



FIT FOR LIFE!

*Brunswick County Government— Our Best Health For You
In Brunswick... from the Wellness Committee!*



WE ARE NOW OVER 24,559,534 STEPS WALKED!

Our employees are stepping to a record. We now have logged over 24 million steps in the NCACC 10,000 Steps Program that began on January 31st. We have also burned collectively over 1,376,286 calories!

This is equivalent to 11,017 miles. The following employees lead the walkers in number of steps walked from January 31st through April 27th which are logged in the website:

- 1- Kathy Wright - DSS - 1,119,940
- 2- Jackie Rogers - DSS - 1,079,126
- 3- Johnny Lewis - Operation Svs.- 1,005,795
- 4- Lois Carroll - Library - 976,941
- 5- Don Yousey - Health Department - 975,300
- 6- Rosann Feigenbutz - Public Utilities-Billing - 906,698
- 7- Mike Culpepper - Tax - 891,120
- 8- Vernon Thompson - MIS - 864,727
- 9- Ron Riggs- HR-836,853
- 10-Louise McGarva - Public Housing - 770,332

Tom Bagby, Tax Office, has won the 8 week, 10,000 Steps drawing sponsored by NCACC. He has won a gift card to Dick's Sporting Goods. Congratulations Tom!

COME TO BENEFIT AND WELLNESS FAIR!

Your Wellness Committee is sponsoring a Benefits and Wellness Fair on Wednesday, May 16th from 12:30p-5:00p in the Co-operative Extension Center in Building N. The following Benefits and Wellness Vendors have committed to being there!

- Local Federal Credit Union
 - State Employees Credit Union
 - 401-K Prudential Retirement Program
 - Mark III – for Flex Plans, Life Insurance, Cancer Insurance, Short Term Disability
 - Solutions – EAP Provider
 - Cigna Health Care and Caremark
 - Brunswick County Health Department
 - Gold's Gym
 - Curves
 - Sea Trail Fitness Center and more!
- More information will follow!

LEARNING FROM THE LUNCH AND LEARNS

On April 25th, Stephen W. Gaskins, CFP presented an excellent Lunch and Learn program about Estate Planning Basic and Financial Planning. He discussed why who and why you should have a will along with other related documents such as "Durable Power of Attorney," and "Healthcare Power of Attorney." Also he talked about the benefits of IRAs and other types of retirement plans. If you would like more information, you can contact him at Investment Management, Old North State Trust, LLC in Wilmington.

UPCOMING LUNCH AND LEARNS

Wednesday, May 16th - Cooking with Kevin— Co-op Ext. Kitchen - 12:00p and 12:45p. Limited to 25 employees per session. Building N

Wednesday, June 27th - EAP- "Surviving those Adolescents"- Health Dept. Board Room - 11:30am and 12:00pm— Building A

Wednesday, July 25th-EAP -"Building a Positive Relationship with your Spouse/Significant Other" - Co-operative Extension Meeting Room - 11:30am and 12:00pm - Building A

Please call EXT 2003 OR E-Mail Ron Riggs at rriggs@brunscoco.net to reserve your space. Space is limited and food is served at some of the events.



BRUNSWICK COUNTY GOVERNMENT IS PLEASED TO ANNOUNCE LOCAL/STATE RETIREMENT SYSTEM DISCUSSION MEETINGS FOR OUR EMPLOYEES!

A Representative of the Department of State Treasurer, North Carolina Retirement Systems will be on campus on **Monday, May 21st** to discuss the Local/State Retirement System benefits available to our employees.

The meetings are being primarily held for employees who are nearing retirement.

The qualifications for local government employees' retirement benefits include:

Service Retirement -Unreduced Benefits

- Reach age 65 and complete 5 years of creditable service
- Reach age 60 and complete 25 years of creditable service
- Complete 30 years of creditable service, at any age

Early Retirement- Reduced Benefits

- Reach age 50 and complete 20 years of creditable service
- Reach age 60 and complete 5 years of creditable service

The qualifications for Local Law Enforcement Officers retirement benefits include:

Service Retirement – Unreduced Benefits

- Reach age 55 and complete 5 years of creditable service as an officer
- Complete 30 years of creditable service as an officer, at any age

Early Retirement – Reduced Benefits

- Reach age 50 and complete 15 years of creditable service as an officer

The meetings will be held at the Co-operative Extension Meeting Room (Building N located on 25 Referendum Drive) from:

**10am-noon &
1:00pm-3:00pm**

Please discuss your attendance with your supervisor and **pre-register by calling Human Resources at ext. 2003.**



SPRING TIME TUNE UP!

Dr. George Gates, who is our Employee Assistance Provider, offers the following words of wisdom for our employees during the Spring season.

Spring time requires us to evaluate our household tools, machines, and the state of our living environment. We may add a coat of paint, do fix-ups, or rearrange our entire storage areas. This we do to face the coming months and give us a feeling that we are ready.

Spring time also may mean evaluating personal lives. Am I satisfied with my relationships? Is the way I spend my time and money bringing me the satisfaction I hoped for? Do I have a persistent feeling that I need a personal "house cleaning" to prepare me for the months ahead?

SOLUTIONS, your Brunswick County Employee Assistance Program is available for short term conversations regarding personal issues which need attention. Spring cleaning...a fresh start...call 512- 6004 to speak with a SOLUTIONS representative.

MAY IS...NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH!



Join the Mission and Stick to It for National High Blood Pressure Education Month!

It's National High Blood Pressure Education Month - a good time to "Prevent and Control High Blood Pressure: Mission Possible," which is this year's theme.

High blood pressure can cause damage without showing any signs or symptoms. That's why it's called "The Silent Killer." For while you may feel fine, high blood pressure is taking its toll on your heart, your blood vessels, and your kidneys. In fact, high blood pressure is one of the most important factors leading to heart attacks, strokes, congestive heart failure, and kidney disease. High blood pressure also increases your chances of dementia.

But the appropriate medications, along with some lifestyle changes like healthy eating, physical activity, and weight control, can reduce and control your blood pressure.

Are you taking your medications as your doctor prescribed? Here are some tips to help you stick to your treatment plan:

- Take your medications at the same time every day. For example, if your doctor told you to take your pills with food, try taking them at meal time every day. Or, take your medications at the same time as you do some other regular activity - like brushing your teeth.
- Keep your pills near the kitchen table or your toothbrush as another reminder to take your medication at the same time as you eat or brush your teeth.
- Try using a special pillbox that helps keep your pills organized. You can buy these containers at most drugstores or pharmacies.
- Write yourself reminder notes. Put them on the refrigerator, by the phone, on the medicine cabinet, or even on the bathroom mirror.
- Ask for help. Family or friends can be a great support system. Put together a team. If you have friends who also take medication, help remind each other.
- Put a favorite picture of a loved one on the refrigerator with a note that says, "Remember to Take Your High Blood Pressure Medicine and Stick Around for Them."

So join the mission and stick to your treatment plan. It can save your life.

For other tips and more information about controlling your high blood pressure, visit "Your Guide to Controlling High Blood Pressure" online at <http://www.nhlbi.nih.gov/hbp/index.html>.

The top 20 foods for keeping blood pressure down:

- ◆ Apples, Apricots, Avocado, Bananas, Broccoli, Brussels Sprouts, Cantaloupe
- ◆ Corn-on-the cob, Eggplant, Honeydew Melon, Oranges, Nectarines
- ◆ Pasta, Potatoes, Raisins, Rice, Squash, Unsaturated Oils, Watermelon
- ◆ Fruit juices (except tomato)

AMERICAN HEART ASSOCIATION'S HEALTHY DESSERT ... FUDGY CHOCOLATE WALNUT PIE!

From the *American Heart Association Low-Fat and Luscious desserts*, Copyright 2000 by the American Heart Association.

Serves 8

Ingredients

Vegetable oil spray

1/2 cup reduced-fat thin chocolate wafer cookie crumbs or chocolate graham cracker crumbs (about 10 wafers or 8 graham cracker squares)

1 cup of sugar

3/4 cup fat-free evaporated milk

1/2 cup light corn syrup

3 tablespoons unsweetened cocoa powder (Dutch process preferred)

3 tablespoons semisweet chocolate chips

Egg substitute equivalent to 3 eggs

2 tablespoons chopped walnuts

Directions

Preheat oven to 350 degrees F. Spray a 9 inch pan with vegetable oil spray. Using your hands, pat crumbs on bottom of pie pan. In a medium saucepan, whisk together sugar, milk, and corn syrup: cook over medium heat until sugar has dissolved, 3 to 4 minutes, whisking occasionally. Remove from heat.

Whisk in cocoa powder and chocolate chips. Let mixture stand for 5 minutes, whisking occasionally to help it cool slightly. Whisk egg substitute into chocolate mixture until smooth; pour into pan. Sprinkle with walnuts. Place pie pan on baking sheet.

Bake for 35 to 40 minutes, or until center is set (doesn't jiggle when pie is gently shaken). Let pie cool on cooling rack for 30 minutes. Serve warm or chilled.

Nutrition Analysis (per serving)

Calories 240; Protein 5 g; Carbohydrates 51 g; Fiber 1 g; total fat 3 g; Saturated Fat 1 g; Polyunsaturated Fat 1 g; Monounsaturated Fat 1 g; Cholesterol 1 mg; Sodium 111 mg.



FOR SAFETY'S SAKE

Spring has sprung! As the weather turns warmer and we start those home projects, please don't forget to use proper tools and protective equipment. More injuries occur at home each year than in the workplace. Accidents frequently occur using ladders for home projects. Using the wrong ladder can turn into an accident and things can go wrong very quickly.

Here are some tips for selecting the right ladder for the job.

Portable ladder selection

An important part of ladder safety is selecting the right ladder for the job. Ladders should be used primarily for climbing and not for working off of. If you need to work at heights, use a scaffold or scissors-lift.

Choose the right ladder length for the job. When using a portable ladder make sure the side rails extend at least three feet above the top-landing surface. Also, make sure you use the right type of ladder.

There are four duty ratings for ladders:

- Light Duty- Type III- working load in pounds: 200
- Medium Duty-Type II- working load in pounds: 225
- Heavy Duty- Type I- working load in pounds: 250
- Extra Heavy Duty-Type 1A- working load in pounds: 300
- Special Duty-Type 1AA-working load in pounds: 375

The duty rating is the maximum safe load capacity of the ladder. Your weight, including clothing, tools, and material must not exceed the duty rating (located on the side of ladders).

Ladders can be made of wood, aluminum, or fiberglass. Each material has characteristics that make it better for certain applications. Select a ladder that is suited to the user's work environment or work application. As you can see, selecting the right tools for the job is an important part of job safety.

Check with your supervisor or go to the County Intranet site and locate the next safety training program throughout the year. If you need additional information, contact the Human Resources Department and the Training Matrix. Look it over and talk with your supervisor to see what workplace training you can attend. Job training helps us do common things uncommonly well!

Various training topics are offered.

Utilities Departments have Confined Space Training for May scheduled.

QUOTABLE QUOTES!

"To lengthen thy life, lessen thy meals." by Benjamin Franklin

"Our health always seems much more valuable after we lose it."
Author unknown

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." by Doug Larson

"Too avoid sickness eat less; to prolong life worry less." by Chu Hui Weng