



Connection

Cumberland County's Employee Newsletter

Employee Wellness Fair Oct. 24-28

The **Cumberland County Employee Wellness Fair** will be held Oct. 24-28 at the Crown Expo Center. Novant Health will conduct the health screenings. 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.

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 Tina Chadwick, the Wellness Center's Health Coach, at 433-3847.

To qualify for the \$30 per month insurance premium 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 2015 Wellness Fair and established their baseline measurements.

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 those employees who do not have BCBS coverage with the State or Cumberland County, the cost for the shot will be \$30 (cash or check). If you are unable to attend one of the dates listed, 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. to 5 p.m. at the following locations:

- Oct. 7 – Courthouse, Room 119
- Oct. 12 – Employee Wellness Center, 226 Bradford Ave.
- Oct. 24 – DSS Conference Room A
- Oct. 28 – DSS Conference Room A



Metrics Available Online!

Last year's Wellness Fair participants can review their metrics report by logging back into the Health Risk Assessment site they used to complete the online BioSignia HRA.

Go to <https://www.knowyournumber.com/saas/kyn/CumberlandCountyGovernment> and use the username and password created for the 2015 Wellness Fair.



Amy Cannon

The Employee Wellness Fair will be held Oct. 24-28 at the Crown Expo Center. Our health provider, Novant Health, will again conduct 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.

We take the health and wellbeing of all County employees seriously. Many of you have participated in various activities, from athletics, fitness walking, running, biking, Zumba, or growing fruits and vegetables in the Employee Garden. I applaud all of you in your pursuit of better health and encourage you in your efforts. All employers are facing rising insurance costs, and making efforts to take control of your health helps us provide health insurance at rates that are as reasonable as possible.

The Weight Watchers program was an enormous success and we are happy to offer Weight Watchers a second time. I've seen and heard a lot of evidence of employees making healthier eating choices that will go beyond Weight Watchers and become a lifestyle habit.

Flu shot clinics will be held Oct. 7, 12, 24 and 28. Two of the easiest ways to stay well are to get a flu shot and wash your hands. The immunizations are free to employees who are covered under the County's health insurance plan.

Cumberland County is again supporting the American Heart Association's annual fundraising efforts through the Sandhills Heart Walk on Saturday Oct. 8 at Festival Park. I plan to participate in the Heart Walk and encourage each of you to join us. Many departments are already signing up teams for the walk. We are also holding our annual Heart Association raffle. You can buy \$5 raffle tickets through your department's Heart Association representative. Five tickets will be drawn on Sept. 15 for the following amounts: \$500, \$400, \$300, \$200 and \$100.

I am proud of you and what you do each and every day. I am especially honored to be a part of your team.

Cumberland County. Caring. Committed. Community.

BOARD OF COMMISSIONERS

Commissioners Receive Honors At NCACC Conference

Cumberland County Commissioners picked up honors at the North Carolina Association of County Commissioners conference in Forsyth County in August. The commissioners attended the NCACC conference along with the management team.

Commissioner **Kenneth Edge** was inducted into the NCACC Hall of Fame, which recognizes individuals who have been active in NCACC and those who have made significant contributions to county government. Edge served as president of NCACC from 2011-2012, one of four Cumberland commissioners to have served as NCACC president. Edge has been a county commissioner since 2000 and served as the chairman and vice chairman three times in 16 years. Edge did not seek re-election last year and will step down at the close of his term in December.

Commissioner **Jeannette Council** received the 2016 M.H. "Jack" Brock Outstanding County Commissioner Award. The award is presented annually to a commissioner who has demonstrated special achievement and efforts on behalf of county government throughout the state or region. Council served as a co-chair for the NCACC 2015-2016 Legislative Goals Committee. Council was elected to the NCACC Board of Directors, served as District 6 director 2010-2016 and was elected in 2012 and 2013 to serve a one-year term as an at-large director.

Commissioner **Charles Evans** was sworn in as the new second vice president of the North Carolina Association of Black County Officials. Evans also serves on the NCACC Justice and Public Safety Steering Committee. He also serves on the National Association of Counties Justice and Public Safety Steering Committee.

Chairman **Marshall Faircloth** was elected to a two-year term as the North Carolina Association of County Commissioners District 6 Director, which includes Cumberland, Harnett and Sampson counties.



From left, Commissioners Charles Evans, Jimmy Keefe, Jeannette Council, Vice Chair Glenn Adams, Commissioner Kenneth Edge and Chairman Marshall Faircloth attend the NCACC conference in Forsyth County in August.

CHILD SUPPORT

Child Support Employees Walk Toward Wellness

Cumberland County Child Support employees are getting ready for the Employee Wellness Fair Oct. 24-28 by walking for fitness. Pictured from left are, Director Austin Keating, Anthony Brickhouse, Avis Savoy, Diana Cain, Rosemarie Foderaro, Mary Lemonds, Tawana Dawkins, Ashley Beal and Debbie Edwards.



Child Support Collects Donations for Register of Deeds School Supply Drive

Cumberland County Child Support pitched in to help the Register of Deeds Office with the annual school supply drive for homeless children. Child Support employees collected supplies and donated them to the Register of Deeds' effort. Pictured are Della Peterson, Danette Smith, Austin Keating (Director) and Sheryl Thompson.



American Heart Association Fundraiser

Cumberland County is supporting the 2016 American Heart Association annual fundraising efforts through the Sandhills Heart Walk on Oct. 8 at Festival Park. Activities begin at 9 a.m. and the walk begins at 10 a.m. In addition to participating and raising funds for the walk, County employees have the opportunity to purchase \$5 raffle tickets. Tickets are available through your department's Heart Association representative.

Tickets will be drawn on Sept. 15 and winners will be announced for the following prizes:

\$100, \$200, \$300, \$400, and \$500.



American Heart Association®

life is why™

Cooperative Extension's Farm to Kitchen Camp

By Candy Underwood



Children in the Farm to Kitchen camp pick blueberries at Carter's Blueberry Farm in Vander.

When a young person is asked where his or her food comes from, they will often respond, "From the grocery store." In an effort to educate local youth on how food gets to their table, **Cooperative Extension** sponsored a "Farm to Kitchen" camp. During the camp, youth participants visited area farms to see how local foods are grown and harvested.

The first day we ventured to Cedar Creek Fish Farm. The kids saw how large nets were used to catch the fish from the surrounding ponds and then placed inside in large holding tanks. Clients can visit the farm and pick out fresh fish and have them cleaned and ready to take home to cook. Participants were given Tilapia to bring back to the office to prepare fish tacos.

The second day we visited Bunce Brothers Farm in Stedman. The kids visited a huge field covered in rows and rows of tomatoes, squash and peppers. Even though it was a hot and sunny day, the kids enjoyed picking these beautiful red and green bounties to carry home.

Our third day was spent at Carter's Blueberry Farm in Vander. This was a real treat because the kids were allowed to pick blueberries. It was the first time picking blueberries for many of them. Once

the picking was done, we returned to the Extension Demo Kitchen to prepare delicious blueberry pies and blueberry salsa. When it came time for tasting, everyone thought they had baked the best blueberry pies ever.

The last day we traveled to McCormick Farms in Spring Lake where participants learned how cattle are fed and bred before they go to market. Kids were given an opportunity to see the cattle up close. Bruce Hammill, farm manager, graciously donated three pounds of fresh ground beef for the participants to make Beef Tortillas.

We had fun and learned a lot during the Farm to Kitchen Camp.



Krista Caison and Candy Underwood of Cooperative Extension Family and Consumer Sciences pose in a garden with children who attended the Farm to Kitchen camp.

EMERGENCY SERVICES

Community Emergency Response Team Basic Training Class Offered

The purpose of CERT Basic Training is to provide training for basic skills needed to respond to a community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available. CERT members can assist in saving lives and protecting property using the basic techniques in the course. The target audience for the course is people who desire the skills and knowledge required to prepare for and respond to a disaster.



CERT Training

Community Emergency Response Team (CERT) Basic Training Classes will be offered at Westarea Fire Department, Station 15, located at 6989 Ramsey St. The 21-hour class will be offered at twice in November.

Nov. 4-6

- Nov. 4 from 6 p.m. to 9 p.m.
- Nov. 5 from 9 a.m. to 6 p.m.
- Nov. 6 from 9 a.m. to 6 p.m.

Nov. 18-20

- Nov. 18 from 6 p.m. to 9 p.m.
- Nov. 19 from 9 a.m. to 6 p.m.
- Nov. 20 from 9 a.m. to 6 p.m.

The classes are free, and there are 30 seats available per class. To sign up, go to <https://terms.ncem.org/TRS/logon.do>.



**Cumberland County Extension
Master Gardener Volunteers**

Fall
**Plant
Sale**

**Saturday, Sept. 24
9 a.m. - 4 p.m.**

Rain or shine, until all the plants are gone!

Agriculture Center
301 East Mountain Drive, Fayetteville

Locally grown plants • Drought tolerant plants

**Plants to attract birds, butterflies
and bees**

Plants to please any gardener!

**For more information, call (910) 321-6882
Monday - Friday 9 a.m. - 12 p.m.**

EMERGENCY SERVICES

University Publishes Employee's Poetry

The current issue of Afro-Hispanic Review, Volume 3, Number 2, of Vanderbilt University has published selected poems by Emergency Management Planner **Melvin E. Lewis**. It contains three bi-lingual selections: *Linguas a mi madre*, *Soy un extranjero en África* and *Para mi chocolate*. The poems appear on pages 139-142. Lewis' writing will also appear in *The Elizabeth Keckley Reader: A Determined Life - Volume Two*, edited by Sheila Smith McKoy. Lewis' poems have previously been published in the Washington, D.C., art publication *Gargoyle Magazine*.



Lewis

September Is Emergency Preparedness Month

September is National Emergency Preparedness Month and **Emergency Services** encourages County employees to be prepared for power loss or evacuation with an emergency plan and emergency supply kit. An emergency plan is a list of details about where to meet, how to get in touch with one another, evacuation plans, what to do with pets and how to notify employees after an emergency.

Below is a list of suggested items for an emergency kit:

- Water – 1 gallon per person, per day for three to seven days
- Food – non-perishable and canned food supply for three to seven days
- Battery-powered or hand crank radio and National oceanic and Atmospheric Administration (NOAA) Weather Radio with extra batteries
- Cell phone with charger
- First-aid kit and first-aid book
- Flashlight and extra batteries
- Manual can opener for food
- Anti-bacterial hand wipes or gel
- Wrench or pliers to turn off water
- Blanket or sleeping bag – one per person
- Prescription medications and glasses
- Seasonal change of clothing, including sturdy shoes
- Toothbrush, toothpaste, soap, feminine supplies
- Extra house and car keys
- Important documents – insurance policies, copy of driver's license, Social Security card, bank account records
- Fire extinguisher
- Cash and change
- Books, games or cards



For more information, go to ReadyNC.org. You can also sign up for CodeRED, an emergency notification service that can send severe weather warnings or other emergency alerts to county residents and businesses by telephone, cell phone, text message or email. Go to the county's homepage at co.cumberland.nc.us for a link to a CodeRED registration form. You can also call 910-321-6676.

ENGINEERING & INFRASTRUCTURE

Overhills Park Sewer Project Set to Move Forward

Construction of a \$4.4 million sewer extension project for **Overhills Park Water and Sewer District** is expected to start this fall and last one year. The acquisition of the utility easements needed to extend the sewer main throughout the community delayed the project, which was originally approved in April 2014 with financing from the U.S. Department of Agriculture and Cumberland County. The projected cost in 2014 was \$3.4 million.

The Cumberland County Board of Commissioners, acting as the governing board for the water and sewer district, received an update on the project during a special meeting July 19 and learned that USDA would cover the additional \$1 million needed through grant and loan funding. The board signed a resolution accepting the amended funding conditions from the USDA Rural Utilities Services.

The County will receive a Rural Utilities Services grant of \$2,961,000 for the project and a \$1,379,000 loan from USDA. The loan will be repaid through sewer availability charges over a 40-year period. The County's contribution remains at \$50,700.

The Board of Commissioners established the Overhills Park Water and Sewer District in 2009 after failing septic tanks were reported in the area. The district covers the Overhills Park Subdivision located just north of the Town of Spring Lake near the intersection of East Manchester Road and Highway 210.



Photo, standing left to right: Engineering & Infrastructure Director Jeffery Brown; County Manager Amy Cannon; Steve Smith

of USDA; Commissioner Jimmy Keefe; Judy Hunt, USDA Rural Development Area Specialist; and Amy Hall, Public Utilities Specialist. Seated, left to right: Commissioner Vice-Chair Glenn Adams and Chairman Marshall Faircloth.

Maintenance Workers Help Keep Buildings Cool in Hot Weather

Daniel Batt checks an air conditioning unit on the Courthouse rooftop Aug. 10 in sunny, 92-degree weather. Batt is one of the County's **Maintenance and Facilities** employees responsible for maintenance and repair of HVAC units, plumbing and electrical systems in the Courthouse and other County buildings. The Courthouse has 85 HVAC units. The Maintenance Division of the Engineering and Infrastructure Department is responsible for work on air conditioning, heating, plumbing, electrical and refrigeration. It is also responsible for ensuring appropriate preventive maintenance and upkeep for all County buildings. Thank you to all the County's dedicated maintenance workers!



County Recognized For Technology, Innovation

The Center for Digital Government (CDG) and the National Association of Counties (NACo) have recognized **Cumberland County** as one of the most technologically innovative counties in the nation, ranking fifth in the 250,000-499,999 population category. The winners were announced July 21, and the award was presented during the NACo Annual Conference in Long Beach, Calif., on July 23.



The survey, conducted by CDG in partnership with NACo, identifies the best technology practices among U.S. counties, including initiatives that save tax dollars through newfound efficiencies; boost transparency, cybersecurity and engagement; or innovate through unique and exciting projects.

Cumberland County launched a Business Intelligence initiative in 2015 to proactively seek opportunities to increase efficiencies, improve operations, enhance customer service, and ultimately reduce costs to the County.

The County implemented new financial software in April and is in the process of transferring human resources, payroll and benefits from the legacy mainframe system to modern integrated software. Other projects include converting to a Voice-over Internet phone system, as well as maintaining and managing the consolidated 911 dispatch system, which eliminates transfers between agencies and reduces response times. Transparency has been enhanced by live streaming meetings, as well as posting meeting videos and detailed financial transaction reports online. Free public Wi-Fi was launched this year at the Courthouse to improve connectivity.

“We are very excited that our **Information Services Department** has been recognized for their proactive and innovative strategies, which are improving our services both internally and externally to our citizens,” said County Manager Amy Cannon.

“We are very excited that our Information Services Department has been recognized for their proactive and innovative strategies, which are improving our services both internally and externally to our citizens.”

County Manager
Amy Cannon



Information Services employees Front row: Shamon Larson, David Wilkes, Keith Todd (Director), Kim Honan, Lissa Jones. Second row, from left: Kevin McKeithan, Erwin Kelly, Lauren Lindsay, Lynn Smith, Sabrina Patterson, Johnny Horne, Sarah Lieber, John Barrett. Back row, from left: Danny Miller, John Roberson, Kim Brown, Mary Ann Steinmetz, Steve Jelinek, Daniel Rister, Jimmy Platter (Not Pictured: Justin Simonson, Mohammed Imam)

PARKS AND RECREATION

Linden Little River Park Opens

The Town of Linden and the Fayetteville-Cumberland Parks and Recreation Department held a ribbon cutting and dedication ceremony Aug. 26 for the Linden Little River Park at 5010 Loop Road. The 38-acre park includes a quarter-mile walking trail, children’s playground unit, basketball court, multi-purpose field, bocce court, horseshoe pit, picnic shelter, benches and a parking lot. The park cost \$424,800. Cumberland County provided \$212,400, which was matched by a grant from the North Carolina Parks and Recreation Trust Fund.

“This park is a visible sign of the commitment of our county commissioners and our community to make sure that Cumberland County is not only a great place to live, work and learn, but also a great place to play,” said Commissioner Glenn Adams.



Pictured from left, are Sheriff Earl “Moose” Butler, Commissioners Larry Lancaster, Marshall Faircloth (Chairman), Charles Evans, Linden Town Commissioner Larry Overby, Linden Mayor Marie Butler, Margie Whitehead of the Linden Cultural Enhancement Group, Commissioner Glenn Adams (Vice Chairman), Linden Town Commissioners Barbara Denning, Frances Collier and Ronnie Maness.

Cumberland Cruisers Cycling Club

The Cumberland Cruisers Cycling Club held its first organizational meeting at Rude Awakening Coffee Shop in downtown Fayetteville Aug. 25. The gathering was an opportunity for people who cycle on different days to interact, discuss cycling plans and bylaws for the club. For more information about the cycling club, call Melvin Lewis at 321-6676. *Pictured, from left, are Melvin Lewis of Cumberland County Emergency Services, Fayetteville Police Officer R. Jackson, Department of Public Health Preparedness Coordinator Greg Phillips, Health Department Information Systems Manager Patrick Murray and Sharon McKay.*





Register of Deeds Office Donates Book Bags

The Register of Deeds Office donated 600 book bags for Cumberland County Schools Aug. 16 in a ceremony in the Deeds Vault of the Register of Deeds Office. Schools Superintendent Dr. Frank Till and Fayetteville Police Chief Harold Medlock accepted the donated book bags, filled with donated school supplies. The bags will be distributed to homeless children in schools throughout the county. This year's supply drive resulted in 800 book bags filled with donated supplies – 600 book bags for the school system and 200 additional bags for homeless relief events and the American Red Cross.



Register of Deeds Office employees pack book bags in August as they prepare to donate the bags to Cumberland County Schools and the Fayetteville Police Department.

SHERIFF'S OFFICE

Crisis Intervention Team Academy Graduates 27

The latest class of the **Fayetteville-Cumberland County Crisis Intervention Team (CIT)** academy graduated July 29 in a ceremony at the Cumberland County Detention Center. The 27 graduates completed the 40-hour certification course and are now among 797 CIT-certified public safety and court system officials to advance through the program.

Gail Staley, former program coordinator for law enforcement training at Fayetteville Technical Community College, received the first ever CIT Founders Award in recognition of her efforts in helping establish Cumberland County's CIT program.

CIT is a jail diversion program established in Cumberland County in 2009 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.

The newest CIT graduates are:

Gary Baxley, Fayetteville Police Department
 Stephanie Beck, Cumberland County Sheriff's Office
 Richard Berry, Department of the Army Civilian Police
 Johnnie Casady, Fayetteville Police Department
 D'Andre Alessandaro, Fayetteville Police Department
 Christopher Duffell, Hoke County Emergency Medical Services
 Stacie Garason, Cumberland County Emergency Medical Services
 Benjamin Gerald, Fayetteville Police Department
 Treyon Goldsmith, Fayetteville Police Department
 Faustino Hernandez, Fayetteville Police Department
 Holly Holtery, Fayetteville Police Department
 Randy Jackson, Cumberland County Emergency Services
 Matthew McDowell, Cumberland County Sheriff's Office



Jerel McGeachy, Spring Lake Police Department
 Morris Mitchell, Cumberland County Sheriff's Office
 Zachariah Peoples, Fayetteville Police Department
 Jonathan Pittman, Cumberland County Emergency Medical Services
 Kevin Rubio, Fayetteville Police Department
 Sarah Scholl, Cumberland County Emergency Medical Services
 Ronald Starling, Department of the Army Civilian Police
 Reid Tyndall, Cumberland County Sheriff's Office
 Thomas Walker, Cumberland County Sheriff's Office
 Justin Walker, Cumberland County Sheriff's Office
 Paul Walp, Cumberland County Juvenile Detention
 Stephen Williams, Fayetteville Police Department
 Keisha Wise, Cumberland County Sheriff's Office



Gaily Staley (holding plaque) received the Crisis Intervention Team Founders Award at the CIT academy graduation July 29 in the Cumberland County Detention Center. Staley, the former program coordinator for law enforcement training at Fayetteville Technical Community College, is pictured with members of the CIT Leadership Council. From left, Robeson County Sheriff's Sgt. Melissa Jeffries; CIT Coordinator Wayne Cannon; Cumberland County Sheriff's Staff Sgt. Hardin Brown Jr.; Commissioner Glenn Adams; County Emergency Services Lt. Leslie Campbell; Cumberland County Sheriff's Sgt. Mike Prevatte; Fayetteville Police Sgt. Ryan Manley and Fayetteville Assistant Police Chief Mike Petti.

SOCIAL SERVICES

DSS Director Appointed President of State Association

Department of Social Services Director **Brenda Reid Jackson** has been appointed president of the North Carolina Association of County Directors of Social Services (NCACDSS) Board of Directors for 2016-17. The non-profit association represents social services directors from each of North Carolina's 100 counties. The association's mission is to inform, educate and empower its members in order to strengthen agencies, programs and the delivery of social services to families and individuals.



Jackson

DSS Opens New Family-Friendly Facility

The **Department of Social Services** is happy to announce the opening of the McGilvary Center, located at 727 McGilvary St., in downtown Fayetteville. The McGilvary Center opened on June 15 and is a family visitation center for parents and family members to visit their children who are in foster care. The center offers a home-like setting for parents to continue to work toward reunification with their children, while the children are in out-of-home placements. DSS staff members housed at the visitation center schedule and supervise the visits. The McGilvary Center has four visitation rooms, plus office space for the staff. The Center has been well received by children and families as it offers the opportunity for children and parents to see each other without having the stigma of coming to the DSS building for visitation. The center provides privacy and a family-centered space for our customers.

DSS Hosts Adoptions Conference

The **DSS** adoptions team completed 55 adoptions in 2015 and is working hard to surpass that number in 2016. As part of celebrating the goal of permanency for children through adoption, and in an effort to educate the community on the process of adopting a child, DSS is hosting a "Team Up to Adopt" adoptions conference. The conference will be held Nov. 17 from 8 a.m. to 4 p.m. at the Crown Coliseum. Nationally-known speakers will be featured to help share the message of the impact of fostering children.

Foster Parent Recruitment

DSS is recruiting families that live in Cumberland County to become foster parents for children in need of out-of-home placement. Individuals interested in becoming a foster parent can seek information by:

- Attending one of the monthly Information Sessions held every third Thursday at noon and at 6:30 p.m. in the meeting rooms on the first floor of the DSS building, 1225 Ramsey St.
- Visiting the agency and requesting to meet with a social worker.
- Inviting DSS Foster Care workers to speak at civic or church group meetings.

If you are interested in becoming a foster parent or inviting someone from the DSS Foster Care team to speak at a civic or church group meeting regarding the need for foster parents, please call us at 910-677-2541.



TAX ADMINISTRATION



Botello



Kinlaw

Tax Administration Announces Promotions



Tax Administration announced promotions in August. **Tami Botello** has been promoted to chief of Real Estate and Mapping. She's been in the appraisal business since 1994 and working in the Tax Administration's Real Estate Division since 1999. **Amy Kinlaw** has been promoted to chief of Assessment and Collections. She has worked in county government since 2003 and began work with the Assessment/Audit Division in 2011. Congratulations Tami and Amy!

Tax Administration Donates School Supplies to Foster Children

Tax Administration collected school supplies this summer on behalf of foster children in Cumberland County. Bins were placed in different divisions of Tax Administration for the collection of backpacks, binders, calculators, pencils, pens, composition books, crayons, glue sticks, highlighters, paper, pencil cases, tissues, hand sanitizers and more. Julie Mullan, foster care recruiter with the Department of Social Services, picked up six bins of donated items in August, before school started back.



Pictured from left: DSS Foster Parent Recruiter Julie Mullan and Tax Administration employees Michelle Babson, Ashley Brewington, Joe Utley (Tax Administrator) and Lisa Smith.



 **American Heart Association**
My Heart. My Life.™

Heart Walk®



Participate in the
**Sandhills
Heart
Walk**

Saturday, October 8

9 a.m. – 1 p.m.

Festival Park

**RAFFLE
TICKETS**



Tickets available through your department's Heart Association representative.

Tickets will be drawn on Sept. 15 and winners announced for the following prizes:

\$100 \$200 \$300

\$400 \$500

Questions?

Contact your department's Heart Walk rep or
Tammy Gillis at 678-7728 or tgillis@co.cumberland.nc.us



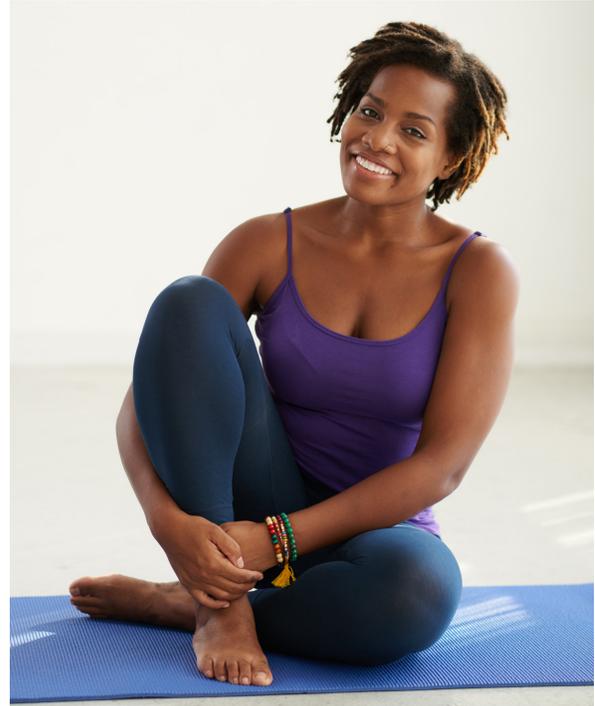
Wellness Connection

Yoga

Wednesdays

6 – 7 p.m.

Massey Hill Recreation Center
1612 Camden Road



Zumba

Mondays and Thursdays

5:30 - 6:30 p.m.

Massey Hill Recreation Center
1612 Camden Road

Walking Group

Tuesdays & Thursdays

5:30 p.m.

Courthouse

Person St. 2-Hour Parking Lot

Running Group

Tuesdays & Thursdays

5:30 p.m.

Courthouse

Person St. 2-Hour Parking Lot

*Walking & Running Group meetup locations are subject to change. For the latest info, contact Tammy Gillis at 678-7728 or tgillis@co.cumberland.nc.us.



Bike Group

Saturdays Thursdays

7:30 a.m.

6 p.m.

Clark Park

631 Sherman Drive

Sundays

6 p.m.*

Tuesdays

6 p.m.

Ft. Bragg

Contact Melvin Lewis (910) 321-6676

*During warm weather

Cumberland County Employee Pharmacy

A Closed Pharmacy serving Cumberland County Employees and Retirees

227 Fountainhead Lane, Suite 104, Fayetteville, NC 28301 **(910) 433-3861**

Monday – Thursday 7:30 a.m. – 4:30 p.m.

Friday 8:30 a.m. – 1:30 p.m.

We are closed weekends and Cumberland County holidays. We are also closed if County offices are closed due to inclement weather.

Who May Use the Pharmacy?

Employees on the County's health insurance plan, as well as retirees and dependents covered under the plan, may use the pharmacy and not be charged the pharmacy deductible or a co-payment for most generic prescriptions. These individuals will also have cheaper rates for brand-name medications under the County's plan.

Employees who do not have insurance may use the pharmacy, but must pay the cost of the medication. The pharmacy will not file claims for any other insurance.

Retirees who have Medicare Part D prescription coverage through an outside insurance provider may not use the Pharmacy, as the Pharmacy is unable to bill medications to Medicare.

Getting Started

We've made it easy to begin using the Employee Pharmacy. Come in and present your County Blue Cross card when you drop off your prescriptions for the first time. We'll begin by setting up a profile for you in our computer system with all of the information we'll need to fill your prescriptions. From there, you'll have several options for getting prescriptions filled:

- **Bring in your new prescriptions** from any provider, and we'll fill them while you wait.
- **Request that your provider electronically prescribe, call, or fax in your prescriptions.**
This will limit or eliminate your wait time for prescription preparation.
- **Bring in your current prescription bottles.**
We'll contact your former pharmacy and transfer your prescriptions into our pharmacy.
- **Have your medication bottles handy** and call us to request prescription transfers. We'll do all the work.
- **Use our drop box** located in the hallway at our entrance to drop off prescriptions Mon.-Fri., 7:30 a.m.-5 p.m.

Ordering Refills

- **Online** Order refills online through the County Intranet or website, using the Refill Request Form.
- **By phone** Order refills by calling our Automated Refill Line at 910-483-4642 or 910-483-4643, or by calling our Pharmacy Technician line and speaking to a Pharmacy staff member at 910-433-3861.
- **In person** Order refills in person at the Employee Pharmacy.

Discounted Copays for Insured Employees, Dependents and Retirees

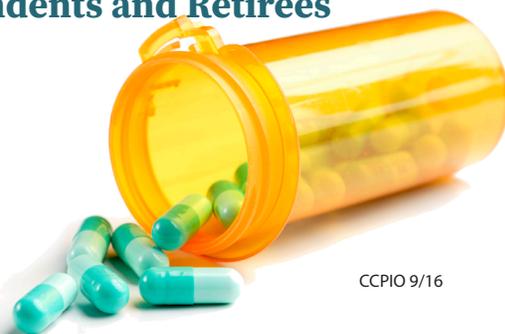
Tier 1: \$0 for 1-90 days' supply

Tier 2: \$25 for 1-30 days' supply
\$50 for 31-60 days' supply
\$75 for 61-90 days' supply

Tier 3: \$40 for 1-30 days' supply
\$80 for 31-60 days' supply
\$120 for 61-90 days' supply

OTC Medications

We offer a variety of OTC medications at a significantly reduced price. Only Cumberland County employees and retirees may purchase OTC items at the Employee Pharmacy





Blackwell

Weight Management

By Connie Blackwell, FNP-C

Healthy bodies come in all shapes and sizes. For some people, a healthy weight is higher or lower than the average weight listed on weight charts. Your doctor can help you decide on a healthy weight for you.

Reasons to lose weight

Losing weight can help with health problems, such as high blood pressure, heart disease, diabetes and sleep apnea. It may also increase your energy.

Set your long-term goal

Decide on a measurable goal so you can see results: fitness (such as walking 10 miles a week) or a health goal (such as lowering your blood pressure). It doesn't have to be a specific weight goal.

Make an action plan

Habits don't change overnight. Setting your goals too high can leave you feeling discouraged if you can't reach them. Set short-term goals. Choose one or two small changes you can make now. Set an action plan for how you are going to make these changes. Taking small steps will help you be successful.

Track your progress

Write down your long and short-term goals and keep a daily progress record. Track what you eat and how active you are. This record lets you look back on how much you've accomplished. Reward yourself for success. Even if you don't reach every goal, give yourself credit for what you do get done.

Get support

Ask your family members and friends for support. Is there a "buddy" you can exercise with that helps with accountability? Also, ask your doctor, registered dietitian and fitness professional for help.

Eat healthy

Food is your body's fuel. You can't live without it. All calories are not created equal. The key is to give your body enough nutrients and energy without eating too much. Reading food labels can help you make healthy choices. You need a balance between good fats, carbohydrates and protein.

Tips

Don't skip meals as this can lead to overeating, small frequent meals are best. Eat a variety of foods at a slower pace, not just your favorites. Pay attention to what and when you eat. Avoid watching TV or reading during your meals. Make activity a part of your day as this will help keep the weight off permanently.

Contact the Cumberland County Employee Wellness Center to schedule an appointment with the Health Coach who can help you set long and short-term goals and provide support.

It's that time again!



County Flu Clinics 9 a.m. – 5 p.m.

- | | |
|-------------------|---|
| October 7 | Courthouse Room 119 |
| October 12 | Employee Wellness Center
226 Bradford Avenue |
| October 24 | DSS Meeting Room A |
| October 28 | DSS Meeting Room A |

The flu shots are **FREE** to all County and State 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 the State or 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.



Cumberland County Fair Sept. 9-18

The **Cumberland County Fair** returns Sept. 9-18 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 \$7 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 2 years of age are admitted free, but will not be able to access rides. A complete list of exhibits, events and other information is available at www.cumberlandcountyfair.org
Purchase tickets online, by phone or in person, at www.cumberlandcountyfair.org
www.CapeFearTix.com 1-877-257-6208
Crown Center Box Office, 1960 Coliseum Dr.



Special Daily Promotions

Friday, Sept. 9: Free Opening Night Admission for all

Unlimited ride wristbands and ride tickets sold separately.



Sunday, Sept. 11: Military and First Responder Appreciation Night

Free admission for veterans and active duty military as well as all first responders with the presentation of a valid ID at the box office.

Monday: Pay One Price Night

\$10 admission and unlimited ride wristband

Tuesday and Wednesday: Student Night

Students receive discounted admission and wristbands until 8 p.m. with the presentation of a Kidsville News coupon. Patrons must have a printed copy of the coupon in order to receive the discount as it needs to be hole-punched by both the box office and the ride kiosk.

Thursday, Sept. 15: Cans for a Cause presented by BOB-FM

\$2 discount on admission when you donate 3 or more cans at the gate.

Friday, Sept. 16: Senior Expo at the Fair

Free admission for senior citizens until 5 p.m.

Country Night: American Idol Winner Trent Harmon performs on the Up and Coming Weekly Entertainment Stage

Sunday, Sept. 18: Faith and Family Night

\$2 ticket discount with the presentation of a current church bulletin

2016 Fair Hours

Friday, September 9
5:00 p.m. - 11:00 p.m.

Saturday, September 10
1:00 p.m. - 11:00 p.m.

Sunday, September 11
1:00 p.m. - 11:00 p.m.

Monday, September 12
5:00 p.m. - 11:00 p.m.

Tuesday, September 13
5:00 p.m. - 11:00 p.m.

Wednesday, September 14
5:00 p.m. - 11:00 p.m.

Thursday, September 15
5:00 p.m. - 11:00 p.m.

Friday, September 16
5:00 p.m. - 11:00 p.m.

Saturday, September 17
1:00 p.m. - 11:00 p.m.

Sunday, September 18
1:00 p.m. - 11:00 p.m.

NOTE: Box office closes one hour before fair closes each day

SEPTEMBER 9 18

"A FAMILY A-FAIR"

*Crown Complex
Fayetteville, NC*



ADMISSION: \$7 | UNLIMITED RIDE WRISTBANDS: \$20
WWW.CUMBERLANDCOUNTYFAIR.ORG

***SEE REVERSE SIDE FOR DAILY SPECIALS**

DAILY SPECIALS



FRIDAY, SEPTEMBER 9

FREE ADMISSION FOR OPENING NIGHT!

Presented by the Fayetteville Observer

SATURDAY, SEPTEMBER 10

SUNDAY, SEPTEMBER 11

MILITARY & FIRST RESPONDER APPRECIATION NIGHT

Free admission for military & first responders with a valid ID.

MONDAY, SEPTEMBER 12

PAY ONE PRICE NIGHT

\$10 for admission and unlimited rides!

SEPTEMBER 13 & 14

STUDENT NIGHT

\$2 admission discount & \$3 wristband discount

until 8 PM with school coupon

THURSDAY, SEPTEMBER 15

CANS FOR A CAUSE

\$2 admission discount when you donate

3 or more canned goods at the gate

FRIDAY, SEPTEMBER 16

SENIOR EXPO

Free admission for senior citizens until 5 PM

WKML COUNTRY NIGHT

American Idol winner Trent Harmon performs

SATURDAY, SEPTEMBER 17

SUNDAY, SEPTEMBER 18

FAITH AND FAMILY NIGHT

\$2 admission discount with church bulletin

***UNLESS OTHERWISE NOTED, DISCOUNTS DO NOT INCLUDE RIDE TICKETS OR WRISTBANDS**

Tickets available online at www.CapeFearTix.com, by phone 1-888-257-6208 and in person at the Crown Complex Box Office.

WWW.CUMBERLANDCOUNTYFAIR.ORG



Your Town, Your Crown • www.CrownComplexNC.com

SEPTEMBER

- 4 DMX and Friends
- 9-18 Cumberland County Fair



OCTOBER

- 3-8 WIDU Anniversary Week
- 6 Disney Live! Mickey & Minnie's Doorway to Magic
- Theresa Caputo
- 15-16 Fayetteville Comic Con
- 28-29 Fayetteville FireAntz vs. Mississippi Riverkings



NOVEMBER

- 12 Kidtopia
- 19 Chris Young: I'm Comin' Over Tour



DECEMBER

- 3 Kansas
- 14-18 Disney On Ice: Follow Your Heart

MARCH

- 17-19 Cape Fear Wildlife Expo



APRIL

- 14-16 The All-American Tattoo Convention

Home To The Fayetteville FireAntz

For Tickets:
CapeFearTix.com
888-257-6208

Connect With Us @CrownComplexNC

#YourCrown



Training Opportunities

Cumberland County Human Resources

Training Connection

Check out the latest issue!

- Go to the Intranet
- Under Departments, select Human Resources
- Under Shared Documents, select the "Training" folder
- Scroll down to find the latest issue



Recognizing that all people are different, we treat everyone with dignity and serve our diverse population with professionalism, respect, integrity, and excellent customer service.

Amy Cannon

County Manager

County Manager's Office
117 Dick Street • Courthouse, Suite 512
Fayetteville, NC 28301

910-678-7723

acannon@co.cumberland.nc.us

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.

CORE VALUES

Serving Cumberland County citizens with **PRIDE**

Professionalism

Respect

Integrity with Accountability

Diversity

Excellent Customer Service

co.cumberland.nc.us

