

Employee Newsletter

Edgecombe County
March 2012



Dates to Remember

- 3/5 Commissioners' Meeting 7:00
- 3/7 Dept Head Meeting 8:30
- 3/11 Daylight Savings Time Begins
- 3/17 St. Patrick's Day
- 3/20 First Day of Spring
- 3/20 CPR/First Aid Training

From the County Manager

We have just about made it through the winter. Weather-wise, it has been a relatively mild one with fairly warm temperatures and not much in the way of snow and ice. For us that has meant little disruption to county services. I am glad about that and glad to be transitioning into spring weather.



It is also a season of transition for us in other ways. Most of the renovations to county buildings has been completed. The work on the 3rd and 4th floor of Count Admin Building is done and now those departments are settling into their new homes. The Board of Elections and Environmental Health are now on the 4th floor, and the Register of Deeds office is now on the 3rd floor. Of course the biggest move will be DSS and Health to their newly renovated space downtown. So, we're not quite there yet, but we closer than before. As we do approach the completion of the moves, its important for those staff moving into new spaces to be very mindful of your parking. This will be a transition for our citizens as well. We want to provide convenience and ease of access for clients, so please be sure to park only where staff is designated to park. I know it's natural to want to park as close as you can, but we need to provide adequate parking for customers that we serve. To do so, we will have to work cooperatively with business owners in the downtown areas and patrons visiting other businesses. Together, we can make this move a positive impact for everyone involved.

Thanks for your cooperation.

Staff News

The next CPR/First Aid class is scheduled for March 20th, 8:30 at ECC. Contact George Cherry at 641-641-7806 to register.

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

If you bank with PNC, formerly RBC, be sure to fill out a Direct Deposit Authorization Agreement form with your new account number and get it to Carolyn Hedgepeth so that your direct deposit won't be interrupted. You can find the form under [Employee Information and Downloads](#) on our website.

Donated items are needed for the Relay for Life Silent Auction. The auction will be April 26th and 27th, so start bringing your items now. You make take them to the Planning Office, 2nd Floor Admin Building.

Free Flu Shots are still available at the Health Department.

Quote of the Month

"Procrastination is not only the thief of time, it is also the grave of opportunity."



Osteoporosis

Osteoporosis affects 44 million Americans and is a major cause of fractures and high healthcare costs. Among Edgecombe County employees, 57% have 2 or more risk factors for osteoporosis. So, what is osteoporosis?

It is a condition that causes the weakening of bones, and is also known as brittle bone disease. Bones, like other tissues in the body, are living structures that are constantly changing. New bone is made and old bone is taken away. Osteoporosis develops when the pace of new bone formation cannot keep up with the loss of old bone. This typically occurs more as people age. That, added with diminished agility and balance, the elderly are particularly susceptible to sustaining fractures that are very difficult for them to recover from.



What are the risk factors? There are some risk factors that are beyond a person's control like race, gender, age, and family history. White females over the age of 65 have a higher rate of osteoporosis than other demographic categories. There are however, some factors that can be controlled including smoking, excessive alcohol consumption, poor diet, inadequate calcium and vitamin D intake, and sedentary lifestyle.

If you are concerned about osteoporosis and especially if you have some of the risk factors, discuss it with your doctor.

Get to Know

Your Commissioners

Commissioner Evelyn Powell is serving her 4th year on the Board of Commissioners. She is self-employed and has been running her own daycare for 27 years. She is a very busy person with serving her community in a number of capacities including: Chairperson of the Edgecombe Human Relations Commission; Board member of the Perry-Westin Institute; Transportation Advisory Council; Council on Aging; and Tourism Development Advisory Council. She also proudly serves as a Guardian ad Litem and is a member of the Tau Gamma Delta sorority. Mrs. Powell is married to James Powell, Sr, and they have 3 children, Melanie, James Jr., and Elisha. She also has 5 grandchildren.

Commissioner Powell would like to thank all employees for your dedication to serving the citizens of Edgecombe County. She wants you to know that she is committed to supporting you in any way that she can.



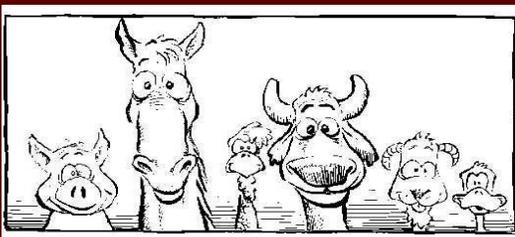
Don't Miss the 4-H Livestock Extravaganza!

Friday March 16th, 6:00 - 9:00 PM
at the

East Carolina Ag. & Education Center
1175 Kingsboro Road

Tickets: \$10 Adults; \$5 4-H members and <12

For more information call (252) 641-7827



Happy St. Patrick's Day!

St. Patrick's Day is celebrated on March 17th, the saint's religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast..mainly on the traditional meal of Irish bacon and cabbage. (excerpt from history.com)

Fun Facts on St. Pat:

- The first St. Patrick's day parade was not in Ireland. It was in Boston in 1737.
- St. Patrick was actually Scottish, not Irish.
- The Shamrock was a symbol of the Christian belief in the Trinity, God as "Father, Son, and Holy Spirit".

