



# Employee Newsletter

FEBRUARY 2012

## EMPLOYEE NEWS

Congratulations to Allen Peacock, Inspector in the Planning Office. He and his wife Misty welcomed their new son Ayden Joshua on Jan. 17th.

Employees who owe back taxes will see garnishments start in their next pay check.

Flu shots are still available at the Health Department for free. Call 641-7511.

Be sure to lock your doors when leaving your office and especially when you leave for the day. If you open the building outside of normal hours be sure to lock it when you leave.

You can wear jeans on Fridays as a fundraiser for Relay for Life. \$3 per Fri or \$10 for the month. Ends May 25th. Contact Gloria Lyndaker, Ola Pittman or Melissa Phillips to purchase a sticker(s).

The next CPR/First Aid Class will be Feb 21st

You can order your meds in the mail and save money on co-pays. When you order through mail, a 3 month supply will cost you only 2 months of co-pay. For more info or to sign up, go to [www.caremark.com](http://www.caremark.com) and click on "order prescriptions".



## From the County Manager

We recently have noticed in the reports from our insurance provider that our worker's compensation claims have increased over the last twelve months. Of course that becomes a budgetary concern because the more claims, the higher the cost for that insurance. But more importantly, it is a concern when any of us experience injuries from accidents at the workplace. Your health and safety is very important.

Of course we may not be able to totally avoid accidents and injuries here at work, but there are steps we can take to minimize them. One very important step is to report all accidents to your supervisor, whether you are injured or not. The importance of reporting the accident is not just for record-keeping or insurance reports sake. Steps will be taken to investigate the incident, identify the cause or mitigating factors, and to address those so as to prevent accidents in the future.

### Dates to Remember

- Commissioners' Meeting Feb 6th at 7:00 PM
- Dept Head Meeting Feb 8th at 8:30 AM
- Valentines Day Feb 14th (friendly reminder for the guys)
- Dept Head Meeting Feb 25rd at 8:30 AM

I and our management team including your director and supervisors will do everything we possibly can to provide a safe work environment for you. If you become aware of any conditions that you feel jeopardize your safety and others, please notify your supervisor immediately.

There is a level of personal responsibility expected of you as an employee to follow safe work practices. So always be very aware of your space, your work practices, and actions that you can take that could compromise your own or others' safety. In the course of our work, and the longer we do it, our tasks become more routine. That is when we tend to fall into work habits that are unsafe.

Just remember, working safely begins with thinking safety.

*Lorenzo Carmon*



## Edgecombe's African-American Heritage



February is observed nationally as Black History Month. Officially beginning in 1976, the month is set aside to recognize the importance of African-American history and culture as a part of the overall fabric of our nation.

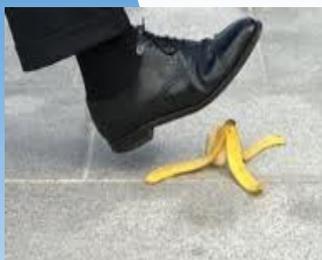
Certainly Edgecombe County has its own rich African-American heritage that stands as one of our assets, not only in the state but the nation. Just to highlight some of that history, see how well you do in answering some Edgecombe Black History Month trivia.

### Black History Month Trivia

- 1) What is the oldest town charter by freed slaves in America?
- 2) What jazz legend was born in Rocky Mount?
- 3) In what city did Martin Luther King give an early version of his "I Have a Dream Speech" before he more notably delivered it in Washington DC?
- 4) Who was the African-American doctor who started a clinic in 1947 for African-Americans, the building which still stands in Tarboro?
- 5) Who was the Rocky Mount native who played baseball in the Negro League and inducted into the baseball hall of fame?
- 6) Who was the African-American US Congressman from Edgecombe Co. who served from 1897-1901? (hint: there is a picture of him in the Tarboro post office.)

*The Answers will be posted on the County website under Employee Downloads and links*

## WHAT SEEMS ACCIDENTAL IS REALLY PREVENTABLE



The US Department of Labor's Office of Risk Management reported that of all injuries reported by covered agencies, the largest percentage of accidents (26%) are caused by slips, trips and falls. We have found that among the workers compensation claims filed from Edgecombe County employees, a large number of them are accounted for the same reason.

In a recent presentation by Mr. Gerald Honeyblue from the NC Association of County Commissioners, department heads learned that most accidents are preventable, especially from happening a second time, if we simply take the time to look at our work environment to identify and mediate conditions that can cause an accident. Factors that often contribute to slips, trips and falls that can be controlled include: housekeeping, wet/slippery surfaces, obstacles in walkways, lighting, footwear, and individual behavior (rushing for example).

Remember that an accident,

even if there is no injury, must be reported to your supervisor. The report is used to identify the causes of an accident so that preventive measures can be taken. Statistical models show that for every 645 accidents, 1 will result in serious injury. So only investigating the 1 will leave 644 other opportunities to correct a problem before a serious injury occurs.

If you have questions about how and when to report an accident, talk to your supervisor. Always be on the lookout for factors that you can change to keep you and your coworkers safe.

## What are You Eating?

Good nutrition lays the foundation for good health. Choosing primarily unrefined, plant-based, low-calorie, low-saturated fat foods can greatly decrease the risk of heart disease, diabetes, and many cancers. The Health Assessment conducted on county employees showed that 79% are at increased risk with 6+ nutritional risk factors and 47% are at high risk with 10+ nutritional risk factors. To learn more about USDA's new dietary guidelines, and other helpful information, go to [www.choosemyplate.com](http://www.choosemyplate.com)



## Like Filing Your Taxes Online?

Simply log in to MemberConnect at [www.lgfcu.org](http://www.lgfcu.org) to access TurboTax and receive a 15% discount on online tax preparation!

Electronic filing is easy, and you typically receive your refund in less than two weeks. You can even have your refund conveniently deposited into one of your LGFCU accounts.

Let LGFCU help you make tax season simpler and more affordable!