



Connection

Cumberland County's Employee Newsletter



Sandhills Heart Walk

**Saturday
Oct. 12**

10 a.m. - 1 p.m.

Registration
starts at 9 a.m.
Festival Park.

American Heart
Association® 
Learn and Live.

County Sites Prepare to go Smoke-Free

YOU MAY HAVE RECENTLY NOTICED light blue signs in front of several county properties. The temporary signs have been posted at 15 Cumberland County Government facilities informing the public and county employees that effective Jan. 1, 2014, smoking will no longer be allowed anywhere on those properties.

The smoke-free campuses include county facilities housing Department of Public Health employees, the Department of Social Services building and all library branches. On Jan. 1, smoking will be prohibited at the Health Department; Department of Social Services; E. Newton Smith Center, which houses the Board of Elections and Employee Health Services; Historic Courthouse; Hope Mills WIC office; Spring Lake Family Resource Center; County Facility at 109 Bradford Ave., which houses Child Support; and all eight branches of the Cumberland County Public Library & Information Center.



The Employee Wellness Program is offering

Fresh Start Smoking Cessation Classes

Tuesdays from 12-1 p.m. from Sept. 10 to Oct. 1 in Meeting Room A of the Department of Social Services, 1225 Ramsey St. Contact Kendra Manning at 433-3875 or kmanning@co.cumberland.nc.us for more information.



County Manager's Message

Employee Health Services marked its first anniversary in August. All three components of the program – the pharmacy, clinic and employee wellness – opened up shop in the renovated E. Newton Smith Center one year ago. I am very proud that our county is able to offer these programs and that they continue to grow.

This *Connection* issue contains information on various health-related activities available to employees. Our annual fund-raising project for the American Heart Association started in August. Raffle tickets will be sold through Sept. 12 and the drawing will be held Sept. 13. Five tickets will be drawn for the following amounts: \$500, \$400, \$300, \$200 and \$100.

In addition to the drawing, employees also have the chance to participate in the Sandhills Heart Walk on Oct. 12 in Festival Park. Pick up a packet from your department's Heart Association representative or register online at www.sandhillsheartwalk.org. Get moving for your own heart health and help others at the same time.

Be sure to check out the list of free classes offered through Employee Wellness, including the smoking cessation courses starting in September and October.

We will offer four flu shot clinics in October. The immunizations are free to employees who are covered under the county's health insurance plan. Please make every effort to protect yourself, your family and co-workers from the flu this year.

Sign Up Now for Wellness Classes

EMPLOYEES ARE ENCOURAGED to sign up for any of the free classes offered through the Employee Wellness Program. Contact Kendra Manning at 433-3875 or kmanning@co.cumberland.nc.us to register or for more information.

Bring your county employee ID with you to class. These classes are for employees only.

Zumba

Mondays and Thursdays, 5:30 – 6:30 p.m., Massey Hill Recreation Center

Smoking Cessation (Fresh Start)

Tuesdays beginning Sept. 10 – Oct. 1, 12-1 p.m. at DSS Meeting Room A
Tuesdays beginning Oct. 15 – Nov. 5, 3rd Floor Auditorium, Public Health Center, 1235 Ramsey St.

Healthy Cooking -

Modifying Recipes Without Giving Up Flavor

One-night class offered on Sept. 26 from 5:30 – 7 p.m. at Cooperative Extension, 301 East Mountain Drive. Class size is limited to 12 participants. Conducted by Candy Underwood, Extension Agent for Family and Consumer Sciences.

Future Dates

Nov. 21, Jan. 23, March 20

Eat Smart Move More Weigh Less

- Classes started Aug. 29 and run through Oct. 24 from 12-1 p.m. at Employee Health Services Classroom, E. Newton Smith Center, 227 Fountainhead Lane.
 - This class can be offered at a worksite upon request with at least 10 participants.
 - Follow-Up Sessions for Eat Smart Move More Weigh Less participants are held every second Monday of the month from 12 - 1 p.m. at Employee Health Services Classroom.



Get Your Flu Shot!

CUMBERLAND COUNTY EMPLOYEE flu clinics will be held in **October from 9 a.m. to 5 p.m. at the following locations:**

- Oct. 15 – DSS Meeting Room D, 1225 Ramsey St.**
- Oct. 17 – Courthouse Room 119, 117 Dick St.**
- Oct. 22 – Employee Health Services Classroom, 227 Fountainhead Ln.**
- Oct. 24 – DSS Meeting Room D, 1225 Ramsey St.**

The flu shots are free to all county employees and their dependents age 4 and older with Blue Cross Blue Shield coverage. You must bring your current BCBS Healthcare card and a picture ID. For employees who do not have BCBS coverage with the county, the cost for the shot will be \$30. Cash or check only.

If you are unable to attend the flu clinic, contact your primary care physician to schedule an appointment to receive your flu shot. There should be no charge as long as your visit is for the flu shot only. Children under 4 must receive shots from their primary care physician.



Crawford Wins Walking Challenge

JULIE CRAWFORD, BENEFITS COORDINATOR IN RISK MANAGEMENT, walked her way to a half day off by winning the Cumberland County Walking for Wellness Challenge.

Many employees participated in the challenge and the following 14 employees logged half a million steps or more. Congratulations to all employees who participated in the 56-day challenge. Please be sure to congratulate these walkers.



Crawford

Employee's Name	Department
Julie Crawford	Risk Management
Samantha Gryke	Public Health
Shundale Bracero	Public Health
Maria Aguilar	Tax Admin
Carolyn Hayes	Public Health
Jennifer Mendoza	Tax Admin
Ebony Stevenson	DSS
Jennifer Parks	Tax Admin
John Roberson	Information Services
Leigh Bailey	Public Health
Phyllis McLymore	Public Health
Cindy Tucker	Admin
Natasha Tomlinson	DSS
Tami Keibler	Employee Pharmacy
Bennie White	Public Health

Mental Health Services



PUBLIC MENTAL HEALTH, DEVELOPMENTAL DISABILITY AND SUBSTANCE ABUSE SERVICES are now managed by Alliance Behavioral Healthcare. Cumberland County Mental Health, the former Local Management Entity for public mental health, substance abuse, and intellectual/developmental disability care for the county's citizens, merged with Alliance on July 8.

Alliance is the largest of North Carolina's 10 public behavioral health managed care organizations, or MCOs, operating under Medicaid 1915 (b)/(c) waivers. Alliance is responsible for the authorization of services for over 186,000 Medicaid-eligible individuals and a population of 1.7 million in Durham, Wake, Cumberland and Johnston counties.

The Alliance office is at 711 Executive Place in Fayetteville, the former Mental Health Center.

To access the wide array of services available in our community, please visit the Alliance Behavioral Healthcare website. Alliance offers a 24-hour Access and Information Line at 800-510-9132.

Cumberland County is contracting with Cape Fear Valley Health System to provide outpatient mental health services for children, adolescents and adults through the Community Health Center at Cape Fear Valley. Patients are seen by appointment and on a walk-in basis at 109 Bradford Ave. The clinic is expected to move by the end of the year to the hospital's Roxie Avenue Center. Call 910-323-2311 to make an appointment or for more information. Hours for appointments and walk-ins are Monday through Friday from 8 a.m. to 5 p.m.

County Fair Runs Sept. 12-22

THE CUMBERLAND COUNTY FAIR will run Sept. 12-22 at the Crown Center complex. Gates will open at 5 p.m. Monday through Friday and 1 p.m. Saturday and Sunday.

You can buy advance tickets for \$10, good for Monday through Thursday, at the Cooperative Extension office at 301 East Mountain Dr., the Crown Center box office and Kangaroo convenience stores. Advance tickets include coupon books for fair vendors and unlimited carnival rides and entertainment. Regular ticket prices at the gate for Monday through Thursday are \$12.

Admission tickets for Friday through Sunday are \$5 at the gate. Ride tickets and wristbands are available separately. Children under 2 years old are admitted for free. Senior Citizens Day is Sept. 19 and seniors are admitted free from 1-5 p.m.

For a complete schedule and more information go to www.cumberlandcountyfair.org.





Register of Deeds Donates Backpacks

THE CUMBERLAND COUNTY REGISTER OF DEEDS OFFICE presented 663 backpacks filled with donated school supplies to the Fayetteville Police Department Aug. 20. The school supplies will be distributed to homeless children in the Cumberland County school system. This was the Register of Deeds' sixth annual school supply drive. Fayetteville Police and Cumberland County Schools packed the bags in a truck for delivery following a ceremony at the Register of Deeds office.



100 Years and Counting

THE BOARD OF COMMISSIONERS

honors county citizens who reach the age of 100 with an official

proclamation. The commissioners now

have new procedures for submitting and approving these special proclamations. Requests no longer have to appear on the board's consent agenda for approval. Instead, requests are approved as they are received by Candice White, the Clerk to the Board. They may be submitted in writing through the county's website at http://www.co.cumberland.nc.us/commissioners/citizens_100yrs.aspx.

Animal Control Needs Newspapers

THE CUMBERLAND COUNTY ANIMAL SHELTER needs old newspapers for lining cages. "We use newspapers to line the small dog and cat cages. We clean them three times a day so we go through a lot of newspapers," Shelter Manager Jennifer Hutchinson-Tracy said.

In addition to newspapers, the shelter also needs toys, treats, pet food, flea-control products, shampoo and plastic crates and carriers. Drop off newspapers and other donations at the shelter at 4704 Corporation Drive.

Veterans Services Moves to New Location

CUMBERLAND COUNTY VETERANS SERVICES held a ribbon cutting and open house Aug. 9 to celebrate its move to a new location at 301 E. Russell St. in the former Board of Elections building.

Veterans Services had been in the basement of the Department of Social Services. The new location offers approximately 4,800 square-foot of expanded office space, a wheelchair accessible ramp, and parking spaces closer to the building. Since the building is one floor, veterans in wheelchairs or motorized scooters no longer have to use elevators. The new location also has individual offices instead of cubicles, which will enhance the privacy of veterans seeking services.

“We are really excited about the move because of the convenience and increased office space of the building and the improved privacy we can offer veterans,” said Veterans Services Director Sharon Sanders, who will retire from the county on Oct. 1.

Much of the work to convert the former Board of Elections building to office space for Veterans Services was accomplished by the county’s Engineering and Infrastructure Department, Public Buildings Equipment Maintenance Department, and the County Sign Shop.

“We had to design a building plan that worked for Veterans Services and also satisfied inspections,” said County Engineer Technician Wayne Dudley. “We tried to take the old building and make it better.”



Veterans Services Director Sharon Sanders cuts the ribbon to officially open the new Veterans Services office at 301 E. Russell St. in the former Board of Elections building. Also cutting the ribbon are Commissioners Jeannette Council, Jimmy Keefe, Ed Melvin and Kenneth Edge.



Cardinali

County Welcomes Finance Director

MELISSA CARDINALI started work Aug. 19 as the county’s new finance director. Cardinali has been the financial services director for the City of Sanford since 1998. Cardinali has more than 20 years of experience in local government financial reporting. She is a North Carolina Certified Public Finance Officer and has served on the Government Finance Officers’ Association Special Review Committee. During each of her 15 years as Sanford’s financial services director, the office was awarded the Certificate of Excellence for Financial Reporting from the Government Finance Officers’ Association.

A native of Chapel Hill, she graduated from East Carolina University in 1981 with a bachelor’s of science degree in business administration, with a concentration in finance. Prior to her job with the City of Sanford, Cardinali worked as a portfolio administrator with the City of

Durham; and as the finance director, accounting supervisor and the tax collector for the Town of Southern Pines.

“I am really excited and pleased Ms. Cardinali will be joining the Cumberland County team. She has a strong background in local government finance and is highly respected in her field,” said County Manager James Martin.

Deputy County Manager Amy Cannon has been the Cumberland County finance director since 1998. Since 2000, she has performed dual roles as finance director and assistant county manager and then in 2011, she became the deputy county manager.

“Ms. Cannon has done an excellent job filling both these positions. However, the volume of work and the responsibilities have increased for both the finance director and deputy county manager positions and the time has come for Cumberland County to have staff solely dedicated for each position,” Martin said.



County Kudos



Larson

Larson Receives Project Management Certificate

SHAMON LARSON, an information system applications analyst, has received the Project Management Professional certificate from the Project Management Institute. The program helps meet the increasing demand for business and agencies to have qualified project managers.

The certification will help him manage application development projects for Information Services, said Larson, who has been employed with the county since 2005.



Johnson

DSS Hires New Assistant Director of Business

The Department of Social Services has named CLARETTA JOHNSON as the new assistant director of business operations. Johnson, a licensed clinical social worker, replaced Bill Duke, who retired this summer. Johnson was former deputy director of

Cumberland County Mental Health Center and brings a wealth of experience in finance, human resources, contract management and comprehensive community-based services and clinic social work to DSS senior management.

Social Services Board Elects New Officers

The Cumberland County Board of Social Services elected new officers in July. MARIA VELAZQUEZ-CONSTAS was unanimously voted as the FY 13-14 chairman of the board. She was appointed to the board in July 2011 by



Velazquez-Constas



Bradshaw

the North Carolina Division of Social Services. BETSY MONROE BRADSHAW was unanimously voted as the

FY 13-14 Vice Chairman. She was appointed to the board in July 2012 by the County Board of Social Services.

McLaurin, Taft Complete United Way's Multicultural Leadership Program

BRITTANY MCLAURIN of the Department of Social Services and JENNIFER TAFT of the Public Library & Information

Center have completed the United Way's Multicultural Leadership Development Program. The MLDP is a free training program designed to train diverse



McLaurin



Taft

community volunteers to become qualified, quality board members for nonprofit organizations. Training session topics include legal and financial responsibilities, strategic planning, community building, nonprofit communications, fund raising and cross-cultural dialogue.

County Recognizes Recent Retirees

Cumberland County Commissioners recently honored four county employees who retired after decades of service to the county. All the retirees were recognized at recent county board meetings and received plaques. JOHNNY CHANCE retired from the Public Buildings Equipment Maintenance Department after serving since 1992. DARYLL MORIN



Chance



Morin

retired from the county Detention Center after serving since 1984. ANGELA PERRIER retired from Planning and Inspections after serving since 1986. MARY TAYLOR retired from the Health Department after working with the county since 1982.



Perrier



Taylor



County Kudos

Council Elected President-Elect of NACo Women's Leadership Network

BOARD OF COMMISSIONERS VICE CHAIR JEANNETTE COUNCIL has been elected as President-Elect of the National Association of Counties Women of NACo Leadership Network (WON). The mission of WON is to enhance the effectiveness of female county officials and engage women officials seeking leadership positions in their communities and within NACo. Last year, Council was elected Secretary to the Women of the NACo Network. Council has served on the board of commissioners since 2000. She is a lifelong educator and a graduate of E.E. Smith High School and Fayetteville State University. Council holds a doctorate of education degree from South Carolina State University.



Board of Commissioners Chairman Jimmy Keefe congratulates Vice Chair Jeannette Council on her election as President-Elect of the National Association of Counties Women of NACo Leadership Network (WON).

Volunteer Honored

County Commissioners presented DON SOUCY, a volunteer with the North Carolina Missions of Mercy Free Adult Dental Clinic, with the Cumberland Cares Recognition Award at their Aug. 19 meeting. The two-day clinic was held at the Charlie Rose Agri-Expo Center July 26-27.

Soucy coordinated the efforts and training of more than 400 community volunteers for the clinic, which provided 885 patients with services valued at \$496,983. The Cumberland Cares award recognizes a Cumberland County individual, group or agency which has made an outstanding contribution toward a better quality of life for the county's citizens.

Don Soucy receives the Cumberland Cares Recognition Award from Commissioner Kenneth Edge at the Aug. 19 board of commissioners meeting.



Cumberland County - A great place to live, work and play!



Job Fair

August 14, 2013

Headquarters Library



1,500 job seekers had the opportunity to speak with over 20 companies and educational institutions.



The library is working to assist in transitioning from the military to civilian careers.



Workshops on resume, interviewing tips, and job searching skills were offered in conjunction with the Fair.



Educating the workforce and promoting economic development



Representative Elmer Floyd dropped by. From left: Library Director Jody Risacher, Floyd, Deputy Director Brian Manning the library's jobs and career coordinator, Larry Gavin.



Your library is providing practical help for employment seekers.



Cooperative Extension Holds 'Farm to Kitchen' Camp

By Candy Underwood
Extension Agent, Family and Consumer Sciences

Often if you ask young people where their food comes from, many will respond "from the grocery store." In an effort to educate local youth on where food really comes from, the Cumberland County Cooperative Extension sponsored a "Farm to Kitchen" camp this summer. During the camp youth participants visited local farms to see how local foods are grown and harvested.

On the first day, the campers traveled to Carlton's Cattle Company where participants learned how cattle are fed and bred before they go to market. A representative from the N.C. Cattleman's Association provided a Beef Tortilla demonstration and shared wonderful information about beef.

The second day was spent at Carter's Blueberry Farm in Vander where the kids picked blueberries. For many of them, it was their first time picking blueberries. We returned to the Extension Demo Kitchen and made delicious blueberry pies. When it came time for tasting, everyone thought they had baked the best blueberry pies ever.

The group visited Fayetteville Technical Community College's Culinary School on the third day. The students toured the facility and learned how local food growers work hand-in-hand with restaurant owners.

The final day of camp included a visit to Stedman's Bunce Brothers Farm, Inc. and a chance to walk through greenhouses full of millions of little plants awaiting their turn to be planted in the fields. Campers were shown how produce is iced down and packaged for shipping. Before heading back to cook a final dish, the group visited a huge field covered in rows and rows of tomatoes and peppers. Even though it was a hot sunny day, the kids enjoyed picking the beautiful red and green vegetables to carry home.



Save at the Employee Pharmacy

No charge for generic prescriptions if you are on the county's health plan!

Transfer your prescriptions today. Call 433-3861 for details.

**HOURS: Monday–Thursday, 7:30 a.m. - 4:30 p.m.
Friday, 8:30 a.m. – 1:30 p.m.**

Located at Employee Health Services • 227 Fountainhead Lane





The Vanderbilts All of Them

Presented by
Dr. Elliot Engel

Tuesday, Sept. 17 • 7 p.m.
Headquarters Library • 300 Maiden Lane

Dr. Engel traces the amazing tale of this famous American dynasty from Cornelius, born in the eighteenth-century, to Gloria of the designer jeans. The triumphs and tragedies are all placed in the context of family dynamics and historical influences. What emerges is a story of riches, wretched excess and real, raw emotional lives.

Dr. Engel always enlightens and entertains through anecdotes, analysis and large doses of humor. Tickets are \$10 for the public, \$5 for Friends members and \$2 for students, and are sold on a first-come, first-serve basis at the door. Sponsored by the Friends of the Library. You may join the Friends at the event.



Professional Development

Human Resources has an extensive roster of professional development classes for county employees. Consult the Training Connection (July-December 2013 issue) or visit the HR training registration page on the employee Intranet.

Contact Patania Eiland in HR at 323-6100 or peiland@co.cumberland.nc.us for more information on HR classes.

Let's Talk About It

Altered Landscapes

North Carolina's Changing World

Thursdays, September 12 & 26 at 6:30 p.m. **Headquarters Library**

This unique reading and discussion series is led by a local scholar. *Let's Talk About It — Altered Landscapes: North Carolina's Changing World*, features lively discussion of five books, all written between 2003 and 2007. They bring a childhood perspective to bear on dangerous worlds where innocence is quickly lost. These works from the new millennium differ from those before in that they begin more starkly with recognitions of the inevitability of violence and loss. Yet as grim as life can sometimes get, hope exists where it always has, in human hearts, in strong memories, in a commitment to reach across the divide to hold another's hand. Registration is required and can be done online, by telephone, or in person at any branch. Call the library at 483-7727 for more information.

<i>Salt: A Novel</i>	Isabel Zuber	Sept. 12
<i>Garden Spells</i>	Sarah Addison Allen	Sept. 26
<i>If You Want Me to Stay: A Novel</i>	Michael Parker	Oct. 10
<i>Blood Done Sign My Name</i>	Timothy B. Tyson	Oct. 24
<i>Plant Life</i>	Pamela Duncan	Nov. 7

If you'd like to borrow a copy of the book from the library, ask when you register, or place a hold from our catalog. The library provides the space, the scholars, the books and the refreshments; you provide your interest and your time.

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 North Carolina Center for the Book, a program of the State Library of North Carolina and Friends of the Cumberland County Public Library.



Beginning Beekeeping

Free six-week course starts Sept. 30 at 6 p.m.
Cooperative Extension Office
301 East Mountain Dr

Pre-registration requested by noon on Sept. 30
Contact Kenny Bailey at 910-321-6871 or
kenneth_bailey@ncsu.edu to register
or for more information



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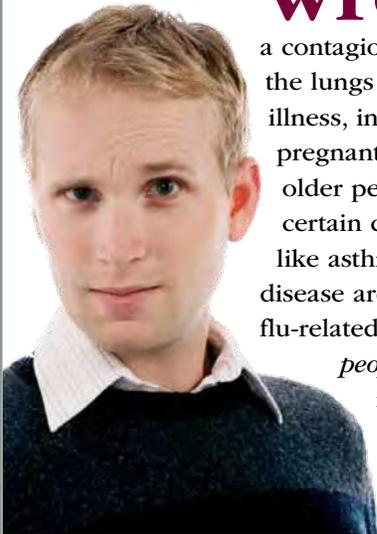
**More FREE DOWNLOADS
on our website**

e-Books, Audiobooks
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No More Excuses You Need a Flu Vaccine

**“Oh, the flu isn’t
so bad...right?”**

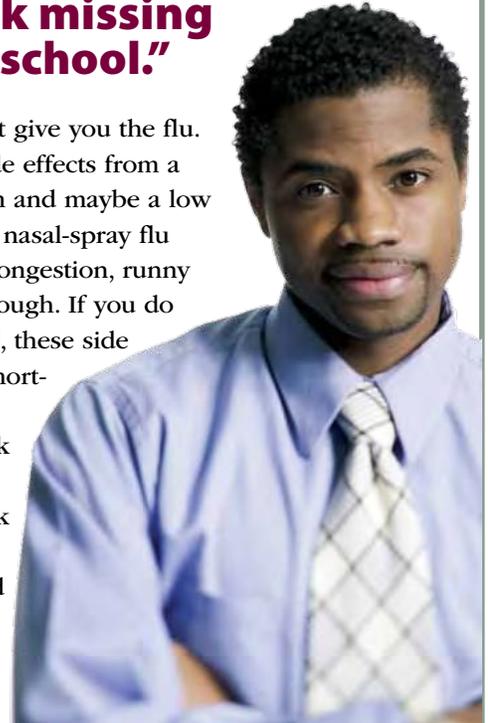


Wrong The flu (influenza) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. While pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, *even healthy people* can get sick enough to miss work or school for a significant amount of time or even be hospitalized.

**“But ^{what if} the flu vaccine
makes me sick?”**

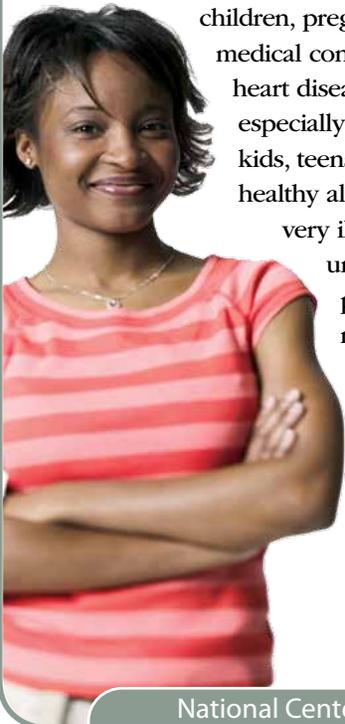
**I can’t risk missing
work or school.”**

The flu vaccine cannot give you the flu. The most common side effects from a flu shot are a sore arm and maybe a low fever or achiness. The nasal-spray flu vaccine might cause congestion, runny nose, sore throat, or cough. If you do experience them at all, these side effects are mild and short-lived. And that’s much better than getting sick and missing several days of school or work or possibly getting a very severe illness and needing to go to the hospital.



**“I’m Healthy
I don’t need a flu vaccine.”**

Anyone can become sick with the flu and experience serious complications. Older people, young children, pregnant women and people with medical conditions like asthma, diabetes, heart disease, or kidney disease are at especially high risk from the flu, but kids, teens and adults who are active and healthy also can get the flu and become very ill from it. Flu viruses are unpredictable, and every season puts **you** at risk. Besides, you might be around someone who’s at high risk from the flu...a baby...your grandparents, or even a friend. *You don’t want to be the one spreading flu, do you?*



**“Wait a minute
I got a flu vaccine
once and still got sick.”**

Even if you got a flu vaccine, there are still reasons why you might have felt flu-like symptoms:

- You may have been exposed to a *non-flu virus* before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses.
- Or you might have been exposed to flu after you got vaccinated but *before the vaccine took effect*. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- Or you may have been exposed to an influenza virus that was very different from the viruses included in that year’s vaccine. The flu vaccine protects against the three influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.



National Center for Immunization and Respiratory Diseases





CROWN
CENTER
FAYETTEVILLE, NC

September

- 3-4..... Army Soldier Show
- 7..... Hot Rods to High Heels
- 12-22.....Cumberland County Fair
- 24..... Cumberland County Schools College Fair

October

- 1..... Community Concerts presents Earth, Wind, and Fire
- 4-5..... Professional Bull Riders: Fort Bragg Wounded Soldier Foundation Invitational
- 5-6..... Gun & Knife Show
- 11.....WIDU Prayer Breakfast
- 11.....WIDU Traditional Gospel Night
- 12.....WIDU Anniversary Celebration Concert featuring Mary Mary
- 21.....Theresa Caputo Live! The Experience
- 25.....Mike Epps

COMING THE CROWN...

CUMBERLAND COUNTY
FAIR 2013

September 12-22

CROWN CENTER

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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

Cumberland County Government...

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.

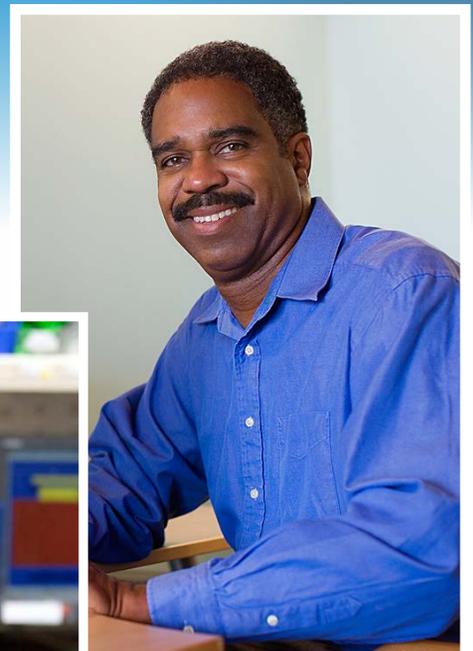
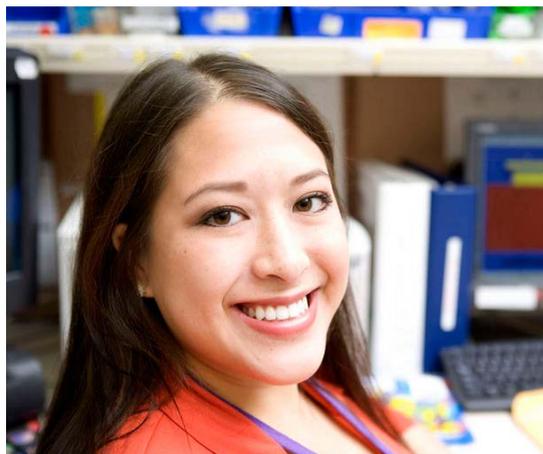
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Visit us on the Web: [http:// www.co.cumberland.nc.us/](http://www.co.cumberland.nc.us/)

The Employee Assistance Program

EVERYONE 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.



222-6157