



BRUNSWICK COUNTY EMPLOYEE EDITION

Your Resource for Recent Happenings

Employee Newsletter
2009 Series, March Issue



A Message From Our County Manager, Marty Lawing:

I am pleased to have the opportunity to participate in the first issue of the Employee Edition Newsletter. The goal of this newsletter is to provide timely information to county employees regarding benefits and important human resources news, safety, wellness and self improvement and general information about the accomplishments of our fellow associates in public service. I encourage you to provide information to Melanie Berardo in Human Resources to include in future issues of the Employee Edition.

I know the economy is on everyone's mind as practically everyone is being impacted in one way or the other. Unemployment and mortgage foreclosures are reaching levels not seen in many years. County governments across North Carolina and the country are experiencing revenue shortfalls with property tax collection rates and sales tax revenues significantly lagging behind previous years. Revenue projections for next fiscal year are bleak with estimates in most sources much lower than the current year.

Brunswick County kicked-off its FY 2009-2010 Budget with a three day retreat on March 17th, 18 and 19th. To lay the foundation for what will be the most difficult budget process in many years the Board of Commissioners are in the process of making some modifications to the County's Mission Statement and establish Core Values for our county government organization. During tough times if an organization embraces their core values for decision making and service delivery success can be achieved. I look forward to sharing further information about the Mission Statement, Core Values and Major Goals for FY 2009-2010 in the next issue.

I will leave you with two thoughts to consider during these difficult economic times. A well known sports figure in North Carolina reminded his team recently when facing adversity during a losing streak and some player injuries that "kites rise against the wind". With hard work and perseverance we can be successful and meet our goals in the face of adversity. It is also important to be kind to people. Many people that you come in contact with are experiencing stress in their personal and professional lives. Not only do people expect to be treated with respect and kindness, but you may make someone's day with a word or gesture of kindness. Kindness begets kindness.

Inside this issue:

Message from County Manager	1
2009 Employee Litter Sweep	1
Benefit Center	1
Wellness Committee	2
LivingWell Health Solutions	2
New Hire Orientation	2
S.A.F.E. Newsletter	Insert
Spotlight on Employees	3
Cafeteria Update	4

If you have any ideas, articles to submit or feedback you can e-mail mberardo@brunscoco.net

2009 EMPLOYEE LITTER SWEEP!



Brunswick County employees volunteered their time to Keeping Brunswick County Beautiful on Saturday morning, February 28, 2009. It was a mild, misty morning and over 100 employees came out to walk several roadways to clean up waste throughout the county – some even brought their family along as well. What a wonderful event it was! Everyone's efforts made a valuable contribution to keeping the community clean. The volunteers enjoyed a wonderful cook-out and many people won great prizes, including a day off with pay. If you did not have the

opportunity to volunteer for this event, there will be future opportunities. A special note of appreciation goes out to all who volunteered for this event and for continuing to support Brunswick County.



BENEFIT CENTER

Brunswick County's health insurance provider CIGNA has a wide array of resources for everyone that participates in the medical plan to utilize. Often times, participants will receive various educational materials at their home address to focus on a specific illness or to offer ways to prevent future illnesses. CIGNA has a chronic disease manage-

ment program dedicated to assist participants that are diagnosed with chronic diseases, such as diabetes, high blood pressure, heart disease and a number of others. One resource that you can access anytime is their web site at <https://my.cigna.com> and register to gain access to network listings, health and fitness information or to complete an on-line health assessment. Another

extremely valuable resource that CIGNA offers is access to a licensed Nurse, 24 hours a day, 7 days a week! You can call the CIGNA HealthCare 24-Hour Health Information Line at (800) 564-9286 at any time to get information on how to address certain injuries or illnesses that could save you time and money by avoiding a costly emergency room visit.



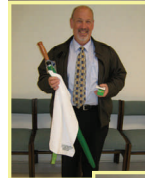
GET HEALTHY GET FIT 2009!



Passport Program Contest Winners!

- The Top Prize of a "Chill and Grill" went to **Vanessa Reaves** in DSS
- Top Tier Prizes of a Stadium Blanket and Picnic Set went to **Sheila Rivenbark** in Operation Services, **Sara Gore** in DSS and **Judy Holden** in Building Inspections
- 2nd Tier prizes of a Golf Umbrella, Golf Tees and Golf Balls went to **Douglas Kivett** in Tax Administration and **Steve Stone** in Administration
- 2nd Tier prizes of a Smoothie Maker went to **Celestine Worley** in the Health Department and **Natalie Gause** in Public Housing

Congratulations to you and for Your Great Health!!



Here are some exercises that burn a lot of calories in a short amount of time:

Interval training: Calories are burnt quickly because you are working out at a higher intensity then slowing down to recover for a couple minutes. This up-and-down interval workout is great for your heart and for burning calories. Interval training is extremely time-efficient, because your workout can be complete after 25-30 minutes. For those with limited time, cut the time in half, 10-15 minutes and do it twice a day. Interval training should only be done three times a week and can be done on or off cardio machines. But if you don't have a machine to work out on, it is just as easy to do interval training on your own. You can do simple aerobic-type movements (like jumping jacks, jump rope, knee lifts) as high-intensity workout and march in place and heel tap for the low-intensity interval. You can also jog, run, sprint, and

speed-walk for high intensity and walk or jog slowly for low interval.

Strength training: Keeps your muscles dense and helps with using calories while not using them (at rest) and burning more calories while we use them exercising. Using multiple muscles will also burn more calories than exercising isolated body parts individually. Using multi-group exercises, which targets many muscle groups with one exercise, is another way to save time and burn more calories.

Flexibility training: Like yoga positions, stretching or Pilates helps our muscles to stay limber and relieves stress. Stretching can happen anywhere at any time. Just keeping proper posture during the day will help your stressed muscles, and tone areas that aren't being used correctly. Flexibility is the key to feeling free with movement. It helps prevent injury. It is recommended to stretch a warm muscle not a cold one.

LIVINGWELL HEALTH SOLUTIONS

Dear Brunswick County Employees:

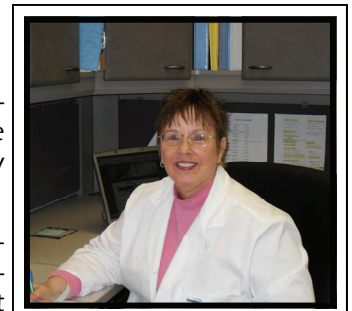
I am very excited to be here on the County Complex providing health care to all of you. The LivingWell Clinic has been open for about 4 months and there have been approximately 500 visits. The Clinic is open Monday 8-4, Tuesday 8-4 and Thursday 8-1. My lunch time is 12-12.30 on Monday and Tuesday. There are a lot of you I have not seen yet and look forward to meeting you.

The purpose of the LivingWell Clinic is to provide health care with a focus on wellness and prevention. It is important to note the Clinic is not to replace your health care provider- rather this is a supplement service to help you reach healthy lifestyle goals and achieve good health. It is important for everyone to have a provider to manage chronic diseases. Clinic visits are scheduled by appointment and in most cases I can see you the same day you call to schedule your appointment. The appointment line is 1-866-959-9355. If you have any problems or concerns with the Clinic please contact LivingWell Customer Service 1-866-634-4636.

Please remember, after you have completed the Health Risk Assessment and have received the Health Report Card from LivingWell, call to make an appointment with me for 30 minutes so we can review and create a healthy action plan.

An Open House is scheduled at the LivingWell Clinic for Tuesday, April 14, from 11.30am until 1:30pm. You will get a chance to meet me, tour the facility and to speak with a representative from LivingWell. I look forward to seeing all of you then.

Fondly, Cindy Hasiuk, Nurse Practitioner



CINDY HASIUK, the Nurse Practitioner at the Living Well Health Solutions Clinic

Weight Watchers may be available on the County Complex soon! If you are interested in joining, please contact Starie Grissett in Human Resources at sgrissett@brunscoco.net

NEW HIRE ORIENTATION

All Recent New Hires are welcome to attend New Hire Orientation if you have not had the opportunity to attend previously. The next scheduled date will be Thursday, April 9, 2009. This will be located on the 2nd floor conference room in the David R Sandifer Administration Building. You can contact Wanda Barnette, Asst. HR Director at wbarnette@brunscoco.net if you would like to attend.

SPOTLIGHT ON EMPLOYEES!

During the 2008 Christmas Luncheon, employees celebrating 20 or more years of service were invited to accept their Service Award Pin. Pictured below are:



30 or more Yrs. (L to R):
Linda Green, Evelyn Johnson



25 or more Yrs. (L to R):
Starie Grissett, Donald Randolph, Juanita Jackson, Brenda Simmons, Brenda McMillian, Timothy Carter, Toni Leonard



25 or more Yrs. (L to R):
Geraldine Bromell, Deborah Aldridge, Occia Moody, Ronnie Dawson, James Carter, Wilbur Williams, Michael Williams, Dennis Hewett



20 or more Yrs. (L to R):
Donald Robbins, Mamie Caison, Lori Hewett, Gracie Varnum, Steve Randone, Glenna Butler, E Delaney Aycocock, James Lewis, Gregory Clemmons, Gregory White, Jeanette Watts, Paul Stout, Judy Holden, Norris Brown, Lue Young, Robert Frink



20 or more Yrs. (L to R):
Dennis Harpster, Gene Allen Caison, Juliet Stanley, Teresa Manning, Ginger Deberry, Kathy White, Valerie Sloan, Robert Ivey, Willis Daniels, Bobby Ladson

Congratulations to you and to all that celebrated a Service Anniversary !!!

During the First Quarter of 2009 there have already been several special Milestone Service Anniversaries. They are commended for their hard work and loyalty to Brunswick County. What a special Achievement!

30 Years:

Starie Grissett, Human Resources

20 Years:

E Delaney Aycocock, Building Inspections
Helen Jordan, Finance
Charles Wilson Jr., Sheriff's Dept.
Darryl Marlow, School Resource Officers

15 Years:

Wilbur Vereen, Building Inspections
Connie Harrison, DSS Administration
Deborah West, Human Resources

10 Years:

Thomas Tolley, Sheriff's Dept.
Renee Brown, DSS- Community Alternative Program
Albert Sturdivant Jr., Utilities-Water Treatment
Jeremy Sexton, Utilities-Water Treatment

5 Years:

Matthew Smith, Utilities-Water Field Operations
Connie Thompson, Teen Court
Erica Smith, Sheriff's Dept.
Christopher Barbour, Sheriff's Dept.
Anthony Rabon, Building Inspections
Gordon Wells, Utilities-Water Treatment
Mary Spencer, Cooperative Extension
David Frye, Sheriff's Dept.
Michael Graham, EMS
Kenneth Bellamy, Board of Elections
April McCoy, Central Communications Center
Leslie Geise, EMS
Benjamin Heck, Utilities-Water Facility Operations
Judy Pridgen, Parks & Recreation

During the First Quarter, there have been some New Additions to the Brunswick County staff...

We welcome them and look forward to working together to provide superior customer service to our citizens!

- Jill Pucket hired on January 5, 2009 in Cooperative Extension
- Jessica Canady hired on January 26, 2009 in the Sheriff's Dept.
- William Phelps hired on January 31, 2009 in the Detention Center
- Tracy Lewis hired on February 2, 2009 in Parks & Recreation
- Sara Misiti hired on February 2, 2009 in Parks & Recreation
- Emily Kraycirik hired on February 2, 2009 in the Library
- Mark Francisco hired on February 2, 2009 in the Sheriff's Dept.
- John Dew hired on February 4, 2009 in the Detention Center
- Kathleen Amberger hired on February 9, 2009 in the Library
- David Swain hired on February 9, 2009 in Animal Control
- Donna Clemmons hired on February 16, 2009 in the Detention Center
- Lauren Melton hired on February 23, 2009 in Family Health
- Heather Crisco hired on February 23, 2009 in DSS-Administration
- Pamela Goss hired on March 2, 2009 in Parks & Recreation
- Jamie Duesing hired on March 2, 2009 in DSS-Administration
- Jeri Mills hired on March 16, 2009 in DSS-Administration
- Adolph Ford hired on March 20, 2009 in the Sheriff's Dept.

CAFETERIA UPDATE!!!

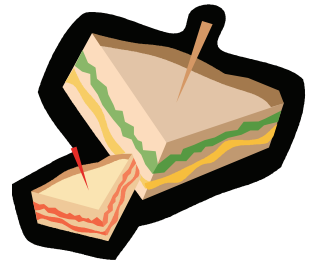
The Brunswick County Cafeteria dining area will begin renovations on Monday, April 6, 2009 and will last for approximately 3 months... Not to worry though, there will be a limited menu for take-out orders!

Please take note of the below information on ways to order food from the Cafeteria:



- ◆ All orders will be “TO GO” as there will be no seating area. You can call to order Breakfast from 7:15a.m. until 8:15a.m. You can call to order Lunch from 11:00a.m. until 1:45p.m. Please call your order(s) in as early as possible! Multiple orders are encouraged. The phone number is (910) 253-2614. Once your order is called in, you can schedule a time for pick up.

- ◆ If you're wondering what is on the menu, you can check on-line at www.brunswickcountync.gov. The menu will be updated daily! Breakfast and lunch will be available. The temporary limited menu will be offering some deli sandwiches and pre-packaged salads. The menu is scheduled to be in place by Friday, April 3, 2009.



- ◆ The temporary entrance to the Cafeteria will be on the side of Building D, facing Old Ocean Highway (Bus. 17). This is the designated area for picking up orders.

If you have any questions, please DO NOT call the cafeteria, e-mail Brad Babson at bbabson@brunscos.net.

Thanks in advance for your cooperation!

