

Employee Newsletter

Edgecombe County
March 2011



Dates to Remember

- 3/7 Commissioners' Meeting 7:00
- 3/9 Dept Head Meeting 8:30
- 3/13 Daylight Savings Time Begins
- 3/17 St. Patrick's Day
- 3/20 First Day of Spring
- 3/23 CPR/First Aid Training for Dept Heads

From the County Manager

We have just about made it through the winter. It has been a tough one with extremely cold temperatures and a few bouts with winter storms. I am thankful that we were able to minimize the disruption to our work schedule and services to citizens.

As we are now in that seasonal transition period, I ask that you be patient and understanding when it comes to the temperature in your offices.



As you can imagine, with having temperature swings up to 10 and 20 degrees from one day to the next, it is difficult for our heating and air systems to keep up with that. Some of our buildings have newer systems that switch automatically, while others have to be done

manually. Not to mention, all of us have varying temperatures at which we feel comfortable. So do all you can to adapt and accommodate to your own likings before you call maintenance.

I also would like to enlist your help on another matter. The County has a number of boards and commissions that serve various functions. They range from the Planning Board to the Board of Health; from the Tourism Development Advisory Council to the Human Relations Commission. The Board of Commissioners appoint citizens to serve on these boards and commissions, but sometimes they have a hard time finding interested or qualified candidates to consider. So, if you know someone who may be interested to serve the county in this capacity, have them to go to our Commissioners page on our website and download the Boards and Commissions Application form. If they have questions, they can call Carolyn Hedgepeth at 641-7832. Thanks for your help.

Staff News

Congratulations to Josh and Lauren Edmondson who welcomed their son Sawyer Lang Edmondson into the world on Feb. 10th. - From Ola Pittman, Planning Director

CPR/First Aid classes for Dept Heads
March 23rd, 8:30 at ECC.

Wear Jeans on Friday for \$3 or \$10 for the month to raise \$ for Relay. See Gloria Lyndaker to purchase your stickers.

2008 Annual Retirement Statements

The NC Retirement System is preparing to generate 2010 Annual Benefits for active employees who contributed to their retirement system account as of Dec. 31. In preparation for the new statement, 2008 statements will only be available in personal ORBIT accounts until March 31, 2011. The 2008 statement will be permanently removed from ORBIT after this date and will not be retained by the Retirement System Division. It is important for members to be aware of this deadline. Please view, download or print your 2008 statement if you have not done so. 2010 statements are schedules for posting by the end of May 2011.
www.nctreasurer.com/dsthome/RetirementSystems



Diabetes

Diabetes is a disease that affects every part of the body. More than 25 million people in the United States are living with some form of diabetes. 7.9 million US citizens are currently living with "pre-diabetes". That is a fairly new term that signifies people with higher than normal blood sugar, but not past the threshold of diabetic levels. Another estimated 7 million people are undiagnosed. It affects a staggering number of our population. There are 3 main types of Diabetes: Type 1, Type 2, and Gestational.

Type 1 diabetes, sometimes referred to as juvenile diabetes, is diagnosed when the body does not produce insulin. Insulin is needed to convert sugars and starches into energy that your body can use. Generally, the treatment is keeping an eye on insulin levels and taking an insulin shot when needed.

Type 2 diabetes, the most common form of diabetes, is diagnosed when the body does not produce enough insulin or the cells in your body ignore

the insulin. Type 2 diabetes is generally combated with lifestyle changes such as proper diet and exercise. Additional treatment options may be recommended by your physician.



Gestational diabetes is diagnosed when a pregnant woman is found to have high blood sugar levels during pregnancy. It is unrelated to blood sugar levels prior to and post pregnancy. Gestational diabetes only affects a woman when she's pregnant. The doctor generally prescribes a specific diet and some physical activity.

The fight against diabetes begins with you. Strive to eat a healthy diet and get plenty of exercise. If you are currently living with diabetes, please adhere to the advice of your healthcare provider while you are being treated.

From Derrick Haskins, Health Promotion Coordination

Get to Know

Your Commissioners

Vice-Chairman Charlie Harrell has served on the Board of Commissioners for 21 years, with 12 of those as Chairman. He has been employed at Edgecombe Community College for an amazing 39 years. He currently serves as the Vice President of Administrative Services. Mr. Harrell is married to Mrs. JoAnne Harrell, and they have 2 sons and 3 grandchildren.

Commissioner Harrell would like to thank all employees for your hard work and dedication. He wants you to know that he realizes that the county is not able to compensate you as much as you may deserve, but he is committed to supporting you in any way that he can.



We were seeing Red for Women !

Thanks to all those who wore Red to raise awareness for the effects of cardiovascular disease on women. CVD, which includes coronary heart disease, stroke and other CVD's, accounts for 37% of all female deaths. It ranks first among all disease categories in hospital discharges for women. Visit the American Heart Association at www.heart.org to learn more and live longer.



Relay for Life T-Shirt Design Contest

The Edgecombe County Relay for Life Admin. team is holding a t-shirt/theme design contest for the Relay team. The contest will begin Tuesday March 1st and run through Friday March 18th. All entries are \$1 and there is no limit on the amount of entries a person submit. All entries should be turned into Michael Matthews – Water Department, Ola Pittman – Planning and Inspections, Gloria Lynamaker – Tax Collections, or Melissa Phillips – Tax Assessors Office by 3pm Friday March 18th. Entries will be narrowed down (depending on amount of entries). Once entries are narrowed down, an email will be sent out and all county employees will have a chance to vote on which entry they like best. The winner will receive a \$20 gift certificate to a local restaurant. If you have any questions please contact one of the above mentioned people. Also, If you would like to donate items for the silent auction, please take them to the Planning office.

