

# CUMBERLAND COUNTY HEALTHY CONNECTION



## April is National County Government Month and the 2010 theme is “Healthy Counties.”



Here are just a few of the many activities scheduled to tie-in with the theme of “Healthy Counties”:

- The April edition of the CUMBERLAND MATTERS television show features segments on N.C. Public Health Month, County Government Month, Air Quality, Rabies Vaccination Clinics and Child Abuse Prevention Month.
  - The Environmental Health Division of the Health Department and Animal Services will conduct RABIES VACCINATION CLINICS in the community throughout April. (A vaccination schedule is included in this Connection issue.)
  - POSTER AND BANNERS will be displayed in county buildings promoting County Government Month.
  - During the Dogwood Festival, Air Quality will honor the student winners in its ANNUAL POSTER CONTEST.
  - The Public Health Department, Mental Health Center and Air Quality will set up DISPLAYS IN THE COURTHOUSE to promote wellness, healthy living and the services they offer.
- On Friday, April 9, county employees are encouraged to SHOW THEIR “COUNTY PRIDE” by wearing county-related apparel.
  - The Cumberland County PRESCRIPTION DISCOUNT CARD program will be promoted.
  - The annual county EMPLOYEE WELLNESS FAIR is March 30 – April 1 at the Agro-Expo Center.
  - County employees with 20 or more years of service (5-year increments) will be honored at a ceremony April 19 in Room 118 at 8 a.m. This will be followed by a reception in Room 119 honoring the employees with long years of service.

## Wellness Fair Reminder!

The annual county employee wellness fair is scheduled for March 30 – April 1 at the Agri-Expo Center. Employees who participate in the wellness fair have an opportunity to save money on their health insurance premiums. At the health fair, employees will be weighed and screened for high blood pressure, cholesterol and blood glucose. They will also turn in their completed Personal Wellness Profiles. **Please contact Chasity Sessoms, Wellness Coordinator, at 433-3896 or Barbara Carraway at 433-3893 for additional information.**





## Assess Your Stress

Here are some common symptoms of too much stress and not enough relaxation. Put a check by any that have troubled you in the past month:

- Fatigue
- Sleeplessness
- Irritability, anxiety or depression
- A change of appetite
- Headache, backache or chest pain
- A noticeably negative attitude
- Numbness
- Feeling overwhelmed or out of control
- Poor concentration
- Little things bothering you
- Frequent crying
- Muscle spasms
- Constipation or diarrhea
- Shortness of breath
- Difficulty controlling your temper

If you're experiencing any of these symptoms, try some simple stress reduction techniques, such as meditation, deep breathing, relaxation or exercise.

If you checked many boxes, you may require more than simple relaxation techniques. Consider asking the Employee Assistance Program (EAP) to help you identify and deal with the stressors in your life. Whether you are being overwhelmed with a personal or a work-related concern, your EAP professional will work with you to solve your issues.

To initiate the assistance of the EAP, call 222-6157. Your supervisor does not have to be made aware you are using the program, unless you choose to share that information.

## Celebrating Public Health Month

THE CUMBERLAND COUNTY DEPARTMENT OF PUBLIC HEALTH and the Fayetteville Metropolitan Housing Authority are sponsoring a health fair on Wednesday, April 7 from 10 a.m. to 3 p.m. at the Grove View Terrace Recreation Center.

The public is invited to learn more about various topics such as stress relief, childhood obesity, heart health, diabetes, prenatal care, HIV/AIDS awareness, and much more. Refreshments will be served and door prizes awarded.

For more information, call the Health Department at 433-3894 or the Fayetteville Metropolitan Housing Authority at 483-6980.

The event is part of the Health Department's celebration of N.C. Public Health Month in April. The theme for the statewide initiative is "Creating a Healthier State One County at a Time."

Also, in recognition of Public Health Month, the Health Department's Spirit Team will be hosting a "Staff Appreciation Celebration" for Health Department employees on Friday, April 16 from 1 to 5 p.m.

"We are extremely proud of the more than 200 employees who provide the essential services to the citizens of Cumberland County," said Dorothy McNeil, administrative officer.

## BLOOD DRIVE Scheduled for March 31

The Cape Fear Valley Blood Donor Center is returning to the Courthouse parking lot for a blood drive on Wednesday, March 31 from 1 to 4 p.m. The Center has an urgent need for O and B donors at this time.

If you would like to donate, please contact Sally Shutt at 437-1921 or [sshutt@co.cumberland.nc.us](mailto:sshutt@co.cumberland.nc.us).



# Help With Prescription Costs



Cumberland County, through its membership in the National Association of Counties, distributes prescription drug discount cards that offer average savings of 20 percent off the retail price of commonly prescribed drugs. The prescription discount cards, in English and Spanish, can be picked up at the Department of Social Services, Health Department, Mental Health Center and all library branches. Simply present the card at a participating retail pharmacy and save an average of 20 percent on your prescription medicine. There is no enrollment form or membership fee, and nine out of 10 pharmacies nationwide accept the cards. You and your family may use your prescription discount card any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use your card. Visit [www.caremark.com/naco](http://www.caremark.com/naco) to find a participating pharmacy and a price estimate for your prescription. For more information, call toll-free 1-877-321-2652.

## Be Healthy! Grow What You Eat Workshop

- \* Are you tired of store-bought vegetables?
- \* Have you been thinking about planting a garden, but are unsure of what to do?

Then come out on April 12 at 6 p.m. to the Extension office and learn all about how to plant and grow your summer vegetables!

Please register by April 1. Registration form can be found at: <http://cumberland.ces.ncsu.edu/>

Cost is \$5 and must be paid by registration date. At least 10 people must register for event to take place. Space is limited to 50 participants.

**When: April 12 at 6 p.m**

**Where: Cooperative Extension Auditorium • 301 E Mountain Dr • Fayetteville NC**

**Contact: Shauna Haslem Extension Agent, Consumer Horticulture**



### REMEMBER!

**The deadline is April 16 for submissions to the May issue of *County Connection!***

# 2010 RABIES VACCINATION CLINICS

**NORTH CAROLINA LAW:** "The owner of every dog and cat over four months of age shall have the animal vaccinated against rabies." In Cumberland County, the owners of dogs and cats which have not been vaccinated in accordance with this law are subject to a civil penalty in the amount of \$100.00.

## RABIES VACCINATION CLINICS WILL BE HELD AS FOLLOWS:

**TUESDAY, APRIL 6, 2010 • 4:00 - 6:00 P.M.**

- Stedman Elementary School – Highway 24 South, Stedman
- EE Miller Elementary School – 1361 Rim Road
- Tarheel Specialties, Inc. – 10335 Ramsey Street, Linden

**THURSDAY, APRIL 8, 2010 • 4:00 - 6:00 P.M.**

- Loyd E. Auman Elementary School – 6882 Raeford Road
- Rockfish Elementary School – Rockfish Road, Hope Mills
- Chaps Bar – Chicken Foot and Yarborough Road

**TUESDAY, APRIL 13, 2010 • 4:00 - 6:00 P.M.**

- Beaver Dam School – Highway 2105 and SR 2035, Beaver Dam
- Massey Hill Classical School – 1062 Southern Avenue
- Melvin Honeycutt School – 4665 Lakewood Drive

**THURSDAY, APRIL 15, 2010 • 4:00 - 6:00 P.M.**

- South View Middle School – Elk Road, Hope Mills
- Lake Rim Park – 2214 Tarkin Drive (off Raeford Road)
- Mendoza Park – Highway 87 North, Spring Lake

**TUESDAY, APRIL 20, 2010 • 4:00 - 6:00 P.M.**

- Warrenwood Elementary School – 4618 Rosehill Road
- Stoney Point Elementary – 7411 Rockfish Road
- Gray's Creek Elementary – 2860 Alderman Road

**THURSDAY, APRIL 22, 2010 • 4:00 - 6:00 P.M.**

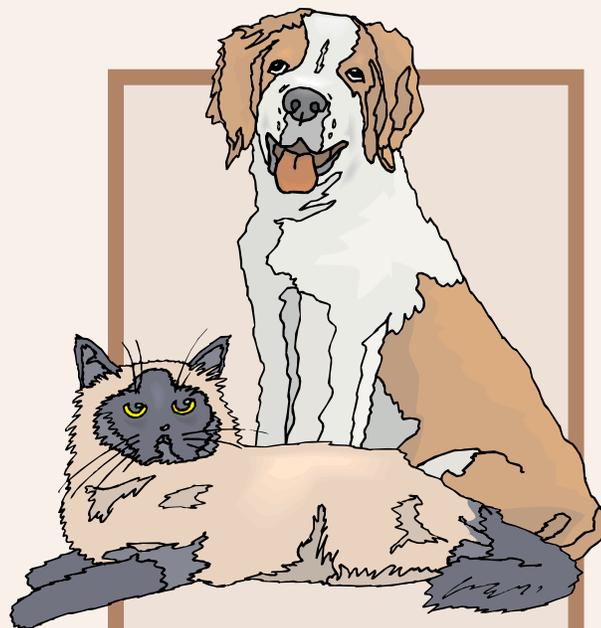
- Benjamin J. Martin Elementary School – 240 Reilly Road
- DAK Resins (Formerly Monsanto) Parking Lot – Cedar Creek Road
- Family Fellowship Worship Center – Danbury Road (off Murchison Rd)

**TUESDAY, APRIL 27, 2010 • 4:00 - 6:00 P.M.**

- Eastover-Central Elementary School – 301 North at Highway 13
- Northwood Temple Church – 401 N at Andover Road
- Gallberry Farms Elementary – 8019 Byerly Drive

**THURSDAY, APRIL 29, 2010 • 4:00 - 6:00 P.M.**

- District 7 Elementary School – Wade-Stedman and Smithfield Roads
- Mazarick Park – Belvedere Avenue
- Charlie Rose Agri-Expo Center – East Mountain Drive



**To remain properly immunized a dog or cat must receive two rabies vaccinations one year apart, then one vaccination every three years thereafter.**

Please keep your dog on a leash. Keep your cats in separate carriers or boxes or leave them in your car. Owners may be held responsible for their pets and for any damage they cause.

**FEE: \$10.00 PER DOG OR CAT • SORRY, NO CHECKS • NO ROLLED COINS**

# Cumberland County Employees

## 2010 Cafeteria Benefits Enrollment



**INTERNET ENROLLMENT DATES:** April 5 — April 30, 2010

**Enroller Support Dates:** April 12 — April 16, 2009

**EFFECTIVE DATE OF COVERAGE:** JULY 1, 2010

**Deadline Date To Enroll:** April 30, 2010

Remember, you **MUST RE-ELECT** your Gilsbar Health Care &/or Dependent Care Account. It **will not** automatically continue each year.

### Products that can be enrolled on the Internet:

- Gilsbar Health Care Account
- Gilsbar Dependent Care Account
- Ameritas Dental
- Superior Vision (**New Benefit This Year**)
- Standard Life Short Term Disability

### Products that must be enrolled by a Mark III Representative:

- Assurity Cancer
- Aetna Term Life (Must see a Mark III Rep)
- Unum UL
- Blue Cross Blue Shield Health Insurance (must see the BCBS representative for all health changes)

## How to Log on to the Internet to Enroll

- Go to: [www.co.cumberland.nc.us](http://www.co.cumberland.nc.us) and click "Internet Enrollment"
- You will see the Cumberland County Government Welcome Page
  - Logging on:
    - Enter Case ID number: 911
    - Enter the Online ID, which is your social security number.
    - Enter your password which is: enroll10

## Contacts For Internet Enrollment:

- Susan Murphy (800)532-1044 ext. 215 / [susan@markiiiifinancial.com](mailto:susan@markiiiifinancial.com)
- Cindy Horton (800)532-1044 ext. 210 / [cindy@markiiiifinancial.com](mailto:cindy@markiiiifinancial.com)
- Julie Crawford (910)223-3327 / [jcrawford@co.cumberland.nc.us](mailto:jcrawford@co.cumberland.nc.us)

## OR TO ENROLL IN PERSON:

Monday, April 12 at DSS 9 AM-5 PM

Tuesday, April 13 at Mental Health--Executive Place 9 AM – 5 PM

Wednesday April 14 at Health Department 9 AM-5 PM

Thursday April 15 at DSS 9AM-5PM

Friday April 16 at Courthouse 9AM-5PM