



BRUNSWICK COUNTY EMPLOYEE EDITION

Your Resource for Recent Happenings

Employee Newsletter
2009 Series, November Issue

A Message From Our County Manager, Marty Lawing:

The end of the calendar year brings some very special holidays and the opportunity to share special times with friends and loved ones. I hope that everyone had a happy and safe Thanksgiving and that the Christmas season will bring you much joy.



Calendar year 2009 has passed quickly, but Brunswick County Government and its dedicated elected officials and employees have accomplished much in the face of the recession that has placed a stronghold on the economy for the better part of the last two years. With a significantly reduced budget, County services have remained at consistently high levels. Thanks to department heads and employees finding ways to operate more efficiently, we have been able to avoid service and program reductions that would have directly impacted our residents. We have also seen the completion of some very important capital projects with the completion of the Department of Social Services Annex and Cafeteria Expansion, the new Southport Senior/Community Center and the opening of two new schools in August. Significant progress has been made on the West Regional Wastewater Plant Expansion and the Utilities Operations Center.

Economists say that the recession is over and that economic recovery has begun. Quite frankly, we cannot point to many factors at the County level indicative of recovery yet, but we will approach 2010 with confidence and optimism that Brunswick County and our residents will begin to see positive signs of recovery through increased employment opportunities, and increases in construction and tourism growth.

The people of Brunswick County have much to be thankful for during this holiday season. In closing, I want to urge you to continue to provide exceptional customer service and to be a difference maker. As a public servant and Brunswick County staff member, you are leaders and you make history every day. Do everything within your control to make sure that history reflects well on you and Brunswick County. I urge everyone to finish the remainder of 2009 strong and set lofty goals for 2010.

Best Wishes for a Merry Christmas and a Happy and Healthy New Year!

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Brunswick County Mission Statement

The government of Brunswick County, North Carolina exists to promote and sustain a superior quality of life. In partnership with our communities, we pledge to deliver cost effective services in a personal, respectful and innovative manner, to our residents and visitors alike.

Core Values

- Accountability
- Customer Service/Trust
- Dignity/Respect
- Diversity
- Environment
- Integrity is Paramount
- Professionalism
- Safety
- Stewardship of Public Resources
- Teamwork

If you have any ideas, articles to submit or feedback you can e-mail mturrise@brunswickcounty.nc.gov

THE 2ND ANNUAL EMPLOYEE CHRISTMAS LUNCHEON!
Friday, December 18th on the Brunswick County Complex.
There will be food, fun and lots of holiday cheer!
Look for more details in the coming weeks!

EMPLOYEE CREDIT UNION

As mentioned in the Open Enrollment meetings in November, the Credit Union offers a Mortgage Assistance Program designed to provide options for members to stay in their homes. The program offers members an opportunity to meet in person with a senior officer of SECU to develop an individualized financial plan and investigate opportunities which may allow a member to stay in his/her home. In addition, the Credit Union offers a free tax filing ser-

vice to those members that meet certain eligibility. Becoming a member is easy! You have convenient access to low interest rates on loans, high returns on deposits, very low fees and free financial planning. Your family is also welcome to join once you've become a member. For more information on these or any other services provided you can visit www.ncsecu.org or the call center at (888) 732-8562 for the State Employee Credit Union. You can visit www.lgfcu.org or

call (888) 732.8562 for the Local Government Federal Credit Union. The SECU and LGFCU have a relationship to allow members access to one of the largest networks in the state.

Area Branch Locations:

- Leland**—(910) 371-5434
1109 New Pointe Blvd. Ste 1
- Shallotte**—(910) 754-5140
2375 Ocean Hwy W.
- Southport**—(910) 454-0515
4956-9 Long Beach Rd., SE



GET HEALTHY GET FIT 2009!

The County Wellness Program is encouraging all staff to go to a web site dedicated to helping people maintain their weight during the holiday season. The challenge started on November 23rd so sign up as soon as possible... The goal is to not gain any weight during the holidays...

Sign up now for the fourth annual Eat Smart, Move More...Maintain, don't gain! Holiday Challenge at [www.MyEatSmartMoveMore.com!](http://www.MyEatSmartMoveMore.com)

This year's Challenge will run from November 23 through December 31, 2009. You don't want to miss this great event!

The six-week challenge provides participants with tools, tips and ideas to help them maintain their weight throughout

the holiday season. Each week, participants will receive free weekly emailed newsletters containing tips to manage holiday stress, ideas for fitting in physical activity during the busy season, and resources for cooking quick and easy meals when time is in short supply. A calorie counter, food log and activity log are also available for download to help people track their progress.

All of the promotional items you need to get ready for the Holiday Challenge (including customizable advertisements, articles and a Holiday Challenge guide) are available online at www.EatSmartMoveMoreNC.com (click on News!).

In 2008 over 5,400 people from all 100 North Carolina counties and 47 other states took part in the Challenge. At the end of the program, 79 percent reported maintaining their weight.

Join the Holiday Challenge now at [www.MyEatSmartMoveMore.com!](http://www.MyEatSmartMoveMore.com)

If you have questions about the Challenge, contact Brooke Findley, Healthy Weight Communications Specialist at brooke.findley@dhhs.nc.gov or call 919-707-5223.

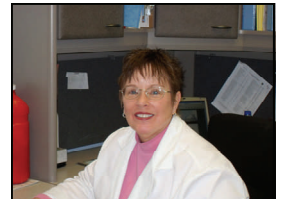


LIVINGWELL HEALTH SOLUTIONS

The LivingWell Clinic celebrated its one year anniversary on November 10th. If you are not a participant please contact LivingWell Health Solutions to schedule your HRA appointment. All Clinic appointments are scheduled through LivingWell Health Solutions by calling **1-866-959-9355**. Eligible Brunswick County employees may visit the LivingWell Clinic free of charge, and do not have to clock out or use any sick time. Please schedule all visits to the Clinic ahead of time to avoid waiting to see the nurse practitioner, Cindy Hasiuk. We want to thank Cindy for providing Brunswick County employees excellent care and customer service during this first year.

The LivingWell Clinic hours of operations are:

Monday – 8am – 4pm (closed 12:00 – 12:30); Tuesday – 8am – 4pm (closed 12:00 – 12:30)
Thursday – 8am – 1pm



BENEFITS CENTER

- ◆ **DON'T FORGET!** - Vacation Leave in excess of 240 hours at year end will be moved to your sick bank and may be used towards Retirement. Also, your petty leave balance will replenish to 14 hours in January 2010.
- ◆ **SPENDING ACCOUNTS**—Employees participating in the Flexible Spending Account with Tucker Administrators are reminded that unused funds must be used by the end of the current plan year (12/31/2009). Remember **"If you don't use it, you lose it."** All 2009 claims must be filed by the end of March 2010 in order to get reimbursed for services provided in 2009.
- ◆ **NC STATE 401(k)** - In 2009 employees may contribute up to \$16,500 or up to \$22,000 if you are over the age of 50. If you wish to maximize your 2009 contributions, you can make a one-time election before the end of the year. Remember all 401(k) contributions are tax deferred. You can contribute as little as \$10 per pay period and increase or decrease this at any time. You can stop by the Human Resources office in the Administration building or contact Prudential directly by calling (866) 627-5267.
- ◆ **HOLIDAYS OBSERVED**—A reminder that the County Offices will be closed in observance of the following holidays:
Christmas: Dec. 24th, 25th and 28th **New Years:** Jan. 1st **Martin Luther King Jr. Birthday:** Jan. 18th
A 2010 Holiday Calendar has been distributed for your reference.

🌿 HAPPY HOLIDAYS TO EVERYONE AND THEIR FAMILIES! 🌿

SPOTLIGHT ON EMPLOYEES!

During the last couple of months there have been several special Milestone Service Anniversaries. They are commended for their continuous service and loyalty to Brunswick County. What a special Achievement!

20 Years:

Barbara Beaube, Family Health
Samuel Babson, Service Center

15 Years:

Jan Clemmons, GIS
Doretha Johnson, Parks & Rec.

10 Years:

Christopher Ward, EMS
Phillip Britt, EMS
Tony Cartrette Jr., Operation Services
Glenn Carpenter Jr., Parks & Rec.
Terry Gibson, DSS Administration
Marlon Long, Tax Administration
James Williams, Animal Control

5 Years:

Kirstie Dixon, Planning
Tamela Jones, Family Health
Beverly Pellom, Family Health
Scott Stout, Water—Field Operations
Angeline Bertsch, Senior Health Program
Brenda Bellamy, Water - Customer Service

During the last couple of months 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!

- ◆ Nicholus Hiatt on September 1, 2009 in EMS
- ◆ Sandra Gibson on September 14, 2009 in Legal
- ◆ Beverly Faircloth on September 16, 2009 in the Detention Center
- ◆ Richard Harrison on September 21, 2009 in MIS
- ◆ Buren Wright on October 2, 2009 in the Sheriff's Dept.
- ◆ Cara Brower on October 12, 2009 in DSS Administration
- ◆ Kimberley Thompson on October 12, 2009 in Solid Waste
- ◆ Randall Milazzo on October 19, 2009 in Central Communications
- ◆ Delia Carter on October 19, 2009 in Operation Services
- ◆ James Branson on November 2, 2009 in the Sheriff's Dept
- ◆ William Wright on November 3, 2009 in the Sheriff's Dept.
- ◆ Christopher Wood on November 5, 2009 in the Detention Center
- ◆ Kevin Dyson on November 7, 2009 in the Detention Center
- ◆ Justin Sasser on November 9, 2009 in the Detention Center
- ◆ Sandra Laughren on November 9, 2009 in DSS Administration

SPECIAL ACHIEVEMENTS!

Heather Heigl, Emergency Management Planner with Brunswick County Emergency Services, received the 2009 Vance E. Kee Award at the North Carolina Emergency Management Fall Conference held this past week in Hickory, NC. This award is presented to the *Local Emergency Management Staff Person* who has demonstrated outstanding achievement in their local Emergency Management program, through promoting Emergency Management among other County and State agencies and elected officials. Pictured with Heather (L-R) Scott Garner, Brunswick County Deputy Director, Doug Hoell, State Emergency Management Director, Rocky Hyder, Past Association President, Heather, Warren Lee, Current Association President and Gerald Rudisill, Chief Deputy Secretary for Crime Control and Public Safety.



The Brunswick Botanical Garden received First Prize in the Third Annual Madeline Collier Landscape Garden Design Competition Category Programs presented at the 2009 North Carolina Master Gardener Conference on October 6, 2009. This award, which included a \$250 cash prize, is sponsored by the North Carolina Master Gardener Volunteer Association and Ms Susan Wyatt of the Wake County Master Gardeners. Since 2004, Brunswick County Master Gardeners have invested over \$40,000 in private funds and over 10,000 volunteer hours in support of the development and maintenance of the garden. In addition, Ms Shirley Wagner-Eisenman, President of the Brunswick County Master Gardener Volunteer Association and Past-President of the North Carolina Master Gardener Volunteer's Association, received the Lifetime Achievement Award for Outstanding Volunteer for 2008 recognizing her sixteen years of dedicated service to the program.



Healthy Holiday Tips!



Family, fun...and FOOD! It's what the holidays are all about, right? But that doesn't mean you have to pack on the holiday pounds. Balance the calories you consume with the calories you burn, and avoid any holiday weight gain.

Take the Extra Calories Out of Cooking!

- ◆ If you're heading out to a party — holiday, birthday or any sort — eat a light, healthy snack before you go. Broth-based soups, cereal with skim milk, or just plain fruit are all good options! This will help curb your hunger and decrease your visits to the buffet table.
- ◆ Modify recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole-milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach for some of the ground meat in lasagna.
- ◆ Bring a low-fat, holiday dish to the party. Need some suggestions? Visit CDC's Healthy Recipes for details.
- ◆ When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.
- ◆ You've tried the leftover turkey sandwich, right? Now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, tomatoes, raw broccoli, carrots, or any of your favorite vegetables. Toss with a light salad dressing and some dried cranberries for an authentic holiday taste

Rethink Your Drink!

- ◆ Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- ◆ For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- ◆ Limit your alcoholic beverage intake. Alcoholic drinks can have many calories, especially holiday favorites like eggnog. Try to drink water or low calorie beverages instead.

Get Active, Healthy, and Happy!

- ◆ Make a goal with a friend to achieve the new Physical Activity Guidelines! Visit CDC's Physical Activity for Everyone for details.
- ◆ Regular physical helps with weight control, reduces the risk for many diseases, and strengthens muscles, bones and joints.
- ◆ Sign up for a 5K walk or run to keep your mind focused on physical activity goals. Maintain your physical activity during the holidays — better yet, try and get *more* active!
- ◆ Find fun, creative ways your friends and family can spend time being active instead of eating.

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Smoking Cessation was the focus for Cigna in the month of November and here are some helpful tips.

Effective January 2, 2010 North Carolina will prohibit smoking in certain public facilities.

How can you help someone quit smoking?

Family and friends are an important source of support and motivation for someone who is trying to quit smoking. Start by asking if it's okay to help, and then ask what you can do. Don't assume. If a person asks for your support, you can help. Quitting Smoking is a perfect New Year's resolution!

- ✦ **Share your smoking history.** It is important to the person trying to quit to know whether you smoke, are an ex-smoker, or have never smoked.
- ✦ **Give the person support.** Let the person know that you're willing to talk or visit anytime he or she wants you to. When the person meets a quit-smoking goal, congratulate him or her. Treat him or her to a movie, or give a small gift.
- ✦ **Help with avoiding triggers.** You can help a smoker avoid triggers that make them want to smoke. For example, if the person always smoked during a coffee break, see if you can call him or her to talk at this time.
- ✦ **Do things together,** such as going to movies or on walks. Activity may help the person think less about smoking and decrease nicotine cravings.
- ✦ **Help someone who relapses.** If the person slips up, let him or her know that it's okay and that you still care. Give credit for whatever length of time (days, weeks, or months) that he or she didn't smoke.
- ✦ **Keep a positive attitude.** Tell the person that it was right to try to quit, and urge him or her to try to quit again. Use positive language, such as "when you try again," not "if you try again."

If you or a loved one is trying to quit smoking, there is a great resource to go to for support at www.quitlinenc.com or (800) QUIT.NOW. Support is an essential part of becoming successful in your choice to quit!

