



### FALLEN HEROES MEMORIAL



Officer Joe Jenkins



The month of May is the time to remember the men and women who have made the ultimate sacrifice "Line of Duty Death". Several members of the Gibsonville Police Department were involved in ceremonies in Alamance and Guilford Counties. **Chief Ron Parrish** is currently President of the Alamance County Law Enforcement Executive Committee and was in charge of organizing their event where **Officer Joe Jenkins** was an Honor Guard. **Gibsonville Police Officer Kevin Graves** participated in the annual observance of fallen Guilford County law enforcement officers, including two from Gibsonville. **Graves** placed the roses on the memorial which was held in Greensboro's Governmental Plaza. Thank you to our Law Enforcement Officers who potentially put their life on the line everyday they put that uniform on, and to our Police Department for representing Gibsonville as we honor fallen officers.

Officer Kevin Graves



### Chief's Day at the NC General Assembly

Representative Dennis Riddell spent some time with **Gibsonville Police Chief Ron Parrish** on May 14<sup>th</sup>, 2015 learning about the broad scope of the Chief's responsibilities. Chief Parrish received a note from Rep. Riddell thanking him for the excellent job he is doing in Gibsonville and expressing his admiration and respect for the high caliber of professionalism, leadership and collaboration he brings to his position. Rep. Riddell also sent blessings to the men and women who serve under Chief Parrish and their families.



### Welcome to our New Employees



**Allison Blankenship – Library Assistant**

**Allison** grew up in Eden, NC and moved to Gibsonville in April. She graduated from UNC Chapel Hill in 2013. Allison enjoys reading and writing and hopes to be published one day. Come by the Library and have a chat with **Allison!**



**David Cummings – Police Officer**

**DJ** comes to the Gibsonville Police Department with 11 years Law Enforcement experience. He is married and has two small children. Welcome to Gibsonville **DJ!**



**Brian Korn – Police Officer**

Welcome to the newest member of the Gibsonville Police Department. **BJ** started on June 22<sup>nd</sup> and comes to us from Ball Corporation where he worked for 14 years. **BJ** studied Criminal Justice in college and has had a lifelong passion for Law Enforcement. Welcome aboard **BJ!**



**Cone Health/ ARMC July 2015 Community Events & Programs**—There are several classes and workshops available to our employees and members of the community coming up in July. They are: QuitSmart, Prediabetes Class, Weight Loss Seminar, Bariatric Support Group, On Demand Wellness Videos, and Community Survivorship Series: Healthy Cooking Made Simple by Lowes Foods. See the bulletin board at your workplace for details.

## Citizens Appreciate Town of Gibsonville Employees

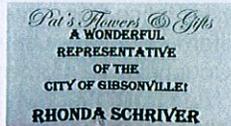


Rhonda Schriver

Town of Gibsonville Tax Collector, **Rhonda Schriver**, was surprised with a beautiful plant recently from Miss Johnson of Gibsonville. Miss Johnson was confused

about the County taxes and wasn't sure how to get the information she needed. Rhonda went online and was able to determine exactly what information Miss Johnson needed. Thank you to Rhonda for going above

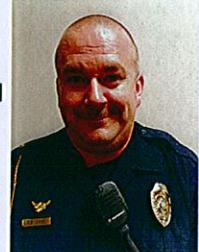
and beyond her scope of duties and helping one of Gibsonville's citizens. That's what defines exemplary customer service!



A traffic citation was issued by Gibsonville Police Officer, **Travis Sykes**, recently when he clocked a vehicle speeding. The driver admitted speeding, but wanted the Police

department to know that **Officer Sykes** was very professional and was doing his job. The citizen found him to be very polite and not the least bit condescending, and was impressed with Sykes and the Gibsonville Police Department. Thank you Officer Sykes for a job well done and for the professionalism you display to the public on a daily basis!

Officer Travis Sykes



### Who to Call During an Emergency at Work

- It was mentioned at the last Town of Gibsonville Safety meeting that it is important for employees who need the assistance of our Police Department during working hours

to call either **(336) 449-6677** or **911**. If you have a medical emergency please call **911** immediately. Do **NOT** come to the PD since Officers are routinely patrolling and not located in the Police Department offices, this only delays response time.

### enviroSAFE

**Lock out Tag Out Training- James Todd** of Envirosafe was at Gibsonville Town Hall on Thursday, June 18<sup>th</sup>, to conduct annual Lock Out Tag Out training. Employees learned the reasons why it's important to control hazardous energy sources and how to protect themselves and their co-workers.

**Annual Fire Extinguisher Training for Gibsonville Employees** took place at the Fire Dept. in April. Employees first attend classroom training and then do hands on extinguishing of fires. Thanks to the Gibsonville Fire Dept. for conducting this training every year!

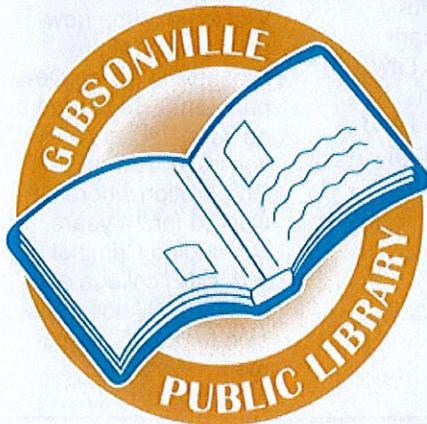


Laurie Yarbrough puts out fire during training.



Officer Kevin Graves

**DARE Graduation at Gibsonville Elementary** — Officer **Kevin Graves** of the Gibsonville Police Dept. started his first year of teaching DARE (Drug Abuse Resistance Education) for the 5<sup>th</sup> Grade students of Gibsonville Elementary in January and ended on April 15<sup>th</sup> with his first DARE graduation class. There were a total of 68 students in the three 5<sup>th</sup> grade classes whose teachers were Mrs. White, Mr. Boone, and Mrs. McSwain. The ten weeks of instruction taught students how to handle bullies, drugs, alcohol, and tobacco. The students learned about being responsible and respecting adults and each other. There were discussions about making good choices in life as they get older and about saying NO to drugs. Graduation was a festive occasion where the students received awards, certificates and celebrated with cake, ice cream and gifts. Congratulations to Officer Graves for a job well done!



### Gibsonville Library 2015 Summer Reading Program

The Gibsonville Public Library is pleased to announce their 2015 Summer Reading Program! This year, the library will be hosting the Summer Reading Program on Wednesdays starting July 15<sup>th</sup> and ending on August 5<sup>th</sup>. The program will run from 11:00 – 12:00 for toddlers through First Grade, and from 2:00 – 3:00 for Second Grade through Fifth Grade. You can sign up online on the Gibsonville website or pick up a form in the Library.

The focus of this year's Summer Reading Program will be **Heroes!** All kinds of heroes will be celebrated, including our incredible everyday heroes like our Police and Firefighters, the amazing heroes of our Military, and even some spectacular superheroes as well! Come join in for lots of reading, crafts, and music and be sure not to miss out on meeting these heroes in person!

# Employee Training and Certifications

**UNC-CH School of Government Training – Debbie May** our Utility Billing Specialist attended an all day workshop entitled **Utilities Billing and Collection Administration Course**. The course provided an overview of the authority and requirements for establishing customer accounts, and billing and collecting public enterprise utility fees. The focus was on water, sewer, and solid waste enterprises. Participants engaged in a series of interactive exercises to apply general concepts to common scenarios that arise in utility billing and collections. Congratulations Debbie for completing this intensive workshop!



**Law Enforcement Leadership and Management Program – Asst. Chief Rebecca Dixon** graduated on April 24<sup>th</sup> from this nine week 360 hour training program at Randolph Community College put on by the Paul Cash/ Safety Force Training Company. Mr. Cash is a nationally known instructor who has spent the last 25 years traveling throughout the US conducting training to government employees. Congratulations to Major Dixon on this hard earned achievement!



## Gibsonville Fire Department Training

GTCC has been hosting classes at the **Gibsonville Fire Station** during the past year. Technical Rescuer is a new series started recently. Firefighters have been learning skills such as repelling off tall buildings and rescuing victims from upper floor windows. This requires the rescuer to invert their bodies upside down, attach rescue lines to the victim, and lower them down safely. Some of these activities were performed at GTCC's training location.



The **Gibsonville Fire Department** has been running a course every day as part of their training. One of the recent activities instructed Firefighters how to get through confined spaces and breach walls, which are very important in the case of becoming trapped in a fire.



## Wellness Committee Update



We are getting ready to start on our 2015 Healthy Outcomes program. Nurse Debra will be offering the annual bloodwork beginning in July. 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 \$11,000! 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.

Plans are to continue the free annual blood work and flu shots in 2015 and Debra Ross, RN will be in touch with Department heads to figure out the timing of having employees blood drawn. The results can be used to complete your Health Assessment for this year's Healthy Outcomes!

## Understanding and Dealing with Workplace Conflict Workshop

The Wellness committee has been busy so far in 2015! On June 4<sup>th</sup>, we hosted Dr. Gary Kling, D.MIN., NCLPC of Cone/ARMC EAP who conducted a workshop entitled Understanding and Dealing with Workplace Conflict to Town employees. Dr. Kling spoke about what creates conflicts in the workplace and how they can be resolved more successfully when reason and emotions are taken into account. He recommended a technique for focusing on the Five Core Concerns of Appreciation, Affiliation, Autonomy, Status and Role to diffuse and reroute conflict into positive avenues for workplace leadership and productivity by providing a clearer view of the negative emotions fueling a disagreement and pushing a negotiation into a productive direction. Remember conflict that is ignored doesn't go away but just gets worse, and unresolved conflict, causes loss of productivity. The challenge in conflict is how one deals with it!



## Diversity Training

Cone Health ARMC - EACP Site Coordinator, Shevene Bryant, MS, NCC, LPC was on site at Gibsonville Town Hall on May 19<sup>th</sup>, to conduct Diversity Training for Town employees. Diversity training is a course of instruction aimed at increasing the participants' cultural awareness, knowledge, and skills in order to benefit an organization by protecting against civil rights violations, by increasing the inclusion of different identity groups, and by promoting better teamwork. Shevene did a great job of getting us to see, how we may view various groups of people differently, through some question and answer scenarios. Employees enjoyed it and learned something too!



## Reminder to turn in your Healthy Lifestyle Reimbursement Logs

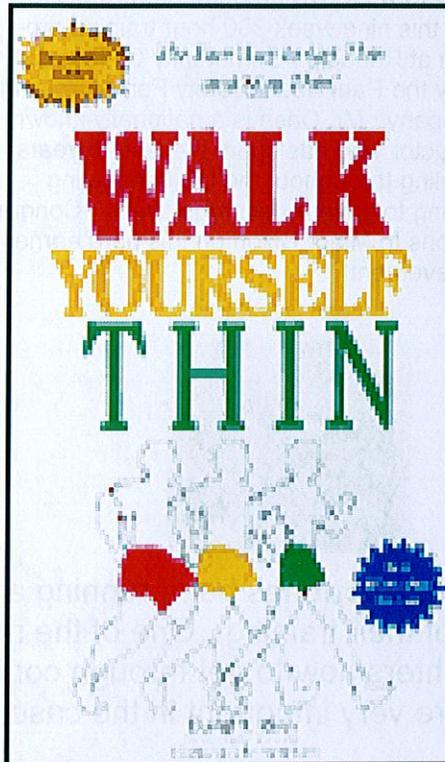
Now is the time to turn your monthly Healthy Living Reimbursement participation records in to Nurse Debra in order to be reimbursed for your Wellness Activity for the 2nd quarter 2015. Even if you have not completed the activity for a full three months, you can get credit for the months in which you did have participation in your chosen wellness activity. See Nurse Debra or May Hill if you need a new log for next quarter.



### “Walk Yourself Thin”

The Wellness Committee is in the process of developing a walking program for Town employees. Maps and directions along with distances walked will be made available for those who would like to participate. We have also purchased “Walk Yourself Thin” by David A. Rives which will be available for employees desiring to take part in the walking program. This short book has been used by other municipalities and individuals as a fun way to get thin and stay thin. Thanks so much to the Recreation Department staff members, **Heidi McBride** and Intern, **Samantha Ross**, who created the walking trails and directions for us!

See a committee member if you have topics or ideas for Town of Gibsonville Wellness activities.



### Individual Nutrition Sessions—Amy R. Hager, LDN

Amy R. Hager, LDN, a licensed Nutritionist with an office in Whitsett, NC, was on hand at our open enrollment meeting, to introduce herself, and talk about the ways she can help employees with their dietary needs. Look for Amy to be in Gibsonville soon to present an updated group presentation for all full time employees. Amy is also available for individual nutrition sessions and is in the BCBS network. Her hours at Midtown Pharmacy in Whitsett, are Wednesdays and Thursdays from 8am – 5pm. Call her for a one on one session at (919) 272-7350. Take advantage of this wonderful opportunity to discuss how to eat to accommodate any health issues you may have. Diabetes, high cholesterol and high blood pressure, as well as being overweight are all issues that could benefit from nutrition counseling. Our BCBS coverage allows several free nutrition visits a year.



**Amy R Hager, LDN**  
Licensed Dietitian/Nutritionist

941 Center Crest Dr. Whitsett, NC 27377 (6.8 miles away)  
(919) 272-7350

1 more location

### Fruit Day

Employees really enjoyed fresh strawberries from **Iseley Farms** in May. As part of Gibsonville’s Wellness Activities, we hope to continue providing fresh local fruits whenever feasible. Keep your eyes out for fresh peaches, blackberries, and blueberries from **Buttermilk Creek Farm** coming soon! They’re ripening in the fields now. Please see May Hill or Debra Ross if you have a suggestion for an upcoming fruit day.



### Gibsonville’s Stolen Flag Is Replaced

On May 26<sup>th</sup>, Rep Hardister presented a replacement flag to the Gibsonville Police Department. The previous flag was stolen while flying at half-staff in honor of National Peace Officer Memorial Day. Hardister said, “Whoever stole that flag should return it and seek forgiveness for their behavior. The purpose of ordering the replacement flag is to show solidarity against crime and to honor the work of the Gibsonville Police Department.” Before being presented, the replacement flag was flown over the N.C. Capital in honor of the Gibsonville Police Department.



State of North Carolina  
PAT MCCRORY  
GOVERNOR

The State of North Carolina presents this North Carolina flag to  
**Gibsonville Police Department**  
in Honor of their Service and Dedication to the  
Citizens of Gibsonville, North Carolina  
and certifies that it was flown over the State Capitol Building on  
the 19<sup>th</sup> day of May, 2015.

*Pat McCrory*  
GOVERNOR

Printed Under  
Pat McCrory

