



# CUMBERLAND COUNTY CONNECTION

## Employee Pharmacy Updates

### DEPENDENTS OFFERED PHARMACY SERVICES

**T**HE EMPLOYEE PHARMACY is ready to start serving employees' dependents and will begin phasing in service gradually based on last names in order to avoid an overwhelming response.

Starting Nov. 1, employees whose dependents' last name begins with A-I may begin requesting transfers or bringing in new prescriptions for that dependent.

On Nov. 12, dependents whose last names begin with J-Q may begin the same process.

On Nov. 19, dependents whose last names begin with R-Z may also begin to use the pharmacy, following the same process.

### NEW HOURS

The pharmacy will begin new hours on Nov. 1. These hours will correlate better with the Express Care Clinic hours. The new hours are: Monday- Thursday 7:30 a.m - 4:30 p.m. (The pharmacist will be unavailable from 12:30-1 p.m.), Fridays 8:30 a.m.-1:30 p.m.



...continued on page 2.

## Employee Honored for Cost-Saving Initiative



*County Manager James Martin presents Sam Lucas the Employee Recognition Award on Oct. 15.*

**S**AM LUCAS, ENGINEERING TECHNICIAN II with the Cumberland County Engineering & Infrastructure Department, received the Employee Recognition Award on Oct. 15 during the Board of Commissioners meeting.

Lucas took the initiative to identify and research the installation of sewer meters as a way to reduce the water bills for several county buildings. The Courthouse, Detention Center and Department of Social Services have been equipped with meters provided by PWC and installed by county maintenance staff to save installation costs. The Crown Coliseum is next on the list.

So far, a total of \$4,524 has been saved in the county since August when the first meters were installed.

PWC bases its sewer rates on water consumption, and the water and sewer are billed together.

Several county buildings are equipped with cooling towers as part of their HVAC systems. As water flows down through the cooling towers, there is a significant amount of water that evaporates and is not discharged into the sanitary sewer system. The new sewer meters measure the actual amount of wastewater being discharged into the sewer system and PWC adjusts the utility bill based on that amount, not on water consumption.

In order to qualify for this program, the building has to utilize a certain amount of gallons of water annually.

Lucas first approached PWC with this cost savings idea a few years ago but was told the county did not qualify. He did not give up and over time, PWC changed their requirements for the program.

His efforts support our strategic objective to strengthen the county's green and energy-efficiency initiatives. His work also supports the county's mission to provide quality services to our citizens while being fiscally responsible.





JAMES MARTIN

# County Manager's Message

I invite all employees to drop by the Employee Health Services open house during your lunch hour on Nov. 15 from 11 a.m. to 2 p.m. You will have a chance to tour the facility and learn about our employee wellness, clinic and pharmacy services.

The pharmacy will be launching its diabetic supplies program that day and giving away free blood glucose monitors. During the open house, employees can also sign up for wellness classes and even participate in a "mini" fitness session such as aerobics and Zumba. Light healthy hors d'oeuvres will be served. If you haven't already, I encourage you and your dependents to take advantage of the Employee Health Services we now provide. Yes, you read that correctly. Starting this month, dependents covered under employees' county health insurance are being phased in for pharmacy services. This is wonderful news. We are also

expanding the pharmacy's hours to better serve our employees.

The week after the open house, we will celebrate Thanksgiving and the start of the holiday season. During the next month, there will be various opportunities for you to help others in our community. The annual Holiday Food Drive will run from Nov. 6 through Dec. 6, and we will again be placing the familiar green plastic containers labeled Holiday Food Drive in various county buildings. Please donate non-perishable food items to this drive. All items will go to families in Cumberland County seeking assistance from the Salvation Army and Fayetteville Urban Ministry.

You can also donate blood on Tuesday, Nov. 13 when the Cape Fear Valley Blood Donor Center sets up in the Person Street parking lot of the Courthouse from noon to 3 p.m. The Blood Donor Center has an urgent need for blood, particularly O-negative.

I hope you all enjoy safe and happy holidays. Thank you for your continued service to our county and our citizens.

... "Employee Pharmacy Updates" continued...

### DO NOT FAX PRESCRIPTIONS

Only your doctor (or provider) can fax in a prescription for you. Please do not fax any prescriptions to the pharmacy.

### FLEX BENEFITS CARDS

The pharmacy now accepts FLEX benefits cards.

### REQUESTS FOR RELEASE OF RECORDS

If you would like to have a medical expense report for tax purposes, etc., you can come in to request it and it will be released to you. You must present ID in order to receive this



document as it can only legally be released to you. If you would like the expense report to be faxed, you must first contact the pharmacy for an Authorization to Release Medical Information form, which can be faxed to you. Fax the form back to the pharmacy and staff can release your records by the means requested, whether by fax or to a third party. If you would like the report mailed to you, contact the pharmacy and they will send it out promptly.

### DROP OFF PROCEDURE

It is not necessary to complete a New Patient Information form before you bring new prescriptions or transfers to the Employee Pharmacy, although the form can still be used if you prefer. You can call the staff and request the transfer or bring in the bottle from your previous pharmacy. You can continue to use the prescription drop-box to drop off prescriptions if the pharmacy is not open. Please make sure you leave a contact phone number and pickup time on these prescriptions.

### Health Services Numbers:

Pharmacy Technician	433-3861
Pharmacy Line	433-3897
Automated Refill Lines	483-4642 or 483-4643

Please call the main number at 433-3861 unless you need to speak to the pharmacist. The pharmacist can be reached directly at 433-3897.

AS PART OF THE EMPLOYEE HEALTH SERVICES OPEN HOUSE on Nov. 15 at the E. Newton Smith Center, the Employee Pharmacy is launching its Diabetic Supplies Program. November is National Diabetes Month and the pharmacy is committed to helping diabetic employees better manage their blood glucose in an effort to stop or delay diabetic complications.

On that day only, diabetic patients can come into the pharmacy and get a free blood glucose monitor and a free package of 50 test strips. This offer is also open to any employee who has been asked by their doctor to monitor their blood glucose for any reason. This special promotion will not require a prescription from your doctor. From 11 a.m. to 2 p.m., monitors will be distributed and patients can receive instruction on how to use their new monitors.

Thereafter, patients will need a prescription to get strips and the cost will be \$10 for 100-count or \$5 for 50-count boxes. Lancets will be available without a prescription for \$1 per 100-count box. The monitors will continue to be no charge to employees who need them and will be made available without a prescription.

Plan to stop into the pharmacy, especially if you have not yet visited. The staff is anxious to meet you and ready to assist with your prescription and over-the-counter medication needs. They will also have a few goodies for visitors, so stop by if you can.



## Employees Invited to Diabetes Awareness Events

DIABETES IS A CHRONIC DISEASE THAT IS QUICKLY BECOMING AN EPIDEMIC. According to the American Diabetes Association (ADA), North Carolina is called the Diabetes Belt. Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.



The ADA recommends people cut out sugary soda and drinks from their diets. Studies have shown that people who drink one to two sugary drinks a day increase their risk of developing Type 2 Diabetes by 25 percent.

Diabetes takes a tremendous toll on people's health. For example, two out of three people with diabetes die from heart disease or stroke and diabetes is the leading cause of kidney failure. Also, the rate of amputation is 10 times higher in people with diabetes.

According to the Centers for Disease Control (CDC), if current trends continue, one in three people in America will develop diabetes and be at risk of its complications by the year 2050. Cumberland County's Diabetes Self-Management Education Program (DSME) hopes to change this trend and empower people to take control of their diabetes and live longer and healthier lives.

November is National Diabetes Awareness Month. To celebrate this event, the Cumberland County Department of Public Health's Diabetes

Self-Management Education Program will host the following activities:

- Nov. 14 – Diabetes Display in the main lobby of the Public Health Center at 1235 Ramsey St. from 9-11 am. and again from 1-3 p.m.
- Nov. 15 – DSME program will participate in an open house at the Employee Health Services at 227 Fountainhead Lane.
- Nov. 16 -Diabetes Clinic will sponsor a walk to promote Diabetes Awareness in the community. Walks will take place around the DSS building and will begin at 12 p.m. and 12:30 p.m.



## Hasty Joins Legal Office

ROB HASTY joined the Cumberland County Government staff in September as an assistant county attorney. Hasty,

HASTY

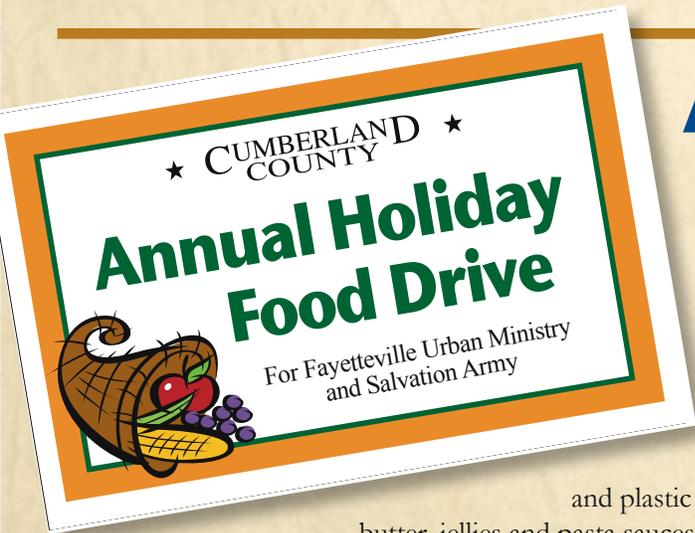
a Fayetteville native, graduated from Terry Sanford High School in 1984 and East Carolina University in 1988. He earned his law degree from the Cumberland School of Law at Samford University in Alabama in 1998.

Hasty was in private practice with the legal firm of Anderson, Johnson, Lawrence and Butler before being hired by the County Attorney's Office.



## Community Outreach

The county staffed an information booth at the International Folk Festival to promote county services and programs. Representatives from the Public Library and Department of Social Services are pictured during the festival's final day.



## Annual Food Drive

CUMBERLAND COUNTY will again participate in the Fayetteville Urban Ministry/Salvation Army Food Drive this year. This community service effort provides food to families in need during the Christmas holidays.

Be on the lookout for the green plastic food collection boxes that will be placed at various county buildings in early November. These boxes of donated items will be collected Dec. 6-7 and delivered to the joint Fayetteville Urban Ministry and Salvation Army warehouse.

Please donate non-perishable items in the designated plastic totes. Cans and plastic jars are a must. Please, no glass containers of any kind. Plastic jars of peanut butter, jellies and pasta sauces are especially welcome, as are canned meats, vegetables and fruits and sturdy bags or boxes of rice, pasta, dried beans and grits.

## Blood Drive

THE COUNTY'S QUARTERLY BLOOD DRIVE for the Cape Fear Valley Blood Donor Center will be in the Courthouse parking lot on Tuesday, Nov. 13 from noon until 3 p.m. To sign up, visit the center's new website at [www.savingliveslocally.org](http://www.savingliveslocally.org). Search by sponsor code: M25.

Through the website, you can schedule your own appointments, view your donor history, find wellness information and even request a new donor card. There is also a list of frequently asked questions.

The center announced in October that it has an urgent need for O-negative blood, the universal donor.



# County Receives 2012 Housing North Carolina Award

CUMBERLAND COUNTY received the 2012 Housing North Carolina Award for achievement in affordable housing from the North Carolina Housing Finance Agency. The award was for three apartment complexes that are part of Fayetteville's Carolina Commons.

Dogwood Manor, Oak Run and Sycamore Park were honored as outstanding affordable housing developments that can serve as models for other communities. Four other housing developments from throughout the state were also honored.

The Housing Finance Agency recognized United Developers of Fayetteville and The Communities Group of Maryland, which developed the Fayetteville complexes, as well as the City of Fayetteville, Fayetteville Metropolitan Housing Authority and Cumberland County, which supported the project.

Cumberland County Community Development accepted the award on the county's behalf. The winners were selected for affordability, design, contribution to the community, sustainability as affordable housing and features such as services for residents and creative partnerships.

For more information about Cumberland County Community Development, call (910) 323-6112 or go online to <http://www.co.cumberland.nc.us> and click "Community Development" under the departments tab.



*Commissioner Billy R. King, right, presents the 2012 Housing North Carolina Award to Cumberland County Community Development Director Thanena Wilson at the Oct. 15 Board of Commissioners meeting.*



WARREN

## Lee Warren Installed as President of State Association

J. LEE WARREN, JR. was installed as the new president of the North Carolina Register of Deeds Association during the organization's recent conference.

Warren served as a Cumberland County Commissioner from 1992 until May 2003. He was elected the chairman of the Board of County Commissioners three times.

In May 2003, Warren was appointed to the office of Cumberland County Register of Deeds. He was elected to the office in 2004 and re-elected in 2008. He is running unopposed in 2012.

The Board of Commissioners recognized Warren at its Oct. 15 meeting.

The North Carolina Register of Deeds Association is comprised of Registers of Deeds from throughout the state, working closely as an affiliate organization to the North Carolina Association of County Commissioners.

For more information, call the Register of Deeds office at (910) 678-7775. You can also visit the Register of Deeds online at <http://www.ccrod.org>.

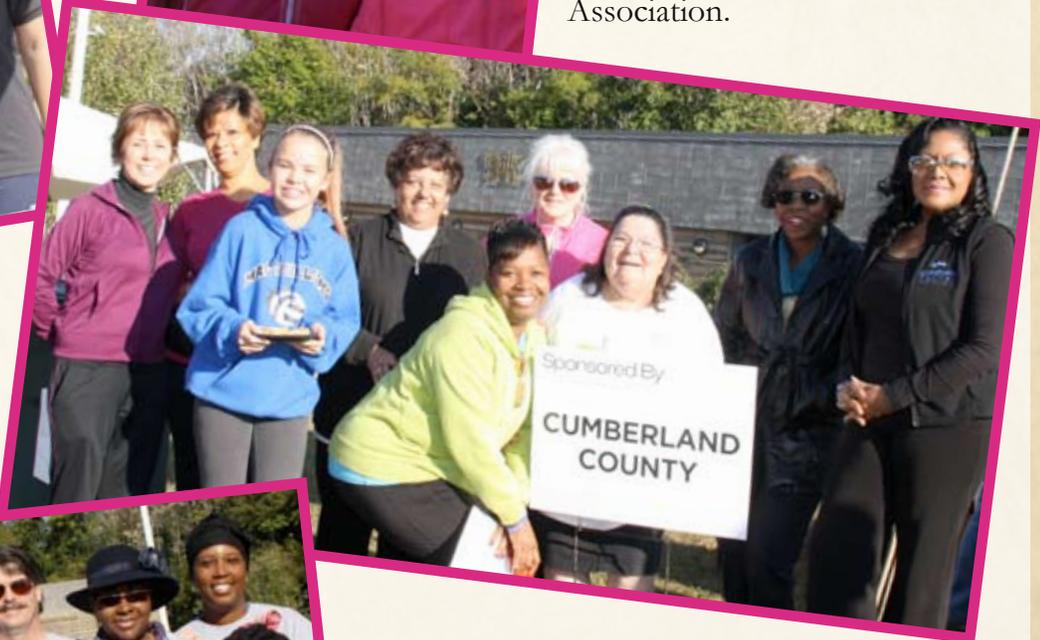
# Heart Walk

SEVERAL CUMBERLAND COUNTY DEPARTMENTS participated in the Sandhills Heartwalk on Oct. 13. The county raised a total of \$9,754 for the American Heart Association.

The American Heart Association raffle drawing was held on Aug. 31.

**Congratulations to the following winners:**

- \$100 Nancy Vanterpool, Central Maintenance Facility**
- \$200 Louis Huddleston**
- \$300 Chris Ragland, Crown Center**
- \$400 Karen Campbell**
- \$500 Tom Sanders, husband of Veterans Services Director Sharon Sanders**



Total ticket sales amounted to \$6,625. After the prizes were deducted, \$5,125 was presented to the American Heart Association.

American Heart Association®  
*Learn and Live.*



Congratulations are also extended to Tammy Gillis, internal auditor, and Pam Brown of the Register of Deeds Office, who each won a paid day off for selling 100 percent of the raffle tickets they were issued.



## County Honored for Excellence in Financial Reporting

The Government Finance Officers Association of the United States and Canada (GFOA) has awarded Cumberland County with the Certificate of Achievement for Excellence in Financial Reporting for the county's comprehensive annual financial report (CAFR) for fiscal year 2011. The award is the highest form of recognition in the area of governmental accounting and financial reporting.

Deputy County Manager Amy Cannon, the county's finance director, accepted the award at the Sept. 17 Board of Commissioners meeting.

"The folks in the finance office and in the departments are the ones that really do the work and they take a lot of pride in this award," Cannon said. "It takes a lot of hard work and dedication on their part."

The county's CAFR was judged by an impartial panel to meet the high standards of the program including demonstrating a constructive "spirit of full disclosure" to clearly communicate its financial story and motivate potential users and user groups to read the CAFR.



*Cumberland County Deputy County Manager Amy Cannon accepts the award for the Certificate of Achievement for Excellence in Financial Reporting from Cumberland County Board of Commissioners Chairman Marshall Faircloth on Sept. 17.*

## North Carolina Social Services Association

THE LOCAL CUMBERLAND COUNTY CHAPTER OF NCSSA (CCNCSSA) at the Department of Social Services extended a helping hand to one of Cumberland County's homeless missions. The Hope Center Homeless Shelter, 913 Person St., Fayetteville, NC 28301, is an emergency shelter for men aged 18 years and older. The center opened its doors in 2009 under the leadership of Elder Evelyn Campbell, Chief Executive Officer and Director.

On Oct 12, the CCNCSSA Chapter sponsored a breakfast platter sale at the Department of Social Services to raise money and collect toiletries for the Hope Center.

During the breakfast sale, free drinks were provided to anyone who donated a toiletry item. McDonald's #11394 on Cliffdale Road in Fayetteville participated in making this breakfast sale successful by donating breakfast items for the sale.

The CCNCSSA Chapter was pleased to present the Hope Center with the \$400 donation check on Oct. 18 along with the toiletry items collected to assist this non-profit organization serve less fortunate citizens of our community.



*Left to Right: Fontella Dixon (CCNCSSA), Sherry Kenney (CCNCSSA), Nathan Runion (Admin. Asst. Hope Center), Venika Gooseby (CCNCSSA), and Theresa Taylor (CCNCSSA)*

# Tricks & Treats



Can you name these employees from Tax Administration?



County Employees get into the spirit of Halloween with some impressive costumes!



## Master Gardener

Extension Master Gardener Volunteer

CUMBERLAND COUNTY'S MASTER GARDENER VOLUNTEER PROGRAM will offer training classes for persons interested in becoming Master Gardener Volunteers beginning January 2013. The training will run Jan. 17 — April 25. The class will meet every Thursday from 9 a.m. until 1 p.m. in the Cumberland County Cooperative Extension Auditorium, located at 301 East Mountain Drive.

There is a cost for the training, which will cover training supplies and the Master Gardener training manual. Applications are now being accepted and can be obtained by calling the Extension office at 910-321-6871 or 910-321-6405.

The deadline for accepting applications is Nov. 30. For applications or additional information, contact Kenny Bailey at 910-321-6871 or via email [kenneth\\_bailey@ncsu.edu](mailto:kenneth_bailey@ncsu.edu) or Susan Johnson at 910-321-6405 or via email at [susan\\_johnson@ncsu.edu](mailto:susan_johnson@ncsu.edu).

This is an excellent opportunity for interested persons to increase gardening knowledge and volunteer in the community.

# Training Connection

## Employee Track

### Ethics in the Workplace “Working Together”

DSS Conference Room B

Nov. 6 or Nov. 7

9 a.m. – 2 p.m. or 1-4 p.m.

REGISTRATION DEADLINE: Oct. 29

In this session participants will get a better understanding how working together affects the workplace. You will learn to define the responsibilities and accountability of all employees and how ethics play a part in the county meeting the goals of our strategic plan. Trainer: Fred Starling

**CANCELLATIONS:** We understand that emergencies sometimes prevent participants from attending training sessions for which they are registered. Your cooperation in notifying the HR Training Team when your plans change (even at the last minute) is appreciated. We ask that if your plans change, you give us five days notice in advance.

**REMEMBER YOU CAN NOW GO ONLINE AND PRINT YOUR CERTIFICATE OF ATTENDANCE THROUGH THE “MANAGE YOUR TRAINING RECORDS LINK.”**



## Personal Growth Track

The following Microsoft Computer Courses are offered for county employees thanks to our public library staff. The dates and times are listed and all courses will be two hours. There is a limit of 10 persons per class and the registration deadline is on a first-come, first-serve basis. All classes will be held at the Headquarters Library, 300 Maiden Lane.

ALL classes are hands-on; questions are encouraged! Trainers: public library staff – Tiffany Hayes, Coordinator

### MS PowerPoint 2012 for County Staff:

Nov. 15 11 a.m. – 1 p.m.

Dec. 5 11 a.m. – 1 p.m.

In this class, students will:

- Create, save, and open a PowerPoint file.
- Learn the parts of the PowerPoint screen.
- Create new slides and add text and graphics.
- Add transitions and animations to a slide show.
- Set up and view the slide show.
- Select the print set-up options to print slides.

### MS Word 2010:

Nov. 15 9-11 a.m.

Dec. 5 9-11 a.m.

In this class, students will:

- Become familiar with the basic functions and structure of MS Word 2010.
- Create a new document, save it and open a saved document.
- Select and format text using the font, paragraph, and style functions.
- Insert items into the document (including tables, charts, and/or header and footer).
- Change the page layout.
- Print Preview a document and select printing options.

### MS Excel 2010 for County Staff:

Nov. 15 2-4 p.m.

Dec. 5 2-4 p.m.

In this class, students will:

- Create, save, and open an Excel spreadsheet.
- Learn the parts of the Excel screen.
- Enter content and format cells.
- Practice basic formulas.
- Insert and format a chart.
- Print Preview and set print options for the spreads.

# jazz

## in the pate room

The Fayetteville Jazz Orchestra and Fayetteville State University's Mane Attraction present an afternoon of jazz standards from the Swing Era.

Sunday  
November 11  
3 p.m.

Headquarters Library  
300 Maiden Lane



This project is supported by the Arts Council in part by contributions from businesses and individuals, and through grants from the City of Fayetteville, Cumberland County and the North Carolina Arts Council, an agency of the Department of Cultural Resources.

CUMBERLAND COUNTY  
**PUBLIC LIBRARY**  
& INFORMATION CENTER

[www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us)



# Marshall Isler

## *The Unwitting Pioneer*

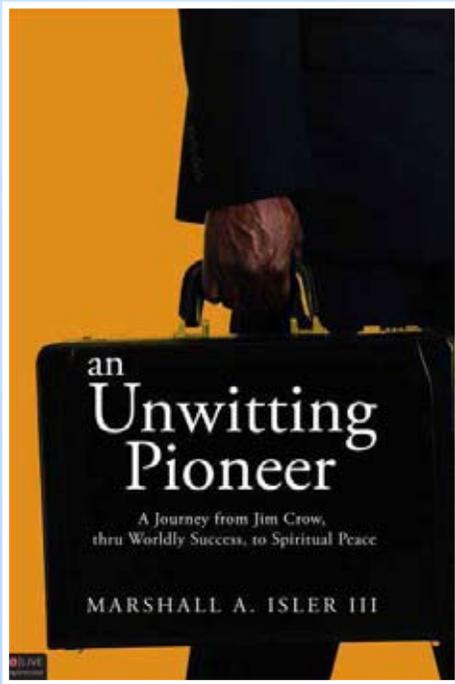
Join Fayetteville author Marshall Isler as he discusses *The Unwitting Pioneer*, which deals with coping as a black man growing up on tobacco row in rural eastern North Carolina during Jim Crow. It is about his quest for identity and place somewhere between the black and white cultures of that day, through his black college experience and the white world of the U.S. Navy Officer Corps. Ultimately this book is about reconciling dual personalities and becoming whole; integrating family, job, and other outside interests into one personality, body, soul, and spirit; and finding peace through accepting God's purpose and servanthood. Hear the story of one of the many unwitting black pioneers of this generation.

*This program is sponsored by the Friends of the Library.*

Tuesday, Nov. 13

7 p.m.

Headquarters Library



CUMBERLAND COUNTY  
**PUBLIC LIBRARY**  
& INFORMATION CENTER



[www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us)



FRIENDS OF THE LIBRARY

# Book Sales

Stock up on all your reading needs with books and magazines donated by the Friends of the Library and local residents. Thousands of titles in good condition and unbeatable low prices—stock up now!

Entrance to the book sale is at Headquarters Library through the back door near the benches by the creek. Cash or check only.

## **Members Only Sale\***

Tuesday, November 13

5 – 8 p.m.

## **Public Book Sale**

Saturday, November 17

9:30 a.m. – 2 p.m.

Headquarters Library

300 Maiden Lane

\*Anyone not a member may join at the sale.

CUMBERLAND COUNTY  
**PUBLIC  
LIBRARY**  
& INFORMATION CENTER



THOUSANDS OF TITLES - LOW PRICES

November

- 1-4.....: Holly Day Fair
- 3..... FireAntz vs. Columbus Cottonmouths ☺/
- 7..... 95.7 WKML presents Stars and Guitars featuring Rodney Atkins, Jana Kramer, Randy Houser, and Craig Campbell
- 9..... Gladys Knight (part of Community Concerts)
- 17.....FireAntz vs. Augusta RiverHawks ☺/
- 22..... FireAntz vs. Knoxville Ice Bears ☺/
- 24..... FireAntz vs. Columbus Cottonmouths ☺/
- 24-25... Heart of Christmas Show featuring Voices of the Heart

December

- 1.....Tribute to the Kings featuring an Elvis tribute by Tom Bartlett & Band, a Michael Jackson tribute by Kevin Langevin, and a James Brown tribute by half brother Little Royal.
- 1-2..... Gun & Knife Show
- 1..... FireAntz vs. Huntsville Havoc ☺/
- 6..... FireAntz vs. Augusta RiverHawks ☺/
- 2, 8-9... The North Carolina State Ballet's Nutcracker
- 12-16... Disney On Ice: Rockin' Ever After
- 17.....Martina McBride: the Joy of Christmas Tour (part of Community Concerts)
- 18.....FireAntz vs. Knoxville Ice Bears ☺/
- 21.....FireAntz vs. Pensacola Ice Flyers ☺/
- 22.....FireAntz vs. Pensacola Ice Flyers ☺/
- 29.....FireAntz vs. Augusta RiverHawks ☺/
- 31.....FireAntz vs. Columbus Cottonmouths ☺/



*Tickets  
make  
great gifts!*

COMING  THE CROWN...

**Gladys Knight**



**November 9**

**Disney on Ice: Rockin' Ever After**



**December 12-16**

**Martina McBride**



**December 17**

# Employee Health Services

# Open House



227 Fountainhead Lane  
Fayetteville, NC 28301

Great  
Prizes!

Light healthy  
hors d'oeuvres  
will be served.

November 15, 2012  
11 am – 2 pm

Fun  
Activities!

Contact:  
Kendra Manning 433-3875  
More information to follow!





# CUMBERLAND ★ COUNTY ★ NORTH CAROLINA

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](mailto:jmartin@co.cumberland.nc.us)

## Cumberland County Government... Working for you!

### MISSION STATEMENT

To provide quality services to our citizens while being fiscally responsible.

### VISION STATEMENT

To grow as a regional destination for employment, economic development, commerce and cultural pursuits.

Be sure to follow us on  & 

Visit us on the Web: [http:// www.co.cumberland.nc.us/](http://www.co.cumberland.nc.us/)

## The Employee Assistance Program



**E**VERYONE NEEDS A REAL FRIEND NOW AND THEN. The kind of friend who can be trusted to keep a confidence, the kind of friend who truly wants you to be untroubled and unperturbed.

The Employee Assistance Program (EAP) can be a friend to you and your family members. Whether you are being overwhelmed with a personal or a work-related concern, let your EAP professional work with you to solve your issues. Your supervisor does not have to be made aware you are using the

program, unless you choose to share that information. To initiate the assistance of the Employee Assistance Program, please call 222-6157. If you call, you'll find a friend who wants to help.

## Upcoming County Holidays

**Thanksgiving**  
Thursday &  
Friday



**Christmas**  
Monday,  
Tuesday &  
Wednesday,  
Dec.  
24, 25 & 26

**New Year's**  
Day  
Tuesday  
Jan. 1

