



BRUNSWICK COUNTY EMPLOYEE EDITION

Your Resource for Recent Happenings

Employee Newsletter
2009 Series, September Issue

A Message From Our County Manager, Marty Lawing:

As the seasonal flu season quickly approaches and the H1N1 flu virus is currently infecting many people, the County would like to provide some basic hygiene and social distancing precautions that can be implemented in every workplace.

Don't spread the flu! **If you are sick with flu-like illness, stay home.** Symptoms of flu include fever (100 degrees Fahrenheit) or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.

Most employees may require frequent close contact between employees or with the general public. If this contact cannot be avoided, try to **simply increase the distance** (within 6 feet) between the employee and the general public in order to avoid contact with large droplets from people talking, coughing or sneezing.

Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.

Avoid touching your nose, mouth, and eyes. Germs spread this way.

Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.

Keep frequently touched common surfaces clean, such as telephones, computer keyboards, doorknobs, etc.

Do not use other workers' phones, desks, offices, or other work tools and equipment. If you need to use a co-worker's phone, desk, or other equipment, clean it first.

Get vaccinated against seasonal flu; our insurance covers the cost.

More information will be provided as the flu season progresses. If you have questions about the flu or would like more information now, please call the health department at 253-2298.

CUSTOMER SERVICE SURVEY

Each employee should receive a Departmental Customer Service Assessment during the week of October 7th. The purpose of this Departmental Customer Service Assessment is to give every employee the opportunity to provide a candid and objective personal assessment of the current level of customer service that exists in their particular department. Your participation is very important, as the results of this survey will be used to develop a customer service training and development program for the County. This customized customer service program will improve service delivery and customer satisfaction, which is a major goal of the Board of Commissioners. Please take a few minutes to complete the survey, place in the envelope provided and hand deliver or interoffice to Andrea White on the 3rd floor of the County Administration Building by 5:00 p.m. on October 21, 2009. **Please DO NOT MAIL envelopes.**

2010 OPEN ENROLLMENT FOR OPTIONAL BENEFITS

Brunswick County offers various optional benefits through Mark III, which include a Flexible Spending Account (FSA) and a Dependent Care Account (DCA) administered by Tucker Administrators, Cancer Plan administered by Assurity, Short Term Disability administered by The Standard and Optional Life Insurance administered by Met-

Life. All employees will be required to attend a group presentation. Open enrollment sessions will be held in November. Look out for a schedule to be posted. If you need to make any changes to your benefits, you will be able to speak to a representative from Mark III at the presentation. Remember you **MUST RE-ELECT** your FSA and/or

DCA. They **WILL NOT** automatically renew. All changes will be effective January 1, 2010. This is the only time of year you are able to make changes to your benefits. Changes outside of the enrollment period will only be allowed if you experience a qualifying event as outlined by the IRS (marriage, divorce, birth of a child, etc.).

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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 mberardo@brunswick.net



GET HEALTHY GET FIT 2009!

The **CIGNA Healthy Rewards®** program can help employees take control of their health and wellness by helping them make smart, preventive health choices. Healthy Rewards offers discounts of up to 60% on a variety of health and wellness products and services.

Fitness

- ◆ Fitness Club Discounts
- ◆ Just Walk 10,000 Steps-a-Day™

Weight Management and Nutrition

- ◆ Healthyroads for Living Weight Management Program
- ◆ Jenny Craig®—New!
- ◆ Weight Watchers®

Vision and Hearing Care

- ◆ Exams, Eyewear and Contacts
- ◆ Lasik Vision Correction
- ◆ Hearing Exams and Aids

Tobacco Cessation

- ◆ Healthyroads for Living
- ◆ Tobacco Cessation Program
- ◆ Tobacco Solutions™
- ◆ Quitnet®

Alternative Medicine

- ◆ Acupuncture
- ◆ Chiropractor
- ◆ Massage

Mind/Body

- ◆ Healthyroads Program
- ◆ Yoga Journal—New!

Dental Care

- ◆ Anti-cavity Products through Epic™

Vitamins, Health and Wellness Products

- ◆ Drugstore.com™
- ◆ Healthyroads (discounts on natural supplements)

Healthy Lifestyle Products

- ◆ Mayo Clinic Books

Magazine Subscriptions

- Yoga Journal
- ◆ Cooking Light

Healthy Rewards can make staying healthy easier and more affordable, with up to 62% off a variety of health and wellness products and services. No referrals. No claim forms. No catch.

If you're enrolled in a CIGNA healthcare plan, you can take advantage of generous discounts from Healthy Rewards. Log on to myCIGNA.com, or call the toll-free number provided on the back of your CIGNA ID card. Remember to show your CIGNA HealthCare ID card or identify yourself as a CIGNA HealthCare member to get your discount.

Healthy Rewards programs are separate from your plan benefits; copayments and coinsurance do not apply. If your CIGNA HealthCare plan includes coverage for any of these services or products, Healthy Rewards discounts are in addition to—not instead of—your plan benefits. Because Healthy Rewards programs are separate from your plan benefits, you must pay the entire discounted charge.

2009 H1N1 FLU (FORMERLY SWINE FLU)

What do I need to know and do?

2009 H1N1 Influenza is a contagious respiratory illness caused by a new strain of influenza virus. In June 2009, H1N1 was declared a pandemic—meaning that it is everywhere in the world.

Flu viruses spread mainly from person to person through coughing or sneezing. Sometimes people may catch the flu by touching something infected and then touching their mouth or nose. A vaccine for the H1N1 flu is expected to be available in fall of 2009.

H1N1 flu symptoms include:

- | | |
|-------------|------------|
| Fever | Cough |
| Sore Throat | Body Aches |
| Chills | Fatigue |
| Diarrhea | Vomiting |
| Runny Nose | Headache |

Are there any medicines to treat the H1N1?

Yes. Your doctor may prescribe antiviral medicines—pills, liquids or inhaler—that fight flu by keeping the flu virus from reproducing in your body. They can make your illness milder, make you feel better faster and also prevent serious flu complications. Antiviral drugs work best if started soon after getting sick, usually within two days of developing symptoms.

Tips to Prevent the Flu

- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ If you get sick with the flu, stay home from work or school and limit contact with others to keep from making them sick.
- ◆ Get the recommended seasonal flu vaccine when it becomes available.
- ◆ Get the recommended H1N1 vaccine when it becomes available.

For more information, visit www.flu.nc.gov or Call N.C. CARE-LINE—(800) 662-7030



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!

25 Years:

Robert Frink, DSS Administration

15 Years:

Carietta Randolph, Operation Services
Jeffrey Rabon, NW Water Treatment Plant
Barry Smith, Water- Field Operations
Pauline Benton, Central Permitting
Diana Setaro, DSS Administration
Jeffrey Phillips, Engineering

5 Years:

Regina Todd, Family Health
Miqueul Keur, Central Permitting
Katie Page, Library
Kelly James, Library
Roxie Rodriguez, Operation Services
Cory Sumner, Engineering
Mary Jordan, Library
Charles Murray, Detention Center

20 Years:

James Smith, 211 Water Treatment Plant
Shirley Waddell, Register of Deeds
Pamela Cheers, Public Housing

10 Years:

Deborah Maxwell, Family Health
Helen Bunch, Planning
Stephanie Lewis, Operation Services
Kathy Wright, DSS Administration
Bobbie Johnson, Environmental Health
Eddrena McAfee, Detention Center
Tanya Simpson, Finance
Vernon Thompson, MIS

Brian Chism, Sheriff's Dept.
Ellen Shingleton, DSS Administration
Kristy Smith, DSS Administration
Chanel Wall, DSS Administration
Jeffrey Williams, Detention Center
Eileen Gardner, County Administration
Raymond Vippperman, Jr., EMS

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!

- ◆ Bonnie Keyes on July 2, 2009 in Sheriff Dept.
- ◆ Benny Lee on July 22, 2009 in Parks & Rec.
- ◆ Tammie Pierce on July 27, 2009 in the Superior Judge Office
- ◆ Susan Stanley on August 3, 2009 in Family Health
- ◆ Laura Kennedy on August 9, 2009 in EMS
- ◆ Dustin Riddle on August 10, 2009 in the Detention Center
- ◆ Jeffrey Leonard on August 10, 2009 in SW Wastewater
- ◆ Nicole Dean on August 10, 2009 in Teen Court
- ◆ Michael Farrell on August 12, 2009 in the Sheriff's Dept.
- ◆ Gary Woodard on August 17, 2009 in the Sheriff's Dept.
- ◆ Pearle Marlowe on August 24, 2009 in DSS Administration
- ◆ Beth Bresseur on August 25, 2009 in DSS Administration
- ◆ Bryan Isenhour on August 27, 2009 in Parks & Rec.
- ◆ Holly Locklear on August 27, 2009 in the Detention Center
- ◆ Marshall Broadway on August 27, 2009 in Park & Rec.
- ◆ Robbin Hankins on August 27 in Parks & Rec.
- ◆ Roy Moore on August 27, 2009 in Parks & Rec.
- ◆ Timothy Spell on August 27, 2009 in Parks & Rec.
- ◆ Tyler Manring on August 27, 2009 in Parks & Rec.
- ◆ Roy Murray on August 28, 2009 in Sheriff's Dept
- ◆ Keith Cain on August 31, 2009 in Sheriff's Dept.
- ◆ Brooks Schomp on Sept. 1, 2009 in EMS
- ◆ Jim Edge on Sept. 1, 2009 in EMS
- ◆ Kristen Welker on Sept.1, 2009 in EMS
- ◆ Michael Sanders on Sept. 1, 2009 in EMS
- ◆ Michael Fox on Sept.1, 2009 in EMS
- ◆ Nicholas Todd on Sept. 1, 2009 in EMS
- ◆ Richard Herring on Sept. 1, 2009 in Sheriff's Dept.
- ◆ William McGuire on Sept. 1, 2009 in Emerg Mgmt
- ◆ Richard Thorsen on Sept. 5, 2009 in Parks & Rec.
- ◆ Ana Santiago on Sept. 6, 2009 in EMS
- ◆ Carrie Menke on Sept. 8, 2009 in Superior Judge Office
- ◆ Joy Easley on Sept. 8, 2009 WTD DV Court

Let's recognize our Brunswick County employees on their remarkable accomplishments!

- ◆ **Huey Marshall**, County Attorney, was selected as Outstanding County Attorney of 2009! The North Carolina Association of County Commissioners honored Huey on August 28th in the Hickory Convention Center in Catawba County. Congratulations!!
- ◆ Congratulations to the **Weight Watchers** members for losing a total of 292 pounds in 17 weeks! They should be very proud of themselves... I know that we are!

SPECIAL ACHIEVEMENTS!

The Brunswick County Parks & Recreation held the 2009 Brunswick County Employee Golf League from April 17th – July 17th. The League is open to all Brunswick County Employees and has three divisions for every skill level. 2009 saw 29 employees register

to play in the after work 9-hole league. Seven courses were scheduled in 2009 with each course being played twice.

In 2009 the league was set up on a point system with the department with the most points winning the Inaugural BrunSCO Cup. Public Utilities won the 2009 BrunSCO Cup with a total of 1990 points. Administration was second with 1320 points and Parks &

Recreation was third with 1030 points.

2009 Individual Winners:

A Division

Barry Guise	Public Utilities	570 Points
Jim Pryor	Parks & Recreation	270 Points
Freddie Greiner	Public Utilities	200 Points

B Division

Scott Wells	Public Utilities	530 Points
David Rourk	Public Utilities	470 Points
Sharon Bowman	Tax Department	460 Points

C Division

Brian Moore	Parks & Recreation	500 Points
Brigit Flora	Engineering	430 Points
Jenn Stoneham	Parks & Recreation	190 Points

Jayne Mathews from EMT had a Hole-In-One on #4 at Brick Landing on April 17, 2009!

Golfers played the following courses twice during the 2009 season:

Brick Landing Golf Course - April 17th & July 17th

Lockwood Folly Golf Links - April 24th & June 5th

Magnolia Greens Golf Course - April 28th & May 18th

Brierwood Golf Course - June 18th & July 9th

Meadowlands Golf Course - May 8th & May 29th

Oak Island Golf Course - May 11th & June 29th

The Lakes Golf Course - June 8th & June 22nd

For more information, call Brian Moore or Aaron Perkins at 253-2670 or e-mail at bmoore@brunSCO.net/
aperkins@brunSCO.net

The National Association of Counties has awarded Brunswick County and the Brunswick County Volunteer Center a 2009 Achievement Award for the program "Computers for Kids". They have also awarded special recognition for "Best in Category" in the Children and Youth Category for 2009 to this program. This additional recognition was initiated to highlight the most outstanding county model programs submitted to the awards competition. Only twenty of these "Best of Category" awards were conferred. The award was presented at the 13th Annual awards ceremony during NACo's Annual Conference in Nashville, Tennessee.



The Computer For Kids project is a initiative of the Brunswick County Volunteer Center with collaboration from various county departments, the county school system, Brunswick Community College and of course, community volunteers. Volunteers fix used computers so that they are in good working order and the computers are given to Brunswick County high school and middle school students to take home and use. Most of the used computers are donated from county government. The students are chosen by the school administration and the project is located in space donated by Brunswick Community College. Volunteers do all the work. This project is a great example of various groups working together for an excellent cause. Over 400 computers have gone to students over three years.

The Volunteer Center would like to thank everyone who has contributed to making this project a success, especially all the volunteers, and employees from the various departments involved. Special thanks to Scott Keur from MIS and Jerry Thrift from Brunswick Community College.



The North Carolina Association of County Commissioners presented Brunswick County with a Certificate of Achievement "For Best Overall Generic Prescription Utilization in a Group Benefits Pool for 2008-09". The Brunswick County health insurance plan offers generic prescription drugs at no cost to employees, so it is great to see that our employees are taking advantage of this significant benefit.

