

EDGECOMBE COUNTY

DATES TO REMEMBER

- Commissioners' Meeting May 2nd @ 7:00 PM
- Dept. Head meeting May 4th @ 8:30 AM
- Health Risk Assessments May 9-12
- Open Enrollment for Health Insurance May 9th—June 10th
- Mother's Day - May 8th
- Dept. Head meeting May 18th @ 8:30 AM
- Annual Health Fair May 27th 10:00 AM
- Memorial Day - May 30th County offices closed



CD Week Celebration!

Assistant Sec. of NC Commerce Henry McKoy and Bob Etheridge, Director of NC Office of Economic Recovery, joined in the Community Development Week Celebration. Six new homes for needy families were presented as well as a reception held to highlight the many accomplishments of these programs. Special congratulations go to Mrs. Ola Pittman, Planning Director, for organizing such a great event.

Employee Newsletter

MAY 2011



From the County Manager

Insurance is one of those things that you hope you never have to use, but you're really glad that you have it. That's why providing you with a comprehensive, affordable insurance plan is priority for me and the commissioners. It is growing more challenging to provide a good health plan that the county can afford, and one you can afford as far as premiums for your dependents and your out-of-pocket costs.

Your health benefits cost the County about \$7000 per employee. Of course, this challenge is not unique to us. Other local governments and private companies are having to make hard decisions like directing some or all of premiums to employees or even dropping coverage.

I am happy to announce that, though we are seeing some changes, we are able to provide the same coverage for this coming year. Your co-pays and deductible will increase slightly, but we are also proposing in the budget to

increase the county's contribution to your FSA to help offset those costs. (see article below for more details).

Though we are weathering the recession storm, we still are not out of the danger zone. Because of continued high levels of unemployment, some citizens are struggling to pay their taxes but are still demanding the same level of services. Continue to be efficient, cut costs where you can, and keep up the good work.

May Is Osteoporosis Awareness Month - Derrick Haskins, Health Education Specialist

Osteoporosis is a word that literally means "a condition of porous bones." Over time, bones can become porous causing them to become weak and fragile. Millions of Americans are affected each year by this chronic disease. The disease is most common in the elderly and those with chronic vitamin deficiencies. Porous bones are the cause of many bone fractures and deaths each year. Though the disease is most common in the elderly, the risk of getting osteoporosis is built up or lowered throughout a person's lifetime. Here are three ways you can lower your risk for osteoporosis:

1) Get plenty of Calcium- One of the best ways to

prevent osteoporosis in your lifetime is to get plenty of calcium. Your body needs calcium to perform several muscular functions in the body. The best places to find calcium are in dairy products and dark leafy vegetables. Most people need about 1000 mg/day. That equates to about three cups of milk.

2) Vitamin D- Your body produces this vitamin naturally. Standing in the sunlight for about 15 minutes will usually give you enough vitamin D to fulfill your daily requirements. (Make sure you wear plenty of sunscreen!) For those that cannot get outside, you can also get Vi-

tamin D in your diet through several fortified foods, including milk.

3) Weight bearing exercise- Weight bearing exercise is extremely important in the prevention of osteoporosis. Weight bearing exercise refers to any activity one performs that works bones and muscles against gravity. This can include walking, running, soccer, etc.



Health Insurance Open Enrollment

Relay for Life

The Edgecombe County Relay for Life event is May 13th - 14th at Tarboro High School. This event allows the community the "chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease." The Edgecombe Admin team is having a Silent Auction May 5th & 6th in Conf. Room 260. Come out & support Relay!



The NC Association of County Commissioners will no longer serve as the administrator of county health insurance programs. Therefore, beginning July 1, we will deal directly with Cigna to administer our claims. Do not be alarmed. We will still have the same coverage, and the 5% premium increase is for employee coverage only, which the county pays. Dependent coverage premium will remain the same.

There will be small increases in co-pays; primary office visits from \$25 to \$30, specialist \$50 to \$60, and your annual deductible will increase from \$850 to \$1250. However, to help

offset your out-of-pocket costs increase, it is proposed in the 2012 budget for the County's contribution to your Flexible Spending Account will increase from \$100 to \$150. Also, the co-pay for generic prescriptions will decrease from \$10 to \$4.

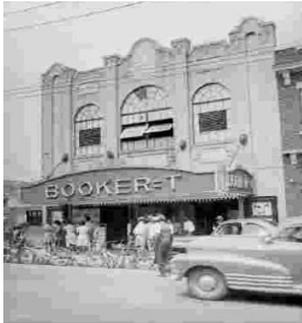
The County will continue to require participants to pay \$30 per month for your coverage, which will be waived if the health risk assessment is completed for both the biometric screening and the

online survey.

Open enrollment will be **May 9th - June 10th**. If you need to make changes, discontinue coverage, add or drop dependents, etc., go to the county website www.edgecombecountync.gov/downloads to download and complete the Cigna Enrollment Form. Turn this in to Carolyn Hedgepeth during the enrollment period from 8-5.

For more details on these changes, look for the "2011 Open Enrollment Memo" under the above-listed link.

Booker T. Theater



Douglas Block is Back!

The City of Rocky Mount and Rocky Mount Edgecombe CDC have redeveloped the corner of NE Main St. and E. Thomas St., Rocky Mount. This was once a thriving, predominantly African-American, business district in Edgecombe County. It is now poised to rival its heyday. Several events are being held to celebrate its reopening including movies shown in the Booker T. Theater. To learn more about Douglas Block and these events, visit www.douglasblock.org

Happy Mother's Day

"A mother is first the person you lean on, and then one who helps make leaning unnecessary."
-unknown



Tornado Safety - Know the Drill

Tornadoes are one of nature's most powerful and deadly forces. They can pack winds in excess of 300 mph and create storm paths as long as 50 miles. Advances in technology have increased warning time and accuracy. However, it's important to know how to best protect yourself. Listen/watch for a *tornado watch* which means the conditions are ideal for a tornado. A *tornado Warning* means one has been spotted. If a warn-

ing is reported, you must act fast to protect yourself. The Federal Emergency Management (FEMA) recommends:

- got to a pre-designated shelter or safe room. A basement is ideal.
- if no basement, then an interior room on the lowest level of the building if possible. Put as many walls as possible between you and the outside of the building.

- If in a vehicle or mobile home, go to the lowest floor of a nearby, sturdy building.
- If you are outside, lie flat in a nearby ditch or depression and cover your head. Beware of potential flooding.
- never try to outrun a tornado in your vehicle. It may appear to be slow-moving, but it can change course quickly and cover distances faster than you expect.

For more info on tornado safety, visit www.fema.gov/

