

May 2010

A PUBLICATION FOR HARNETT COUNTY  
LOCAL GOVERNMENT EMPLOYEES



**Harnett**  
C O U N T Y  
NORTH CAROLINA

# Be Leaf It, or Not

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## Featured Department of the Month: **Emergency Medical Services** (A Division of Emergency Services)

The 37<sup>th</sup> Annual National EMS Week was celebrated during the week of May 16<sup>th</sup> through May 22<sup>nd</sup> to recognize the often overlooked efforts of the men and women that devote themselves unselfishly to helping others in their time of need. In recognition, Harnett County Emergency Medical Services (EMS), a division of Emergency Services, has been selected as the Featured Department of the Month. Currently, the division employs a total of 102 employees to include a Division Chief, Medical Director, Training Officer, Operations Assistant, Transportation Dispatcher, 37 EMT-Basics, 6 EMT-Intermediates, and 56 EMT-Paramedics. Management and overall operations of the division are currently housed at 200 North 13<sup>th</sup> Street in Erwin for only a few more weeks as the division will join the entire Emergency Services Department at its newly renovated location, formerly the Sheriff's Office, located on Edwards Drive in Lillington. This move will allow the department to be more centrally located and easily accessible to all locations within the county.



**EMS Administration Staff**

The EMS division's mission is to provide the highest standard of pre-hospital care possible while maintaining strong and effective relationships with local and State partners while ensuring prompt, appropriate and unimpeded service to all residence and visitors of Harnett County. This is accomplished through the oversight and management provided by Emergency Services Director, Gary Pope, with support from EMS Division Chief, Ricky Denning, and Dr. Mark Glaser, a board certified physician employed by the County who actively participates and guides the agency on medical aspects. Nearly all positions within the division require extensive training and testing both locally and on state levels and are under oversight of the Medical Director.



**EMS A and B Shift Personnel**

First formed in 1978 under the name of Harnett County Ambulance Service, the service was located in Buies Creek with a total of fourteen employees. At that time, the department was comprised of three shifts with four employees per shift functioning at the basic level of EMT care. In 1989, the service was expanded to include advanced life support services and became known as Harnett County EMS. In 1992, the agency once again expanded the level of medical care to include a Paramedic Quick Response Vehicle (QRV). In addition, early implementation of pre-hospital twelve lead ECG technology and the establishment of a State Medical Assistance Team (SMAT) program are other advancements of the agency.

Emergency care is a dynamic process and requires constant monitoring to access its current status and make any necessary adjustments to redirect service towards future goals. The division has always strived to be a leader in the field of pre-hospital medicine and being largely rural, many challenges are faced in response to emergencies. The EMS community in North Carolina works as a whole team to implement benchmarks and standardizations in pre-hospital emergency care to include participation endeavors with others to benefit the citizens of Harnett County. Using tools developed by the State Office of EMS, the division is able to determine how its system measures up against other systems of similar size and regionalization. Once such measurement is response time. The division should be commended as in most situations it provides a ten minute response time to its patients which is achieved through system design and assistance of County volunteer and paid services.



**EMS C Shift Personnel**

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Harnett County EMS and the entire Emergency Services Department have built strong partnerships with other agencies within the County which are crucial to the quality service. Having paramedics supplementing volunteer agencies requires a close working relationship. The division currently has staff allocated to nine different locations across the County with some areas housing more than one resource. The division provides paramedic transport services to the Angier, Lillington, and Northern Harnett areas while providing paramedic support to the Anderson Creek, Coats, Buies Creek, Boone Trail, Benhaven, and Spout Springs areas.

One area of service that citizens may not be aware of is participation in the State Medical Assistance Team (SMAT). SMAT is a program where additional training is required and is coordinated through State efforts to provide support on a local, State and national level in the event of a major disaster.

To continue to excel, the department is currently working to receive State approval as an Advanced Teaching Institution. This recognition is granted by the State Office of EMS and would allow the delivery of in-house educational programs in addition to opening the door for EMS professionals to receive State credit for local EMS educational offerings.

To all of the men and women who are engaged in the operation of the EMS Department, your outstanding services to providing both emergency and non-emergency services to the citizens of Harnett County is greatly appreciated and certainly not overlooked.

### Check the Facts: Understanding Nutrition Fact Labels

Use Nutrition Facts labels to be mindful about the foods you are selecting. Keep in mind that the Nutrition Facts label is a trustworthy source with no marketing hype allowed! The following information will help you better understand how to read nutrition labels to ensure that you and your family are eating the most nourishing foods.

<b>Nutrition Facts</b>	
Serving Size	5 Crackers (16g)
Servings Per Container	About 28
<b>Amount Per Serving</b>	
<b>Calories 80</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber less than 1g	<b>1%</b>
Sugars 1g	
<b>Protein 1g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 0%</b>	<b>Iron 2%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

**Identify the Serving Size.** Nutrition Fact labels include the calories per serving size and the amount of servings per package. For example, it may list the serving size as one cup and two servings per container. If you eat the whole package, you would eat two cups which would be double the calories and all other nutrients included.

**Check Calories.** This part of the Nutrition Facts label identifies how many calories are in one serving of the food and the number of calories there are from fat.

**Limit Fat, Cholesterol and Sodium.** Eating too much of these nutrients may increase your risk of certain chronic conditions.

**Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.** Eating enough of these nutrients can improve your overall health.

**% Daily Value.** If the Daily Value is 5% or less, that means the food is low in that nutrient. If the daily value is 20% or more, then the food is a high source of that nutrient.

**Read Footnotes.** Footnotes show recommendations for a 2,000 calorie diet and a 2,500 calorie diet. It does not change from product to product because it shows recommended dietary advice for all Americans and is not in regard to a specific food product.

## Dental Blue Select Member Registration Information

In order to access claims and eligibility information, employees enrolled in the Dental Blue Select voluntary dental will need to re-register for on-line access effective May 3, 2010.

Using the instructions below, the registration process will only take a few minutes to complete:

1. Go to <http://www.bcbsnc-dental.com/>
2. Click *New User Registration*
3. Select *Employee/Insured; Click Next*
4. Enter your First Name, Last Name, Date of Birth and social security number. Click *Next*.
5. Create your User Name, Password, security question and answer. Click the *Create User* button.  
*Note: Please make a record of your User Name, Password, Security Question and Answer*
6. Create your User Name and Password and click the *Continue* button. This will take you to the Login screen where you can enter the User Name and Password you just created.

If you have questions or need assistance, please call Customer Service at 888-471-2738 or Human Resources at 893-7567.

### Quote of the Month

**“Each person’s work is always a portrait of himself.”**

~ Samuel Johnson  
English Author  
1709-1784



## Spring Cleaning for Your Finances



The first day of spring. For many, that means setting a weekend aside for a thorough cleaning and reorganization of the house. But don't stop there! Spring is also a great time to get your financial house in order. Follow these five tips and you'll be well on your way.

**Sort and shred.** While you do want to hold on to some documents, like tax returns (hold seven years), many papers you think you need

can actually be tossed once a year, like receipts, bank and credit card statements and utility bills. Also, when new Social Security and 401(k) statements arrive, the old ones can go.

Remember to never just throw these papers in the trash. Prevent the possibility of identity theft by shredding them first.

**Get organized.** What's the point of keeping important papers if you can't find them? Try filing. Simply make two folders: one for regularly accessed papers, like bank statements and bills, and another for documents you handle less frequently, such as the deed to your home and insurance policies. Every year during spring cleaning, simply go through the files throwing away what you can, while moving what you need to keep to more permanent storage, like a plastic bin.

**Go paperless.** Cut down on the amount of paper you get by signing up for e-statements with your financial institution or utility company, for example. This way, information you need is sent to your e-mail or is available online. Not only will this significantly reduce clutter, but it also cuts down on the potential for identity theft.

**Cut down on cards.** The average American carries five to 10 credit cards. With this many, you're at a much greater risk of overspending. Begin by cutting up spare credit cards and store cards, being sure the accounts are in good standing. Don't close several accounts at once and keep those with the best terms and rates.

**Revisit your savings and retirement plan.** Once a year, it's a good idea to look over your investment portfolios and Individual Retirement Accounts (IRAs) to make sure you're still on target given current market conditions. Reassess your attitude toward risk, and take into account any changes from the past year, such as number of dependents.

Clean and tidy financial records are just as important as a clean and tidy house—and they probably take less time! The next time you're able to find a document in a crunch, you'll be glad you added finances to your spring cleaning agenda.

**Questions regarding this article should be directed to the LGFCU at 877.367.5428.**



## Important Information Regarding Your Dental Blue Select Voluntary Insurance

Blue Cross and Blue Shield of North Carolina has issued new Dental Blue Select ID cards with unique dental subscriber ID numbers in order to more accurately identify that you and any covered dependents have dental coverage. If not already received, all employees enrolled in the voluntary plan should receive new dental cards by mid-May. Employees who have not received a card by mid-May should contact their respective Human Resources representative for assistance.

Old dental insurance cards should be destroyed immediately. Employees should present new dental insurance cards to their dentist at their next dental appointment and ask their dentist to update database systems to reflect the new subscriber number. The new dental insurance cards will be effective until June 30, 2009 at which time the current benefit plan will expire. In addition, please note that no changes have been made to your dental benefits.

As always, should you have questions concerning your dental insurance or any other benefits, please feel free to contact Human Resources at 893-7567.



## Current Job Opportunities

Currently, Harnett County is recruiting for the following vacancies:

**Assistant Economic Development Director**  
**\$45,539.00 - \$70,585.00**

For additional information or to apply for any of the above positions, please visit the Human Resources website at [www.harnett.org](http://www.harnett.org).

## May Safety Tips: Keeping Your Vehicle Secure

Vehicle burglary is often a crime of opportunity. Practicing the following simple safety tips while away from your vehicle can minimize chances of being a victim of vehicle theft:

- Lock your vehicle and take your keys with you, even if you are making a quick stop
- Park in well lighted areas
- Clean your car out. Don't leave anything of value in it.
- Remove your garage door opener and utilize garage parking, if possible
- Lock your trunk or tailgate
- Keep windows completely closed as professional thieves have tools to unlock cars even through the smallest opening
- Turn wheels sharply toward the curb when parking to make it more difficult for thieves to tow your car.
- Thieves thrive on stealing cell phones/chargers, purses/wallets, brief cases, computer equipment, iPods, tools and portable GPS'. If you must leave them in the car, keep them out of sight!

