



Connection

Cumberland County's Employee Newsletter

Employee Wellness Fair Oct. 19-23

NOVANT HEALTH will conduct the Employee Wellness Fair at the Crown Expo Center Oct. 19-23. County employees must participate in the fair to have the opportunity to maintain or qualify for a \$30 per month reduction in County health insurance premiums.

To qualify for the discount, you must:

- Participate in the Wellness Fair
- Meet three of the four moderate control categories. This applies to all employees regardless of their hire date.

- To qualify under the improvement comparison, employees must have participated in the 2014 Wellness Fair and established their baseline measurements.

All employees, including those not on the County's health plan, are encouraged to participate in the fair. It is free and screenings can detect health issues. Also, you must attend the Wellness Fair in order to participate in the Healthy

Options for Productive Employees (HOPE) program.

If you have questions about your risk factors, please make an appointment with Kristie LaMotta, the Wellness Center's Health Coach, at 433-3847. She is available for appointments on Tuesdays from 7:30 a.m. – 4 p.m.

Risk Factor	Moderate Control
Waist Circumference	< 40" Male or < 35" Female <i>Or improve by 10%</i>
Blood Pressure	< 140/90 mmHg <i>Or lose 10/5 mmHg</i>
Cholesterol Ratio	5.5 <i>Or improve by 10%</i>
Glucose	< 199 mg/dL

Please fast for 6-8 hours before your appointment

Flu Shots

FLU SHOTS ARE FREE to all employees and their dependents age 4 and over with BCBS coverage.

You must bring your current BCBS Healthcare card and a picture ID. For employees who do not have BCBS coverage with Cumberland County, the cost for the shot will be \$30 (cash or check). If you are unable to attend one of the dates listed below, contact your primary care physician to schedule an

appointment to receive your flu shot. There should not be a charge as long as your visit is for the flu shot only. Children under age 4 must receive shots from their primary care physician. The flu clinics are from 9 a.m. – 5 p.m. at the following locations:

- Oct. 6 – Courthouse Room 119
- Oct. 8 – DSS Conference Room D
- Oct. 13 – DSS Conference Room D
- Oct. 15 – Wellness Center (226 Bradford Ave.)



Amy Cannon

County Manager's Message

As fall approaches, the Employee Wellness Program has a full slate of health-related activities and events scheduled, including our Employee Wellness Fair on Oct. 19-23. Our health provider, Novant Health, is conducting this year's fair and everyone is encouraged to participate in this free screening event.

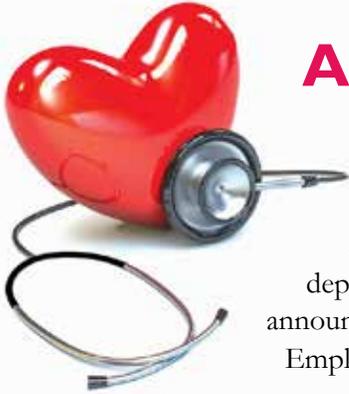
For employees on the County's health plan, participation is required to be eligible to maintain or qualify for the \$30 a month reduction in your insurance premiums. You must also meet three of the four risk factor standards for waist circumference, blood pressure, cholesterol ratio and glucose in order to qualify.

Please reach out to our Wellness Center if you have any questions about your risk factors. The Novant Health professionals are there to assist you.

Cumberland County is again supporting the American Heart Association's annual fundraising efforts through the Sandhills Heart Walk on Oct. 10 at Festival Park. Many departments are already signing up teams for the walk. We are also holding our annual Heart Association raffle. Tickets are on sale through Sept. 11 and available through your department's Heart Association representative. Five tickets will be drawn on Sept. 16 for the following amounts: \$500, \$400, \$300, \$200 and \$100.

Employees who participate in the Heart Walk can earn three points in the Employee Incentive Program. In addition to purchasing tickets for the drawing and walking on Oct. 10, employees may also purchase items like red dress pins, gold and silver hearts. Please see your Heart Association representative for details and get moving for your own heart health and to help others at the same time.

One of easiest ways to stay well is to get a flu shot and wash your hands. The County's flu shot clinics will be held 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.



American Heart Association Fundraiser

CUMBERLAND COUNTY is again supporting the American Heart Association's annual fundraising efforts through the Sandhills Heart Walk on Oct. 10 at Festival Park.

In addition to participating and raising funds for the walk, County employees have the opportunity to purchase \$5 raffle tickets through Sept. 11. Tickets are available through your department's Heart Association representative. Tickets will be drawn on Sept. 16 and winners announced for the following prizes: \$500, \$400, \$300, \$200 and \$100.

Employees who participate in the Heart Walk can earn three points in the Employee Incentive Program.

In addition to purchasing tickets for drawing and participating in the Heart Walk efforts, employees may also purchase these items:

- Gold Hearts \$5
- Dress Pins \$5
- Silver Hearts \$3
- Wrist Bands \$3



Heart Walk



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



Board of Elections Director Attains Highest Certification

BOARD OF ELECTIONS DIRECTOR TERRI ROBERTSON was designated a Certified Elections/Registration Administrator (CERA) by the Election Center at the Westin Galleria in Houston, Texas, on Aug. 21. The CERA designation is only achieved through a multi-year course of study conducted by the Election Center's Professional Education Program and completion of 12 core courses taught by the Master in Public Administration faculty at Auburn University. The courses cover ethics, voter registration and elections law, planning, communications and voter participation.



Terri Robertson

"It is my great honor to assure that the public's will is accurately reflected in our elections," Robertson said. "I see my role to dignify all potential voters and to remove as many barriers as possible to participation in the democratic process." Robertson has worked at the Board of Elections since 1994.



Rick Moorefield

Moorefield Elected Secretary/Treasurer of National Organization

COUNTY ATTORNEY RICK MOOREFIELD was

elected secretary/treasurer of the National Association of County Civil Attorneys in July at the National Association of Counties annual convention and exposition held in Charlotte. The Board of Commissioners recognized Moorefield at their Aug. 17 meeting.

The National Association of County Civil Attorneys is dedicated to advancing the interests and education of attorneys who represent county governments and their agencies.

Moorefield has been the county attorney since 2010. He also worked as the assistant county attorney for Cumberland County in 2006-2007. Moorefield received his bachelor's degree in economics and his law degree from the University of North Carolina at Chapel Hill. He holds a master's degree in public administration from the UNC-Greensboro.

County Honored For Excellence in Financial Reporting

The Government Finance Officers Association of the United States and Canada has awarded Cumberland County with the Certificate of Achievement for Excellence in Financial Reporting for the County's comprehensive annual financial (CAFR) report for fiscal 2014. The award is the highest form of recognition in the area of governmental accounting and financial reporting. This is the 25th consecutive year Cumberland County Finance has received the award. The award names Melissa Cardinali, Assistant County Manager for Finance and Administrative Services, as the finance officer responsible for preparing the award-winning report.

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

"This award is affirmation of continued dedication by our finance team, which continues to maintain the highest of standards in financial reporting," Cardinali said.

The report can be viewed online at co.cumberland.nc.us/finance/audit_reports.aspx.



Cumberland County Finance Director Vicki Evans accepts the Certificate of Achievement for Excellence in Financial Reporting plaque from Chairman of the Board of Commissioners Kenneth Edge at the Aug. 17 board meeting.



Citizens' Academy Sept. 15 – Oct. 27

CUMBERLAND COUNTY is accepting applications for its upcoming Citizens' Academy running Sept. 15 – Oct. 27. 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.

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

Crane Replaces 15,000-Pound LEC Air Conditioning Chiller



A heavy crane was used to lift and replace a 15,000-pound air conditioning chiller on the roof of the Law Enforcement Center on July 11. Employees from Engineering and Infrastructure assisted with the replacement. Engineering Technician II Sam Lucas photographed the heavy-duty operation.



Rabies Vaccination Clinic Oct. 10

CUMBERLAND COUNTY ANIMAL CONTROL AND THE DEPARTMENT OF PUBLIC HEALTH will hold a fall rabies vaccination clinic for dogs and cats on Oct. 10 from 10 a.m. to 2 p.m. in the parking lot of the Public Health Center located at 1235 Ramsey Street.

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. The only method of payment accepted is cash. Please bring exact change to pay the cost of \$10 per animal. Please do not bring rolled coins. Checks will not be accepted. For more information, call Animal Control at 321-6852 or the Environmental Health Division of the Cumberland County Public Health Department at 433-3660.



Sheriff Unveils New Mobile Jail Cell

THE CUMBERLAND COUNTY SHERIFF'S OFFICE unveiled a mobile jail cell as part of the Sheriff's Detention Prevention Program July 23. The mobile jail cell was built in an enclosed trailer, which allows it to be transported to a venue for display. The trailer is designed to help educate the public on the look and feel of a real jail cell without actually being incarcerated. The trailer will be used as a prevention tool to keep youth out of trouble and out of jail. *From left, are Chief Jailer Maj. Larry Trotter, Cpl. Harry Carswell, Capt. Tandra Adams, Sgt. Lakesia Christian, Capt. Peggy Spencer, Capt. Fred Hastie, Sgt. Charles Ansin and Sgt. Victor Worsley at the mobile jail cell's unveiling in front of the Courthouse.*



Tax Assistant Gives Lesson on Appraisal Knowledge

TAX ASSISTANT MEGAN WILLIFORD attended the "Personal Property Appraisal and Assessment Course," sponsored by the North Carolina Department of Revenue, July 27-31.



Megan Williford

Williford shared with the class how she values airplanes, which is her specialty. Travis Isaacs with the Department of Revenue was so impressed that he asked Williford to give a 45-minute presentation at the

upcoming Advanced Personal Property Seminar.

"I could tell she knows her stuff and had information that nobody else knew about," Isaacs said.

Cumberland Cruisers Riding to Wellness



From left, Melvin Lewis, Ockidde Harris, Greg Phillips and James Lawson participated in a July 25 bike ride of the Cumberland Cruisers Cycling Group on the Cape Fear River Trail. Everyone is invited to participate in the bike rides for fun and fitness. The group meets Tuesdays at 5:30 p.m. and Saturdays at 7:30 a.m. at the Clark Park entrance of the Cape Fear River Trail. A round trip is 11 miles. For more information, contact Melvin Lewis at 321-6676 or mlewis@co.cumberland.nc.us

Register of Deeds Annual Bookbag Drive for Children

Register of Deeds Lee Warren officially presents 650 donated book bags to Fayetteville Police Officer Stacy Sanders, Schools Social Work Services Coordinator Pamela Story and Indian Education Coordinator Darlene Ransom on Aug. 18. The Register of Deeds office collected book bags for its annual school supply drive to benefit homeless school children in Cumberland County.



Register of Deeds staff members stand with Fayetteville Police and Cumberland County Schools officials at the book bag dedication on Aug. 18.



Tax Administration Theme Day

TAX ADMINISTRATION employees wore crowns, tiaras, plastic jewelry and bowties for the “Blue Jeans, Bowties and Bling” theme day on Aug. 19. The department holds theme days for fun.



Retirements

Belanger Retires After 43 Years

TINA BELANGER retired from Tax Administration on Sept. 1 after more than 43 years of service. Belanger was the longest-serving County employee at the time of her retirement. The



Belanger in 1972

assistant tax administrator began working for the County part time in 1972 through the Distributive Education program at Massey Hill High School. After graduation in the Massey Hill Class of '72, Belanger began working for tax administration full-time, noting that there were no computers in the office back then.

Belanger, who has worked for eight tax administrators in her long career, said she plans to take time to relax, spend time with her family and travel with her husband, Aubrey. The lifelong Massey Hill resident has five children, 11 grandchildren and one great-grandchild.

The Tax Administration office treated Tina to a retirement party Aug. 24.

"I'm very blessed to be able to serve the people of Cumberland County and come in contact with so many people," Belanger said. "I'm really thankful for this organization." Congratulations Tina!



Belanger at retirement ceremony with her husband, Aubrey.

Janice T. Nettles

JANICE TYNDALL NETTLES retired July 31 after 11 years with the County. Nettles previously worked 32 years in the hospital supply business. The Sampson County native said she plans to spend more time with her husband, Sammy, and her family and dedicate more time to church ministry at Holland's Chapel Pentecostal Holiness Church.

"It's bittersweet leaving the County, but I'm so looking forward to retirement," Nettles said.



Janice Nettles (wearing yellow corsage) and her family at her retirement reception.

Rupert Langdon

RUPERT LANGDON retired from Tax Administration this summer after 10 years with the County. The

N.C. State graduate joined the County after owning an appraisal business and working as a manufactured housing sales manager.

Langdon said his retirement plans include spending as much time at the beach as possible with his wife, Brenda.

Langdon will be returning to Tax Administration and lending his experience by working part-time to help with the upcoming property tax revaluation.



Rupert Langdon and his wife, Brenda

Linden Little River Park Groundbreaking Held

THE TOWN OF LINDEN AND THE FAYETTEVILLE-CUMBERLAND PARKS AND RECREATION DEPARTMENT held a groundbreaking for the Linden Little River Park Aug. 14. The park is at the corner of Loop Road and Collier's Chapel Church Road.



The groundbreaking is the first step in the construction of the 38-acre park. The first phase of the park is 12 acres and will include a walking trail, children's playground unit, hard-surface court, multi-purpose field, picnic shelter, benches, lighting, water fountains and a parking lot.

Parks and Recreation Director Michael Gibson said the first phase should be open by Christmas. A timeline has not been set for the second phase of the park, which will include ball fields and a recreation center.

The total cost of the park is estimated at \$424,000. A grant from the North Carolina Parks and Recreation Trust Fund provided \$212,000. Cumberland County is funding the matching amount of \$212,000, through its 5-cent recreation tax.

Cumberland County Commissioners Charles Evans, Glenn Adams, Larry Lancaster and Kenneth Edge (Chairman); Linden Town Council members Ronnie Maness, Mayor Marie Butler, Betsy Small, Barbara Denning, Frances Collier and Jeremy Sturtz; Fayetteville City Councilman Chalmers McDouglad; and Sheriff Earl "Moose" Butler stand at the banner announcing the new Linden Little River Park at the groundbreaking ceremony held Aug. 14.

Emergency Services At Umoja Festival



Emergency Services Planner Melvin Lewis, center, attended the Umoja Festival at Smith Recreation Center on Aug. 21, to provide emergency preparedness information. Also pictured are Cape Fear Blood Donor Center employees Shirley Williams, Christian Gray, Damita Williams and Ty Allen



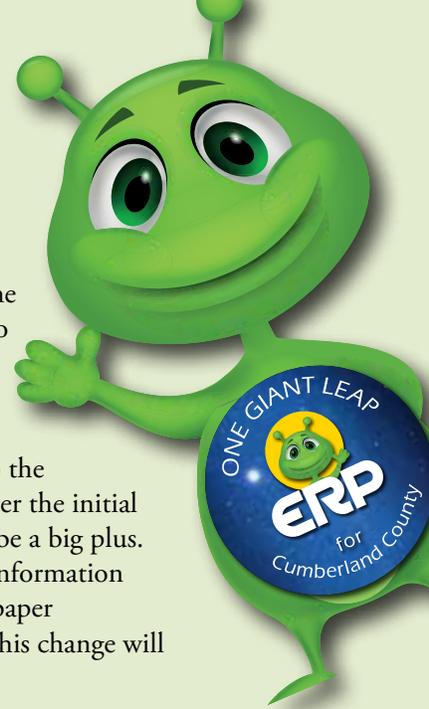
If you are going to be out of the office:

1. Transfer your phones to Voicemail.
2. Change your Voicemail greeting if you will be out of the office for an extended period of time and state when you will return.
3. If possible, leave a contact person should the caller need assistance.
4. For email - Use Automatic Replies to notify others if you will be out of the office, on vacation or unable to respond to their email messages in a timely manner.
5. In the event that the County closes due to inclement weather, try to change your voice-mail indicating the closing.

ERP Training Continues

THE FINANCE DEPARTMENT AND INFORMATION SERVICES continue to learn the Enterprise Resource Planning system that will replace the County's older Finance software system. Finance and I.S. have been meeting weekly since May. Finance employees have been positive about the long process and the new software. Kelly Autry, financial accountant and systems manager, had this to say about the ERP:

"Implementing the new Enterprise Resource Planning system has been a huge undertaking for the Finance Department. Everyone within Finance is involved in setting up the software and new procedures. Even though it has been and will continue to be a lot of work, it will be very beneficial to the County and the departments in the long run. With every new project there is a learning curve but after the initial training I feel everyone will welcome the change. The ease of maneuvering around in the system will be a big plus. Departments will be able to obtain reports whenever they are needed; on a daily basis if they prefer. Information can be exported into Excel as needed. One big change will be 'workflow.' This will eliminate a lot of paper throughout the County and the process should work in a more timely fashion. Keep an open mind, this change will be good for all."



DSS Receives Darkness to Light Partner in Prevention Distinction

THE DEPARTMENT OF SOCIAL SERVICES has successfully completed the Darkness to Light Partner in Prevention training. The agency was awarded the distinction for 2015-16. Darkness to Light represents DSS's commitment to the prevention of child sexual abuse and to helping children grow up healthy. DSS managers coordinated training of 90 percent of the more than 640 employees in June. Jasmine Kuilan, Darkness to Light Program Support Coordinator, and Faith Boehmer, Child Advocacy Center Prevention/Volunteer Coordinator, extend hearty congratulations to DSS

DSS Participates in Project No Rest

THE DEPARTMENT OF SOCIAL SERVICES is participating in Project NO REST to focus on increasing awareness of sexual and labor trafficking among children and youth involved in the child welfare system, especially those in foster care in North Carolina. The University of North Carolina at Chapel Hill received a five-year grant from the Children's Bureau to launch the effort. Cumberland County DSS is a part of the work group that is developing policy and practice to ensure that victims of trafficking are identified and receive the service they require. Representatives from DSS, Cumberland County Sheriff's Office and Fayetteville Police Department attended a meeting with U.S. Attorney General Loretta Lynch on July 1 in Raleigh. The agencies presented the initiatives and efforts being made in Cumberland County to address human trafficking in the community.



United States Attorney General Loretta Lynch, left, Coalition Against Human Trafficking Director Kiricka Yarbough Smith and Jane Jackson of the N.C. Attorney General's office speak and answer questions at the Project NO REST event in Raleigh July 1.

Sheriff Honors Deputies Involved In 2014 Shooting



CUMBERLAND COUNTY SHERIFF MOOSE BUTLER honored 12 people in recognition of their bravery and service during a deadly shooting last year in which two deputies were hit by gunfire. The incident occurred on July 30, 2014, on New Moon Drive and began as a drive-by shooting. Two victims were killed as well as the gunman, who engaged deputies in a firefight.

Sheriff Butler presented the Purple Heart, Valor, Merit and Exemplary Citizen awards to the following people:



Sheriff Earl "Moose" Butler presents the Purple Heart to Deputy Joshua LaFave at an awards ceremony. LaFave was hit with gunfire in the chest, back and shoulder during the July 2014 firefight with a gunman.

- Deputy Joshua LaFave received the Purple Heart for the wounds he suffered in the line of duty.

- Detective Angelica Condesaavedra, Cpl. Joseph Salisbury, Deputy Travis Knotts and Deputy Jamie McLeod received the Medal of Valor for their participation in the continuing gun battle in protecting the citizens of two neighborhoods.

- Lt. Timothy Loughman, Sgt. Gregory Moore, and Deputy David Alpers all received the Certificate of Merit for their quick thinking, and leadership which saved countless lives.

- Dr. Michael Bryant, Chief of Surgery at Cape Fear Valley Medical Center; Brian Pearce, Directory of Emergency Medical Services; Paramedic Dequan Washington; EMT Stacey Masters and Dispatcher Joshua Elmore received the Exemplary Citizen's Award. Dr. Bryant's knowledge and skills were credited with helping Deputy LaFave survive his gunshot wounds.

Judge James Ammons and County Manager Amy Cannon spoke at the awards ceremony.

Upcoming Better Living Series Events

COOPERATIVE EXTENSION will hold Better Living Series events in September and October. The "Fresh and Healthy Meals for Families on the Go" will be held Sept. 24 from 12 noon to 1:30 p.m. at the Agriculture Center, 301 E. Mountain Dr.

The "Pumpkin Palooza – Unique Pumpkin Carving" will be held Oct. 13 from 12 noon to 1:30 p.m. at the Agriculture Center, 301 E. Mountain Dr. For more information, call 321-6860 or go to cumberland.ces.ncsu.edu.



Employees Donate Life By Giving Blood

Cumberland County Solid Waste Employee Kent Phillips gives blood during the Cape Fear Valley Blood Donor Center's quarterly blood drive Aug. 20 at the Courthouse. Phlebotomist Damita Williams presents Phillips a free T-shirt for giving blood.



THE CUMBERLAND COUNTY FAIR returns Sept. 11 – 20 at the Crown Complex. The fair will feature agricultural exhibits, shows, rides, foods and vendors. Weeklong activities will include the Interactive Petting Farm, “Goodness Grows in North Carolina” contest, Toddler Driving School and the entertainment stage open every day. Ticket prices are \$6 at the gate. Ride tickets and wristbands are sold separately. An unlimited ride wristband is \$20 and individual ride tickets are also available for purchase. Children under 30 inches are admitted free, but will not be able to access rides.

Fair hours:

Sept. 11	5 p.m. – 12 midnight
Sept. 12	1 p.m. – 12 midnight
Sept. 13	1 p.m. – 11 p.m.
Sept. 14	5 p.m. – 11 p.m.
Sept. 15	5 p.m. – 11 p.m.
Sept. 16	5 p.m. – 11 p.m.
Sept. 17	5 p.m. – 11 p.m.
Sept. 18	5 p.m. – 12 midnight
Sept. 19	1 p.m. – 12 midnight
Sept. 20	1 p.m. – 12 midnight

For more information go to cumberlandcountyfair.org

Special Daily Promotions @ the Fair!

Monday: Pay One Price Night

\$10 admission and unlimited ride wristband

Tuesday and Wednesday: Fun, Fun, Fun Night at the Fair

Students receive free admission until 8 p.m. Wristbands and ride tickets sold separately.

Thursday: Carlie C’s Night at the Fair

Receive a \$5.00 discount on your ride wristband with presentation of a coupon found exclusively at Carlie C’s

Friday: Midnight Madness

Receive free admission with the purchase of a discounted, \$15 ride wristband from 10 p.m. - 1 a.m.

It's that time again!



County Flu Clinics

9 a.m. – 5 p.m.

- | | |
|-------------------|--|
| October 6 | Courthouse Room 119 |
| October 8 | DSS Meeting Room D |
| October 13 | DSS Meeting Room D |
| October 15 | Wellness Center
226 Bradford Avenue |

The flu shots are free to all employees and their dependents age 4 and over with BCBS coverage. You must bring your current BCBS Healthcare card and a picture ID. For those employees who do not have BCBS coverage with Cumberland County the cost for the shot will be \$30 (cash or check).

If you are unable to attend one of the dates listed above, contact your primary care physician to schedule an appointment to receive your flu shot. There should not be a charge as long as your visit is for the flu shot only.

Children under age 4 must receive shots from their primary care physician.





Fall 2015

Coed Softball Adult League

Lamon Street Park
220 Lamon Street, Fayetteville

Day	Date	Time	Location	Away Team	Home Team
Tuesday	August 25	6:30 p.m.	Blue Field	County Patriots	ICC
Thursday	August 27	7:30 p.m.	White Field	HCC Warriors	County Patriots
Tuesday	September 1	7:30 p.m.	Blue Field	County Patriots	Wreckx-Effect
Thursday	September 3	6:30 p.m.	White Field	Wrijen Co.	County Patriots
Tuesday	September 8	6:30 p.m.	White Field	County Patriots	College Heights
Thursday	September 10	7:30 p.m.	Blue Field	M.J. Soffe	County Patriots
Tuesday	September 15	7:30 p.m.	White Field	County Patriots	Action Logistics
Thursday	September 17	6:30 p.m.	Blue Field	FOSM Therabanditz	County Patriots
Tuesday	September 29	7:30 p.m.	White Field	County Patriots	FOSM Therabanditz
Thursday	October 1	6:30 p.m.	Blue Field	Action Logistics	County Patriots
Tuesday	October 6	6:30 p.m.	White Field	County Patriots	M.J. Soffe
Thursday	October 8	7:30 p.m.	Blue Field	College Heights	County Patriots
Tuesday	October 13	7:30 p.m.	Blue Field	County Patriots	Wrijen Co.
Thursday	October 15	6:30 p.m.	White Field	Wreckx-Effect	County Patriots
Tuesday	October 20	6:30 p.m.	Blue Field	County Patriots	HCC Warriors
Thursday	October 22	7:30 p.m.	White Field	ICC	County Patriots

Come out and support the Patriots!

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



Make it count!

Walking Group

Tuesdays and Thursdays at 5:45 p.m.

*Jordan Soccer Complex, 445 Treetop Drive
At the end of the Cape Fear River Trail*

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

Running Group

Mondays and Thursdays at 5:45 p.m.

*Jordan Soccer Complex, 445 Treetop Drive
At the end of the Cape Fear River Trail*

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

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.

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.

Visit us on the Web: www.co.cumberland.nc.us

Be sure to follow us on  & 

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



Upcoming County Holiday

Monday, September 7