

Edgecombe County Department of Social Services

January 2008

Diane Johnson -Editor



A Message from our Director

Happy New Year!

2008 is here and you know what that means. We say it every year. I vow to stop smoking, lose weight and exercise regularly, stick to a budget/save money, become more organized, spend quality time with family, eat healthier, work harder, and _____ (fill in your own resolution). Some people vow to not make a New Year's resolution because they feel it's a waste of time. Most of us start the year off with good intentions but soon start slipping back into our old habits. We must remember to set realistic resolutions and to starve our bad habits and feed the good habits. Remember that every new day brings new opportunities, not just January 1. As an agency our New Year's Resolution should be to serve our clients **promptly** and **professionally**. I sincerely hope that all your resolutions come true. Thanks for all of your hard work and dedication during the past year.

"The most certain way to succeed is to always try one more time".

- Thomas Edison

ANNIVERSARIES AND BIRTHDAYS FOR JANUARY ARE NOT AVAILABLE AT THIS TIME.

January Service Anniversaries

January Birthdays

Employee	Unit	Yrs		Day	Employee	Unit/Area

Congratulations to our new Employees

Christina Cherry, began work as an IMC II in the Medicaid Unit in Rocky Mount.
Yvonne Cotton, began work as an IMC II in the Medicaid Unit in Tarboro.

Congratulations on your Promotion/Transfer

Jewel Gray transferred from the Medicaid Unit, Tarboro, to Children Services Unit, Tarboro.
Katherine Randolph transferred from Medicaid Unit, Rocky Mount, to Work First Unit, Tarboro.

Who They Are & What They Do

Human Resources

The primary source of referral for vacancies, when recruiting outside of the agency is the Employment Security Commission. Interested persons are referred to their local Employment Security Commission – Job Service Office. Vacancies are periodically advertised in our local and out-of-town newspapers. Other sources of recruitment include county departments, surrounding agencies, universities, local colleges and temporary agency. Currently the agency has a total of 170 positions. The agency has various positions with specific requirements for education and experience. For more information regarding recruitment or information on a posted position, just call our Personnel Officer Betty Battle at 641-7690.

Work First

Work First recognizes that broad-based community involvement is essential in helping families become successful. Working collaboratively with local businesses, community groups, non-profits, faith-based organizations, Community Colleges and various organizations is one of Work First most effective means of increasing family self-sufficiency. In order to assist families with self sufficiency, it is important for each organization to combine resources.

The Rocky Mount Area and Tarboro/Edgecombe County Chambers of Commerce are two of those organizations Work First has successfully partnered and collaborated with. Through contractual services, the two chambers serve as liaisons to the business community, as job developers. They also market the Work First Program to local businesses, employers and other non partnering agencies. The marketing is done to survey and gauge the business community interest in possibly being a partner or possibly providing some assistance to the Work First participants. The two chambers promote hiring and gaining commitments for customers with private employers

Families are referred to job readiness classes, to prepare them for the workforce, Community College, VR, OIC, Work Force Development, Health Department, ESC and other shelter workshops for short-term skills training and adult basis education classes. Partnering with Work Central Job Retention and Career Advancement Center Work First Families can focus on career development and advancement.

Work Central utilizes its regional electronic job retention center to follow-up with families who are seeking employment, employed and those who have gained employment, to provide a vast array of support services, including job counseling, job seeking skills, financial management and planning, promoting career advancement, assets building and other services necessary to ensure success. Work Central also provides tax consultation and preparation. Their primary goal is to assist employers in receiving tax credits for recently hired low-income employees through federal and state incentives and assist working low-income families in receiving earn income tax credits. This helps to generate more income for the Work First Participants, in return helping them to become self-sufficient.

One of Work First newest community partners is WEST. As the tele-communication service's industry leader, West offered our Work First participants, cutting-edge professional career opportunities. When potential employees join West, they are rewarded with not only a competitive compensation and benefits package, but ample opportunity to rise as far and as fast as their talents and commitments will take them. West believes in promoting from within; therefore, encouraging our participants to excel in their careers. The possibilities are endless. This enables our participants to become self sufficient, puts money back into the economy of Edgecombe County and provide resources for people to support their families.

Eight New Year's Tips for Working Comfortable at Your Computer



The following 8 tips are designed to help you set up your workstation correctly to increase your comfort, health, and safety while at work.

1. Adjust the height of your chair until your forearms are parallel to your key board when typing, and your wrists are in a neutral position.
2. Ensure your eyes are at the same height as the top of your computer screen.
3. Ensure your thighs are parallel to the floor and that your feet rest firmly on the ground or on a footrest.
4. Locate your keyboard and mouse close to you to prevent stretching to reach these items.
5. Leave a space in front of the keyboard for you to rest your hands when you are not using the keyboard.
6. Position the screen and keyboard in the best position for your task. This may be directly in front of you or slightly to one side.
7. Make sure the seat base of your chair is short enough to enable you to make contact with the backrest. Adjust the backrest height to provide adequate support for your back and ensure you make full use of the back seat at all times.
8. Ensure you take breaks from your computer every 45 minutes and regularly refocus your eyes by looking at a distant object.

Eight New Year's Resolutions for the office

1. Report to work on time
2. Respect co-workers
3. Limit lunch to one hour
4. Limit breaks to 15 minutes
5. Complete assigned tasks
6. Manage time more effectively
7. Become more organized
8. Limit personal telephone calls

Eight Ways to Deal with Worries in 2008

1. **Use Common Sense.** Is worry going to help you even one bit? On the contrary, worrying about the situation will only make things worse. So don't worry.
2. **Take a few deep breaths.** When anxiety hits you your breathing becomes shallow and irregular. You'll be amazed how breathing in deeply and calmly will restore your peace of mind.
3. **Don't touch that cup of coffee.** Too much caffeine over stimulates the nerves. Go for juices or herbal tea.
4. **Think of the ocean.** Strange as this piece of advice may sound, when you think of something vast and limitless your mind becomes relaxed.
5. **Throw out worries.** Make a special "worry-box" for your long-term worries. Write down your worries and drop them in the box and don't think about them for two weeks. At the end of two weeks collect all your worries. To your surprise you'll find that most, if not all of them will have disappeared.
6. **Structure your days.** You can have a sense of direction if early in the morning you write down your goals for the day. Start working on them one by one. Don't feel upset if you cannot finish all of them.
7. **Don't feel Indispensable.** There is often too much self-styled responsibility in our lives. The moment we can sincerely feel that we are not indispensable, we will not have to go anywhere to get peace, for peace will immediately come to us.
8. **Mediate.** This is the best piece of advice if you really want to throw worry out of your life once and for all. Regular mediation can transform your anxiety into peace of mind and it will never come back to taunt you again.

Agency News



Kimberly Dozier, Work First/Day Care Unit in Tarboro, is the proud mother of a *brand new* baby boy. Elijah Mason Dozier was born on December 29, 2007, weighing in at 7 pounds 13 ounces. Mom and baby are doing well. Congratulations Kim!

The Rocky Mount Child Support Unit would like to welcome **Sylvia Hinton** back to the Rocky Mount office. We missed her!!

Gloria Applewhite, Food & Nutrition Unit in Tarboro, spent her holiday with her daughters (Carolyn and Yvette) and grandchildren in Cocoa Beach, Florida. It was a vacation well deserved and she enjoyed every minute.

The Food & Nutrition Unit in Tarboro is looking forward to **Linda Jackson** returning to work and they're hoping it will be very soon. Linda is out on medical leave.

Clifton Hickman and his family recently returned from a fun-filled and blessed 9 day trip. He started his trip by traveling to Winston Salem on Christmas Day to celebrate the birthday of his twin grandsons (2 years old.) and his wife's grandmother (85 yrs). They left Winston-Salem on the 26th and spent two days in Savannah, Georgia, then traveled to Tampa, Florida and spent one day with his brother. They then traveled to Orlando, Florida, spending 4 days there enjoying the surrounding entertainment. His wife, mother, daughter, and three grandsons had a wonderful time. Whew!

A **special thanks** to **Lee Barnes, Bobby Heath, Clifton Hickman, John Jones (JJ), Henry Mercer, William Staton, and Herb Tillery** for their assistance in unloading a vast amount of toys that were delivered by the US Marine Corps Reserve for the Toys for Tots program.

Calmonie Reese Hines, son of **Nanette Casper**, Children Services Unit in Tarboro, recently celebrated his 1st birthday on January 11, 2008. The birthday boy was treated to cupcakes and ice cream at his daycare (Divine Beginners Daycare). Another party with a Winnie the Pooh theme was held with Calmonie's immediate family on January 12, 2008. It was just one year ago that Nanette had her interview on January 10, 2007 for her position with Children Services while she was due to have her little bundle of joy that day. Thanks Calmonie for waiting one more day to make your grand appearance.

On behalf of the DSS Agency, our sympathy is extended to **Sandra Jones**, Tarboro Receptionist, and **Betty Battle**, Personnel Officer, on the loss of their loved one.

Virginia Ewuell, Lead Worker in the Tarboro Medicaid Unit, retired on January 31, 2008, with 33 years of service.

Your Worth

A well-known speaker started off his seminar by: Holding up a \$100.00 bill.

He asked, 'Who would like this \$100 bill?'

Hands started going up. He said, 'I'm going to give this \$100 to one of you but first, let me do this.'

He crumbled up the \$100 dollar bill and asked, 'Who still wants it?' Still the hands were up in the air. He dropped it on the floor and started to grind it into the floor with his shoe.

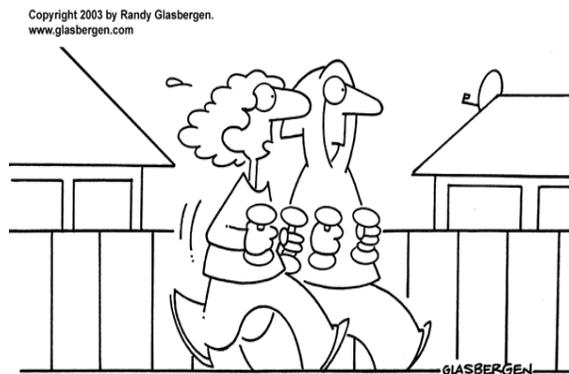
The \$100 was now crumpled and dirty. Now, who wants it?' Still the hands went into the air. My friends, we have all learned a very valuable lesson.

No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$100. Many times in our lives we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who love you.

The worth of our lives comes not in what we do or who we know, but by WHO WE ARE and HOW WE ARE.

Just for Laughs



"My doctor says I can lose weight if I just eliminate two things from my diet: food and drink."

All it takes is a Click of the  to visit DSS' webpage. From the County's Homepage click on Departments, scroll down, and choose Social Services.

<http://www.edgecombecountync.gov/>

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