



# FIT FOR LIFE!

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



## SPECIAL KUDOS TO THE FOLLOWING EMPLOYEES!

- ◆ Barry Harrison from the Service Center has lost 31 pounds!
- ◆ Mike Chadwick from the Service Center has lost 59 pounds!
- ◆ Karen Clemmons from the Service Center has been smoke free for 5 years!
- ◆ Diedra Richards from Social Services has lost 31 pounds!
- ◆ In the continuing weight loss for Vern Thompson, MIS, featured in the June "Fit for Life" newsletter, he has lost 40 pounds since February!
- ◆ Deborah Cooper, Patient Representative IV, for the Adult Primary Clinic was named employee of the quarter for the Health Department!
- ◆ Eric Hill from Environmental Health- reports that he has lost another 4 pounds for a total of 54 pounds this year!
- ◆ B.J. and Grace Heck are proud parents of a baby boy—Eric was born on 6/5. B.J. is an Instrumentation and Electrical Tech. with Public Utilities.
- ◆ The following Public Utilities employees recently passed their certification exams:  
Chris Dixon— Collections Systems Operator Grade I  
Matt Smith & Freddie Greiner- Collections Systems Operator Grade II  
Bess Clancy-Becker— Grade II Laboratory Certification  
Ron Worthington and Rhett Harrington— Spray Irrigation Certification
- ◆ Dottie Robinson of the Financial Unit of Social Services got married on 7/27 under the new gazebo surrounded by friends and fellow employees. A small reception was held in the conference room for the bride and groom.
- ◆ Congratulations to the following Tax Department employees who have been awarded employee of the month so far this year; Pat Gilbert, Tom Davis, Teressa Price, Renee Phillips. Kay Zittle, Kathleen Wagner and Cynthia Shumate!
- ◆ Nina Stanley was chosen as 4th Qtr. Employee of the Year for the Housekeeping Division.
- ◆ The following employees were chosen as Employees of the Year in the Operation Division, year ending 7/31.
- ◆ Cookie Randolph— Administrative Division
- ◆ Dament Hayes— Solid Waste Division
- ◆ Ken Stout— Construction/Grounds Division
- ◆ Ken Ferguson - Service Center Division
- ◆ Kevin Somerset - Building Maintenance Division
- ◆ Samuel Price— Housekeeping Division
- ◆ William Lewis - Most Improved Employee of the Year— Solid Waste Division
- ◆ Jerry Ferguson and Robert Register (pictured below)— Utilities— retired from County Service on July 1. We wish them a healthy and productive life in retirement!

## UPCOMING EVENTS SPONSORED BY THE WELLNESS COMMITTEE!

The Wellness Committee will be sponsoring the following events (more information will follow):

- ◆ Get ready for Fitness Challenges starting September 1st. More information will follow!
- ◆ Camp Wellness returns in cooler weather. Camp Wellness co-sponsored by the Health Department and the Wellness Committee will be held during the last week of October. If you would like to help in the planning of the event, please contact Fred Michael, Deputy Director of the Health Department at ext. 2298.



## THE HEAT IS ON!

This is the time of year where heat indices are on the rise. By now, departments have adjusted their schedules, where possible, for field service folks to start the workday earlier in order to provide protection from some of the heat of the day. Another form of protection is sunscreen, as we spotlighted in this newsletter last month. The focus this month during the "dog days of summer" is hydration.

In 2006, there were 2,600 reported cases of heat related illness at work in the United States. In 2005, we had a fatality in Brunswick County due to a heat related illness experienced by a surveyor working off of Hwy. 211 in the Green Swamp. Keep in mind, certain things to do when working outdoors are essential for our personal safety. Hydration is one good example; our body's circulatory system works like a car's cooling system. It requires a supply of water everyday for transporting and regulating purposes. Water assists in regulating temperature, moistening eyes, mouth, nose, joints, and organs, as well as the removal of waste.

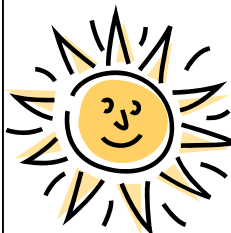
In an article written by Jason Hoppe, a physician at New York's, Kings County Hospital, he explains how the body attempts to control the core temperature in a hot environment by heat loss through radiation and evaporation. When air temperature exceeds 95°F, radiation of heat from the body stops and evaporation becomes the only means of heat loss. Evaporation is the most efficient means in a dry environment. If humidity

reaches 100%, evaporation of sweat is no longer possible and the body loses its ability to dissipate heat. High humidity along with an insufficient amount of water in the body is a dangerous mix. It can lead to the beginning of many heat related illness, dehydration being one of the most common heat related illness.

Dehydration carries symptoms of elevated body temperature, fatigue and decreased performance. It brings on an array of other heat related illnesses such as heat exhaustion or heat stroke.

Drinking fluids is usually sufficient to combat mild dehydration. It is better to have frequent, small amounts of fluid rather than trying to overcompensate when you're parched by taking in large amounts of fluid at one time. Drinking too much fluid when you're overheated can bring on additional adverse conditions. Sport drinks contain a lot of sugar and can worsen the situation. The best practice is to drink plenty of water, (recommended 8 to 10 glasses a day) to hydrate the body and act as the primary replacement fluid.

It is important to remember to monitor yourself, wear hats and light colored, loose fitting clothing and hydrate yourself for maximum protection outdoors. Have a safe summer!



Robert Register, left with Jerry Pierce, Director of Utilities and Jerry Ferguson to the right.





## PERSONAL PROTECTION ADVISED TO PREVENT MOSQUITO BITES! OUCH!

Have you been out in your yard lately and heard that familiar sound of a small buzz in your year and then feel the bite? It's that time of the year again for those pesky mosquitoes to come out in droves to bother us. But your good health may also be at risk.

The Brunswick County Health Department is reminding everyone that personal protection from being bitten is the best way to avoid the risk of infection of the West Nile Virus or other vector borne diseases. Eastern Equine Encephalitis, which we have always known was endemic (found here) has been identified in the sentinel chicken flock in Brunswick as well.

Some of the ways that the Health Department suggest you protect yourself are:

- ⇒ Wear mosquito repellent containing DEET.
- ⇒ Avoid the outdoors at dusk and dawn when mosquitoes are at their worst.
- ⇒ Wear light-colored long sleeve shirts and long pants to reduce exposure.
- ⇒ Remove any containers that can hold water, such as old tires or flower pot saucers.
- ⇒ Keeping gutters clean and in good repair.
- ⇒ Changing the water in bird baths and pet bowls at least twice a week.
- ⇒ Using screened windows and doors and make sure screens fit tightly and are not torn.

For more information, contact our Health Department!

Also, NEWS FLASH! The Senior Clinic is now called the Adult Primary Clinic!



## "SHOT LADY" NAMED CHILD HEALTH CHAMPION

Barbara Beabe, Immunization Nurse was named as the Child Health Champion for Brunswick County Smart Start. Barbara has worked at the Health Department for 19 years and as the Immunization Nurse for 14 years. During that time she has given over 30,000 shots, thus earning her the title of the "Shot Lady." During the awards ceremony, Don Yousey, Health Department Director praised Barbara for her dedication, constant cheerfulness and kindness to patients. We salute the "Shot Lady!"



## KICK THE HABIT... SMOKING CESSATION CLASSES OFFERED

Are you ready to kick the habit and quit smoking forever? Join the Brunswick Community Hospital 7 session smoking cessation course. It is a 6 week, 7 session course from 5:15p-6:15p at the Hospital on 8/7, 8/14, 8/16, 8/21, 8/28, 8/30 and 9/4. The cost is a total of \$25.00. To register, contact 755-1267 today!

Also, you can get assistance from calling 1-800-QUIT NOW!

## BC TRAINING NEWS!

- ◆ The Health Department recently completed Accident Reporting Procedures training led by Eileen Gardner, Risk Manager. 89 attendees found the sessions informative on what to do when you're in an accident while at work.
- ◆ On 7/30/07 the Tax Office participated in a Workplace Safety Training session. August is the Tax Department's month to put an added focus on safety. They are working together to come up with ways to eliminate safety hazards at work. The picture below captures the intensity of the class!
- ◆ On 7/24/07 thirteen employees from various departments completed Customer Service Training learning how to exceed our customers' expectations.
- ◆ On 7/31 and 8/7 training in Diversity... "Different Like You" is being held for employees of Emergency Medical Services

## UPCOMING TRAINING!

- ◆ Microsoft Outlook Classes –Wednesday, August 8th at Brunswick Community College from 8:30am-10:30a or 3pm-5pm.
- ◆ Hiring and Retaining Outstanding Employees Training– for Managers and Supervisors– Thursday, August 9th from 1pm-4pm in the Health Department Board Room.
- ◆ New Hire Orientation will be held on Wednesday, August 15th from 8:30a-12:30p in the Health Department Board Room.

Please contact Ron Riggs, HR Specialist at ext. 2003 if you wish to attend any of these classes.



## UPCOMING LUNCH AND LEARN!

### COOKING LIFE!

You are invited to participate in a "Cooking Lite" Lunch and Learn Program on Wednesday, August 29th at noon at the Cooperative Extension Meeting Room. Diane Gatewood, Extension Agent, Family and Consumer Services will give you an opportunity to learn how to select and make substitutions when preparing food to decrease fat and sugar. Samples of dishes will be available for you to taste how good food can taste without an excessive amount of fat and sugar.

Please call Ext. 2003 or e-mail Ron Riggs at [riggs@brunco.net](mailto:riggs@brunco.net) to reserve your space. Space is limited and food is served at some of the events.