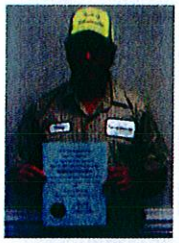
Town of Gibsonville

Quarterly / June 2014

Employee Newsletter

Congratulations to Terry Randleman, Public Works, and Matthew Griffin, Police Department,



for their recent Safety Awards. Terry Randleman was presented the Safety Employee of the Quarter of 2014 (First Quarter). His dedication and commitment to safety in carrying out his duties for the public works department were recognized by his coworkers.

Sergeant Matthew Griffin was presented the Safety Employee of the Quarter of 2014 (First Quarter). Matthew's coworkers recognized him for being proactive in matters related to safety in carrying out his duties for the police department. Both Terry and Matthew received a gift card and a certificate presented by Gibsonville Town Manager, Ben Baxley. Nominations for Safety Awards are accepted quarterly. Please see Ben Baxley for a nomination form if you catch one of your coworkers engaging in good safety practices on the job.

Police Sergeant gets Medal

Gibsonville Police Sergeant, Matthew Griffin, was awarded the Life Saving Award from the Town of Gibsonville and the medal of valor from the Whitsett Fire Department, where he is a volunteer firefighter. Matthew was responding to a domestic violence call on May 2nd when he saw flames coming out of a home on Whitsett Street. Sergeant Griffin kicked in the door of the residence and rescued William Pearson, who was unable to find his way out of the home in the smoke and flames. Chief Ron Parrish in presenting the award said, "I am extremely proud of his actions." The Town employees echo Chief Parrish's sentiments and extend our Congratulations to Matthew on his awards and mostly for his brave actions that night.

Manager of Environmental, Safety,, and Health (MESH) Certificate

Craig Wyrick of Gibsonville Fire was recently notified by the Board of Directors of the Construction Manager of Environmental, Safety and Health (MESH) Program, a certificate series sponsored by NC State University, the Safety and Health Council of NC, and the NC Department of Labor, of successful completion of program requirements and has earned the MESH certificate.

"The Department of Labor is extremely pleased that Mr. Wyrick has been named as a recipient of the Construction Manager of Environmental, Safety and Health certificate," N. C. Commissioner Cherie Berry said. "The certificate reflects a commitment to workplace safety and health, an objective that we consider essential in making sure that workers in this state go home safe at the end of the workday."

The MESH program is designed to increase the professionalism of the environmental, safety and health managers at government, commercial, and manufacturing sites in North Carolina through rigorous series of continuing education programs. The MESH program strives to recognize environmental managers and raise industry standards, and increase the value of these practitioners to their employers and others to whom their services are provided.

EnviroSafe Award

EnviroSafe awarded Rob Elliot with our quarterly Safety Achievement Award. The Safety Achievement Award is awarded to individuals that achieve extraordinary achievements in safety by demonstrating a safety culture. Rob and the entire Gibsonville Public Works Department continue to demonstrate safety in daily tasks. This safety culture has made Public Works a safer place to work and has decreased near miss and workers compensation claims.

Promotions

Gibsonville PD Assistant Chief Dixon

Congratulations Becky on your promotion to Assistant Chief! As Chief Parrish stated during the swearing in ceremony on June 2nd, "you have earned it." Most women in law enforcement management are in larger municipalities. We are fortunate to have such a versatile, well rounded law enforcement officer as part of Gibsonville's Police Department since 2004.

Health and Wellbeing

Healthy Lifestyle Reimbursement

If you haven't heard, there is a Healthy Lifestyle Reimbursement available to all employees who are on our Medical Insurance. Physical activity and healthy lifestyle choices improve our employees' overall wellbeing and the Town provides reimbursement of $15 monthly for participation in certain programs (ie: yoga classes, Weight Watchers, gym membership). See Nurse Debra or May Hill for details.

Fruit Day

Our monthly fruit day has been a big success! Employees have enjoyed healthy snacks such as apples, bananas, and grapes. Be sure to pick up your education sheet on various health topics when you pick up your snack. Let us know if you have any good ideas for our monthly treat.

Individual Nutritionist Sessions

Our January Nutrition 101 presentation, by Lori Ragsdale, which covered the impact of food choices on health, how to have a healthy diet at home & away, and the importance of exercise for a healthy lifestyle was a good start for our employees on getting healthy and eating well. We'd like to follow up with individual sessions which would be offered to employees on our Medical Insurance free of charge. Lori will come to the Town of Gibsonville offices for one on one sessions to talk about any health conditions or any special dietary needs or just eating healthier and losing weight. Please let May Hill or Nurse Debra know if you are interested.

ARMC Cone Health June 2014 Community Events & Programs

Please take advantage of the Health & Wellness programs offered at little or no cost each month to all employees. June's programs are Summer Slim Down, Weight Loss Seminar, Bariatric Support Group, and Prediabetes Class. See the bulletin board in your building for the poster with details or visit www.armc.com.

BCBS Healthy Outcomes Program

We are getting ready to start on our 2014 Healthy Outcomes program. Nurse Debra will be offering the annual blood work beginning in June. In addition to blood sugar and lipids, the enhanced Executive Panel will include a complete blood count, Thyroid, and PSA test for men over the age of forty. The Town employees did a great job last year on participating and as a result BCBS gave us a 4% discount of $14,335! Our employees really appreciated the day of PTO for meeting our target of 125 points each. Keep up the good work as it allows us to maintain a very rich medical insurance program. Look for more information to follow on this year's Healthy Outcomes goals.

Smart Phone Wellness

Not everyone has a smart phone, but many folks do these days. How many of you have thought of your phone as a tool to achieve better health? There are many apps on the market to assist in this endeavor. One of the most user friendly apps is My Fitness Pal. When you register, you have the option of choosing your goal. For example, your goal may be to lose two pounds per week. My Fitness Pal takes your personal information and determines the number of calories you may consume per day to achieve your goal. You can add calories to your daily consumption by logging any exercises you complete for that day. Many of the apps incorporate a bar code scanning app to make recording your food intake as easy as the push of a button. A free bar code scanning app such as QR Reader allows you to simply scan the bar code on any food product and the food item is automatically added to your daily consumption. Although keeping track of your intake may seem daunting, it is easier than you think. Many of us eat the same things each week. After a couple of weeks, you know what each food contributes to your daily totals and soon you will not need to enter the info. If you don't have a smart phone, don't worry, you can enter your food intake at myfitnesspal.com. There are many other apps that will help you accomplish your goal. Find the one that is right for you and take the first step to better health!

Employee Benefits

Retirement Planning

Retirement is a 3 legged stool – pension, Social Security, and individual savings, such as a 401K supplemental retirement savings plan. Tammy Uzzell our Prudential Retirement Education manager conducted April sessions to get us thinking about providing for ourselves in our retirement years. Many of us started contributing to a 401K, 401K Roth or 457 savings plan. You may change this at any time especially when we get our Cost of Living Raise in July. A small payroll deduction can translate into a nice nest egg as the investment compounds over the years to make your retirement more secure.

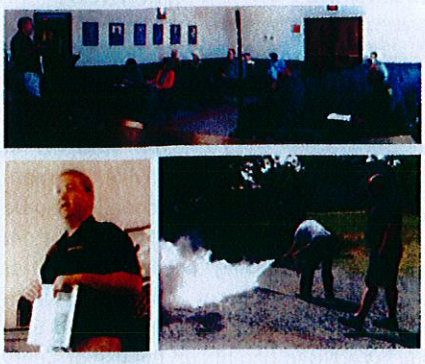
Open Enrollment

June is our open enrollment month - the time when employees can make changes to insurance coverages. If you want to make any changes to your Medical, Dental, Dearborn Life, or Aflac ancillary products, this is the time to do so. It is mandatory for every employee to attend one of our open enrollment sessions: **June 6th or June 13th** at 3pm in the Town Hall. At that time, you can make changes or sign waivers. This year the sessions will be a little shorter and with two sessions offered it should accommodate everyone. It's only once a year, but it is very important for every full time employee to attend one of these sessions. Please see May Hill if you have a scheduling conflict to sign papers and receive annual notifications.

EACP at ARMC Cone Health

Just a reminder that every employee has access to the wonderful Employee Assistance Counseling Program offered at ARMC Cone Health's Grandover Building. Services include: assessment of problems; counseling for individuals, couples, or families; counseling for adults, adolescents or children; or referral to other specialized services. All services are confidential and professional. Voluntary use of EACP services will not be noted in any employee records or known by your managers. For information, Appointments, or Crisis Assistance call 336-538-7481 or toll free 1-877-800-9401.

Safety Information



Safety Committee Update

Our Safety Committee has been hard at work this year. The committee is made up of representatives from every Town department who works closely with our consultants, Danny Lineberry and Kevin Madsen, Risk Management Specialists at Envirosafe. Activities include monthly meetings and site inspections, our updated Health & Safety Manual is nearing completion. Audit issues have been handled and this year's Training Matrix template is getting updated with all needed scheduled training for Town employees. Fire Extinguisher and CPR training were completed in May.

Safety Tips from the Gibsonville Fire Department

1. Remember to change your smoke alarm batteries once a year.
2. Check your smoke alarms at least once a month to make sure they are still working.
3. It's recommended that you change your smoke alarms every 10 years.
4. Our Fire Department will assist residents with changing batteries in smoke alarms.

Memoriam

Keith Duggins

We said goodbye to a dear friend and coworker on April 21st. Keith really loved working for the Town of Gibsonville and performed a great service as our Public Works Water & Sewer Supervisor for 17 years. He kept a positive attitude and inspired all of us. He will be missed!

Around & About

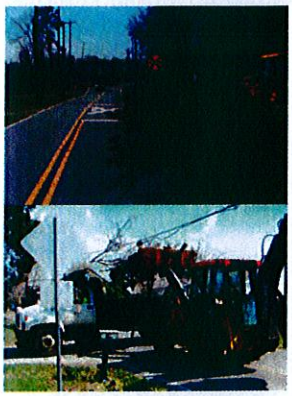
Gibsonville Police Department

As reported in the Burlington Times News on 5/07/2014, drivers lining up to pick up students at Gibsonville Elementary School got some friendly advice from the Town's officers regarding the state's Click It or Ticket seat belt-enforcement campaign which started May 19th. In addition, Gibsonville and Elon Police Officers advised parents on the use of safety seats with information on front and rear facing seats and booster seats as well as weight limits. For more information on guidelines, visit www.buckleupnc.org.

FEMA

Larry Carter with FEMA has been onsite at the Town of Gibsonville's various locations helping us document the total cost of the damages from the ice storm in March in order for the Town to receive reimbursement. Finance Officer, Chad Coble, has been working closely with Larry submitting data from the various departments involved in responding to the damage caused by the storm. Thanks to all employees for your hard work during the aftermath of the storm and in getting the data needed to Mr. Carter!

March Ice Storm



During the first two days of the ice storm, the public works department worked alongside the fire department, cutting trees out of the roadway. The police department blocked off streets so that the public works department could spread salt and plow town streets.

The next two and a half weeks public works split into three groups. Tony and Scott were one team, E.P. and Larry were another team. Each team took two dump trucks and a backhoe from Summer's trucking. Ricky, Terry, Jason, Jimmy and David had three town dump trucks and a backhoe. All three groups removed brush from different parts of town from 7am until 7pm, Monday through Friday, and 8am until 4pm on Saturday. When Summer's trucking services ended, public works continued removing brush throughout the month of April and May.

Their jobs consisted of cutting limbs and tree trunks so that they would fit into the trucks, making sure trucks were being filled to capacity and the loads were stable before hauling all the storm debris to Summers landfill.

Summer Reading Program at Gibsonville Library

Come join us **July 8 thru August 6** for Summer Reading 2014 at Gibsonville Public Library! This summer our main focus will be on Science and Technology! Carolina Biological Supply Company is donating several items to us for our summer reading program. We will make volcanoes, study plants, dig into mineralogy and expand into STEM projects. There will be a lot of hands on activities. For more information call 336-449-6455 or come by the library and pick up a schedule. Visit us on facebook at: www.facebook.com/pages/Mr-Gibson-at-Gibsonville-Library

Meet Mr. Gibson

The Gibsonville Library has a new mascot! Mr. Gibson is a 4 month old tea cup chihuahua. Mr. Gibson is at the library on Tuesday and Wednesday for our reading and home school programs.

Follow Mr. Gibson on Facebook and Twitter for information on library programs, new book releases, links to educational websites, fun projects and games.

www.facebook.com/pages/Mr-Gibson-at-Gibsonville-Library

www.twitter.com/MrGibsonLibrary