



# CUMBERLAND COUNTY CONNECTION

## Employee Health Services Open for Business

**A**LL THREE COMPONENTS OF THE EMPLOYEE HEALTH SERVICES OPENED IN AUGUST at the E. Newton Smith Center, located at 227 Fountainhead Lane in Fayetteville.

The Employee Express Care Clinic hours are Monday-Thursday, 8:30 a.m.-12 p.m. and 1 p.m.-4 p.m.; Friday, 8 a.m.-12 p.m. All county employees can use the Express Care Clinic, as well as retirees who are on the county's insurance plan. There is no co-payment to be seen at the clinic.

To use the clinic make an appointment at 910-433-3876. Call before you go to make sure the problem is not an emergency situation.

The Employee Pharmacy hours are Monday – Thursday, 7 a.m.-11 a.m. and 12 p.m. - 4:30 p.m.; Friday, 9:30 a.m. – 1 p.m.

- The pharmacy is asking patients to complete a New Pharmacy Patient Information Form, available at the Employee Health Services webpage, found under the “Employees” link at the top of the county's homepage, [www.co.cumberland.nc.us](http://www.co.cumberland.nc.us). You may drop it off in person to the pharmacy or fax it to 910-433-3869. You are asked not to mail or email this form due to the confidential nature of the information.

- A prescription drop-box is located outside the Employee Pharmacy door. Access to the drop-box is available Monday-Thursday, 7 a.m.-5 p.m.; and Friday, 8 a.m.-5 p.m. You must have completed a New Pharmacy Patient Information Form before the prescription will be filled.

- Prescriptions must be

presented at pick-up. If employees fax to the pharmacy a copy of a physical prescription given to them by their provider, they are still required to bring in that physical prescription when they pick up their medications or they will not be allowed to take the medications with them.

- At this time, the pharmacy does not have the capability to accept FLEX card payments. The vendor estimates this service will go live in 2-3 weeks. Please plan to use other payment options until then. The pharmacy will notify employees when the payment system is available.

Employees and retirees who are on the county's insurance plan may use the pharmacy and not have a co-payment for generic prescriptions. They can also receive brand-name medications at rates cheaper than the county's current plan.

### BCBS County Employee Pharmacy Costs

Tier 1	Generics	\$ 0
Tier 2	Brand - Preferred	\$25
Tier 3	Brand – Non-preferred	\$40
Tier 4	Specialty Medication	25 percent reduction - \$50 minimum/\$100 maximum

The Employee Health Services webpage offers more information. You can bookmark the page at [http://www.co.cumberland.nc.us/employee\\_info/employee\\_health\\_services.aspx](http://www.co.cumberland.nc.us/employee_info/employee_health_services.aspx).



*Dwayne Bigler and Phil Mulhall install the new sign at the Employee Health Services Center at 227 Fountainhead Lane.*

## Important Health Services Numbers:

Pharmacy Information	433-3861
Fax	433-3869
Automated Refill Lines	483-4642 or 483-4643

All callers with questions for the pharmacy should use 433-3861.



JAMES MARTIN

## County Manager's Message

**T**HE COUNTY LAUNCHED A NEW EMPLOYEE WELLNESS INITIATIVE IN AUGUST. It is a program designed to improve the health of our employees and help the county deal with the ever increasing cost of medical insurance. We are excited about our new Employee Health Services division, and I hope you will take advantage of the Employee Express Care Clinic and the Employee Pharmacy. All county employees and retirees can visit the clinic for free. For employees and retirees on the county's insurance plan, you won't be able to beat the savings in the pharmacy. There is no co-payment for generics and a major savings for the other tiers.

This *Connection* issue contains important information on the clinic, pharmacy and wellness program, including these highlights:

- If you were identified as having abnormal results for any of the screenings held during the Wellness Fair in the spring, consider contacting the clinic for a follow-up appointment.
- The Wellness Program wants to hear from employees about their interests for the program. Complete the online survey at <http://www.surveymonkey.com/s/TRS5P9H> by Sept. 14 and you will receive a pedometer. You also have the chance to name the Wellness Program and design a logo.

### Comments Welcome

Our employees and retirees are our customers at Employee Health Services, and we are committed to upholding our core values of Professionalism, Respect, Integrity, Diversity and Excellent Customer Service (PRIDE).

Along those lines, county management wants to hear from you about your experience with the clinic and pharmacy. Separate comment cards for the pharmacy and clinic are available to record your positive remarks and suggestions for improvement. You can pick up a card from the clinic, pharmacy or at the front reception area of the E. Newton Smith Center. You can return them to the comment box posted at the front reception area on the first floor of the Smith Center or mail them. They are addressed to my office.

This new on-site employee wellness initiative supports our corporate climate that "People are our business, and we care about our people." Your health is important not only to your job performance now, but to your future overall well-being.

Thank you for your patience as we iron out issues and work to build a successful program, one that helps you live healthy. Remember, your decisions today can affect your tomorrows.



COMMISSIONER COUNCIL

## Commissioner Council Elected to NACo Women's Network

**C**OMMISSIONER JEANNETTE COUNCIL has been elected Secretary to the Women of the National Association of Counties (NACo) Network. Council was elected at the annual NACo Conference in Pittsburgh, Pa., in July. She was recognized by the Board of Commissioners at its regular meeting on Aug. 6.

The mission of the Women of NACo Leadership Network, or WON, is to enhance the effectiveness of female county officials and engage women officials in seeking leadership positions in their communities and within NACo. NACo, a national organization representing the nation's 3,068 counties, parishes and boroughs, has a mission to improve the public's understanding of county government.

"It is an honor and a privilege to serve on a national level," Council said. "I look forward to serving on the Women of NACo Leadership Network and representing the women back home."

Council has been a county commissioner since 2000 and served two terms as chairman. In 2010, she was elected to a two-year term as director of the North Carolina Association of County Commissioners District 6, which includes Cumberland, Harnett and Sampson counties.

A lifelong educator, Council is a graduate of E.E. Smith High School and Fayetteville State University. Council also earned post-graduate degrees including a doctorate of education degree at South Carolina State University. She is currently a pre-Kindergarten coordinator for Cumberland County Schools.

## Board of Elections Moves Into E. Newton Smith Center

**T**HE BOARD OF ELECTIONS moved into its new offices on the first floor of the E. Newton Smith Center, 227 Fountainhead Lane, on Aug. 24. The board's former building at 301 East Russell St. has been placed on the market for \$675,000.

The elections office phone number is still (910) 678-7733 and office hours are 8 a.m.-5 p.m. weekdays.

The Board of Elections had been in the Russell Street office for 15 years and outgrew the space. Director Terri Robertson said the new office has tripled the work space for the seven-member Board of Elections staff.

The E. Newton Smith Center was home to the Department of Public Health until January 2010 when the new Public Health Center opened on Ramsey Street. The Smith Center's entrance faces Fountainhead Lane, which is accessible from Hay and McGilvary Streets.

"We are excited because we know it is going to be easier to do our jobs with more space to work in at the E. Newton Smith Center," Robertson said.

In addition to housing the Board of Elections, the E. Newton Smith Center is home to the county's Employee Health Services, which includes an in-house pharmacy, express-care clinic and wellness program that serve employees and county government retirees.



*L to R: Louise Brigman, Vickie Hilburn, Bill Helms, Director Terri Robertson, Angela Amaro, Mitzie Roberts, Shannon Cole and Porchia Foley*



## Community Development Moves To New Office

**C**OMMUNITY DEVELOPMENT moved from its office at 245 Person St. to a much larger facility at 707 Executive Place, off of Raeford Road. They are now in offices once occupied by CommuniCare.

In July, the Projects for Assistance in Transition from Homelessness (PATH) program transferred to Community Development from the Cumberland County Mental Health Center as a result of state-mandated mental health reform. The shift brought four additional employees to the Person Street office, which was

located on the second floor above the Fayetteville Area Convention and Visitors Bureau.

"Cumberland County Community Development can provide better service to our clients and those we work with in the community as a result of the expansion of our staff through the PATH program and the increase in office space," Director Thanena Wilson said.

Community Development offers programs such as first-time homebuyers, home repair assistance and transitional housing to help preserve and expand the supply of decent, safe and affordable housing in Cumberland County.

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

# Register of Deeds Office Fills 800 Book Bags

**T**HE CUMBERLAND COUNTY REGISTER OF DEEDS OFFICE filled 800 book bags with school supplies in its fourth annual school supply drive, conducted this summer. Register of Deeds Lee Warren and his staff presented the book bags to the Cumberland County Schools on Aug. 23.

The book bags will be distributed to homeless children with the help of Cumberland County Schools and Fayetteville Police Officer Stacy Sanders, who is the police department's homeless specialist. An estimated 800 Cumberland County school students are homeless. Last year, 320 book bags were collected. Private and public agencies, organizations, individuals, and businesses contributed to the goal of providing every homeless child with a bag of school supplies.

"We just want to thank the community for their outpouring of support," Warren said. "Any time there is a need in this community everyone steps up to the plate and fills the need."

*Cumberland County Register of Deeds employees and community members fill book bags with donated school supplies in preparation for distribution to needy children in Cumberland County Schools. The Register of Deeds Office collected enough donated school supplies to fill 800 book bags.*



## A Few Slots Remain for Citizens' Academy



**C**UMBERLAND COUNTY WILL OFFER A CITIZENS' ACADEMY in the fall to provide residents with a better understanding of what county government does and how the various departments play a vital role in the community.

County residents are invited to apply for the fall session to be held Sept. 25-Oct. 30 on six consecutive Tuesdays from 6-9 p.m. Classes will meet at various county government locations.

The Citizens' Academy is a new program and part of the county's strategic goal to educate, inform and engage employees, citizens, elected and appointed officials through effective and efficient communications.

Sessions include: Introduction to County Government; Public Safety; Human Services; Finance; Behind the Scenes; Planning and Environmental Issues; and Culture, Recreation and Entertainment.

Class size is limited, and academy slots will be filled on a first-come, first-serve basis. Citizens are encouraged to apply promptly. You must be a Cumberland County resident to participate.

To apply, go to [www.co.cumberland.nc.us](http://www.co.cumberland.nc.us). Call (910) 437-1921 or email [sshutt@co.cumberland.nc.us](mailto:sshutt@co.cumberland.nc.us) for more information.

# Cumberland County Fair Runs Sept. 7-16

**M**ARK YOUR CALENDAR FOR THE 21ST ANNUAL CUMBERLAND COUNTY FAIR running Sept. 7-16 at the Crown Center. A \$10 ticket includes unlimited rides and entertainment. The fair will feature old favorites like racing pigs, motocross and ATV racing, home, craft, and agricultural exhibits, helicopter rides, and an interactive petting zoo.

You don't want to miss the livestock shows – the Junior Market Lamb Show on Tuesday, Sept. 11; the Swine, Feeder Calf, & Steer Show and the Fayetteville Area Youth Livestock Auction Sale on Wednesday, Sept. 12; the Junior Meat Goat Show on Thursday, Sept. 13; and the Junior Beef Heifer Show on Friday, Sept. 14.

This year's fair will feature some great family-friendly entertainment. Highlights include Hansen's Spectacular Circus, the Cumberland County Invitational Step Show, and RingWars Carolina Professional Wrestling, plus continuous local entertainment on the Lee Hyundai Entertainment Stage.

Also, don't miss Thundernationals Monster Truck Shows Bike Derby in the Coliseum included FREE in your ticket Sept 7-9. Two major concerts will also take place during the fair – country musician Matt Stillwell on Saturday, Sept. 15 and the Scars to Grace Tour with contemporary Christian artists 33 Miles & Jonny Diaz on Sunday, Sept. 16. For more information, visit [www.cumberlandcountyfair.org](http://www.cumberlandcountyfair.org).



## Special days & discounts:

### Friday, Sept. 7

Opening Day of the Fair.

### Saturday, Sept. 8

A Fair Fight Against Breast Cancer Day. \$1 of each ticket between 1-5 p.m. goes to Cape Fear Valley Breast Care Center.

### Monday, Sept. 10

Fayetteville Observer Night at the Fair. \$1 off admission with current Observer masthead between 5-8 p.m.

### Tuesday, Sept. 11

Emergency Services Appreciation Night. Free admission to all law enforcement, EMS, and rescue personnel in uniform.

### Wednesday, Sept. 12, and Thursday, Sept. 13

Fun Fun Fun Student Night. \$1 off with a school discount coupon. Thursday is also 4-H and FFA Day. \$2 off with club membership card or T-shirt.

### Friday, Sept. 14

Senior Citizens' Day. Free admission for ages 50 and older until 5 p.m. It's also Paraglide and Ft. Bragg Life Night at the Fair (\$1.00 off Admission with Newspaper Masthead)

### Sunday, Sept. 16

Family Sunday. \$5 admission with a current church bulletin (each person), 1-2 p.m., includes rides, entertainment and attractions

## Mental Health Clinic Moves Under Public Health Department

**T**HE DEPARTMENT OF PUBLIC HEALTH added a new clinic in July when it took over the county's MENTAL HEALTH CLINIC. Patients are being seen by appointment and on a walk-in basis in the clinic at 109 Bradford Ave.

The clinic's psychiatrists and psychologists were formerly employed by the Cumberland County Mental Health Center, the county's Local Management Entity. There was no break in patient services during the departmental transition. Child and adolescent psychiatric services moved from offices in the Mental Health Center's Executive Place location and now the entire Mental Health Clinic serving adults and children is housed together at the Bradford Avenue Center.

The transition to the health department came about in response to state-mandated mental health reform requiring the Local Management Entity to stop providing direct services to the mentally ill and to transition to a new Managed Care Organization in partnership with Durham, Wake and Johnston counties by Jan. 1, 2013.

"We want everyone to realize that we are still here providing services to the citizens of Cumberland County regardless of their financial status," said Dr. Mark Chandler, the "new" Mental Health Clinic's medical director. "We provide a full range of outpatient psychiatric services for children, adolescents and adults."



The clinic has a staff of 28, including psychiatrists, physician assistant, licensed clinicians, and nurses.

Call 910-323-2311 to make an appointment or for more information about the Mental Health Clinic at 109 Bradford Ave. Hours for appointments and walk-ins are Monday through Friday from 8 a.m. to 5 p.m.

Anyone looking for other mental health, developmental disability or substance abuse services in Cumberland County can call the Screening Triage and Referral Line at (910) 424-HOPE (4673) for information and referral.

*Cumberland County's Mental Health Clinic serves children, adolescents and adults. Staff members pose outside the clinic at 109 Bradford Ave. in Fayetteville.*

## Evening Hours Available for Immunizations, Testing

**T**HE DEPARTMENT OF PUBLIC HEALTH is extending clinic hours for certain services on Tuesdays from 5 to 7 p.m. The evening clinics will run Sept. 4 through Nov. 27 and offer required childhood and adult immunizations, as well as testing for HIV/AIDS or syphilis.

Appointments are not needed for the evening immunization and testing clinics located on the first floor of the Public Health Center at 1235 Ramsey Street. Patients will be seen on a walk-in basis.

All vaccines for school readiness and world travel will be available during the evening hours.

For vaccine prices or information about eligibility for the Vaccines for Children program, call 433-3633 or 433-3658.



## Librarian Elected to Prestigious Newbery Award Committee



MEG SMITH

master's degree at the University of Wisconsin-Madison.

"It's really a lifetime dream of mine to have served on the committee," Smith said. "I remember reading Newbery Books growing up and to be able to serve in such a way is a dream come true."

Smith said her three favorite Newbery Award-winning books are "Roll of Thunder Hear My Cry," "Number the Stars" and "Caddy Woodlawn."

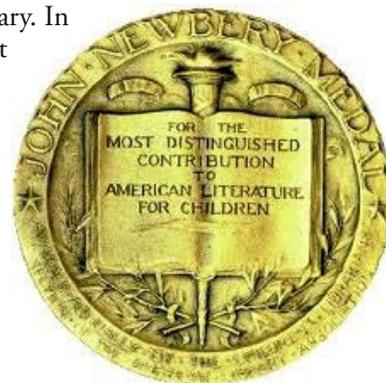
**L**IBRARIAN MEG SMITH, HOPE MILLS BRANCH LIBRARY MANAGER, has been elected to serve on the 2014 John Newbery Award Committee, a group which selects the prestigious Newbery Award for children's literature.

Smith's membership on the 15-person committee will result in publishers donating hundreds of books worth thousands of dollars to the Cumberland County Public Library and Information Center.

The Newbery Award was named for John Newbery, an 18th-century publisher of children's books. The Newbery Award is considered one of the most prestigious awards an author can receive. Smith has also served on the Caldecott Award committee, which awards the most outstanding children's picture book.

Smith's work will begin in January in Seattle, Wash., where the committee will begin reviewing all children's books published in 2013. The winner will be announced at the 2014 American Library Association Conference in Philadelphia.

Smith began work in Cumberland County in 2006 as the Youth Services Manager at Headquarters Library. In 2010, she was promoted to branch manager at Hope Mills. Smith is a native of Cedar Falls, Iowa, and earned her bachelor's degree at the University of Northern Iowa. She earned her



DEBBIE CARPENTER retired in August after working for Cumberland County for almost 21 years. She served almost 14 years with Mental Health and moved to the Human Resources Department in 2005.



### Howl-O-Ween Pet Costume Contest on Oct. 13

The third annual "Howl-O-Ween" pet costume contest and adopt-a-thon will be held Oct. 13 from 11 a.m. to 1 p.m. in Parking Lot 5 off Hull Road on the Fayetteville Technical Community College campus.

The registration fee is \$12 for the first dog and \$8 for additional dogs. To pre-register, please email Kelsi Durrence at [kels926@hotmail.com](mailto:kels926@hotmail.com) or call (910) 475-3227.

The event supports the Cumberland County Animal Control Injured Animal Stabilization Fund and Safe Havens Supervised Visitation Center.

# Brunson Retires as County's Facilities and Maintenance Manager

**A**L BRUNSON retired as Cumberland County's Facilities and Maintenance Manager on July 31, after serving 19 years with the county.

Brunson joined the county in 1993 after serving 27 years in the U.S. Army. A veteran of the Vietnam War, the former paratrooper started out working for the Department of Public Health as a processing assistant and then moved to the Family Resource Center in Spring Lake where he was the Facilities Maintenance Coordinator. In 2003, he assumed the responsibility for maintenance of the new Detention Center. He was appointed the Facilities Maintenance Manager for the entire county in 2005.

In retirement, Brunson said he plans to spend time with his family and continue his passion for long-distance running. Brunson regularly competes in marathons and has run in the Army Ten-Miler numerous times.

Brunson has three sons who are all officers in the U.S. Army. Brunson remains an active member of the 82nd Airborne Chapel on Fort Bragg.

"We are grateful for Al Brunson's long service to the citizens of Cumberland County, and we wish him the best as he starts a new chapter," County Manager James Martin said.



*Al Brunson was honored at a reception on July 31.*

## Retirees Honored by Commissioners



BRITTON



HARRIS



CRUMPLER



IZZELL



STANGER

Five Cumberland County employees who recently retired were recognized at the August meeting of the Cumberland County Board of Commissioners. Laura Britton and Shirley Harris retired from the Department of Social Services; Sandra Crumpler and Phillip Izzell retired from the Sheriff's Office and Robert Stanger retired as County Engineer. The retirees were given plaques by Commissioner Ed Melvin and were congratulated by the commissioners and county management team.

# New Section Chiefs for DSS

**T**HE DEPARTMENT OF SOCIAL SERVICES has announced new section chiefs. They are Crystal Black, Section Chief for Adult Services; Claudia Phillips, Section Chief for Children Services; and Vivian Tookes, Section Chief for Economic Services.

“They have serviced the agency for many years and have shown such dedication in every position they have attained,” said Heather Skeens, assistant director of the Department of Social Services. “We at the agency are honored to have them serve as our section chiefs and would like to say congratulations.”

Black earned her bachelor’s degree in psychology from North Carolina A&T University and her master’s degree in counseling from Fayetteville State University. She began her 26 years at DSS in income maintenance and moved to social work and counseling. She has served on various organizations including the Cumberland County Domestic Violence Task Force and the Mental Health Partners of Cumberland County, during which time she served as chairman. She has been quoted in numerous local and national publications and has been interviewed on local and international television programs.

Phillips has served at DSS for 28 years. She has a decade of experience as a social worker in adult services and economic services with the Work First program and 18 years in children’s services. Phillips has also served as a social worker in assessment/ investigations, foster care, licensing and adoptions. She served for six years as supervisor of a blended team and two and a half

years as program manager supervising blending and special teams.

Tookes is a Fayetteville native who graduated from E.E. Smith High School. She earned her bachelor’s degree from Fayetteville State University and her master’s degree from Webster University. She has been with Cumberland County DSS since 1986. Tookes is also an Army veteran, serving as a communications specialist from 1970-1974.



BLACK



PHILLIPS



TOOKES

# Ortiz Named to State Commission



ORTIZ

**D**EPARTMENT OF PUBLIC HEALTH ENVIRONMENTAL HEALTH SUPERVISOR DANIEL ORTIZ has been appointed to serve on the North Carolina Well Contractors Certification Commission. The commission is responsible for the certification, oversight and discipline of professional well contractors.

Ortiz was nominated by North Carolina Sen. Wesley Meredith, who represents Cumberland County in Senate District 19. Ortiz’ nomination was ratified by the General Assembly on July 2. The State Ethics Commission approved the appointment on Aug. 8. Ortiz will be sworn in at a later date.

“The well drillers play a major role in providing clean, safe water to all of our communities, not just here in Cumberland County,” Ortiz said. “I am very happy to serve on the state commission.”

Ortiz is a 15-year employee of Cumberland County. Ortiz earned a biology degree from Campbell University in Buies Creek in 1995. His wife is Terri Ortiz, who works for the county’s central permitting department. They are the parents of a 6-year-old daughter.

The Well Contractors Certification Commission was established by the General Assembly in 1997. Two of the commission’s seven members must be environmental health professionals.

The commission’s purpose is to protect the public health and safety by ensuring the integrity and competence of well contractors through examination, certification, continuing education and enforcement.

# Heart Association Fundraiser

CUMBERLAND COUNTY KICKED OFF ITS FUND-RAISING EFFORTS FOR THE AMERICAN HEART ASSOCIATION with the annual raffle in August. We will run the list of winners in the November issue. Gloria Nelson, left, Spring Lake Branch Library Manager, shared her personal story regarding heart health with the department representatives. She is pictured with Emily Walsh from the American Heart Association and Carolyn Price, the county's fund-drive chairman.



*It is not too late to sign up for the 2012 Sandhills Heart Walk set for Oct. 13 at Festival Park. See your department representative for more information.*

American Heart Association®



*Learn and Live™*

## Creative Culinary Kids Teaches Nutrition



CHILDREN IN CUMBERLAND COUNTY proved their creativity during the “Creative Culinary Kids” class sponsored by the Cumberland County Cooperative Extension office this summer. Family and Consumer Sciences Agent Candy Underwood implemented the class because many children are not getting the recommended daily servings of fruits and vegetables.

Youth between the ages of 8-13 took part in a three-day series of hands-on cooking classes where they prepared healthy meals and snacks with a focus on vegetables and fruits. Studies show kids are more likely to try a new food if they helped prepare it. Participants also learned how to preserve foods by making peach jam. Each child took home a jar of jam, cooking utensils and the recipes, which they prepared in class.

“The goal of Creative Culinary Kids is to teach good nutrition, healthy food choices and basic cooking skills,” Underwood said. “With this class, I have seen kids go from not liking a certain vegetables to liking them just because they were prepared a different way.”

*Cooperative Extension Family and Consumer Sciences agent Candy Underwood teaches Samantha Buskey during the “Creative Culinary Kids” class sponsored and hosted by Cumberland County Cooperative Extension.*

# Training Connection

## Talk, Listen Conferences

**H**UMAN RESOURCES has completed the training for the Talk, Listen Conferences. Laura Blackley of Human Resources said the conferences provided good feedback and resulted in implementation of suggestions where possible. The new forms are located on the Intranet on the Human Resources page. All employees should have participated in a TLC or will participate very soon.

Please be reminded that the basis for this type of performance development and management system is to encourage open communication through feedback and input from employees as well as the supervisors.

“Cumberland County Human Resources wishes to thank all the employees who participated,” Blackley said. “I think the employees are really appreciative of sitting down with their supervisors.”



## Upcoming Training:

### Supervisor Track:

#### Workers Compensation & Drug Testing

Location: DSS Conference Room B  
Sept. 25  
8:30 a.m. - 10 a.m.; or 10:30 a.m. - 12 p.m.; or 1 p.m. - 2:30 p.m. or 3 p.m. - 4:30 p.m.

#### Personal Growth Track:

MS PowerPoint 2012 for County Staff:  
Headquarters Library, 300 Maiden Lane  
Sept. 19 2 p.m. - 4 p.m.  
Oct. 24 2 p.m. - 4 p.m.

#### MS Word 2010:

Headquarters Library, 300 Maiden Lane  
Sept. 17 9 a.m. - 11 a.m.  
Oct. 17 2 p.m. - 4 p.m.

#### MS Excel 2010 for County Staff:

Headquarters Library, 300 Maiden Lane  
Sept. 20 9 a.m. - 11 a.m.  
Oct. 31 2 p.m. - 4 p.m.

#### Critical Thinking

DSS Conference Room B  
Oct. 10 or 24  
9 a.m. - 12 p.m. or 2 p.m. - 5 p.m.

### Executive Academy (Department Heads Only)

#### Dealing with The Media

Location: Crown Center, Ballroom  
Oct. 16 11 a.m. - 12 p.m.

### Newly Hired or Promoted Supervisor Track

#### Drug Awareness Training

Location: DSS Conference Room B  
October 9 or October 16, 2012

**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.”**



## Automated NC FAST Program Will Assist DSS Workers, Customers

**T**HE NC FAST SYSTEM is a case management program designed to improve the way N.C. Department of Health and Human Services (DHHS) and the Departments of Social Services in 100 counties across the state conduct business. NC FAST is an automated computer program which Department of Social Services (DSS) workers use to assess customer needs and determine eligibility more efficiently and effectively. Cumberland County DSS workers began using this new technology on July 30 for customers applying for Food and Nutrition Services (FNS) benefits.

This program was introduced by the state and will be implemented in all 100 counties in different stages. This system introduces new technology and business processes that enable staff to spend less time performing administrative tasks and more time assisting families. Counties are expected to strategically begin using this automated program for other FNS requirements, such as redeterminations and changes later in the year.

Initially, there will be somewhat of an increase in the customer wait time.

However, once the initial information is entered, it will reduce customer wait time in the future. It will also reduce the amount of agency visits that customers have to make. Additionally, NC FAST will also lead to a reduction in paperwork and better sharing of information across the counties. Ultimately, the technology of NC FAST will move into the other program areas such as Medicaid and will lead to better coordination of services.

For more information about the NC FAST program, go online at <http://www.ncdhhs.gov/ncfast/program/program.htm>

## Flu Shots Free For County Employees with Blue Cross Blue Shield Coverage

**F**LU SHOTS ARE FREE TO ALL CUMBERLAND COUNTY EMPLOYEES and their dependents age 4 and over if the employee has Blue Cross Blue Shield health insurance coverage. You are required to bring your current BCBS Healthcare card and a picture ID to receive a flu shot.

For employees who do not have BCBS coverage with Cumberland County, the cost for the shot will be \$30 (cash or check). The dates of the shots are listed below: If you are unable to attend one of the dates, contact your primary care physician to schedule an appointment to receive your flu shot. If you have BCBS, there should not be a charge as long as your visit is for the flu shot only. (Children under age 4 must receive shots from their primary care physician.)

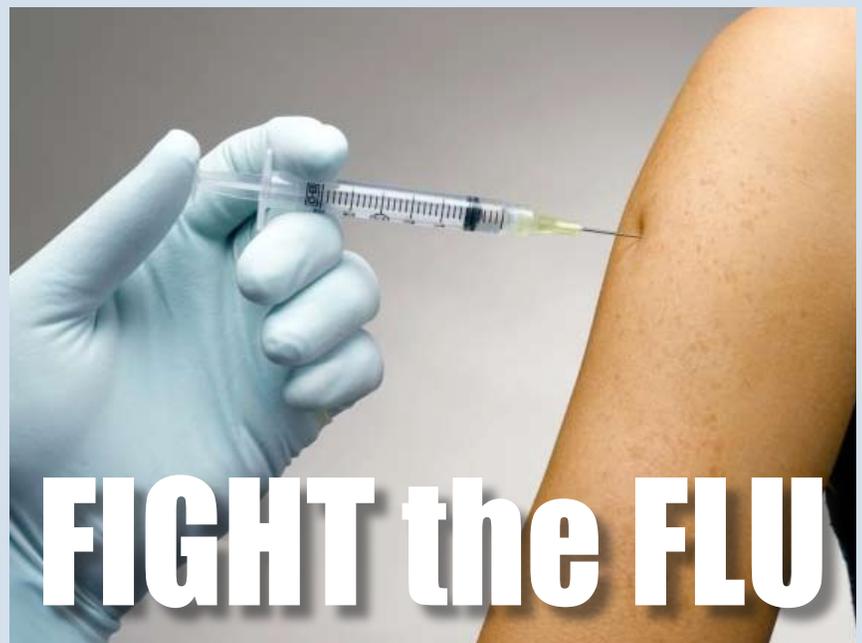
### Flu Shots Available:

**Tuesday, Sept. 25**, Cumberland County Courthouse  
9 a.m. – 5 p.m. in Room 119

**Wednesday, Oct. 3**, Department of Social Services  
9 a.m. - 5 p.m. in Meeting Room D

**Friday, Oct. 12**, Employee Health Services, E.  
Newton Smith Center, 227 Fountainhead Lane  
9 a.m. - 5 p.m. in first floor classroom

**Wednesday, October 17**,  
Department of Social Services  
9 a.m. - 5 p.m. in Meeting Room D



# Cumberland County Employee Health Services



*Mission Statement: To promote positive health behavior and increase employee awareness through health education, special wellness, acute medical and pharmacy services.*

## The Cumberland County Employee Express Care Clinic

(ECC) **encourages** employees who were identified as having **abnormal results** and are **currently untreated or undiagnosed** to contact the ECC for a priority evaluation, risk assessment and management plan in conjunction with the employee's primary care provider.

**If the employee does not have a primary care provider, the ECC will assist in referring the employee to a primary care provider.**

The following priority groups includes employees with the following high risk results, identified from the Health Risk Assessments.

### These employees are encouraged to follow up at the ECC:

Blood Pressure	> 140/90
Total Cholesterol	> 240
LDL Cholesterol	> 160
HDL Cholesterol	< 50 females < 40 males
Triglycerides	> 200
Blood Sugar	> 126
Blood Sugar	> 140 not fasting
A1C	> 7 %

These first high priority groups are encouraged to contact the Express Care Clinic at 433-3876 to schedule an appointment.

Other priority groups will be identified in another announcement.  
Jewel Dorney, RN, FNP, BC, AANP

For More Information contact:

Employee Express Care Clinic  
910-433-3876

Employee Health Services  
227 Fountainhead Lane  
Fayetteville, NC 28301

#### Employee Express Care Clinic

Monday - Thursday  
8 a.m. - 12 p.m.  
Friday  
8 a.m. - 12 p.m.

#### Wellness Pharmacy

Monday - Thursday  
7 a.m. - 11 a.m.  
12 p.m. - 4:30 p.m.  
Friday  
9:30 a.m. - 1 p.m.

# Cumberland County Employee Health Services



*Mission Statement: To promote positive health behavior and increase employee awareness through health education, special wellness, acute medical and pharmacy services.*

**For More  
Information  
contact:**

**Kendra  
Manning  
910-433-3875**

## We would like to hear from you!

Please complete the Employee Interest Survey at:

<http://www.surveymonkey.com/s/TRS5P9H>

Every employee that completes a survey by September 14 will receive a pedometer. Please give your name to your department's point of contact once you complete the survey.

## Name and Logo Competition!

**Objective:** To have the Cumberland County employees name the wellness program and design the logo.

**Procedure:**

**All submissions should be sent by email to:  
kmanning@co.cumberland.nc.us or**

interdepartment mail addressed to:  
Kendra Manning, Wellness Coordinator  
E. Newton Smith Center  
Employee Health Services  
227 Fountainhead Lane  
Fayetteville, NC 28301

- Should include 2 sheets - the name and logo form and separate sheet with logo.
- All submissions due by September 20.
- The Employee Wellness Staff will choose the top 3.
- Employee Wellness Committee will choose the winner September 27.

**Prize:**

The winner will receive:

**fitness bag  
recognition at County Commissioners' meeting  
recognition in County Connection**

The winner will be announced and the logo will be unveiled at the Employee Health Services Open House in the fall.

Employee Health Services  
227 Fountainhead Lane  
Fayetteville, NC 28301

**Employee Express Care  
Clinic**

Monday - Thursday  
8 a.m. - 12 p.m.  
Friday  
8 a.m. - 12 p.m.

**Wellness Pharmacy**

Monday - Thursday  
7 a.m. - 11 a.m.  
12 p.m. - 4:30 p.m.  
Friday  
9:30 a.m. - 1 p.m.



# CROWN CENTER FAYETTEVILLE, NC

## September

- 7-16.....Cumberland County Fair: The Real Deal!
- 22.....Hot Rods to High Heels Expo
- 25.....College Fair
- 30.....Gordon Lightfoot

## October

- 6-7.....Gun & Knife Show
- 10.....WIDU Unity Service
- 11.....WIDU Traditional Gospel Night
- 12.....WIDU Prayer Breakfast
- 13.....WIDU 54<sup>th</sup> Anniversary Gospel Exlposion
- 14.....Tyler Perry's Madea Gets A Job
- 26.....FireAntz Season Opens! FireAntz vs. Knoxville Ice Bears
- 20-21.....Pottery, Wine, & Chocolate Festival
- 27 .....The Main Event featuring 2 Chainz, Future, French Montana, Jeremih, D.J. Drama
- 30.....WWE Wrestling



**\$10** INCLUDES  
ADMISSION,  
RIDES, &  
ENTERTAINMENT

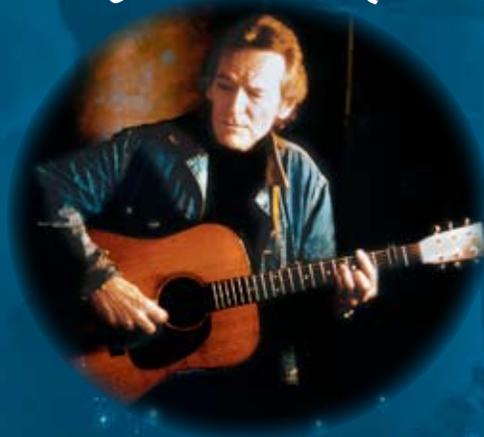
COMING @ THE CROWN...

Cumberland County Fair



September 7-16

Gordon Lightfoot



September 30

FireAnts Season opens!



October 26



**CROWN CENTER**  
FAYETTEVILLE, NC

1960 COLISEUM DRIVE  
FAYETTEVILLE, NC 28306  
910.438.4100  
910.436.TKTS (8587)  
www.AtTheCrown.com



facebook.com/crowncenternc



twitter.com/crowncenternc

It's All About Balance: Eat Smart, Move More, Rest Well

## 4 Tasty Ways to Balance Your Beverages

### Drink plenty of refreshing, calorie-free water.

Water does the body good. With no calories, it helps your muscles and brain stay hydrated for best physical and mental performance. It also keeps your stomach, intestines and kidneys working smoothly. This lets you digest your food and get rid of waste. How much water you need depends on your size and activity level. People who are larger need more water. So do people who are more active. Drink enough for your urine to be mostly colorless and odor-free.



### Drink nutrient-rich, fat-free milk three times a day.

Milk isn't just for kids! Moms and dads need it too. Nutrient-rich dairy foods help build and maintain healthy bones and teeth for a lifetime. Dairy foods may also help build muscle mass, maintain a healthy weight and lower the risk of high blood pressure. For the most nutrients with the least fat and calories, go for skim or 1%. An 8-ounce glass at each meal is an easy way to get 3-A-Day.

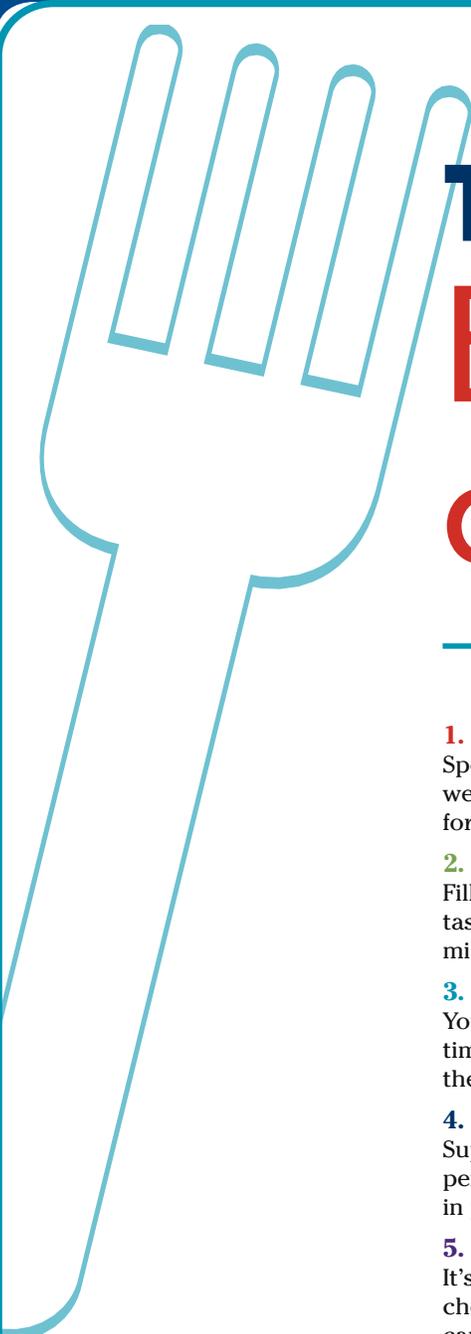
### Drink no more than 4 to 6 ounces of 100% fruit or vegetable juice a day.

While 100% juice can be a great source of several nutrients, it is possible to get too much of a good thing. Fruits and veggies are much better ways to get vitamins, minerals and fluids. Whole produce tends to be more satisfying, plus you get the added value of fiber and phytonutrients from the skin and pulp. Want an easy way to extend the flavor of juice? Mix pure fruit juice with sparkling water or herbal tea; add a zesty lemon or lime wedge—and maybe a sprig of mint.

### Drink other beverages with care.

Notice that we have not talked about other, high-calorie beverages that cost a lot? That's because most other drinks are loaded with things we don't need. They have very little of what our bodies actually crave. Soft drinks, sweet tea, fruit drinks, sports drink and energy drinks are loaded with calories and sometimes caffeine. Fancy coffee drinks are often very high in calories, fat and sugar. Below are some ways to make smart choices.

- **Be a label reader:** Check calories, caffeine, sugar and fat **before** you drink.
- **Steer clear of the super charged energy drinks:** Watch for label warnings, since some brands have too much caffeine for youth and pregnant women. Don't drink any beverage that has alcohol mixed with caffeine.
- **Stick with small sizes or share larger ones:** Moderation is always a smart way to treat your body well.



# TASTY TIPS FOR Eating Smart at Work

---

## **1. Pack food and beverages for the week ahead.**

Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

## **2. Stock up on nutrition.**

Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.

## **3. Pack lunch while you cook dinner.**

You can cook once and eat twice by making “planned-overs” at dinner-time. Make an extra serving or two and pack them to-go as you clean up the evening meal.

## **4. Take advantage of convenience.**

Supermarkets feature an amazing array of single-serve healthy options—perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

## **5. Add nutrition to your commute.**

It's easy, it's tasty and it's doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.

## **6. Pump up with protein power.**

Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.

## **7. Switch to a fruit dish.**

Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and raisins.

## **8. Drink to your health.**

Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.

## **9. Treat yourself well.**

When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.

## **10. Use the K.I.S.S. principle for candy.**

Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a “fun-size” version of your favorite candy treat.

National Nutrition Month®—  
March 2004. Adapted by the  
NC NET Program from  
Eat Right Montana materials



# Beginning Beekeeping Course



## Cooperative Extension

Interested in beekeeping? If so, then you should consider taking the Beginning Beekeeping Course offered by Cumberland County Cooperative Extension. Class begins on October 1, 2012 at 6:00 pm and will continue each Monday night for six weeks. The course is free and will be given at the Cumberland County Cooperative Extension Center on 301 East Mountain Drive in Fayetteville, North Carolina. This course is a prerequisite to the Practical Beekeeping Course which will be offered in the spring of 2013. For more information or to register, please contact Kenny Bailey at 910.321.6871.



## Cumberland County Center



Cumberland County Cooperative Extension

Agriculture Center  
301 East Mountain Drive  
Fayetteville, North Carolina 28306

Phone: 910-321-6871

Fax: 910-321-6883

Email: [kenneth\\_bailey@ncsu.edu](mailto:kenneth_bailey@ncsu.edu)



*For accommodations for persons with disabilities, contact Kenny Bailey at 910.321.6871 no later than five business days before the event.*

State University  
A&T State University  
**NC COOPERATIVE  
EXTENSION**

*Empowering People • Providing Solutions*

# Backyard Poultry Meeting



If you are interested in Backyard Poultry please plan to attend an informational meeting on:

Tuesday  
September 18, 2012

7:00 p.m.

Cumberland County  
Cooperative Extension Auditorium  
301 East Mountain Drive  
Fayetteville, North Carolina 28306

Please register by September 14, 2012

Mandy Harris  
Extension Agent, Livestock  
910.321.6862  
mandy\_harris@ncsu.edu

#### Topics of interest

- Nutrition basics
- Health & overall management
- Parasites
- Housing

*presenter:*

Dr. Donna Carver  
NCSU Poultry Science Associate Professor  
Extension Veterinarian

Cumberland County Cooperative Extension

Agriculture Center  
301 East Mountain Drive  
Fayetteville, North Carolina 28306

Phone: 910-321-6862  
Fax: 910-321-6883  
Email: mandy\_harris@ncsu.edu

*For accommodations for persons with disabilities, contact Mandy Harris at 910.321.6862 no later than five business days before the event.*



Cumberland County Center  
301 East Mountain Drive, Fayetteville NC 28306  
cumberland.ces.ncsu.edu

# JOIN | THE REVOLUTION OF RESPONSIBILITY

Cooperative Extension's Youth Development Program

## ADVANCE FAIR TICKET SALES

Cumberland County Fair  
September 7 – 16, 2012

Purchase your advance tickets through  
Cumberland County 4-H  
301 East Mountain Drive, Room 246  
Fayetteville, NC 28306



**ADVANCE TICKETS for only \$10 (\$43 value)**  
**Includes Rides, Admission, Entertainment & Coupons**  
**Gates open at 5pm daily/1pm on Sat & Sun**  
**Ticket Good Any Day of the Fair**

**“The Real Deal”**

**Please help support the Cumberland County 4-H Program**  
**\$1 from every advance ticket sale is given to 4-H**

**Sale ends Thursday, September 6<sup>th</sup> @ 4:00 p.m.**  
**Contact Donna Foster at 910-321-6864 for more information**

*COUPONS INCLUDED WITH ADVANCE TICKET: FREE COKE WITH PURCHASE OF ANY SANDWICH AT D & D CONCESSIONS; BUY TWO – GET ONE FREE CANDY APPLE AT B & B CONCESSIONS; BUY ONE HELICOPTER RIDE AT REGULAR PRICE - \$5 OFF SECOND PASSENGER; FREE LEMONADE WITH PURCHASE OF FUNNEL CAKE AT B & B CONCESSIONS; BUY TWO SPIDER JUMPS, GET THREE JUMP FREE; MUNCHIE WAGON ON THE CARNIVAL MIDWAY \$3 OFF ANY COMBO; DAY DAY'S FAMOUS RIBS, \$2 OFF FULL RACK OF RIBS, \$1 OFF BOTTLE OF SAUCE; ROASTED CORN, BUY 2 EARS OF ROASTED CORN AND GET ONE EAR FREE AT B & B CONCESSIONS; \$1 OFF CHOCOLATE COVERED CHEESECAKE OR CHOCOLATE COVERED BANANA AT B & B CONCESSIONS; ONE HALF OFF FUNNEL CAKE, BUY ONE REGULAR PRICE, GET SECOND FUNNEL CAKE \$2 OFF AT B & B CONCESSIONS; \$2 OFF ANY BOTTLE OF WINE, LITTLE RIVER WINERY*

**NC** State University  
A&T State University  
**COOPERATIVE  
EXTENSION**  
*Empowering People • Providing Solutions*

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran status. In addition, the two universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Let's Talk About It

# Mysteries

Clues to Who We Are

## Book Discussion Series

Thursdays at 6:30 p.m.

Headquarters Library  
300 Maiden Lane

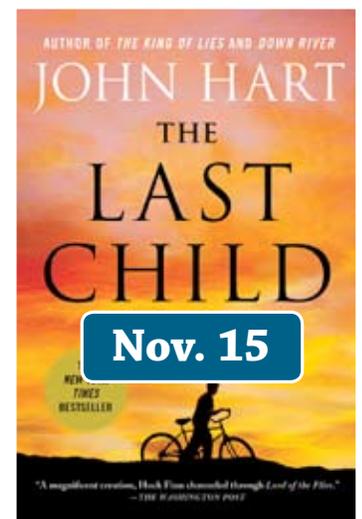
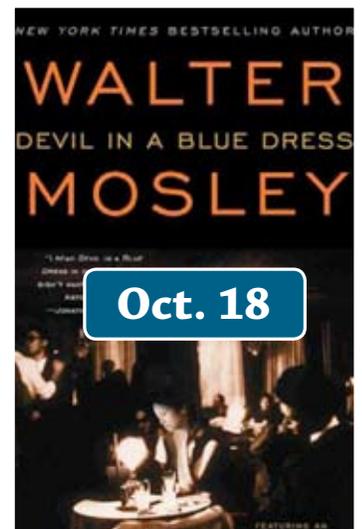
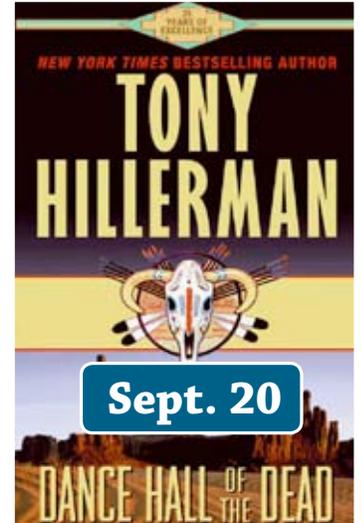
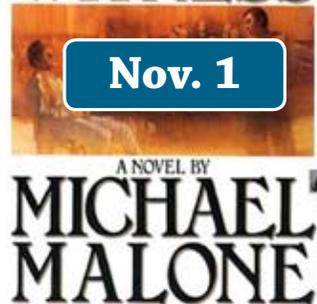
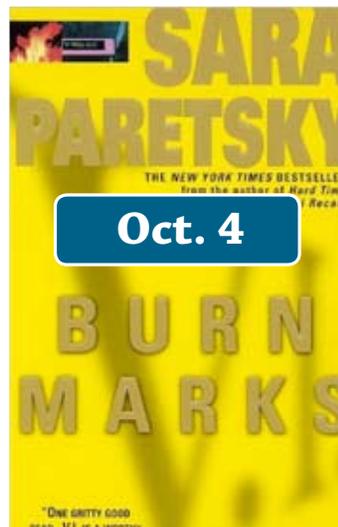
Registration for these programs is required and can be done online, by telephone, or in person at any branch. For more information, visit our website at [www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us), text "ccplinfo" to 66746, call 483-7727 ext 212, or find us on Facebook.



This program is supported by the Friends of the Library.



This project is made possible by a grant from the North Carolina Humanities Council, the state affiliate of the National Endowment for the Humanities, in partnership with the state of North Carolina Center for the Book, a program of the State Library of North Carolina.



**FREE AND FAMILY-FRIENDLY!**

# **LIBRARI- CON 2012**

## **MINI-CONVENTION**

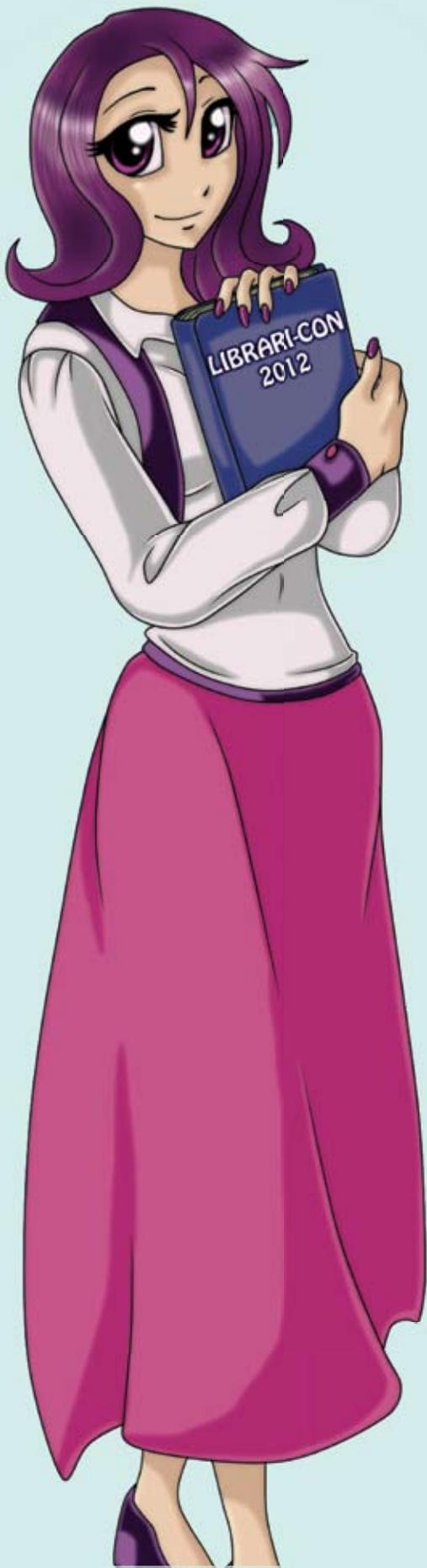
Anime Viewing • Panels and Forums

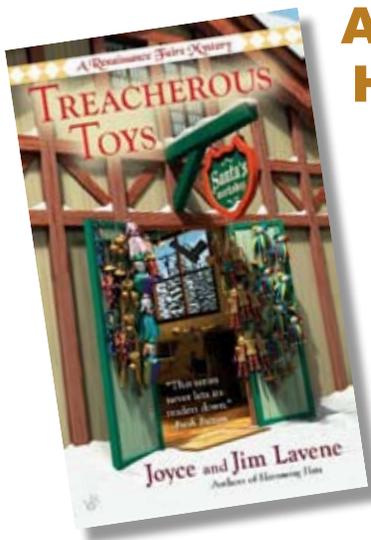
Artists Alley • Chibi Corner

Manga Lounge • Cosplay Runway  
and more!

**Saturday, September 1  
10 a.m. - 5 p.m.**

Headquarters Library  
300 Maiden Lane





## **Authors of mystery series will speak at Headquarters Library**

**N**ORTH CAROLINA MYSTERY AUTHORS Joyce and Jim Lavene will speak about their latest book “Treacherous Toys” at Headquarters Library on Sept. 5 at 7 p.m. in the Pate Room. They will also present a \$1,000 check to Headquarters Friends of the Library Representative Flavia Thompson on behalf of the Triad North Carolina Chapter of Sisters in Crime.

Headquarters Library staff won the \$1,000 prize after submitting a picture to the “2012 Sisters in Crime We Love Libraries” photo contest. The award money will be used to purchase books for the Headquarters Library collection.

The Lavenes will talk not only about their book, which is number five in their Renaissance Faire Mystery Series and set in Myrtle Beach, S.C., but also about the changing face of reading and writing. They have been writing together since 1994 and began being published five years later. Last year marked their sixtieth book in print, and while they enjoy writing mysteries, they are at home with fantasy, romance and nonfiction.

Sisters In Crime is an organization of authors, readers, publishers, agents, booksellers and librarians. Their mission is to promote the professional development and advancement of women crime writers to achieve equality in the industry for the mystery genre.

For more information, call 483-7727 or visit [www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us).

# **FREE Homework Help** Available Online

## **Tutor.com Student Center**



Math • Science  
English • Test Prep  
Social Studies



Cumberland County Public Library & Information Center

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

NEED HELP, BUT DON'T KNOW WHERE TO TURN?

# DIAL 2-1-1

FREE ► CONFIDENTIAL ► 24 HOURS A DAY ► EVERY DAY ► ANY LANGUAGE

## YOUR CONNECTION TO:

- Basic needs - food, clothing, shelter
- Child care services • Consumer help
- Counseling • Crisis intervention
- Health care • Housing
- Senior services • Support groups
- Volunteer opportunities



Dial 2-1-1 to speak to one of our specialists.



[WWW.NC211.ORG](http://WWW.NC211.ORG)

GIVE. ADVOCATE. VOLUNTEER.  
LIVE UNITED





## 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



## Labor Day

**Monday,  
September 3, 2012**