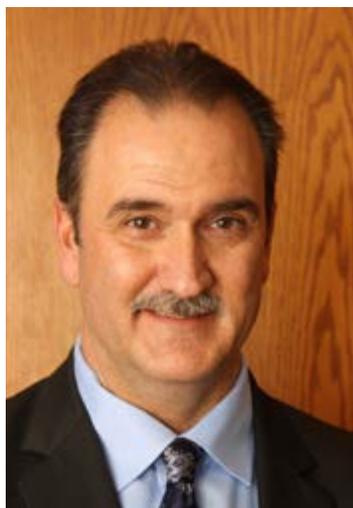




Connection

Cumberland County's Employee Newsletter



Jackson

Jackson New Assistant County Manager

COUNTY MANAGER AMY CANNON has hired TRACY JACKSON as the County's new assistant county manager. Jackson has 27 years of local government experience in North Carolina, most recently as the county manager in Lincoln County.

Jackson, who begins work on March 16, started his local government career in 1988 as a paramedic for Forsyth County Emergency Medical Services. He worked with Guilford County Emergency Services as an EMT-paramedic and training officer before serving as the Brunswick County emergency services director. He spent 13 years with Iredell County Government, rising from EMS Director to assistant county manager/emergency management coordinator and then deputy county manager.

Jackson earned a bachelor's degree from Western Carolina University in emergency medical care in 1988 and a master's degree in public affairs from the University of North Carolina at Greensboro in 1993.

"We are pleased to welcome Mr. Jackson to our Leadership Team and look forward to

working with him," Cannon said.

"I am excited and looking forward to starting work with Cumberland County. I have been impressed by the people I have met and their enthusiasm for the jobs that they do," Jackson said.

Manager Announces Leadership Team Changes

COUNTY MANAGER AMY CANNON announced leadership team staff changes on Feb. 11. KEITH TODD is the County's new chief information services director. Todd has been the Information Services Department's deputy director for two years and replaces Betty Clark, who retired on Feb. 1 after 29 years with the County.

Todd is a Bladenboro native and graduate of Bladenboro High School. He holds an associate's degree in Information Systems / Network Administration and Support from Robeson Community College; a Bachelor of Science degree in Information Technology from East Carolina University; and a Master of Business Administration degree from Liberty University.

Todd has worked for the County's IS Department since September 2004. Previously, he was employed with Converse in Lumberton and the City of Fayetteville.

"Keith has the technical and leadership skills to guide the department and oversee several upcoming projects that are critical to our technology plan," Cannon said.

TAMMY GILLIS is the County's new director of internal audit and wellness services. Gillis has been the County's internal auditor since 1991. Since 2012, she has provided daily financial and operational guidance to the Employee Pharmacy.



Gillis



Todd

- Continued on Page 2.



Cannon

County Manager's Message

Please join me in welcoming Tracy Jackson as our new assistant county manager. Mr. Jackson has 27 years of local government experience, working in large and small counties across North Carolina. He started in emergency

services as a paramedic and over time rose to department head, assistant and county manager, and most recently as county manager in Lincoln County, which has a population of 80,000.

Congratulations also go out to Keith Todd, our new chief information services director, and Tammy Gillis, our new director of internal audit and wellness services.

Mr. Todd and his staff have been diligently working over the past two weeks installing and upgrading the core switches and storage in the Courthouse server room, as well as migrating departments over to the new email system, which is now complete. These technology upgrades are outlined in our County strategic plan, which we will be reviewing this month.

The Board of Commissioners and the Leadership Team will hold two half-day strategic planning sessions in the coming weeks. We will be looking at our vision for the future and setting short and long-term goals and objectives for the County. This planning will guide us in setting priorities as we enter into the budget process this spring.

As the days get longer and the temps warmer, I encourage you to get outside and walk, run or participate in other activities. Be sure to check out the Employee Wellness Incentive program outlined on page 14 and earn wellness points, which can be redeemed for various rewards.

Thank you for your commitment to our citizens and the future of Cumberland County.



New Session March 17- April 28

CUMBERLAND COUNTY is accepting applications for its upcoming Citizens' Academy running March 17 - April 28. The academy is free and held on seven consecutive Tuesdays from 6-9 p.m. at various county government locations.

The Citizens' Academy helps citizens gain a better understanding of what county government does and how the various departments play a vital role in the community.

Participants must be residents of Cumberland County. Class size is limited, and academy slots are filled on a first-come, first-serve basis. Citizens are encouraged to apply promptly.

The application is available online at co.cumberland.nc.us. For more information, please call 910-321-6579 or email jsoles@co.cumberland.nc.us.

"Leadership Team Changes" Continued...

In addition to her auditing duties, Gillis will now oversee the County's employee health clinic, pharmacy and wellness program, as well as an expanded internal audit section.

Gillis is a native of Rockingham and a graduate of East Carolina University where she earned a bachelor's degree in business and finance. She was an internal auditor for Southern National Bank for four years before accepting the internal auditor position with the County in 1991.

"Tammy willingly stepped up to assist in the establishment of the pharmacy a few years ago and we are looking forward to seeing our employee health services grow under her leadership," Cannon said.



Public Utilities Employee Receives Exceptional Employee Award

AMY HALL, the administrative program officer for the Public Utilities Division of the County’s Engineering and Infrastructure Department, received the Cumberland County Exceptional Employee award at the Jan. 20 Board of Commissioners meeting.

The Exceptional Employee Award recognizes outstanding County employees for their contributions to the County’s mission of providing quality services to citizens while being fiscally responsible. Hall was nominated for her efforts in securing two U.S. Department of Agriculture grants for the Bragg Estates and Overhills sewer projects that will save the County and its residents an estimated \$3.95 million.

“As a direct result of Amy’s efforts to obtain these grants and low-interest loans, the citizens of Cumberland County will receive a viable solution for their sewer issues in a cost-effective manner and the County will save a substantial amount of capital,” said Engineering and Infrastructure Director Jeffery Brown, who nominated Hall for the award.

Hall was responsible for gathering accurate information

from citizens; following USDA policies, guidelines and deadlines; processing documents and applications; record keeping and management. Hall’s organized plan of applying and submitting for grants was noted by USDA Rural Development Specialist Judy Hunt, who asked Hall’s permission to use her methods as an example in helping assist other counties.

Hall has been with the county since May 2002.



Engineering and Infrastructure Public Utilities Administrative Program Officer Amy Hall accepts the Cumberland County Exceptional Employee Award from County Manager Amy Cannon at the Jan. 20 Board of Commissioners meeting.



Governor Appoints Environmental Health Director To Board Of Environmental Health Specialist Examiners

CUMBERLAND COUNTY ENVIRONMENTAL HEALTH DIRECTOR DANIEL ORTIZ has been appointed by Gov. Pat McCrory to serve as a member on the North Carolina State Board of Registered Environmental Health Specialist Examiners. The appointment begins immediately and ends Dec. 15, 2018.

Ortiz has been with the Cumberland County Department of Public Health for 18 years. He also serves as chair of the Cumberland County Safe Water Task Force and serves on the state Well Contractor Certification Commission.

Ortiz

The Board of Environmental Health Specialist Examiners is charged with the responsibility of regulating the practice of environmental health in North Carolina. It regulates the practice through the enforcement of state laws and rules to protect the public’s health from environmental hazards. For more information about the board, go to ncrehs.com.

Emergency Services Receives Fort Bragg Garrison Command's Award For Public Safety

CUMBERLAND COUNTY EMERGENCY SERVICES was among the agencies recognized at the Emergency Management Forum at the North Carolina Emergency Operations Center Feb. 4. Emergency Services, along with Fayetteville Fire Department, received the Fort Bragg Garrison Command's Award for Public Safety at the forum.

From left, are Dean DeMark, Scott Bullard and Calvin Bishop of the Fayetteville Fire Department, Robert James, Cumberland County Emergency Management Coordinator Gene Booth, Doug Haas of the N.C. Department of Emergency Management and James Cress.



Information Services Director Retires

INFORMATION SERVICES DIRECTOR BETTY CLARK retired Jan. 30 after 29 years and four days with the county. Information Services treated Clark to a retirement reception with a Beatles theme on Jan. 30. Clark, who lives in Laurinburg with her husband Harry, said she plans to take one day at a time in retirement. Prior to her career with the county, Clark was a programmer analyst with the former Libbey-Owens-Ford glass company in Laurinburg. Happy retirement Betty!



Betty Clark (center) is pictured with her husband Harry, daughter Carmen, son Joseph, daughter-in-law Michelle and granddaughter Megan at her Beatles-themed retirement reception Jan. 30.



Trautman Retires

Nancy Trautman was honored with a retirement reception Feb. 27. Nancy retired after 10 years with the Real Estate Division of Tax Administration. Nancy and her husband, Jon, plan to travel the country in their motor home in retirement.

DSS Names New Section Chief for Children's Services

MARY MCCOY has been named the new section chief for Children's Services at the Department of Social Services. McCoy has worked for the agency since 1990 in several program areas. She joined the Children's Services Section in 1992 and has experience in Child Protective Services investigations, foster care, in-home services and adoptions. McCoy served as a program manager for 13 years and has been a member of the Community Child Protection Team and the Professional Advisory Council for the Child Advocacy Center for the past 10 years. McCoy was instrumental in bringing the ChildFirst training to North Carolina and is currently the Coordinator for ChildFirst North Carolina.



McCoy

DSS Board Recognizes Outgoing Foster Parents



On Jan. 28, the Social Services Board recognized Debbie McDonald, outgoing president of the Cumberland County Association of Foster Parents. McDonald served as president of the organization for 15 years. McDonald was also recognized for her years of fostering children in Cumberland County. She fostered over 130 children in her home. McDonald has been instrumental in providing training to foster parents and in securing resources and support for foster parents in Cumberland County. She has worked tirelessly on special events for children in foster care and is a strong advocate for children and foster parents in our community.

Outgoing president of the Cumberland County Association of Foster Parents Debbie McDonald is presented a plaque by Mary McCoy, Children's Services chief (right) and Janice Robertson (left), supervisor for foster home licensing at DSS.

Solid Waste Adopt-A-Highway

The North Carolina Department of Transportation has awarded Cumberland County Solid Waste a plaque of appreciation for 25 years of participation in the Adopt-A-Highway program. Solid Waste Director Bobby Howard accepted the plaque from Fayetteville Mayor Nat Robertson Feb. 20. Solid Waste first adopted Wilkes Road in 1989 and environmental enforcement inspectors clean up the highway every quarter.



Solid Waste Director Bobby Howard, second from right, accepts the Adopt-A-Highway award from Fayetteville Mayor Nat Robertson on Feb. 20. Also pictured are Mike Causey, Adopt-A-Highway Program and Outreach Coordinator, and Evelyn L. Proctor, Adopt-A-Highway Coordinator, Cumberland and Harnett Counties, N.C. Department of Transportation, Division of Highways.

Retirees Honored At Board of Commissioners Meeting

Employees who retired last year were recognized at recent Board of Commissioners meetings. Georgia Greene worked for Veterans Services from 1979-1980 and again from 1990-2014. She retired Dec. 1. Nancy Jackson worked for the Department of Public Health from 1994 until 2014. William Maciborski was a Sheriff's deputy from 1987 until 2014. They were recognized at the Feb. 2 Board of Commissioners meeting. Myra Watson retired from the Sheriff's Office Jan. 1 after beginning her career at the office in 1983. Linda McNeil worked at the Public Library and Information Center from 1979 until Jan. 1. Both women were recognized at the Feb. 16 Board of Commissioners meeting.



Myra Watson accepts a plaque from Commissioner Larry Lancaster on Feb. 16.



Linda McNeil accepts a plaque from Commissioner Glenn Adams on Feb. 16.



William Maciborski accepts a plaque from Commissioner Larry Lancaster Feb. 2.



Nancy Jackson accepts a plaque from Commissioner Marshall Faircloth Feb. 2.



Georgia Greene accepts a plaque from Commissioner Marshall Faircloth Feb. 2.

Jean Smith Retires From Finance

JEAN SMITH retired from the Finance Department Jan. 29 after 20 ½ years of service. Smith was treated to a reception with cake and punch. Smith, who lives in the Anderson Creek community, said she and her husband Jack plan to enjoy retirement and possibly travel. Happy retirement Jean!

Jean Smith and husband Jack enjoy a retirement party from the Finance Department on Jan. 29.



Crisis Intervention Team Awards

Recognize Employees

PUBLIC SAFETY, mental health and court professionals were honored at the third annual Crisis Intervention Team (CIT) Awards ceremony Jan. 27 at the Fayetteville Police Department. The award recipients were recognized for their contributions during 2014.

CIT is a jail diversion program designed to provide a specialized law enforcement response to individuals experiencing a crisis related to mental illness. The program seeks to help citizens get treatment instead of being incarcerated. In Cumberland County, there are 453 certified law enforcement officers, 79 telecommunicators, 40 paramedics, 21 magistrates and court personnel and one firefighter.

The National Alliance on Mental Illness (NAMI) of Cumberland, Harnett and Lee counties sponsored the awards ceremony and presented honors to the following recipients:

- CIT Deputy of the Year: Lt. Robert Dicke, Cumberland County Sheriff's Office
- CIT Officer of the Year: Officer Markus Schell, Fayetteville Police Department
- CIT Detention Officer of the Year: Cpl. Robert Naylor, Cumberland County Detention Center
- CIT Paramedic of the Year: Capt. Matt Parker, Cumberland County Emergency Medical Services
- CIT Magistrate of the Year: Magistrate Jackie Paul-Ray, Cumberland County Magistrates
- CIT Trainer of the Year: Doug Parrish, Cape Fear Valley Medical Center
- CIT Champion of the Year: Dorothy Johnson, NAMI of Cumberland, Harnett and Lee counties
- CIT Exemplary Service Award: John Bain, Alliance Behavioral Healthcare

NAMI also presented plaques of appreciation to CIT Program Coordinator Wayne Cannon and retired Fayetteville Police Lt. Randy Podobinski.

The CIT program in Cumberland County began in 2008 with a committee, followed by the inaugural CIT academy in 2009.



The Crisis Intervention Training Program awards ceremony recognizing the 2014 recipients was held at the Fayetteville Police Department Jan. 27. From left, the recipients are Paramedic of the Year Capt. Matt Parker, Cumberland County EMS (Lt. Leslie Campbell accepting award on Parker's behalf); Trainer of the Year Doug Parrish, Cape Fear Valley Medical Center; Detention Officer of the Year Cpl. Robert Naylor, Cumberland County Detention Center; Police Officer of the Year Markus Schell, Fayetteville Police Department; Magistrate of the Year Jackie Paul-Ray, Cumberland County Courts; Deputy of the Year Lt. Robert Dicke, Cumberland County Sheriff's Office; CIT Exemplary Service Award recipient John Bain, Alliance Behavioral Healthcare; and CIT Champion of the Year Dorothy Johnson, National Alliance on Mental Illness – Cumberland, Harnett and Lee counties.

March to Work Job Fair March 10; Library Job Fair March 18

Job seekers are invited to the annual March to Work job fair on March 10 from 9 a.m. to 2 p.m. at the Crown Expo Center and a job fair at the Cumberland County Public Library and Information Center on March 18 from 10 a.m. to 2 p.m. at Headquarters Library.

The Cumberland County Department of Social Services Work First Program is partnering with the Cumberland County Public Library and Information Center, City of Fayetteville, Fayetteville Technical Community College, Public Works Commission, Beasley Broadcast Group and Hardee's to present the award-winning "March to Work" Job Fair. The event is free and open to the public. The job fair will also feature an Internet Job Café hosted by the Cumberland County Public Library to help job seekers submit online job applications during the event.

The library job fair will feature classes to help job seekers find employment. The classes include Career Readiness Certificate Training, Building Your Resume, Resume and Interviewing tips, 21st Century Job Searching and Career Soft Skills.

For more information about the March to Work Job Fair, contact Toni Wright-Harris at 910-677-2151 or Robert Relyea at 910-677-2222. For more information about the library job fair, call 483-7727 or go to cumberland.lib.nc.us.



Citizens Encouraged To Provide Input For Community Development Consolidated Plan

The Community Development departments from Cumberland County and the City of Fayetteville are seeking public input in preparing the 2015-2020 Consolidated Plan. The two departments are collaborating in the strategic plan to outline the goals and address the needs of the community through the use of federal funds from the U.S. Department of Housing and Urban Development.



One component of this strategic planning process will involve obtaining input from citizens and agencies to identify the needs and priorities for the communities. Various methods for participating in this process are being utilized such as town meetings, agency meetings and online surveys. County and City Residents are encouraged to participate and provide input on developing the upcoming Consolidated Plan and Annual Action Plan.

The survey link for agencies: https://www.surveymonkey.com/r/Agency_Consultation

The survey link for citizens: https://www.surveymonkey.com/r/Citizen_Needs_Assessment

For more information about the County Community Development Department, log onto http://co.cumberland.nc.us/community_dev.aspx

For more information about the City Community Development Department, log onto http://www.cityoffayetteville.org/community_development/.



Business/Professional • Child Care • Education
 Customer Service • Government • Distribution
 Food Service • Health Care • Retail...and many more!

Cumberland County Department of Social Services

March to Work JOB FAIR

March 10 from 9 a.m. - 2 p.m.

Crown Expo Center
 1960 Coliseum Drive, Fayetteville, NC



Transportation to this event is provided by B & W Transport.
 For pick up points and schedule, visit www.ccdssnc.com.

**Internet
 Job Café**

20 computers

available for job searches
 and online job applications

March to Work Job Fair presented in partnership with:





Rabies Clinics March 31 - April 23

CUMBERLAND COUNTY ANIMAL CONTROL and the Department of Public Health will hold annual Rabies Vaccination Clinics on Tuesdays and Thursdays March 31 through April 23 from 4-6 p.m. at various locations across the county. The cost is \$10 per animal.

North Carolina law requires that “the owner of every dog and cat over four months of age shall have the animal vaccinated against rabies.” In Cumberland County, the owners of dogs and cats which have not been vaccinated in accordance with this law are subject to a civil penalty in the amount of \$100.

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

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

Please bring cash. Checks will not be accepted. Please bring exact change, but no rolled coins.

For more information, call the Environmental Health Division of the Cumberland County Public Health Department 433-3660 or Cumberland County Animal Control at 321-6852.



Times & Locations

TUESDAY, MARCH 31, 2015 4:00-6:00 P.M.

- * Stedman Elementary School –
7370 Clinton Road, Highway 24 Stedman
- * Martin Edwards –
10335 Ramsey Street – Linden, NC

THURSDAY, APRIL 2, 2015 4:00-6:00 P.M.

- * Loyd E. Auman Elementary School –
6882 Raeford Road
- * Rockfish Elementary School –
5763 Rockfish Road, Hope Mills Road

TUESDAY, APRIL 7, 2015 4:00-6:00 P.M.

- * Massey Hill Classical School
1062 Southern Avenue
- * Melvin Honeycutt School – 4665 Lakewood Dr.

THURSDAY, APRIL 9, 2015 4:00-6:00 P.M.

- * EE Miller School – 1361 Rim Road
- * Spring Lake Middle School – 612 Spring Ave.

TUESDAY, APRIL 14, 2015 4:00-6:00 P.M.

- * Warrenwood Elementary – 4618 Rosehill Road
- * Alderman Elementary – 2860 Alderman Road

THURSDAY, APRIL 16, 2015 4:00-6:00 P.M.

- * Benjamin J. Martin Elementary School – 240 Reilly Road
- * Clear Path (formerly Monsanto) Parking Lot –
3468 Cedar Creek Road

TUESDAY, APRIL 21, 2015 4:00-6:00 P.M.

- * Eastover-Central Elementary School –
5174 Dunn Road at Highway 13
- * Northwood Temple Church – 4250 Ramsey Street

THURSDAY, APRIL 23, 2015 4:00-6:00 P.M.

- * District 7 Elementary School – 5721 Smithfield Road
- * Mazarick Park – 1612 Belvedere Avenue

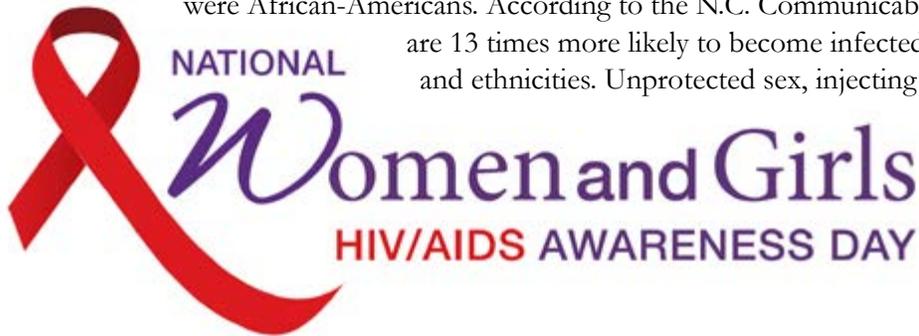
National Women and Girls HIV/AIDS Awareness Day Event March 10

The second annual National Women and Girls HIV/AIDS Awareness Day event will be held March 10 at 5 p.m. at the Old Wilmington Road Resource Center, 229 Lincoln Dr. The public is invited to this free event, which will focus on the impact HIV/AIDS has on the county's female population.

Guest speakers will include Catherine Wyatt-Morley, founder and CEO of the organization Women On Maintaining Education and Nutrition (W.O.M.E.N.); Stephanie Brown, HIV Advocate for Community Health Intervention; Sherri McGregor, McGregor's Traveling Angels; Pat Whitfield, CDC Disease Intervention Specialist with the Cumberland County Department of Public Health and Erica Welch-Hoyte, a community lay leader. Various vendors will be on site sharing resources. HIV Rapid Testing will also be available.

At the end of 2013, there were 36,300 people living with HIV infection in North Carolina; 65 percent of the HIV patients were African-Americans. According to the N.C. Communicable Disease Branch, African-American women are 13 times more likely to become infected with HIV/AIDS than women of other races and ethnicities. Unprotected sex, injecting drugs and mother-to-baby transmission are the main ways HIV is spread.

For more information, please contact Phyllis McLymore at 910-433 3894 or Karen Moore 910-483-2945 ext. 1104.



Cooperative Extension Launches 'Better Living Series'

CUMBERLAND COUNTY COOPERATIVE EXTENSION SERVICE is excited to launch a new educational series entitled "Extension's Better Living Series." The public is invited to join Cooperative Extension agents and other presenters for informational workshops on lawns, gardens, nutrition, canning, and much more.

Workshops will be held monthly through November in the Cooperative Extension Auditorium located at 301 East Mountain Drive. Upcoming classes include:

- March 10, Vegetable Gardening 101 from 12 p.m. to 1:30 p.m.
- March 24, Green Cleaning for Healthy Housekeeping from 12 p.m. to 1:30 p.m.
- April 14, Time To Grow Terrific Tomatoes from 12 p.m. to 1:30 p.m.
- April 23, Introduction To Raw Food Dishes from 12 p.m. to 1:30 p.m.

Please see the Extension's Better Living Series brochure, which can be found on the Cumberland County Cooperative Extension website at:

<http://www.ces.ncsu.edu/wp-content/uploads/2015/02/Better-Living-Series.pdf>. For more information on dates and times, you may also contact Susan Johnson at the Cooperative Extension office at 910-321-6405.

Preregistration is requested for all workshops. Most workshops are provided at no cost; however, there are a select few which will require preregistration and a minimal fee upon registration. Online registration will soon be available; however, you may register with Susan Johnson at 910.321.6405 or via email susan_johnson@ncsu.edu.

Extension's Better Living Series

Cumberland County Center

301 E Mountain Drive, Fayetteville, NC 28306

Workshop	Date	Time
Vegetable Gardening 101	March 10, 2015	12 p.m. – 1:30 p.m.
Green Cleaning for Healthy Housekeeping	March 24, 2015	12 p.m. – 1:30 p.m.
Time to Grow Terrific Tomatoes	April 14, 2015	12 p.m. – 1:30 p.m.
Introduction to Raw Food Dishes	April 23, 2015	12 p.m. – 1:30 p.m.
Backyard Chickens	May 5, 2015	12 p.m. – 1:30 p.m.
Got Gardening Problems? Get Solutions!	May 19, 2015	12 p.m. – 1:30 p.m.
Green with Envy – Summer Lawn Care Tips	June 9, 2015	12 p.m. – 1:30 p.m.
Basic Water Bath Canning	June 25, 2015	9 a.m. – 12 p.m.
From Kitchen Scraps to Garden Gold	July 14, 2015	12 p.m. – 1:30 p.m.
Jam in the Kitchen – Preserving Jams, Jellies, and Fruit Spreads	July 16, 2015	9 a.m. – 12 p.m.
Preparing Your Fall Vegetable Garden	August 4, 2015	12 p.m. – 1:30 p.m.
Safe Pressure Canning for Garden Vegetables	August 6, 2015	9 a.m. – 12 p.m.
Dos and Don'ts for Fall Landscaping	September 22, 2015	12 p.m. – 1:30 p.m.
Fresh and Healthy Meals for Families on the Go	September 24, 2015	12 p.m. – 1:30 p.m.
Pumpkin Palooza – Unique Pumpkin Carving	October 13, 2015	12 p.m. – 1:30 p.m.
The Ins and Outs of Composting	October 27, 2015	12 p.m. – 1:30 p.m.
Bringing Nature Inside for the Holidays	November 5, 2015	12 p.m. – 1:30 p.m.
Let's Talk Turkey – Preparing your Turkey Safely for the Holidays	November 12, 2015	12 p.m. – 1:30 p.m.

To register, visit cumberland.ces.ncsu.edu or call (910) 321-6405.
Cumberland County Center 301 E Mountain Drive, Fayetteville, NC 28306



Mid-Carolina Senior Games April 15-May 4

Older adults and volunteers are invited to participate in the 29th annual Mid-Carolina Senior Games this spring and enjoy athletic and artistic events with plenty of opportunities for fellowship and friends.

The Mid-Carolina Senior Games will be held April 15 through May 4 for older adults in Cumberland, Harnett and Sampson counties. The three counties are members of the Mid-Carolina Council of Governments, which is one of 17 regional councils formed to provide a variety of programs and services to their local governments and citizens.

The games provide opportunities for adults age 50 and above to compete in 25 various sporting events as well as the Silver Arts categories of visual arts, literary arts, heritage arts and performing arts.

Registration for the games will be held until March 27. The registration fee is \$11 for Mid-Carolina county residents and \$15 for non-county residents.

Some of the contests include basketball shooting, billiards, bocce, table tennis, tennis, swimming, shuffleboard, badminton and various track events. Medal winners qualify for the North Carolina Senior Games State Finals held each fall in Raleigh.



The Silver Arts visual category includes acrylics, drawings, oil, watercolor, photography, charcoal, mixed media, pastels and sculpture. The literary category includes essays, poems, short stories and life experiences. The heritage arts include basket weaving, crocheting, jewelry, knitting, woodworking, stained glass and other skills.

In addition to athletic and arts activities, participating seniors will have the opportunity to participate in wellness workshops, health fairs, exercise classes, the Silver Striders Walking Clubs and special social events throughout the year.

Volunteers are needed to help set up facilities, keep score, present awards, provide medical services, register participants and give hugs.

For more information about the games or to receive an entry form, contact Tracy Davis at Mid-Carolina Senior games, P.O. Drawer 1510, Fayetteville, NC 28302. You can call 910-323-4191, extension 27 or email tdavis@mccog.org. The fax number is 910-323-9330.

Low Income Energy Assistance Still Available

Funds for the Low Income Energy Assistance Program (LIEAP) to help qualified families with their heating costs are still available through March 31, or until funds are exhausted. Citizens may apply at the Salvation Army office at 1047 Southern Ave., from 8 a.m. to 4:30 p.m., Monday through Friday.

The federally-funded program provides a one-time vendor payment to help eligible households pay their heating bills. Household income must not exceed 130 percent of the poverty level. All households must apply for LIEAP; there are no automatic approvals.

The Salvation Army manages the program for the Department of Social Services and all applications must go to the Salvation Army's office at 1047 Southern Ave. For more information, contact the DSS LIEAP message line at 910-677-2821 or the Salvation Army at 910-307-0359.





15 Wellness Points
3pc collapsible bowl set
or Resistance band



30 Wellness Points
Wellness Program T-shirt *or*
Gym towel & digital jump rope



45 Wellness Points
Fitness bag *or*
Cooler bag with 3 pc.
salad shaker set *or*
Yoga mat



60 Wellness Points
\$25 VISA gift card *or*
Heart rate monitor



Paid Time Off

1 Hour Attend all four sessions of a class such as Smoking Cessation.

1 1/2 Hours Attend all six sessions of Diabetes Self-Management Program or Chronic Disease Self-Management.

2 Hours Attend all eight sessions of a class such as Eat Smart Move More Weigh Less.

How do I earn Wellness Points?

Earn points for a variety of health screenings, attending health classes and exercising.

Log your points on the Intranet/Extranet at:
http://intranet/Employee_Health_Services/_layouts/Intranet/hr/HEALTH/point_activity.aspx.

You can earn up to 150 points in a calendar year and can claim only one item from each category. The Wellness Coordinator will have access to these logs.

1 point

- Complete My Life Check online at mylifecheck.com
- Complete a weekly food diary
- Follow up at Employee Clinic or Primary Care Provider for biometric standards not met at Employee Health Fair
- Workout for one hour, attend a health and fitness class or exercise on your own for an hour. Examples include taking Eat Smart Move More Weigh Less, Zumba, Healthy Cooking, practicing yoga, walking, running, riding your bike, working out on an elliptical or with a fitness video, etc.

2 points

- | | |
|--------------------------|---------------|
| Dental exam and cleaning | Vision Exam |
| Breast Exam | Mammogram |
| Pap smear | Prostate Exam |
| Colonoscopy | Bone Density |
| TB Skin Test | |
- Immunizations *For example, Pneumonia, Shingles, T-dap.*
- Donate blood
(County Government holds quarterly drives at the Courthouse and other departments also host drives at their locations.)

3 points

- Attend a health fair in the community
- Participate in an organized walk, run or bike ride.
For example, the Heart Walk.
- Participate in Wellness Challenges offered through the Employee Wellness Program.
For example, Maintain, Don't Gain!

One-time credit for transferring a prescription, having it filled and picking it up from the Employee Pharmacy.

5 points

- Undergo a complete physical exam.
- Receive a flu shot.
- Serve as the Wellness Representative for your department.



Questions?

Contact Kendra Manning at 433-3875 or kmanning@co.cumberland.nc.us.

Cooking Class

Thursday

March 26

12 p.m. - 1:30 p.m.

and

5:30 p.m. - 7 p.m.

Cooperative Extension

301 E Mountain Drive

Class open to the first 12 employees to register.

Register by March 20 on the intranet/extranet.

https://extranet/Employee_Health_Services/_layouts/Intranet/hr/HEALTH/point_activity.aspx



Employee Benefits Open Enrollment

Web Open Enrollment: April 1 - April 30
On-Site Enroller Support: April 13 - April 24
Plan Year: July 1, 2015 - June 30, 2016



Date	Location	Time
Monday, April 13	Meeting Room A DSS, 1225 Ramsey Street	9 a.m. - 5 p.m.
Tuesday, April 14	Room 119 Courthouse, 117 Dick Street	9 a.m. - 5 p.m.
Wednesday, April 15	1 st Floor Training Room E. Newton Smith Building 227 Fountainhead Lane	9 a.m. - 5 p.m.
Thursday, April 16	Meeting Room A DSS, 1225 Ramsey Street	9 a.m. - 5 p.m.
Friday, April 17	Meeting Room A DSS, 1225 Ramsey Street	9 a.m. - 5 p.m.
Monday, April 20	Meeting Room A DSS, 1225 Ramsey Street	9 a.m. - 5 p.m.
Tuesday, April 21	Room 119 Courthouse, 117 Dick Street	9 a.m. - 5 p.m.
Wednesday, April 22	1 st Floor Training Room E. Newton Smith Building 227 Fountainhead Lane	9 a.m. - 5 p.m.
Thursday, April 23	1 st Floor Training Room E. Newton Smith Building 227 Fountainhead Lane	9 a.m. - 5 p.m.
Friday, April 24	1 st Floor Training Room E. Newton Smith Building 227 Fountainhead Lane	9 a.m. - 5 p.m.

Benefits

- BCBS Medical
- Flexible Spending Accounts
- Ameritas Dental (PPO & Non-PPO)
- Superior Vision
- Allstate Cancer
- AUL Short-Term Disability
- Aetna Term Life
- Unum Whole Life

Reminders

Please remember to obtain a confirmation of your benefit election as it will be the only proof of your election.

You must re-elect your FSA every year. It does not automatically renew.

This is the only time of year you are able to make changes to your benefits. Changes outside of the enrollment period will only be allowed if you experience a qualifying event outlined by the IRS (marriage, divorce, birth of a child, etc.).

How to Login

Go to mywecarebenefits.net/markiii
Case ID M206
Online ID Your social security number
Password Enroll15
Enter Security Code Shown on screen

Questions?

Julie Crawford (910) 223-3327
Cindy Horton (800) 532-1044 x210

8 Week Program from April 14 - June 2

A new you is within reach!

Learn how to
Eat Smart and
Move More.

Tuesdays
12 p.m. - 1 p.m.

Veterans Services
301 E. Russell Street

Conducted by Kendra Manning,
Wellness Coordinator

Register by April 10
on the intranet/extranet.
https://extranet/Employee_Health_Services/_layouts/Intranet/hr/HEALTH/point_activity.aspx

- April 14** Introduction/Make Your Commitment
- April 21** Re-Think Your Drink
- April 28** Start Smart/Eat Fewer Calories
- May 5** Move More/Move Strong
- May 12** Check the Facts/Right Size Your Portions
- May 19** Enjoy More Fruit and Vegetables/
Pack Smart Lunches
- May 26** Tame the Tube/Eat Out Less/
Plan, Ship, Fix and Eat
- June 2** Keep Your Commitment

CUMBERLAND
COUNTY
NORTH CAROLINA





CUMBERLAND ★ COUNTY ★ NORTH CAROLINA

AMY CANNON
COUNTY MANAGER
COUNTY MANAGER'S OFFICE
117 Dick Street • Courthouse, Suite 512
Fayetteville, NC 28301
Phone: 910-678-7723 • Fax: 910-678-7717
Email: acannon@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/)

Your Employee Assistance Program Can Help

Call for assistance with:

**Depression • Finances • Alcohol/Drug Abuse
Conflicts • Stress • Parenting
Any Other Personal Concern**

Call Our Toll-Free, Confidential Number
1-800-326-3864



County Holiday

All County offices will be closed in observance of

Good Friday

Friday April 3, 2015