



Connection

Cumberland County's Employee Newsletter

County Employee Wellness Garden Opens

The CUMBERLAND COUNTY EMPLOYEE WELLNESS GARDEN opened April 3. The garden is located on Kennedy Street, off Person Street, behind Tire Sales and Service.

Internal Audit and Wellness Services Director Tammy Gillis envisioned the garden as a way for employees to discover new opportunities to improve their health, in addition to the slate of exercise and health-related classes offered through the Wellness Program.

Gillis approached Solid Waste Management Director Bobby Howard, who recommended the County property on Kennedy Street as a garden site. Solid Waste employees, joined by Engineering & Infrastructure employees, prepared the site, installed a fence and built 21 16' x 16' garden boxes and a wooden façade for the portable toilet.



Dave Roberts, Jeff Long and Julius Starks of Solid Waste show soil for the new Employee Wellness Garden to Internal Audit and Wellness Services Director Tammy Gillis.

An Earth Day celebration was held April 22. Cooperative Extension Agent Kenny Bailey and Master Gardener Volunteer Leslie Kiewra gave a class on composting. The American Heart Association provided lunch.

"I'm thrilled at the interest shown by County employees in the wellness garden," Gillis said. "It also impresses me that we did this all ourselves, using the skills and knowledge of employees to make it happen."



Roy Clifton of the Sheriff's Office waters his garden plot in the Employee Wellness Garden.



Gary Pearsall of Solid Waste helps install the fence around the Employee Wellness Garden.



Lakelli Butler of Child Support plants flowers in her garden plot in the Employee Wellness Garden.

County Manager's Message



Cannon

Response to the Employee Wellness Garden has been fantastic with more than 40 employees participating. Many Courthouse and Law Enforcement Center employees are walking to the garden on their lunch hours to tend their plots. Others are there in the early evenings and on weekends taking advantage of the opportunity to grow their own fresh foods and enjoy being outside.

The garden is just one of many new programs being offered through the Wellness Program. Walking and running groups have been organized to encourage and motivate employees to become active. We are continuing to offer yoga, Zumba and other health-related classes.

Be sure to track your activities through the wellness incentive program. It's a great way to stay motivated and anyone who spends 34 hours exercising or attending wellness classes from May 6 through June 25 will receive a wellness t-shirt or a jump rope and sports towel. For every one hour of exercise or attendance at a health/wellness class you earn one point.

On July 1, changes in the County's health plan go into effect. Faced with rising medical plan costs, the Board of Commissioners approved changes to the plan that affect deductibles and employee spouse eligibility. Also, starting July 15, we will be conducting a dependent eligibility verification audit of all employees who cover one or more dependents on our healthcare plan. Instructions will be sent in July about the audit. All employees who cover dependents on the plan will be required to complete the audit process, which is an important step in helping us control rising healthcare costs and ensure only eligible dependents are being included in the plan.

One of our strategic objectives is to recognize the importance of the employees' health and fitness for the benefit of individual employees as well as the entire organization. We are working toward that objective and hope you will join us by becoming more active, eating healthy and making other lifestyle changes to improve your wellbeing.

Thank you for serving our citizens and being an important part of the Cumberland County team.

County Budget Meetings Schedule Announced

County Manager Amy Cannon will present the Fiscal Year 2016 Recommended Budget to the Board of Commissioners on May 26. A series of budget meetings held in the Courthouse will follow.

May 26	7 p.m.	Budget Presentation	Room 118
May 28	5:30 p.m.	Budget Work Session	Room 564
June 2	7 p.m.	Budget Public Hearing	Room 118
June 4	5:30 p.m.	Budget Work Session/Dept. Head Appeal	Room 564
June 8	5:30 p.m.	Budget Work Session	Room 564
June 10	5:30 p.m.	Budget Work Session/Adopt Budget	Room 564

Commissioners Appoint New Tax Administrator



Utley

The Cumberland County Board of Commissioners appointed JOE UTLEY as the County's new tax administrator March 16 during the regular board meeting. Utley has worked for the County for 23 years and replaced Aaron Donaldson on April 1. Donaldson retired after serving as the tax administrator for 13 years.

The board approved a two-year appointment, which is required to fulfill all statutory certifications.

Utley was the County's real estate appraisal manager. He joined the Tax Administration department in 1992 after serving for 12 years as an engineer officer in the U.S. Army. Utley will manage a department of more than 70 employees and lead the County's 2017 property tax revaluation.

Utley earned a bachelor's degree in forestry management from Clemson University in 1980 and received his Army commission following graduation. He also holds a master's degree in business administration from Golden Gate University.

"Mr. Utley has over 20 years of experience with the County in the appraisal area and we are pleased to welcome him to our leadership team. He has gained strong commercial as well as residential appraisal experience and assisted the County in three revaluation processes,

which is extremely important as he leads the County through the impending 2017 revaluation," said Melissa Cardinali, assistant county manager for finance and administrative services.

County, Fort Bragg Renew Army Community Covenant

CUMBERLAND COUNTY AND FORT BRAGG OFFICIALS renewed their commitment to supporting soldiers and their families by signing an Army Community Covenant during a brief ceremony March 23 at the Cumberland County Courthouse.

Lt. Gen. Joseph Anderson, former Commanding General of the 18th Airborne Corps and Fort Bragg, and Command Sgt. Maj. Isايا Vimoto joined Chairman Kenneth Edge and County Manager Amy Cannon in signing the covenant. The Army Community Covenant program started in 2008 as a way to foster and sustain effective state and community partnerships with the Army.

“This covenant formally recognizes the work of our County departments and symbolizes our commitment to sustaining a strong partnership with the military,” Edge said.

Cumberland County Board of Commissioners Chairman Kenneth Edge and County Manager Amy Cannon join Lt. Gen. Joseph Anderson, left, former Commanding General of the 18th Airborne Corps and Fort Bragg, and Command Sgt. Maj. Isايا Vimoto, in signing the Army Community Covenant poster during a ceremony March 23.



Council Receives N.C. Hospital Association Trustee Award

The North Carolina Hospital Association presented CUMBERLAND COUNTY COMMISSIONER JEANNETTE COUNCIL with a Trustee Service Award on April 25. The Board of Commissioners recognized Council for receiving the honor during their May 4 meeting.

Council accepted the Trustee Service Award during the association’s Annual Trustee Institute in Charlotte where nine hospital trustees from across the state were honored. Established in 1992, the awards recognize member trustees who have made significant and unique contributions to their hospitals and the communities they serve.

Council has served on the Cape Fear Valley Health System Board of Trustees for 15 years, longer than any other current member. As a trustee, she has served on the Planning Committee, Executive Committee, Compensation and Investment Committee, Nominating Committee and Diversity Practice Committee.



Commissioner Jeannette Council is recognized by fellow Commissioners Charles Evans, Larry Lancaster, Marshall Faircloth (Vice Chairman), Kenneth Edge (Chairman), Jimmy Keefe and Glenn Adams at the May 4 Board of Commissioners meeting. Council was recognized for receiving the Trustee Service Award for her years of service on the Cape Fear Valley System Board of Trustees.

Employee Recognition Ceremony 2015

CUMBERLAND COUNTY EMPLOYEES who achieved 20, 25, 30 and 35 years of service this year were honored during the annual Employee Recognition Ceremony on April 20. The ceremony was held in Room 118 of the Courthouse and coincided with National County Government Month, which is celebrated in April. Seventy-eight employees were honored. A photo album of the Employee Recognition Ceremony is available on the Intranet → County Manager's Office → Public Information Office → Employee Anniversary – April 2015 http://intranet/pio/photo_gallery/employee_anniversary.aspx

Francisca Bradley is recognized by Board of Commissioners Chairman Kenneth Edge during the 2015 Employee Recognition Service. Bradley has 35 years of service with the Sheriff's Office. Kim Brown of Information Services also has 35 years of service, but was unable to attend the ceremony.

NATIONAL ★★★★★★★★★★★★★★★★★★
COUNTY GOVERNMENT
MONTH



County, Courts Celebrate Mural in Jury Assembly Room

Clerk of Court Judge Kim Tucker and the Cumberland County Board of Commissioners held a reception on April 21 to honor FAYETTEVILLE STATE UNIVERSITY ART GUILD STUDENTS who painted an American flag mural lining one wall of the Courthouse Jury Assembly Room

Tucker contacted FSU to request a mural as a service-learning project and a component of an overall enhancement strategy for the busy assembly room. Other improvements made by the County include new carpeting and paint, as well as framed informational graphics.



Fayetteville State University Art Guild students are joined by Judge Kim Tucker, FSU Chancellor James Anderson, Visual Arts Associate Professor Socorro Hernandez-Hinek, Commissioners Marshall Faircloth and Glenn Adams.

Health Department Hosts Child Abuse Awareness Ceremony

April is National Child Abuse Prevention Month. THE CUMBERLAND COUNTY DEPARTMENT OF PUBLIC HEALTH hosted a ceremony April 24 to raise awareness about child abuse. Health Department employees showed support of the Child Advocacy Center by planting pinwheels in the flower beds in front of the Health Department building at 1235 Ramsey St. The pinwheel is a symbol of child abuse and neglect prevention.

For more information, call 910-486-9700 or go to www.childadvocacycenter.com. The Child Advocacy Center is located at 222 Rowan St.

Public Health Administrator I Dolly Huffman Clayton helps a child plant a pinwheel in front of the Department of Public Health April 24.



Health Department Holds Information Fair

THE CUMBERLAND COUNTY DEPARTMENT OF PUBLIC HEALTH held a Health Information Fair at the Health Department April 8. The fair, which promoted services offered by the agency, was part of the National Public Health Week observances April 6-10. The event was also part of Cumberland County's National County Government Month.

Pictured, Audrey Pacheo, a social worker with the Department of Public Health's Pregnancy Care Management Services, provides information to Aphjanie Griffin and her son, Jordan Griffin, at the fair.



Employees Participate in National Walking Day



Child Support employees participate in National Walking Day April 1, starting at 109 Bradford Ave. County employees took 30 minutes during their lunch break to walk as a commitment to better fitness. National Walking Day is organized by the American Heart Association.



County Manager Amy Cannon (right) and Employee Wellness Program Coordinator Kendra Manning (left) lead a group of Cumberland County Government employees on a 30-minute walk starting from the Courthouse April 1 as part of National Walking Day. County employees took 30 minutes during their lunch hours to walk as a commitment to better fitness. National Walking Day is organized by the American Heart Association.

DSS Hires New Deputy Director



Williams

DR. JEFFREY A. WILLIAMS is the new Human Services Deputy Director for the Department of Social Services. Williams started April 20. As deputy director, he will be the agency's second-in-command and oversee the Children's Services and Adult Services sections. Williams was formerly the child welfare director for Guilford County DSS.

Williams has more than 25 years of human services experience, including 16 years with the Michigan Department of Human Services. While in Michigan, Williams served in various positions including eligibility caseworker, Temporary Assistance for Needy Families (TANF) program manager, foster care supervisor, child welfare program manager and division administrator responsible for more than 250 employees.

Williams worked eight years with the Annie E. Casey Foundation, where he provided technical assistance in the area of program data and organizational development for child welfare systems in 11 states. Williams also served on the adjunct faculty for Liberty University's counseling education program.

"Having Dr. Williams on board is a real coup. He has worked his way up through the human services field and traveled all over the United States looking at various types of child welfare programs," Cumberland County DSS Director Brenda Jackson said.

DSS Dedicates Walking Trail

THE DEPARTMENT OF SOCIAL SERVICES dedicated an outdoor walking trail April 13 to supplement the department's indoor walking trail. The new trail is designed to encourage DSS employees to walk for fitness. A sign was also unveiled in front of the DSS to show the trail layout.



DSS Director Brenda Reid Jackson, left, prepares to unveil the new DSS Outdoor Walking Trail sign, right, April 13.



Department of Social Services Assistant Director Claretta Johnson and Assistant to the Director Angela Thomas hold up the Outdoor Walking Trail sign for Sylvia Cook, Employee Wellness Program Coordinator Kendra Manning, DSS Adult Services Chief Crystal Black and DSS Managing Attorney Bobbie Redding to tear through to officially dedicate the trail on April 13.

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



DSS Hosts NC DHHS Child Welfare Listening Session

CUMBERLAND COUNTY was among nine sites selected by the North Carolina Department of Health and Human Services to host a Child Welfare Listening Session. Cumberland's session was held March 13 at DSS.

NC DHHS is looking at child welfare statistics and key issues identified throughout the state. The information and concerns shared by Social Service Departments and their community partners in the Listening Sessions will help as the state prepares for child welfare initiatives being planned and implemented in North Carolina.



Community stakeholders attended and shared concerns with the State in an effort to enhance foster care, placement, and protection of vulnerable children in Cumberland County. The group of 43 participants noted increased child fatalities, lack of financial and community resources, delinquency, drugs, human trafficking, and legislative policy changes among the challenges Cumberland faces.

"As the number of children entering into foster care continues to increase, supplemental support programs erode, and Medicaid dollars decrease, State and local partnerships will be paramount. DSS staff and community agencies were grateful for the opportunity to be heard by the State. The decision to conduct these important sessions could not be timelier," DSS Director Brenda Jackson said.

(Left to right) DSS Director Brenda Jackson, DSS Managing Attorney Bobbie Redding, North Carolina DSS Director Wayne Black, NC DSS Deputy Secretary Sherry Bradsher, NC DHHS Senior Policy Advisor Paris Penny, Cumberland County DSS Board Chair Maria Velazquez-Constas, Cumberland County Chief District Court Judge Robert Stiehl and Commissioner Glenn Adams.

DSS Hosts Real World Event to Help Youth Navigate Finances

THE DEPARTMENT OF SOCIAL SERVICES was a sponsor of the Real World Event March 31 at Fuller Recreation Center. The event was an opportunity for at-risk youth to navigate the world of paying bills, buying food and transportation with a limited amount of income. Eighty-six youth attended.

Several community agencies partnered to provide young people this experience, including Cumberland County Schools, Communicare, Kids Peace, Juvenile Justice and Fayetteville Technical Community College. The local chapter of the North Carolina Social Services Association provided door prizes and gifts for the young people who attended the event.

The youth, who were referred by the participating agencies, completed surveys before the event to determine their goals and career paths. The survey information was used to determine the amount of income each participant would receive. Participants then went to informational booths where they were able to purchase food, housing and transportation with the salary they received from their job. They were advised on how to budget their money in the real world, how to determine which of the extras they could and could not afford and how to deal with the curve balls life throws your way.



Senior Health Fair At DSS May 20

THE CUMBERLAND COUNTY DEPARTMENT OF SOCIAL SERVICES will host the 10th annual Senior Health Fair May 20 from 8:30 a.m. until 12 p.m. in the first floor conference rooms of the DSS building.

The Senior Health Fair is for people age 55 and older and their caregivers. The fair is in observance of Older Americans Month, which is celebrated in May. This year's theme is "Get Into the Act." There will be vendors present with information about resources and services available for senior citizens in the community. There will also be entertainment, music, snacks and door prizes.

For more information, contact Makkita McKoy at 910-677-2822 or by email at makkitamckoy@ccdsnc.com

Tax Administrator Donaldson Retires

AARON DONALDSON retired in March after 13 years as the COUNTY'S TAX ADMINISTRATOR. The Oklahoma native worked in Tax Administration since 1995. Donaldson said he plans to spend time with his family and travel in retirement. Prior to his career with the County, Donaldson was the former owner of a private revaluation appraisal company and also worked for Cole Layer Trumble. "I thoroughly enjoyed working for the citizens of Cumberland County," Donaldson said. "Tax Administration has a very talented, hard-working staff."

Aaron Donaldson stands with his wife, Nancy, and son Kyle at a retirement reception on March 30 in Room 119. Donaldson retired after 13 years as Cumberland County Tax Administrator.



Risk Management, Employee Wellness Program Move

The Risk Management Office and Employee Wellness Program have moved to 226 Bradford Avenue. The County facility is located at the corner of Bradford and Branson, one block from the E. Newton Smith Center. This will also be the new location of the Employee Wellness Clinic when it opens.

The Risk Management Office includes Carla Loney, Retirement Coordinator, at (910) 323-6118; Julie Crawford, Benefits Coordinator, at (910) 223-3327; and Patsy Lucas, Risk Management Coordinator, at (910) 323-6107.

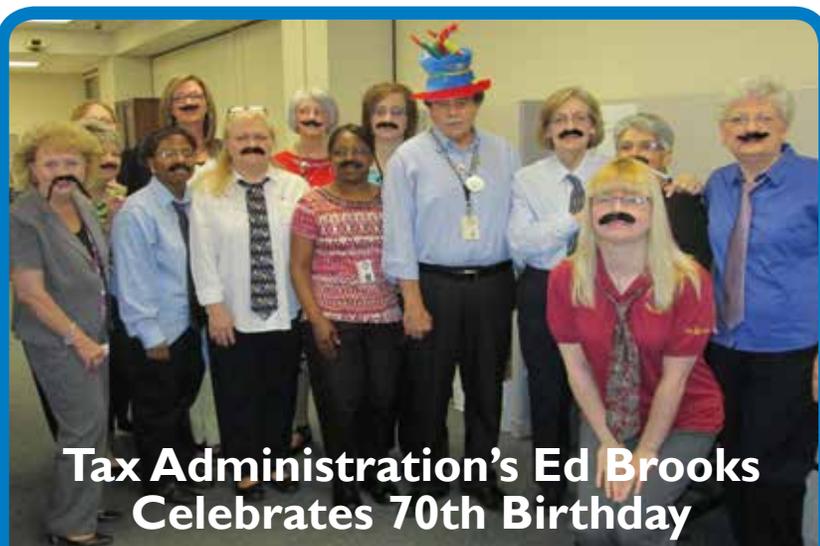
Wellness Program Coordinator Kendra Manning moved from the E. Newton Smith Center and will offer classes at the new location. The Employee Pharmacy is not affected by this move.

County Manager Celebrates 'Fabulous 50'

County administration staff surprised COUNTY MANAGER AMY CANNON May 1 with a 50th birthday celebration that included signs posted along the Courthouse 5th floor hallway featuring childhood photos.



County Manager Amy Cannon reacts to the surprise birthday decorations on May 1.



COLLECTIONS DIVISION SUPERVISOR ED BROOKS was treated to a 70th birthday party in Tax Administration April 21. The party theme was mustaches and ties. Brooks is front and center in birthday cake hat. He has been with Cumberland County since 2000. Also pictured are fellow Tax Administration employees Tina Belanger, Melonie McLaurin, Mary Carter, Angela Brown, Sandra Napier, Vanessa Manuel, Pam Criscoe, Gwen Izzell, Jean Johnson, Ryan Davis, Georgia Pate, Sharon Ford and Robyn Cabell.



Martin

County Employees Graduate Citizens' Academy

Two Cumberland County employees graduated from the Spring 2015 Citizens' Academy. The academy is held twice a year to help citizens gain a better understanding of what county government does and how the various departments play a vital role in the community. Jewel Martin and Kathleen Spell, both of DSS, were among the graduates. Congratulations Jewel and Kathleen!



Spell

Electronic Waste Drive May 16

The fifth annual Electronic Waste (e-Waste) Drive will be May 17 from 8 a.m. to 12 p.m. in the Courthouse parking lot on Gillespie Street. Examples of electronics that can be recycled include, but are not limited to: lamps, vacuums, televisions, DVD players, radios, old computer cords, computers and video game players. If it has a cord, bring it. Appliances and hazardous materials will not be accepted at the e-Waste Drive.



Nominations Being Accepted for Appearance Awards

The City-County Joint Appearance Commission is accepting nominations for the Community Appearance Awards Program, which recognizes properties in Fayetteville and Cumberland County that are improving the appearance of the community. The City-County Joint Appearance Commission is made up of members from Cumberland County and its nine municipalities.

Nominations must be submitted by June 1. The commission will review all nominations and select award recipients, who will be honored at a summer awards ceremony.

For A list of categories and a nomination form, visit www.cityoffayetteville.org/AppearanceAward/. Call the City of Fayetteville Development Services Department at 910-433-1612 for more information.



Cooperative Extension Better Living Series

COOPERATIVE EXTENSION will host a Better Living workshop, "Got Gardening Problems? Get Solutions," on May 19 from 12 p.m. to 1:30 p.m. Participants will learn to identify insects, diseases and the symptoms associated with them.

Pre-registration is requested. You may pre-register online by visiting http://go.ncsu.edu/bls_registration or the Cumberland County Cooperative Extension

website at cumberland.ces.ncsu.edu. You may also contact Susan Johnson at 910-321-6405 or via email susan_johnson@ncsu.edu.

Printing Department Employees Receive Service Pins



Angela Cunningham presents a Certificate of Appreciation and 10-year service pin to Printing Technician Michael Hemrick on April 2 during National County Government Month.



Printing Technician Leo White receives a Certificate of Appreciation and 10-year service pin from Angela Cunningham on April 2 during National County Government Month.

Animal Control Employees Recognized



*Tiffany Rodriguez Shelter Attendant
5 year pin*



*Sandra Hunt, Senior Administrative Support Specialist
5 year pin*



Sgt. Eddie Bullard Promoted from ACO to sergeant



From left to right. Sgt. Kirsten Long, Dr. John A. Lauby, director, Lt. Elaine Smith, Sgt. Eddie Bullard, and Sgt. Christy Burns



CUMBERLAND
COUNTY
NORTH CAROLINA

Make it count!

Walking Group *Tuesdays & Thursdays*

Walk a route in the downtown area that is approximately 3 miles. All are welcome.

Tuesdays and Thursdays at 5:30 p.m.

*Back corner of the Courthouse parking lot
Intersection of Cool Spring and Russell Streets*

More Info Cindy Tucker 678-7723
ctucker@co.cumberland.nc.us

Running Group *Mondays & Thursdays*

Interested in taking up running for the first time? Want to get back into the activity? Veteran runner? Runners of all levels welcome.

Mondays and Thursdays at 5:30 p.m.

Dick Street in front of the Courthouse

Join others who want to increase their fitness and set a goal of being prepared to run in the Heart Association's first 5K run held in October in conjunction with the annual Heart Walk.

More Info Kendra Manning 433-3875
kmanning@co.cumberland.nc.us

Tammy Gillis 678-7728
tgillis@co.cumberland.nc.us



Remember to log your activities into the Wellness Incentive Program available under the Employee Health Services link on the intra/extranet.

Get Moving!

Zumba

Mondays and Thursdays
5:30 - 6:30 p.m.

Yoga

Wednesdays
5:30 – 6:30 p.m.

Massey Hill Recreation Center
1612 Camden Road

Don't forget to
bring your County
ID badge!



For more information

Kendra Manning

Employee Wellness Coordinator
433-3875



CUMBERLAND
★ COUNTY ★
NORTH CAROLINA



Living Healthy with Diabetes

A free six-week program

Mondays & Wednesdays*
May 4 – June 10 12 p.m. to 1 p.m.

Wellness Center
226 Bradford Avenue

**Due to the Memorial Day holiday, the Monday, May 25 class will be held Tuesday, May 26.*



Manage symptoms including fatigue
and depression

Use relaxation techniques

Eat healthy

Improve your communication skills

Use medication effectively

Monitor your blood sugars

Solve problems and set goals

Increase your self-confidence

Feel better and take charge!

*Bring your lunch!
Water and fruit
provided.*



(910) 488-6118



Register by May 1

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

For more information contact Kendra Manning at 433-3875
or kmanning@co.cumberland.nc.us.



Lunch & Learn Health Risk Management Program

You're invited to a **Lunch & Learn** presentation:

SETTING Wellness Goals

- Learn important health information
- Connect with co-workers
- Have fun!

Date	Location
May 21	E. Newton Smith Center
12 p.m. - 1 p.m. & 1 p.m. - 2 p.m.	

Please feel free to bring your lunch, fruit and water will be provided.

To register for upcoming classes visit the intranet/extranet. Under departments, click on **Employee Health Services** and the **Wellness Incentive Program** link. You can register under "My Wellness Courses."

Courses led by Kendra Manning, Employee Wellness Coordinator.

Free Presentation!



Desk Moves

Got 10 minutes? Try these seated moves to improve your fitness.

By Lindsey Wahowiak | Illustrations by David Preiss



NATIONAL
GET FIT
DON'T SIT DAY
GET UP & MOVE!
MAY 6, 2015

American Diabetes Association

1



GET READY. Focus on posture: Sit on your sitz bones (if you sit on your hands, you can probably feel them) rather than your tailbone. Tighten your belly (think about bringing your belly button toward your spine), lift the rib cage, hold your neck long and straight, and tuck your chin down and back so you feel a long stretch on the back of your neck. “Feel like you have a string pulling up from the top of your head,” suggests Mary Ann Wilson, RN, an ACE-certified trainer and host of Sit and Be Fit on PBS for almost 27 years. Breathe from the belly (you want your stomach to expand, not just your chest).

2



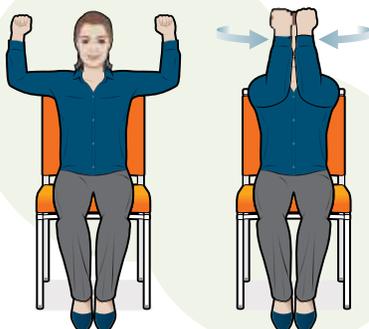
MARCH IN PLACE. While you’re holding an upright posture, march in place with your seat firmly planted. Swing the opposite arm as you march each foot forward. Anne Pringle Burnell, an ACE- and Aerobics and Fitness Association of America-certified trainer and founder of Stronger Seniors, suggests alternating marches with toe taps and heel taps. “An easy choice for [adding] aerobics is when you reach and tap one toe forward, reach hands forward at the same time,” Burnell says. “You can reach higher and higher, or do a little boxing maneuver with jabs, uppercuts, a cross punch, and a hook.” If you’re new to exercise, marching in place with arm movements for 20 minutes will get your heart rate pumping to aerobic levels.

3



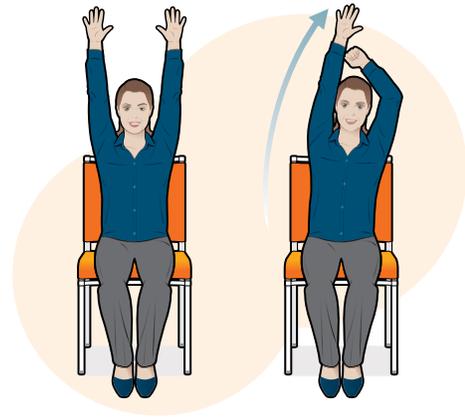
SEATED JUMPING JACK. Nicole Nichols, an ACE-certified personal trainer and fitness expert at sparkpeople.com, recommends the seated jumping jack. Start with knees bent and arms resting at your sides; then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center. Repeat for several minutes. “It does actually elevate the heart rate and give you an aerobic benefit, but the key is to do it long enough—at least 10 minutes or so,” Nichols says.

4



DO THE “PEEKABOO.” This will work your entire upper body, says LeeAnn Langdon, an ACE-certified personal trainer. Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat as long as you can hold proper form. Your back, chest, and arms will get a workout.

RELEASE SOME TENSION. “Take a little back break during the day!” Burnell says. With the best posture you can muster, stretch and reach your arms overhead so that you’re lengthening your spine. Alternate moving your hands as though you’re climbing a rope, pulling yourself up. You’ll notice that you’re getting movement in your rib cage and spine. “This is a great exercise to get people to not squish their spines,” Burnell says.



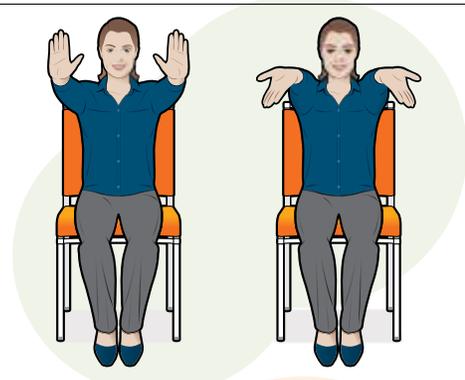
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MOVE YOUR JOINTS. “We need to lubricate the joints, which means moving those joints in a gentle way,” says Wilson. She says to get synovial fluid (the liquid that protects joints) moving, picture a sponge between each joint: When you flex it, you wring it out, and when you relax it, liquid is let back in. Shoulder rolls are great for this because they make four major muscle groups meet. Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good. Before you switch to roll your shoulders backwards, Wilson suggests letting your arms hang and swing gently, like pendulums. “It’s great for the rotator cuff,” she says.



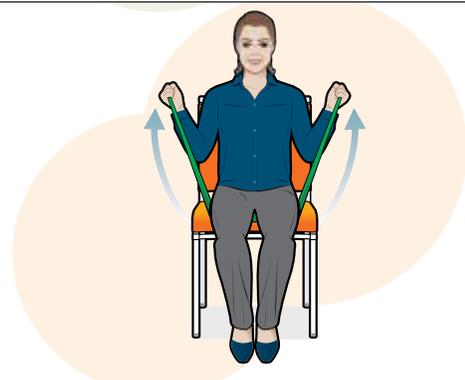
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FOCUS ON EXTREMITIES. Work the wrists first. Hold your arms straight in front of you and flex the wrist, as though you’re saying “Halt!” Then rotate your palm so your fingertips point toward the floor. Repeat until you feel the stretch. When working the ankles, draw letters of the alphabet with each foot.



7

GET HEAVY. Adding some light exercise weights (dumbbells, weighted balls, or even a soup can) or resistance bands is an important way to gain strength. Nichols suggests getting a resistance band (found at some discount stores for as little as \$3) and anchoring it by sitting on it. Now you can work your entire upper body—holding the ends of the band in your hands, try starting with bicep curls.



8

Safety Note Talk to your doctor before making any big change in your exercise plan.

If you put all of these moves together, you can work up to the recommended 30 minutes of exercise per day. But if you have too little time for a full workout, don’t fret. You can exercise in 10-minute chunks.

Brought to you by the American Diabetes Association. For answers to your questions about prediabetes and diabetes, call 1-800-DIABETES (1-800-342-2383).

www.WellnessLivesHere.org



**NATIONAL
GET FIT
DON'T SIT DAY**
GET UP & MOVE!
MAY 6, 2015

American Diabetes Association

Learn about many different
services available in our
community

For citizens 50+ and
their caregivers

Senior Health Fair

Wednesday, May 20
8:30 a.m. – 12 p.m.

Department of Social Services
1225 Ramsey Street, Fayetteville

For more information, call
Makkita McKoy at (910) 677-2822.

CUMBERLAND
★ COUNTY ★
NORTH CAROLINA



FOSTER CARE

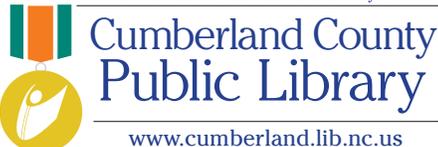
**Saturday
May 16
10 a.m.**

AWARENESS FAIR



Cliffdale Regional Branch, located at 6882 Cliffdale Rd., will hold a Foster Care Awareness Fair May 16 from 10 a.m. to 1 p.m. The Cumberland County Department of Social Services describes the process of fostering and how you can make a difference to last a lifetime by becoming a foster parent. May is Foster Care Awareness Month. Foster care is a temporary living arrangement for abused, neglected and dependent children who need a safe place to live when their parents or another relative cannot take care of them. For more information, call 910-864-3800.

Winner National Medal for Museum and Library Service



www.cumberland.lib.nc.us

Cliffdale Regional Branch • 6882 Cliffdale Road



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 **facebook** & **twitter**

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



Memorial Day Observance

*All county government offices will be closed
May 25 in observance of Memorial Day.*

