

MAY 2014



# Scotland County, NC

A newsletter for the Scotland County community

## Cost-share program intent is to encourage wellness visits

The County is considering a health insurance cost-share program as a way to encourage more employees to get wellness check-ups.

"Right now we pay 100 percent of the health insurance premium for employees," said County Manager Kevin Patterson. "The concept would be to charge employees \$20 a month cost-share that would be waived in exchange for the employees meeting a health goal."

Patterson added, "If the health goal is met, the County would continue to cover the \$20 a month. If an employee does not meet the health goal, then the employee would pay the \$20 a month."

Patterson said the health goal would be to see a primary care physician for a wellness visit in the calendar year. "We want to provide employees with incentive to schedule a wellness visit."

Patterson said about 10 percent of the 300-plus employees represent no cost to the County in the way of health insurance claims.

"That means they are not seeing a doctor, which is fine as long as they are healthy, but there are probably employees who aren't seeing a doctor who are at high risk of a major health event."

"They are not necessarily taking care of themselves yet they might have a health issue that's building," Patterson explained.

*see Wellness page 4*

## Library community event set

Inspired by the PeeDee Science and History Day in South Carolina, Denise Dunn is organizing a similar event at Scotland County Memorial Library.

Dunn, the library's Youth Services Director, decided to focus on science and invite organizations throughout the community to host activities for the kids.

Community and Science Day will be held 1 p.m. to 3 p.m. Wednesday, June 11, in the library parking lot.

"This will get kids out of the house to explore, investigate and be curious," Dunn said.

Exhibitors and participants include the City of Laurinburg, Humane Society, Sheriff's Department, Laurinburg fire and police departments, a UNC-Pembroke science professor, the Lumber River State Park, the Scotland County Beekeepers Association, Partners in Ministry, the Girl Scouts, Camp Monroe, the water treatment plant, Historic Properties and face painters.

PeeDee Antique Tractors will send its pink cancer tractor while Southeast Farm Equipment will provide a giant tractor.

Produce from J.P. Locklear will be exhibited, and there will be a bouncy house.

"There will be pulleys, gears and levers," Dunn promised. "I want tools so kids can see how things work and get them thinking about how pieces come together."

All this fits with Dunn's plans for the event to be hands-on and interactive.

"There will be demonstrations with *see Event page 2*

## Cooperative Extension and the first 100 years



**4-H EFNEP Associate Hazel McPhatter explores the benefits of healthy eating by avoiding too much salt, fat and sugar. McPhatter was one of the exhibitors at the 100th birthday celebration for Cooperative Extension. See page 4 for the celebration story.**

## Raleigh trip provides some insight into State budget plans

County Manager Kevin Patterson and Economic Development Director Greg Icard joined Chamber of Commerce and City officials for an advocacy trip to Raleigh where they met with the local delegation and representatives from Governor Pat McCrory's office.

Transportation, public education and economic development issues were the talking points.

Patterson said the Department of Public Instruction (DPI) placed teacher salary high on its list of priority items along with directing more lottery funds toward the purchase of books and materials.

Patterson said lottery funds for capital were not addressed despite requests from counties to restore lottery funds for school capital projects.

While there, the group learned a little more about the move by the State to privatize economic development activities. "We hopefully got some insight into how that's going to change," Patterson said.

He said of the State budget that the legislature has its own specific ideas on where the budget is going to go, which does not necessarily dovetail with the budget presented by the Governor.

"The big talk with the State's budget is education and what they're going to do with the schools," Patterson explained. "It's just hallway conversation but it's conversation about getting local governments more involved in funding schools."

Patterson said across the nation North Carolina is in the top *see Trip page 4*

## Event promises afternoon of fun

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electricity and light bulbs, and the Sheriff's Department will have a fingerprint exhibit," Dunn added. "The bookmobile will be available so people can find out what the routes are, particularly in the summer."

Dunn said the Community and Science Day will mark the official launch of the library's summer program Fizz Boom Read! (*see below*).

"This will put the library in their heads for the summer," Dunn said. "Where they can look up stuff, where they can come and get their pleasure books, where they can come and do the programs."

"We offer so much I want to get the library in the community's head," she explained. "Let's get together. Let's support each other and see what's going on in our community and let's get active in it."

Parking is at Badcock Furniture where City police will be on hand to escort attendees across the street to the library.

## Fizz Boom Read! this summer

Science experiments, animals, culture, music, theater, a ventriloquist and lots of books will be featured at Fizz Boom Read!, the summer program at Scotland County Memorial Library. All kids, young and old, are invited to spend the summer at the library.

Youth Services Director Denise Dunn said, "The library will make this a move forward and not a step backward summer where everyone will have fun."

### 2014 Summer Reading Program Calendar\*

June 18 Obakunle Akinlana 10:30 and 2:00  
June 25 Tyris Jones 2:00  
June 30 Snakes Alive with Ron Cromer 10:30 and 1:00  
July 9 Bright Star Theatre Group 10:30 and 1:30  
July 16 Mad Science 10:30 and 1:30  
July 23 Carolina Raptors 11:00 and 1:30  
July 30 TyRone Travis 10:30 and 1:30

**\*All events will be held at the library. For more information, call Dunn at 276-0563**

## It's just the tip of the iceberg



**There's more where these came from. Lots more. The library, the beneficiary of generous book donations, always has books for sale. Check out the paperbacks for 10 cents each or fill a bag for \$1. A special book sale event will be held 9 a.m. to 1 p.m. Saturday, May 31.**

## Gathering celebrates near-completion of EOC



**Public safety personnel and elected officials saw the inside of the Emergency Operations Center May 15.**

There was an informal celebration of the near-completion of the Emergency Operations/911 Call Center May 15.

"The construction company that is the general contractor takes the scrap metal from the job and sells it and they had a cook out for all people who were involved in the building," said EMS Director Roylin Hammond.

Individuals treated to lunch included the construction crew, sub-contractors, those who will use the facility and anybody associated with construction of the building.

"It's not a grand opening," Hammond said. "It's an opportunity to clean up the job site and an opportunity to bring back to the community resources they took away from it, so it's a good thing. It gives everybody an opportunity to look at the building — all four of the emergency services agencies, County and City elected officials and people from other departments."

Building construction is expected to be completed this summer with installation of equipment completed by the end of the year.

## Our condolences to ...

**Ida McGill**, DSS retiree, on the May 5 passing of her mother, Candis Harrington; **Jessica Duke**, DSS, on the recent passing of her grandmother; the family of **Marcia Coble**, DSS retiree, who passed away May 19.

## the Birthday list for June

**2** Linda Locklear (Tax); **5** Stephanie McDonald (Cooperative Extension); **7** Bryant Higgins (Public Works) and Mary Ann Reynolds (Sheriff); **9** Daisy Shaw and Manuel Campbell (EMS); **10** William Aaronson (Sheriff); **11** Heather Fontenot (Sheriff) and Carolyn Allen (DSS); **12** Sharon Davis (Transportation) and Elizabeth McGuffin (Health); **18** Crystal McNair and Sheronica Smith (Jail); **20** Karen Goins (Inspections); **21** Linda Holland (Administration) and Garrett Dial (EMS); **22** Greg Icard (Economic Development); **23** Selena Locklear (Health) and John Lampley (Jail); **24** Casey Schmidt (EMS); **25** Phillip Miles (Public Buildings); **27** Jonathan Dunn (Sheriff) and Evangela McArthur (Health); **28** Glenn Tucker and Jonathan Lemmond (EMS); **30** Randy Wood (Cooperative Extension).

## Extension celebrates 100 years

Cooperative Extension celebrated 100 years of contributions to the community May 1. Guest speaker Dr. Gary Moore, Director of Graduate Studies, Department of Agriculture and Extension Education, traced the evolution and growth of Cooperative Extension, which began in the early 1900s when one farmer could feed seven people and progressed through the decades to where the same farmer could feed communities.

Dr. Moore credits the increase in farm output to the establishment of a college in every state to teach agricultural science. In North Carolina a traveling show of agricultural experts, known as farmers institutes, brought their shared knowledge to farmers in the field.

But attendance was low, so the traveling educators engaged young people — the sons in corn clubs, the daughters in tomato clubs and the mothers in home demonstration clubs. With entire families involved Cooperative Extension guided rural families through the Depression, war years, the peace movement and the age of technology to where it is today.

Cooperative Extension through its education efforts introduced rural families to the conveniences of electricity and it did its part for the war effort through recycling and conservation.

Dr. Moore said, "Today Cooperative Extension still does all the things it did in the past, but now it is addressing societal issues. Extension served us well in the past, and we're looking forward to the next 100 years."

County Manager Kevin Patterson said agriculture in Scotland County is a \$100 million industry. "Agriculture here isn't just feeding a neighborhood, it's feeding an entire country with the help of Cooperative Extension."

In 2013 the Scotland County Cooperative Extension enriched the community through its numerous programs.

**4-H Youth Program** — 280 youth participated in 15 Summer Fun programs held June through August.

**4-H EFNEP** — 437 classes were held on the benefits of healthy eating and physical fitness, which involved 1,574 students representing 15 schools and daycares.

**Community Gardens** — Wagram community garden provided 22 families and youth groups with the opportunity to grow their own produce and reduce their annual food costs. Elementary and middle school youth also planted and harvested school gardens.

**Agriculture** — 193 row crop farmers participated in three commodity meetings. Five pesticide re-certification classes ensured that 120 licensed pesticide operators received training to maintain certification. 4,814 pounds of unused, outdated and unwanted pesticides were disposed of during pesticide disposal day.

**Livestock** — 72 cattle farmers attended the Cape Fear Cattle Conference. Three nutrient management classes were held in 2013 for area swine farmers and their employees. 14 new or prospective cattle farmers attended an introduction to beef cattle farming.

**Family and Consumer Sciences** — 98 school cafeteria managers and staff were trained in a food safety plan designed to keep food safe and prevent foodborne illnesses. An eight-session parenting education curriculum was provided to 22 parents referred by Social Services and the courts. 83 residents of a local housing authority participated in a cleaning 101 workshop. 44 food service employees received food safety certification through the 16-hour ServSafe training. More than 70 food service managers participated in the Healthy Kitchen pilot program, which addresses the importance of employee health policies.

For all these services, Cooperative Extension in 2013 received a little less than \$150,000 from Scotland County. The agency also is supported by funds from NC State University, North Carolina A&T, grants and user fees and federal monies.

## News of Note

### Take online parks assessment survey

Parks and Recreation with assistance from the Health Department was awarded a \$16,000 Community Transformation Grant. The funds will be used to update the 2008 Parks and Recreation Master Plan to assess park locations and recreation features to ensure citizens have access to public parks, open space and recreation opportunities for active living and increased physical activity. You are encouraged to participate in the survey at <https://www.surveymonkey.com/s/ScotParks>. "The information will be a valuable planning tool in evaluating features at current parks and possible general locations for future parks," said Parks and Recreation Director Shannon Newton. The Community Transformation program and Holland Consulting Planners from Wilmington will manage the grant funding and partner with the County in completing the grant. "This is beneficial as they are currently working with the City of Laurinburg on a pedestrian planning grant and are therefore somewhat familiar with our community," Newton explained.

### Silver Arts a blending of creative expression



Photo by Trish Dooling

2014 Silver Arts concluded with an awards event at the Storytelling Arts Center.

Silver Arts is a celebration of the creative expression of seniors in North Carolina and a major component of the traditional athletic competition of North Carolina Senior Games.

This year's Senior Games and Silver Arts attracted more than 140 residents 50 and older to compete for top honors in athletic and creative events and categories. Some of the winners will go on to Raleigh to compete in statewide events.

Senior Games ran from April 25 to May 17 and concluded with a banquet.

## Wellness visits encouraged as part of cost-share plan

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"It would be far more expensive to treat an employee for a major health event than it would had the employee taken time to get screened for a diagnosis, especially if they have a health event that might have been triggered by something that could have been managed with a low-cost prescription."

Human Resources Manager Susan Butler said the County health fairs, which began in 2005, were effective to a point. "The fairs were successful, but they plateaued and each year about one-third of employees were not attending, even when the County was giving monetary incentives. We were seeing those people who we were always going to see."

Health insurance provider FirstCarolinaCare suggested the County re-target its focus in a way that would get employees connected with a physician, especially those who would not attend health fairs.

"If employees have to participate in the premium they would more than likely go to the doctor," said broker Jack Ficklin.

The \$20 a month cost-share will not help the County pay the premium, which will increase more than \$200,000 in fiscal year 2015.

"What will help dramatically is if employees go to the doctor to avoid the \$20 a month, and the County will have better claims if employees establish relationships with health care providers," Patterson explained.

The County Manager assured that even with a cost-share program, patient/doctor confidentiality would not be compromised. "Doctors will deal strictly with FCC who, in turn, will provide the County with names of employees who have met their goal."

Patterson stressed that employee medical information would not be shared with the County. "We just want people to be aware of their health and take some prevention that is realistic and obtainable."

Butler added, "We want to encourage employees to develop a relationship with a doctor if they haven't already done so, especially if an employee has a chronic condition. It's important to get that managed. The people we really need to reach are the ones who did not come to the health fairs."

"If you don't go to the doctor you will participate in the premium at \$20 a month," Patterson reminded. "If you do go to the doctor, you won't pay the \$20 a month."

## Raleigh trip about local issues

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10 as far as funding for schools per student yet the State is 48 in teacher salaries.

"There is the correlation from the State that local governments are not funding enough," Patterson said.

Years ago the State agreed that most funding for schools should come from the State because of inequalities. "Wealthier counties could afford to invest significantly more in their school system" explained Patterson. "If the roles were reversed in school funding between the State and the County you wouldn't have as much continuity as you do now in the schools."

Patterson said when he returns to Raleigh May 28 accompanied by several Commissioners for County Assembly Day he expects a clearer picture of the State budget.

"I think we'll have more information two weeks from now on the State side, and the County will have been presented a balanced budget," Patterson said. "The State budget at that time will be more significant of where the State is going to go, more so than what the Governor recommended."

Patterson added he will have a better idea of the talking points he would like to share regarding how the State budget might impact that of the County's.

"We will look for some sort of assistance in areas where we don't have a continued shift from the State to the local government in unfunded mandates," said Patterson.

He added that if a shift does occur, he would like to ensure that there is an actual dialogue between the State and local government so it could happen in an efficient manner.

"We have to make sure they are not only beneficial from a budgetary standpoint but make sure the citizen doesn't have to pay for extra duplication and inefficiencies."

Patterson remains hopeful that lottery funds for school capital eventually will be restored.

"A bill has been introduced in the House that would restore over the next several years the 40 percent in lottery funds that would be directed back to counties for

school capital projects. We'll contact our legislators to see if we can get them to co-sponsor that bill." To date, Representatives Garland Pierce and Ken Goodman signed on as co-sponsors.

## Post Scripts

**Open enrollment** for health insurance will be June 2 and 3, 9 a.m., 10:30 a.m., 1:30 p.m. and 3 p.m. both days. June 2 enrollment will be at 507 West Covington Street while June 3 enrollment will be in the health education room. ☘ If you are a smoker or use tobacco products and would like to quit, contact Health Educator **Kathie Cox** at 910/277-2470, Ext. 4478 for more information or call 1-800-QUIT-NOW.

## Chalk Banks Challenge on vimeo



**A three and a half minute video of the 2014 Chalk Banks Challenge May 17 was created by Jeff Davidson and captures the spirit and excitement of the annual event. To view it, copy this link <http://vimeo.com/95630225>.**