

# Employee Newsletter



## Edgecombe County

March 2007

*Commissioners' Meeting  
April 2<sup>nd</sup> 7:00 PM*

*Red Cross Training  
April 2<sup>nd</sup> & 9<sup>th</sup>  
Call Emergency Services to  
sign up*

### From the County Manger

Thanks to all of you who have taken the CPR/First Aid Class. We have had lots of employees to complete the course. If you are interested in being certified, call the Emergency Services Office at 641-7816 to sign up. There is no cost to you.



*Thank you Fran; you saved my life!!*

benefits paid to employees per pay grade. For example, an employee with a base pay of \$28,506 actually earns \$37,804 when you add in the cost of health and life insurance, retirement, 401K, FICA, and your flex card. National news reports show that private sector companies are having a hard time maintaining employee benefits, and many are reducing benefits or cutting them all together. I want you to know that the County Commissioners and I value you as employees, and we work hard every year to protect these benefits for you.

A spreadsheet was circulated to department heads showing the total

### Go Green



### Go Healthy

**With St. Patrick's Day having just passed, *Green* is still in the air. What a great opportunity Go Green and Go Healthy. Adding green fruits and vegetables to our diets is a great way to eat smart. Green fruits and vegetables may help to keep your eyes healthy, strengthen bones and teeth, and lower your risk of some cancers. They also contain varying amounts of potent antioxidants and can result in health-promoting benefits.**

**So go green everyday with fruits and vegetables like these:**

**Fruits: Avocados, Green apples, Green grapes, Honeydew, Kiwifruit, Limes, and Green pears**

**Vegetables: Artichokes, Arugula, Asparagus, Broccoli, Brussels sprouts, Chinese cabbage**

Provided by Jenny Newton, Health Promotion Coordinator, Health Department.



**Spring Has Sprung. Now how do you deal with seasonal allergies so you can enjoy the nice weather?**

Minimize early morning activity when pollen is usually emitted.

Keep your car windows closed when travelling.

Vacation at places where pollen count is lower, like the beach.

Wear face mask when cutting grass or doing yard work.

Consult your dr for medicines that help with seasonal allergies.

## Staff News

Congratulations to **Frances Wright**. She received the Purchaser of the Year Award by the Carolina's Association of Governmental Purchasing (both NC & SC)

**Classes** Sponsored by Edgecombe Community College & the Tarboro -Edgecombe Chamber of Commerce:

***Defusing Your Own Hot Buttons***

May 10<sup>th</sup> 2-5

***Don't Argue, Negotiate***

April 12<sup>th</sup> 11-2

Call Linda Ellis at 823-5166 ext. 293 to register

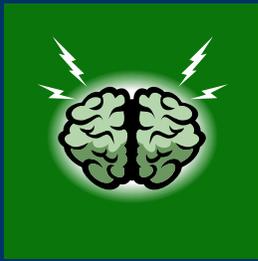
**Administrative Professionals Day Celebration**

April 24<sup>th</sup> 11:30 – 2:30

Call JoBeth Garris to register at 823-7241

### Welcome Aboard to New Hires:

Vila Anderson, Reg. of Deeds  
Kenisha Wiggins, DSS  
Susan Wooten, Health Dept.  
Minnie Draughn, Jail  
Samuel Bullock, Jail  
Phyllis Rogers, Reg. of Deeds  
Michael Vance, Jail  
Angela Butler, Jail  
Cara Martin, DSS  
Marva Scott, DSS  
Nanette Casper, DSS  
Temesha Williams, DSS  
Dawn James, Tax Collector  
Veronica Hill, Finance  
Denequa Staton, Jail



## How to Poison Proof Your Home

Each year, more than 2.4 million people swallow or have contact with a poisonous substance. [Even though much attention is given to protecting children from poisoning (and rightfully so with half of all poison victims being under age 6), it can happen to anyone and measures should be taken to reduce the risks.] Here are some tips from the American Academy of Pediatrics:

- Store medicine, cleaners, paint/varnishes and pesticides in their original packaging in locked cabinets or containers.
- Purchase and keep all medicines in containers with safety caps. Discard unused medicines.
- Check the label every time you give or take medicine
- Never place poisonous products in food or drink containers
- Maintain working smoke and carbon monoxide detectors

**Treatment** If your child or someone you know has come in contact with poison, and has mild or no symptoms, call poison control at 1-800-222-1222. If the victim is unconscious, not breathing, or having convulsions or seizures, dial 911.

Different types and methods of poisoning require different, immediate treatment:

- Swallowed – Have the victim to spit out any substance remaining in the mouth. Do not make them vomit.
- Skin – remove contaminated clothes and rinse the skin with room temperature water for at least 15 minutes.
- Eye – flush the eye by holding the eyelid open and pouring a steady stream of room temperature water into the inner corner.
- Fumes inhaled – take the victim outside or into fresh air immediately. If the victim has stopped breathing, start CPR and dial 911.

*Provided by Dee Waters, Emergency Services*

