

EMPLOYEE NEWSLETTER

Serving the residents, businesses, and industries of the County in such a manner as to sustain and raise the quality of life for the citizenry.



DATES TO REMEMBER

Nov. 7th Commissioners Meeting

Nov. 8th Municipal Elections!

Nov. 9th Dept. Head Meeting

Nov. 11th Veterans Day Holiday

Nov. 23rd Dept. Head Meeting

Nov. 24th & 25th Thanksgiving Holiday

Pesticide Disposal Day Nov. 16th

The NC Dept. of Agriculture & Consumer Services is offering a FREE Pesticide Disposal Day for...
Farmers – Gardeners – Homeowners
You can bring any pesticide (insecticide, herbicides, fungicides, etc.)
Wed. Nov. 16th 10-2
Edgecombe Co. Landfill
861 Colonial Road
For more information, Contact Tanya Heath at (252) 641-7827

FROM THE COUNTY MANAGER

I want to take this time to thank everyone who participated in some way in our Employee Service Awards Banquet. It was truly a great event. Every year I am blown away by the talent that emerges from within our ranks, and this year was no exception. For those employees who were recognized, thank you for your hard work and dedication to our organization. A special thanks goes to the planning committee. Each year you plan a great event, and I always wonder how you could ever top it. Well, this year you truly out-did yourselves. Thanks for a great event!



Halloween Joke
What do you get when you cross a vampire and a snowman?
-Frostbite ©

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WEIGHT MANAGEMENT

Excess weight is not only one of our nation's most common health problems; it also seems to be an issue for our staff. Our employee health profile revealed that 105 people (22.8%) are overweight and another 292 (63.5%) are obese. That's alarming because there are a number of health problems that are either directly or indirectly attributable to poor weight management including diabetes, heart disease, and even some cancers.

The weight loss industry, estimated at over \$50 billion in the US, overcomplicates the simple math of how to manage your weight. If your caloric intake is greater than what you burn, then you will gain weight. Moderate cut-backs in your calories matched with even a modest increase in calorie burning through exercise, over time will help you manage your weight.



Employee News

Congratulations to Zachary Musgrave for receiving the 2011 NC Property Mappers Association Academic Achievement Award. He made the highest score on the Advanced Mapper Exam.

If you missed the employee flu shot day, you can still call the Health Dept. to schedule a time to go by and get yours. 641-7511.

The Smart Phone class has been moved to Nov. 10th at 2:00 PM. Admin Building, CR 260. If interested, contact Dee Waters at 641-7888



NOVEMBER IS NATIONAL ADOPTION AWARENESS MONTH



November is National Adoption Awareness Month. We would like to acknowledge all the diligent efforts made in achieving permanency for the foster children in Edgecombe County. Last year there were 25 agency adoptions completed. That means these children have a permanent home. We approximately have 50 children in DSS custody.

If you are not interested in adoption but would like to know how you can help a child achieve permanence, or if you would like to sponsor a child that is in foster care for the Christmas Holiday by making sure that child has a joyous Christmas Holiday, please contact the Edgecombe County Department of Social Services at (252)641-7668.

You can also find more information on adoption at www.adoptnckids.org or <http://www.davethomasfoundation.org/>.
...Kimberly Nicholson, Social Work Supervisor

The Surprising Benefits of Sugar-Free Gum

Weight loss is a common goal that millions of Americans tackle every year. For many people, this can be a grueling experience of "No's, Can'ts, and Won'ts". Many people have trouble fighting cravings and hunger when choosing to reduce their calorie intake. Perhaps relief is as close as a stick of gum. Research suggests that there can be many benefits with reaching for that stick of [sugar-free] gum. A study by Louisiana State University found that people who chewed gum before and after their meal had less craving for snacks and ate, on average, 40-60 calories less during the day. This may not seem like a lot, but with weight loss, every calorie counts. Also, chewing gum itself can burn calories. The act of chewing gum burns about 11 calories per hour. Another benefit to chewing gum could be a reduction in cavities. The American Dental Association noted that people that ate a stick of sugar-free chewing gum right after their meal tended to have fewer cavities down the road. That is because the physical act of chewing creates saliva in the mouth which can break up foods and other acids on the teeth. It can help wash them away before they do any permanent damage. Finally, chewing sugar-free gum has been shown to reduce the symptoms of acid reflux disease in some studies. So, if you're looking for a food you can really "stick" to, try chewing on some sugar-free gum. Just do us all a favor and put it in the trash when you're done.



... Derrick Haskins, Health Promotion Coordinator