



Gibsonville North Carolina



## Gibsonville Library selected for Future Ready Project 2018



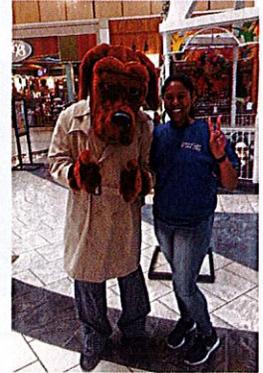
After applying earlier this year, the **Gibsonville Public Library** was recently invited to participate in the **national Future Ready with the Library Project** sponsored by the **Young Adult Library Services Association (YALSA)**. This project includes funding for staff training and library materials to support the mission of college and career readiness for local students. **Special thanks** to Library Assistant, **Ashley Frost**, for her work to make this possible!



Gibsonville Public Library

## Summer Fun and Safe Kids Expo 2018

Gibsonville **Police Officer, Matt Wilkins aka McGruff**, was spotted at the Summer Fun & Safe Kid Expo on March 17, 2018. This is an annual event that was held at Holly Hill Mall in Burlington and is **sponsored by Safe Kids Alamance County, Alamance County Wellness Committee, and Alamance Parks & Recreation**. In attendance were multiple non-profits, public safety, and local businesses that have after school and extra-curricular activities such as Karate, dance etc. In addition, there was a medicine drop off for old prescription medications and a bike safety course for the kids.



Officer Matt Wilkins aka McGruff

July 2018 Newsletter

## Gibsonville Community Center

**Hello from the Gibsonville Community Center.** In addition to regular sports, youth, adult & senior programs, we are offering morning indoor walking, open gym times for families, adults, and school age children, room rentals for parties, showers, and meetings. We are getting used to our new address and all of the wonderful possibilities the community center holds in store. Parks & Recreation are gearing up for an active summer with **The Market at Gibsonville, Groovin' on the Green, Summer Camp, Christmas in July** and more. Many thanks to **Public Works** for their recent assistance; they are always willing to lend a hand. And thanks to the **Police and Fire Departments** for helping with the **Patriotic Parade of Wheels**. Be sure to visit us at 314 Tenth Street!



The **Gibsonville Public Library** sponsored a public performance of **“The Spirit of Harriet Tubman”** presented by Diane Faison at Gibsonville Town Hall on February 28<sup>th</sup>. This event was free and open to the public. **Thanks** to our Library Director, **Jessica Arnold** for setting up this opportunity to see Ms. Faison’s **incredible performance!**



Diane Faison



**Gibsonville Elementary School Dare Graduation – Officer Matt Wilkins** of the **Gibsonville Police Department** is the DARE instructor at Gibsonville Elementary School and spoke to this year’s DARE graduates on March 9, 2018. **D.A.R.E.** (Drug Abuse Resistance Education) is a health and media literacy curriculum that **reduces alcohol, tobacco, and other drug abuse**. It promotes healthy and safe behavior by improving **students’ abilities to analyze and critically evaluate** the promotion of substance use in media such as social media, TV, print, and other forms. **Congratulations** to Officer Wilkins and to this year’s **graduates at Gibsonville Elementary** for all your hard work this year!



Off. Matt Wilkins

## Alamance County Day of Action



Asst. Chief Becky Dixon

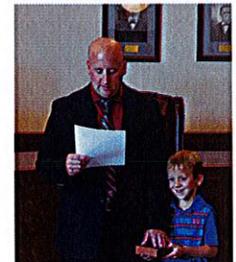
On May 16<sup>th</sup>, 2018 Alamance County celebrated two years of **The Stepping up Initiative Day of Action**. Stepping Up is a national initiative to **reduce the number of people with mental illnesses in jails**. The Day of Action is an opportunity for our community to come together to learn about the county’s efforts to connect people to treatment and services instead of jails. **Gibsonville’s Asst. Police Chief, Rebecca Dixon**, was on hand to speak on **Crisis Intervention Team Training** at this event, along with others who shared efforts underway to raise awareness on reducing the number of people with mental illness in jail which has become a national crisis. **Thanks** to Asst. Chief Becky Dixon for **representing the Town of Gibsonville** at this very special program!



## Thumbs up to our New Employees and Promotions!

### Police Department New Hires

**Allen Warf** - Welcome to Part Time **Gibsonville Reserve Officer Allen Warf**. Allen is a Rockingham County resident who spent 6 years in the USAF as a security forces member. He has been in law enforcement for 10 years and has worked patrol, traffic unit, and criminal investigations division. Allen and his wife have two sons. His hobbies include working out, fishing golfing, time at the beach with his family and enjoying his boy’s baseball games. **Welcome aboard Officer Warf!**



### Parks & Recreation New Hires

**Jasmine Bowen** – Jasmine was born and raised in Gibsonville. Many of you may know her grandparents Ted & Lorene Bowen, previous teachers at Gibsonville High School. Jasmine works full time as a dispatcher at Elon University Police Department, but is enjoying being a part of the **Gibsonville Parks & Recreation team as a part time Office Assistant**. Please give a **warm welcome to Jasmine Bowen!**



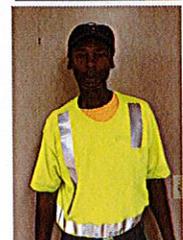
**James Murdock** - Our new part time **Parks Ground Attendant, James Murdock**, enjoys being outdoors and working for Parks & Recreation! James has 4 children and 7 grandchildren. He **LOVES** sports and was a track star at Cummings High School. Please give a **warm welcome to James Murdock!**



**Library Promotion**  
**Jessica Arnold** has been named **Director of the Gibsonville Public Library**. Since Jessica was first hired as the Library Supervisor, she has steadily increased services at the Library for our citizens. In addition, she is overseeing the remodeling process at the Library and has completed her Masters in Library Science at UNCG. **Thanks and Congratulations** to Jessica on this well-deserved promotion!

### Public Works

**Jerry Smith**– Congratulations to **Jerry Smith** who was recently promoted to a **full time Public Works Technician** for the Town. Previously a part time Park Grounds attendant for Parks & Recreation, Jerry always has a willing and helpful demeanor and has been a great addition to the Public Works team. **Best Wishes** to Jerry in his new role!







Kathy Clayton, MSW, LCSW

## 2018 Wellness Presentations

On January 30, 2018, **Kathy Clayton, MSW, LCSW – EACP Therapist** at Cone Health presented a workshop to Gibsonville employees. The presentation was titled **Positive Self-Care: Ways to Keep our Tanks Full**. Kathy stressed the value of positive self-care and how to incorporate it into our daily lives to improve our overall sense of well-being.



Tammy Uzzell

Our second Wellness Presentation held on May 8, 2018 was very well received by our employees. We had **Tammy Uzzell, Retirement Education Counselor** at Prudential come speak to Gibsonville employees about **saving and planning for their retirement**. Many of our employees increased their 401K deductions following this presentation!

Retirement Education Counselor

## Live Well Work Well

It's that time of year where employees who choose to participate in our wellness program can go online at [www.BlueConnectNC.com](http://www.BlueConnectNC.com) and **complete the three required activities by September 30, 2018:**

1. Set the BCBSNC Contact Preference (earn \$15)
2. Review your medical benefits – Onboarding video (earn \$25)
3. Take the BCBSNC Health Assessment

Nurse Haley is currently doing the **annual bloodwork** for employees who would like to use their results for completing the **Health Assessment** portion of the required activities. Please see May Hill or Nurse Haley if you need assistance, informational handouts, or forms. We plan to offer **flu shots** again this year and will let folks know when those are available.



## Healthy Lifestyle Logs

Now is the time to **turn your monthly Healthy Living participation records** in to Nurse Haley in order to be reimbursed for your Wellness Activities for the 2nd quarter 2018. 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 Haley or May Hill if you need a new log for next quarter. Don't forget we are **offering a walking component to our Healthy Lifestyle program**.



## Fruit Day

Employees recently enjoyed **healthy smoothies from Tropical Smoothie Café** in Burlington. Please see May Hill or Nurse Haley Workman if you have a suggestion for an upcoming healthy snack selection.



## Safety Committee and Safety Activities

### Emergency Alerts from Guilford County FYI

Citizens can sign up for emergency alerts from Guilford County Emergency Management. They send out weather updates, etc. when storms are expected. Updates can be sent to your phone or email. Register at: <http://readyguilford.org/geani-x2/>



### Safety Employees Awards

**Gibsonville Police Officer, Matt Wilkins** - Was awarded Safety Employee of the 1<sup>st</sup> quarter. Matt has been conducting DARE for our Gibsonville Elementary School and was nominated for the outstanding job he does with the students in increasing awareness and resistance to drugs. **Congratulations to Matt** for his commitment to safety!



Off. Wilkins & Safety Officer Wyrick



## Total Retirement News - 2017 my NC Retirement Statements Are Now Available!

The **myNCRetirement Statement** (formerly known as the Annual Benefits Statement) is now available in **ORBIT**. This information-packed resource sheds a powerful light on the benefits of employment within NC LGERS. Employees received emails in May that provided them with more information about the myNCRetirement Statement. Take a look at your statement to see if you're on target to save 80% of your pre-retirement income upon retirement. Need assistance? See May Hill for help in signing up for ORBIT.



**North Carolina**  
Total Retirement Plans

**My NC Retirement**



### GoalMaker Enhancements Complete: New Enrollment Forms available online now

Enhancements to the popular NC Total Retirement Plans GoalMaker asset allocation tool are complete! Now, these award-winning Plans offer more portfolios along participants' retirement savings path – especially for those early in their careers and for those who are in retirement. Now there's even more reason to stay in these high quality Plans to and through retirement. **New forms are available on the Forms page at the [NCPlans website](#).** If you have any questions, please contact your [Retirement Education Counselor](#), Tammy Uzzell at (336) 207-9452 or by email at [tammy.uzzell@prudential.com](mailto:tammy.uzzell@prudential.com).

### 401-K Deduction Changes

If you have not already done so, now is a great time to **increase your 401-K deduction**. Most of us saw a positive difference in our take home pay back in January, due to the tax table changes. With our **2% COLA raise** effective July 1<sup>st</sup>, now is another great time to make a small change in your 401K contribution, which can translate to a big difference in your investment in your **future retirement income**. See **May Hill** for assistance in making a deduction change.



