to receive the Rising Star award. It was such an unexpected but deeply meaningful recognition. If I could work in a different department for a day, I'd pick the Fire Department. I took EMT training in high school and have always been fascinated by their work.

The best piece of advice I've ever received is **"the best revenge is to live well."** My grandmother's words have stayed with me long after her passing. Whenever I've faced challenges, I hear her voice reminding me to keep going.

A fun fact is that I've been married to my husband, Joey, for two years. Though we've known each other most of our lives, we only realized later that we were meant to be together. Before Joey, I was a single mother for 10 years to my two children. Now, with his two teenagers, we're a blended family of six—and it's been such a blessing!

WELLNESS WEDNESDAY - 2/19

[Register in advance](#) for an activity by 2/18

Participation counts toward your Wellness Incentive!

Breakfast and Learn

- 7:15 AM - 8:00 AM
- Murphy Activity Center
- Mental Health Awareness (with AWP)

1-Mile Wellness Walk

- 10:30-11 AM
- Meet us at the City Hall Front Entrance for a 1-mile "walk and talk" with your coworkers.

Lunch and Learn

- 12:00 PM - 1:00 PM
- City Hall Fishbowl
- Estate Planning (with Gardner Wallace)

UPCOMING EVENTS

**2/17 - City Hall Offices closed
in observance of President's Day**

2/22 - Rainbow Trout Roundup
(Hosted by Murphy Parks & Recreation)

2/26 - Cardiovascular Screenings

- 9:00am-4:30pm
- Murphy Activity Center
- **Must sign up** for a time slot - no walk-ins

2/27 - Chili Cook-Off Contest

- 12:00p.m.-1:00p.m.
- City Hall Community Room
- **Sign up** in advance to let us know by 2/20 if you are entering your chili into the contest or **bringing a side dish!**



JANUARY NEW HIRES

Welcome to the Murphy team!



Kasaun Goss
Graduate Intern
CMO

Kasaun is a veteran of the U.S. Air Force and previously worked for the Texas Workforce Commission before joining the City of Murphy. He enjoys southern comfort food, watching Shark Tank, and working on his truck. His biggest motivation comes from his relationship with God and his family, and he is especially proud of being a father.



Graydon Strickland
School Crossing
Guard
PD

Graydon served as a Director of Risk Management & Insurance before coming to Murphy. He has a passion for photography, enjoys eating steak, and loves watching NCIS and baseball. A return trip to the Texas Rangers' spring training is high on his bucket list. Graydon is motivated by his relationship with God and is most proud of his family.



Juan Gomez
Maintenance Tech. I
Parks

Juan was a Landscape Manager at Promise Land Landscape before joining Murphy. In his free time, he enjoys playing soccer and watching Suits. One of his goals is to buy a second truck. His biggest inspiration comes from his family, and he takes great pride in his faith.



James McKown
Firefighter/Paramedic
FD

Brian was a Lieutenant at Odessa Fire Rescue before coming to Murphy. While he used to skateboard, he now enjoys riding motorcycles. He also loves eating onigiri, watching The Office, and spending time with his family. Skydiving and becoming a homeowner are at the top of his bucket list, and he is most proud of his son.

CAREER ACHIEVEMENTS



Perry Elliott has been promoted to Fire Chief after 14 years of dedicated service with the Murphy Fire Department.

John Grant has been promoted to Fire Marshal.

Ilan Shalev has been promoted to Fire Driver/Engineer.

Congratulations on your career achievements! We look forward to the great things ahead for the Fire Department. Thank you for your dedication to keeping Murphy a safe place to live, work, and thrive!

JOB OPENINGS

- Firefighter/Paramedic
- Public Works Supervisor
- Recreation Specialist
- School Crossing Guard
- Telecommunications Officer



WORKIVERSARIES

- Aretha Adams (CMO)** - 1 Yr of Service
- Jared Mayfield (CMO)** - 8 Yrs of Service
- Kayla McFarland (PARD)** - 13 Yrs of Service
- Perry Elliot (Fire)** - 14 Yrs of Service
- Patti Towne (Court)** - 15 Years of Service

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



HAPPY BIRTHDAY!

- Dustin Huddleston (Police)** - 2/1
- Angela Hughes (Police)** - 2/1
- Mark Gann (Police)** - 2/10
- Kim Gann (Police)** - 2/11
- Berna Fitzpatrick-Walker (Finance)** - 2/12
- David Alkins (Development)** - 2/14
- Matt Foster (PARD)** - 2/18



JANUARY NEW HIRES CONTINUED

Welcome to the Murphy team!



Jason Nations
Maint. Worker I
Public Works

Jason joined the City of Murphy after working as a welder helper at Switchback Construction and running his own business as a construction contractor. He enjoys working out in his free time, and one of his biggest dreams is to have a big family. Jason is driven by his passion for self-improvement, which is also what he is most proud of.



Jaelyn Smith
Telecommunications
Officer
PD

Jaelyn previously worked as a pharmacy technician at Kroger before joining Murphy. She enjoys doing her own nails, eating sushi, and reading in her free time. A dream vacation to Bora Bora is on her bucket list. Jaelyn is most motivated by her family and is especially proud of being a college graduate from Sam Houston State University.



Zach Trelfa
Maintenance Tech. I
Parks

Meet Zach! Before joining the City of Murphy, Zach worked as an exotic cat keeper at In-Sync Exotics. He has a hidden talent for juggling, enjoys watching sports, and loves eating picadillo. One of his biggest dreams is to visit Japan. Zach is driven by his passion for serving the community, and he is most proud of graduating from Stephen F. Austin State University.



If you would like to recognize a Murphy team member for their C.O.O.L service, fill out the form at the link below:

murphytx.org/1976/Employee-Recognition-Form

OR

“On The Spot” Recognition Cards -- available through HR or with department heads -- are hand-written cards to recognize an employee or group within their department for a job well done.

RECOGNITION WALL

TO: BRENT ULCH (FIRE)
FROM: SARAH ASHMORE (POLICE)

On January 2nd, Murphy PD responded to a call about an un-housed individual outside the 7-11 East needing help during the cold weather. The individual was distressed and reported a medical issue but declined assistance from the Fire Department. Captain Brent Ulch immediately took compassionate action. He entered the store, brought the individual a cup of coffee, and took the time to sit down and engage with him in conversation, while Officers worked on the logistics. His calm and empathetic approach helped de-escalate the situation, leading the individual to accept medical assistance. Captain Ulch exemplified respect, professionalism, and exceptional service, demonstrating the positive impact of kindness in challenging circumstances.



TO: PUBLIC WORKS STAFF
FROM: LAURA WILLIAMSON (PW)

This shout-out is for all Public Works staff that worked tirelessly Christmas Day, 2024 at the Hawthorn pump station to repair the generator electrical outage. This outage caused all the water pumps to stop working and staff couldn't receive SCADA readings to monitor the water pumps and water tower levels. Water levels are important to maintain the water pressure in the system for safe drinking water. A heartfelt thank you goes to Daniel Paredez, Russell Veasey, Colin McDonald, Brett Bertelli, and David Paul for their hard work in resolving the outage. Additionally, Carter Smith was on standby in case any SCADA issues arose. We also extend our gratitude to City Manager Adams for her support during this emergency.



MONTH IN REVIEW

New Hire Orientation

On January 16, The HR Team hosted a New Hire Orientation at the Murphy Activity Center, welcoming our newest employees to the City. The morning kicked off with a catered breakfast, followed by insightful presentations from each department head, highlighting their missions and key functions.

To give our new team members a firsthand look at City operations, we wrapped up the day with a tour of the Police Department, Fire Department, Animal Shelter, and the Murphy Activity and Community Centers. We're excited to have these new employees on board and are looking forward to the next orientation in May!



January Wellness Wednesday

Our first-ever on-site Cardiovascular Screening with Premier Corporate Wellness was a success! As part of our Wellness Wednesday on January 22nd, Premier Corporate Wellness provided comprehensive screenings for around 25 employees—completely covered by our City insurance plan. This new offering supports our commitment to employee health and well-being, and we're excited to bring it back for our February Wellness Wednesday. Don't miss your chance to prioritize your heart health.

Bianca Brown's Inauguration Role

Officer Brown had the distinguished honor of participating in the 60th Presidential Inauguration as an Executive Driver with the U.S. Navy. Bianca played a key role in escorting Secretary of the Treasury Mr. Scott Bessent. As part of a joint task force working alongside all branches of the U.S. military, Bianca contributed to this historic event, which brought together over 110 agencies to provide law enforcement services throughout Washington, D.C.

A highlight of the experience was Bianca's invitation to the exclusive Commander in Chief Ball, held on inauguration evening to honor service members. President Trump attended the event and delivered remarks. Thank you, Bianca, for your outstanding dedication and service!



DID YOU KNOW?

The City of Murphy launched its Wellness Program in 2024 to support employees on their journey to better health! As part of this initiative, employees who complete the Wellness Scorecard can earn \$20 per month—plus an extra \$10 for spouses on the City's health plan.

How it works:

- HDHP plan holders: Incentives go into your HSA account.
- PPO plan holders: Incentives reduce your premiums.

Once you've completed all the requirements on the Wellness Scorecard, simply submit it to HR, and your incentive will begin with the first paycheck of the following month!

Take charge of your well-being and start earning rewards today!

Department: _____ Phone: _____ Health Plan (check one): [] PPO [] HDHP		Completed scorecards are due to HR by August 31, 2025 . For questions, e-mail hr@murphytx.org .
2024-2025 WELLNESS PROGRAM SCORECARD <i>Complete the following activities to earn a \$20 monthly wellness incentive!</i>		
REQUIRED ACTIVITIES:	RECORD YOUR COMPLETION:	
1. Annual Physical Complete an annual physical either onsite or at an in-network physician of your choice.	1. Annual Physical Employee Signature: _____ Date Completed: _____ Spouse Signature: _____ Date Completed: _____	
2. Biometric Screening 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)	2. Biometric Screening Employee Signature: _____ Date Completed: _____ Spouse Signature: _____ Date Completed: _____	
3. Well onTarget Health Assessment 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.	3. Well onTarget Health Assessment Employee Signature: _____ Date Completed: _____ Spouse Signature: _____ Date Completed: _____	
4. Additional Wellness Activity (choose 1 of the following) <ul style="list-style-type: none">• Complete a preventative screening of choice (i.e., dental exam, vision exam, vascular screening, mammogram, colonoscopy, vaccine, etc.)• Participate in a City-sponsored wellness event (i.e., lunch & learn, fitness event, blood drive, etc.) or complete a wellness webinar via awpnow.com• Complete a BCBS-sponsored wellbeing challenge or program, or a Well onTarget health tracker for 60 days (ex. Track your fitness, nutrition, weight, sleep).	4. Addl Wellness Activity: _____ Date Completed: _____	
Spouse on your health plan? Have them complete steps 1-3 for an additional \$10 a month!		

WELLNESS TIP OF THE MONTH

BUILDING HEALTHY HEART HABITS



February is American Heart Month

- The American Heart Association predicts that roughly 61% of U.S. adults will have some type of cardiovascular disease by 2050.
- A heart-healthy lifestyle can reduce the risk of heart disease. Consider incorporating these practical tips:
 - **Get screened.** A heart disease screening checks your blood pressure, cholesterol and blood glucose levels. If you don't know these numbers, a baseline screening is a starting point for monitoring your health.
 - **Eat healthy.** Limit fast, fried and processed foods.
 - **Be active.** Engage in aerobic activity for at least 150 minutes weekly and muscle-strengthening activities two times per week. Flexibility workouts, such as stretching and balance, support musculoskeletal health and can help you keep up with your exercises.
 - **Avoid or quit smoking.** Nicotine raises blood pressure, so quit smoking or vaping. Breathing secondhand smoke also affects your heart.

COUNCIL ROUNDUP

A RECAP FROM THE JANUARY MEETINGS



- There was so second meeting on January 7th due to lack of business.
- During the January 21st meeting, Finance Director, Berna Fitzpatrick-Walker presented the City's new **Comprehensive Financial Management Policy** of which the City Council unanimously approved. This policy promotes the financial stability, sustainability, and continuity of our City!

