CUMBERLAND COUNTY GOVERNMENT

Connection

VOLUME III, ISSUE III

MAY 2006

There's Room For Improvement

Summary Of Wellness Reveals Room for Improvement, And a Happy Success Story Emerges, Too!

An executive summary of the Health Assessment that more than 1000 employees took in February holds some fascinating, if not surprising, information. For example, 80% of the participating employees are carrying some extra weight; 38% have a high overall coronary risk. Thirty-four percent of the employees suffer from allergies; and 45% indicated they are getting less than 7 hours sleep a night. Happily, more than 86% indicated job satisfaction. Not so happily, more than 6% have been smoking for more than a decade. There's room for improvement on many scores, and we've all got 'til August to bring down our weight, raise our fitness level, and just generally improve our health.

One wonderful success story about the Wellness Plan involves Assistant County Attorney Doug Canders. He, like all the other participating employees, fasted on the morning he went to the Wellness Fair. Astonished to learn that his blood sugar was more than twice as high as normal, Doug confirmed the problem with his own physician right away. Under his doctor's guidance, he has changed his diet significantly, exercises more regularly and has lost almost 20 pounds – just since February! Determined to move away from being a "borderline diabetic," Doug is grateful for the early warning he got by participating in the Wellness Plan. By August, when the next Wellness Fair is planned, Doug Canders will be in good shape and will certainly be able to demonstrate significant improvement in his scores.

Take full advantage of the opportunities the County is offering to its employees. Sign up for Healthy Opportunities for Productive Employees (HOPE), if your department is participating. Learn to eat less, move more, and be healthier. Like Doug Canders, you'll be glad you did!

Assistant County Attorney Doug Canders is making real changes to improve his health, including drinking more water, and taking the stairs instead of the elevator. "Keeping portions small is a big part of it too," Doug says. Keep up the great work, Doug, you are an inspiration!

Some of What We Know

County Manager's Message

Everyone likes to be associated with a winning organization. Every individual who serves on a winning team shares in the pride of a job well done.

I hope you share, as a Cumberland County employee, the pride the organization feels for having been selected by the National Association of Counties as one of this year's Sustainable Communities Award winners. Our entry, "Mission Essential: How Cumberland County, NC Is Leveraging The Military Through the Base Realignment and Closure Process" tells how the county and the Cumberland County Business Council is working to maximize the benefits of the population growth and economic development associated with the anticipated influx of military personnel in the next few years. It is the collaborative and cooperative approach that our community is taking in preparing for the consequences of BRAC that have made us a winner. It's nice to have that recognized.

The County has also been recognized once again for excellence in our financial reporting. I know that it is the professionalism and commitment of many individuals who make these successes happen. I'm glad to be associated with an excellent group of employees and I take this opportunity to thank each of you for all that you do to make this organization the strong one that it is.

In Cumberland County, HOPE Is A Method!

"It's a lifestyle change. You gotta make the commitment."

– Carol St. Louis, Finance Department

Last month, the county embarked on a six-month pilot of a project entitled HOPE – Healthy Options for Productive Employees. It's intended to increase the fitness and wellness of employees who are participating in the county's wellness plan.

Here's how it works: Employees who participated in the County's Wellness Fair signed up in their departments between April 3 and 14. They will be permitted to take a 90-minute lunch as many as three times a week, if the extra time is used to exercise. The 30-minute incentive is dependent upon supervisory approval. Those employees who use the 30-minute incentive must sign out in a log that is maintained in the department.

Employees are encouraged to exercise with a coworker, if possible, but they may opt to exercise alone or at a local fitness facility. Carol St. Louis, quoted above, is planning to use the time to get on the elliptical machine at her local health club. She's focused on maintaining her good health and fitness level. Others in her department will be taking a brisk stroll in the allotted time, hoping to become more fit, more healthy and maybe even a few pounds lighter.

Thirty minutes of exercise three times a week can make a positive difference in one's fitness and overall health. The program will be evaluated in October 2006 to determine its practicality and its effectiveness.

Leo White and Peggy Price take their 30-minute walk three times a week as part of the HOPE Program."There's really no reason not to participate," says Peggy. "The program takes all your excuses for not exercising away."

County Employee Kudos

Great County Employees Doing Great Things

Cannon

Amy H. Cannon, Assistant County Manager, accepted an award for the county recently. Cumberland County was awarded a Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the US and Canada. This has become an almost perennial award for the county and it is Amy Cannon who is primarily responsible for the recurring success. The GFOA is a professional association of approximately 16,000 government finance professionals.

Certifiably Great! So Says the State!

Three employees in the Cumberland County Board of Elections department have been certified by the State Board of Elections as Certified North Carolina Elections Administrators. **Joyce Carter, Bill Helms and Angela Amaro** were certified in April 2006. Terri Robertson, the Director of the department, is also Certified by the State Board of Elections. Obtaining certification requires attendance at a number of courses taught by the State Board and successful completion of an exam prepared by the State Board of Elections.

Public Information Director **Sara VanderClute** won third place in the NC Poetry Society's Lyman Haiku competition.

Five members of the Board of Equalization and Review were honored recently for their years of service. Seen here are **Ron Smith, Bill Holland** and **George Turner**. Absent for the photo were **David Dauria** and **Sherrill Jernigan**. Volunteers like these gentlemen serve on various boards and committees and contribute greatly to a smooth-running county government.

Smith, Holland, and Turner

Cumberland County Department of Public Health Women's and Children's Health Services (WCHS) successfully passed a recent quality assurance review conducted by the Nurse and Social Work Consultants from the Women's and Children's Health Section of the NC Department of Health and Human Services.

The consultants found that services are well-coordinated among all WCH programs, strong policies and procedures, excellent organization of clinical records, consistent staff involvement and patient participation, ongoing community outreach, good agency collaboration, excellent utilization of resources, several best practice activities and documents that will be shared with other public health departments.
All in all, a great evaluation! Congratulations to the staff who made it happen.

Marsha Fogle, Clerk to the Board of Commissioners, is the winner of the recent slogan contest. Her suggestion was to use the phrase that captured the essence of the March 2004 celebration of Cumberland County's 250th Anniversary – "Celebrating Our Past, Embracing Our Future."

More than 100 entries were submitted by employees across the county. It was no easy task to choose the best slogans from among that many excellent entries. But the website committee diligently did its work. When the Management Team considered the list, there was immediate concensus that it was "Celebrating Our Past, Embracing Our Future" that should indeed be the slogan that will be at the top of the soon-to-be launched new county website.

Congratulations to all those employees who participated in the contest and gave thought to what makes Cumberland County great.

Cumberland County A National Award Winner

Do you know what Cumberland County has in common with Cascade County, Montana? Or Morrison County, Minnesota? Or metropolitan Kansas City? Well, each of these governmental entities is a winner in the 2006 Sustainable Communities competition sponsored by the National Association of Counties. It's a big deal, and representatives from the winning communities received their award at a ceremony in Washington DC on April 27.

Cumberland County's entry was a partnership with the Cumberland County Business Council. Entitled *Mission Essential: How Cumberland County, NC Is Leveraging the Military Through the Base Realignment and Closure Process*, the entry demonstrates how the community is working collaboratively to prepare for the influx of people and jobs that BRAC means for Fort Bragg.

MAY DAY

Celebrating A Community Called Earth

CAPE FEAR BOTANICAL GARDEN May 6th, 2006

Rain or Shine

10AM until 1:45 PM

Free Environmental Hands-On Activities for All Ages

Food & Drink Vendors

1:45 PM

Boat Parade to Big Cross Creek for the Cardboard Boat Regatta

For more information on how your group may participate in the Big Cross Creek Cardboard Boat Regatta

Call 223-4760

I Love My Mama!

Well, don't we all! But that's also the title of the program being offered at the Cliffdale Regional Branch Library on Thursday, May 11. It's designed to help children 3 to 5 celebrate their love for their mothers with stories and song. Registration is required by calling 864-3800, Ext. 228.

That's not the only program the Cumberland County Public Library and Information Center has planned to celebrate Mother's Day, which falls on Sunday, May 14 this year. There will be special programs offered for children 3 to 5 year olds and older elementary school youngsters on Saturday, May 13, at the East Regional Branch. Children 2 to 6 years old are invited to hear songs and stories about mothers at the Headquarters Library on Wednesday, May 10 and 10 a.m.

The Cumberland County Public Library and Information Center offers many special programs at various branches through the month of May, and every month. Become acquainted with your library and the neat experiences it can provide you and your family.

Rockfish Creek

One of Cumberland County's Best Kept Secrets

On two occasions in March and April, Commissioner Diane Wheatley, along with members of the Joint Planning Board and the Planning & Inspections staff, had the opportunity to see the effects of development along Rockfish Creek - from the creek itself! Thanks to Board member Donovan McLaurin, for the eye-opening experience. He organized the canoe trips and stressed the importance of taking the time to know an area before sites are approved for development,.

Mr. Tim Evans, Bear Creek Realty, and his brothers graciously offered their canoes, acted as tour guides, and spent numerous hours ensuring that we understood the importance of preserving and protecting the environmentally sensitive creek. They made the creek 'come alive' as opposed to being a "blue line" on a map.

Left to right, Sara Piland, Donovan McLaurin, Diane Wheatley, Tim Evans and Clifton McNeil enjoy getting to know the Rockfish Creek area.

It was most amazing to realize such a precious commodity was right here in Cumberland County and truly should be protected. Anyone who ever has the chance to see the creek firsthand should never let the opportunity pass by.

Let's Give Some Thought To The Air We Breathe!

Cumberland County employees are encouraged to keep an Air Quality diary, (like those shown at left for adults, and below for children) for the first week in May. Just write down all of the things you do to save energy and keep the air clean. Each item has a point value. At the end of the week, turn your card in. Those with the most points win!

Be Aware of Our Air Week

Planning Today for Clean Air Tomorrow

May 1 -5, 2006

Clean Air Challenges and Point Values

1 pt- Trip Chain - All errands in one trip

1 pt- Fuel your car in the Evening

1 pt- Don't top off the tank

2 pts- Park & Go Inside , don't use the Drive –Thru

3 pts-Take a bag lunch

3 pts- Carpool to Lunch

5 pts- Use Alternative Transportation (bus, carpool, vanpool, bike, walk, roller blade)

5 pts- Change the Air Filters in your home

5 pts- Use Hand Tools for yard work

5 pts- Purchase one block of NC GREEN POWER (www.NCGREENPOWER.org)

Keep track of all your activities to prom Clean Air and you will be eligible fo Prizes! Points will be given for extr activities not listed, so be creative

My Clean Air Diary

Name:

Email:

Phone:

Date	Activity	Points

Be Aware of Our Air Week

Planning Today for Clean Air Tomorrow

May 1 -5, 2006

KIDS Clean Air Challenges and Point Values

1 pt- Turn off Lights/TV/Radio when leaving a room

1 pt- Reduce TV/Video game time by ? hour

1 pt- Turn off computer & monitor when not in use

2 pts- Don't run water when brushing your teeth

3 pts-Shorten your shower or use less water in the bath

3 pts- Ride your bike or walk to school

5 pts- Plant a garden or tree

5 pts- Carpool with friends

5 pts- Play outdoors

Keep track of all your activities to promote Clean Air and you will be eligible for Prizes! Points will be given for extra activities not listed, so be creative!

My Clean Air Diary

Name:

Email:

Phone:

Date	Activity	Points

Attach additional sheets if needed.

Be part of the solution!

Clean Air for Cumberland County

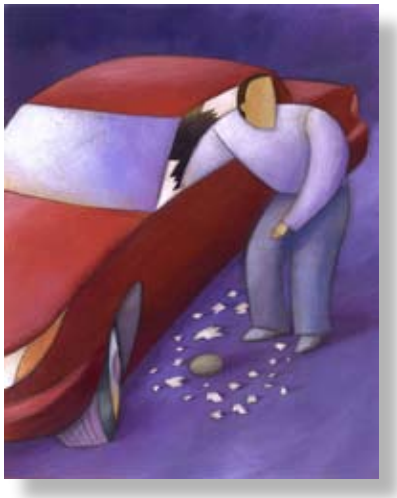
Mail To:
Transportation Planning
P.O. Box 1829 • Fayetteville, NC 28301
or drop off at:
130 Gillespie Street, 2nd Floor
BY MAY 15, 2006

Air Quality Diary Contact
Aly Dyson (910) 486-1541
www.fampo.org/airquality

Prizes include a bicycle, tickets to Fayetteville Guard games, or one of five (5) half-day off certificates! Even if you don't compete, it can be enlightening to keep the diary, discovering ways you can change your habits that will benefit you and the environment.

To get your Air Quality Diary, Contact Janique Evans at 678-7614

News Employees Can Use



Lt. Kenneth Williams of the Cumberland County Sheriff's Office cautions employees that there have been several instances of cars, parked in the courthouse parking lots, being broken into. It's not enough, Lt. Williams says, to lock your car. Deputies will be patrolling the parking lots to discourage break-ins, but employees should minimize the opportunity by locking their vehicles and not leaving items of value in the car where they can be seen.

It's going to cost you a bit more if you are careless and lose your county ID badge. As of May 1, the cost of replacing the badge goes up from $5 to $7. You don't want to be without one – it is required that all employees entering the Courthouse display the badge for security purposes. If you do need a replacement badge, call 678-7713 to schedule a time to pick up a new one.

Benefits Stay the Same, But a Change In Health Insurance Administrator

Many county employees have heard that Cumberland County will be changing to a new Health Insurance administrator effective July 1. The administrator will change from Blue Cross/Blue Shield to Cigna. New insurance cards will be provided to affected employees by the 1st of July.

It's important to note that the benefits of the county's health insurance plan will NOT change. The Cigna network of providers is as large as that of Blue Cross/Blue Shield. If you have a question about whether your health care provider is in the Cigna network, simply call the health care provider and inquire.

Open enrollment takes place this year during the last week of April and the 1st week of May. A schedule with the exact locations and times of the open enrollment will be distributed to all departments through email and hard copies will be provided to each department to display the exact locations and times of the open enrollment. A representative from Cigna will be on site to answer any health insurance questions.

The United Way's Days of Caring

Cumberland County employees have, in years past, demonstrated support of the United Way by contributing funds from their paychecks – and participating in the Days of Caring program. Volunteers lend a helping hand to the partner agencies of the United Way and that can range from sorting food for Second Harvest or assisting Habitat for Humanity to build a house, or reading for the visually impaired.

This year, the Days of Caring are Thursday through Saturday, May 11-13. Contingent upon supervisory approval, county employees can sign up to assist the United Way.

To learn about the volunteer opportunities available and to sign up, contact Patania Eiland in Human Resources (323-6100.) She has the list of projects and can sign you up. Do it soon, the official deadline for volunteer sign up has passed, but the United Way is being gracious in accepting Cumberland County employee volunteers right up to the last minute.

united way
of
cumberland county

James Martin, County Manager
County Manager's Office
117 Dick Street
Courthouse
Suite 512
Fayetteville, NC 28301
Phone: 910-678-7723
Fax: 910-678-7717
Email: jmartin@co.cumberland.nc.us

Visit us on the Web

http:/ www.co.cumberland.nc.us/

Cumberland County Government… Working for you!

Cumberland County
NORTH CAROLINA

Mission Statement

It is the mission of the Cumberland County Government to assure all our citizens a better quality of life by providing for the public safety, public health, quality education, clean environment and economic development while being fiscally responsible.

Vision Statement

Our vision for Cumberland County is that it be characterized by progressive leadership that provides for a prosperous, affordable, safe, and culturally inviting community.

Coming Up @ The Crown Center

CROWN CENTER
Coliseum ■ Expo Center ■ Arena ■ Theatre

May 5-7
$52,000 Pro Skateboarding Contest
Crown Coliseum

May 11
Miranda Lambert with guest Jason Aldean
Crown Theatre, 7:30 PM

May 13
Guard vs Cincinnati
Crown Coliseum

FAYETTEVILLE GUARD
NATIONAL INDOOR FOOTBALL LEAGUE

May 20
Guard vs w. Palm Beach
Crown Coliseum

Come out and cheer for the Fayetteville Guard in June!

June 3 Guard v. Tennessee • June 10 Guard v. Greensboro
June 17 Guard v. Charleston • June 24 Guard v. Montgomery