

My Wellness, My Way

In this Issue . . .

My Wellness, My Way	1
Desiderata	2
Employee News	3
Cooperative Extension News	4
Department Leaders	4
Senior Center News	5
Youth Enrichment Program	6
Library News	7-8
Happy Birthday	9-11
Parks & Recreation	12
Upcoming Events	13
Newsletter Staff	13

Caswell County now has a Wellness Program!!! The theme of the Wellness Program is **“My Wellness, My Way”**. The Caswell County Board of Commissioners approved in their 2016-2017 budget money for a Wellness Program. A Wellness Committee was organized in March of 2016 and consists of Paula Seamster, Administration, Chair; Colon Cassady, Maintenance; Brandon Enoch, Parks & Recreation; Jeannine Everidge, Senior Services; Rhonda Griffin, Library; Barry Lynch, Emergency Management; Melissa Poole, Sheriff’s Office; Mindy Satterfield, Human Resources; Gwen Vaughn, Finance; Marcy Williams, Health Department; Yvette Williams, DSS and Angela Wilson, Administration. The Wellness Committee has met numerous times through the year trying to plan events for the employees of Caswell County. The County hired Blue Cross Blue Shield to develop a 360 Wellness Roadmap for the Wellness Program. All the county employees had the opportunity to complete a survey for this 360 Wellness Roadmap so that the County would have an idea of what the employees were looking for in a wellness program. Of course, the County will not be able to do everything that was suggested but a lot of the ideas are being looked into. For example, the County is currently looking at an area to provide a Caswell County Employees Gym. The Wellness Committee has also implemented a Wellness Passport where an employee can receive a sticker for their passport and at the Employee Appreciation Luncheon any employee that has collected 6 stickers will be put into a drawing to receive one of five prizes. These 5 prizes are a 1 hour Massage gift certificate, 2 Fit bits and 2 \$25 Visa gift cards. There have been several competitions that have been held. The first competition was the Wellness Snapshot where an employee took a picture of him or herself involved in a wellness activity. Maggie Watkins with Family Services and Calvin Connally with Maintenance won the drawing and each received a Fit bit. The next competition was the Bulletin Board contest and the Register of Deeds, IT, Tax Office and the Civil Division won this contest and received a free healthy catered lunch from Golden Corral. The County held a Biggest Loser Challenge for 12 months and Angela Talbott with Cooperative Extension won \$260 and Barry Lynch with Emergency Management won \$80. (Pictures shown later in this newsletter). The LGFCU has also gotten involved in the wellness program and is providing webinars on Financial Wellness. Blue Cross Blue Shield provided a free workshop to all county employees on Stress Management 101 and Justin Mathis with the North Carolina Wildlife Resources Commission provided a free workshop on Water & Boating Safety. The Wellness Committee hopes to implement many more programs for the health and wellness of Caswell County employees. If you have not received your Wellness Passport yet please participate in a wellness activity and start adding stickers to your passport before it is too late for this year. The County will be hosting a Blood Drive on Thursday, July 6th at the Senior Center. This is a wellness event for the county and a sticker will be given to any employee that gives blood or tries to give blood on that day. The Blood Drive will be held from 10:00 a.m. to 1:30 p.m. If you have not heard about the **“My Wellness, My Way”** Wellness Program please get with one of the Wellness Committee members to get more information.

Newsletter Editor:
Paula P. Seamster

Desiderata

Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.
Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

Max Ehrmann, Desiderata, Copyright 1952

Employee News



Rhonda Griffin, Library Director, was named the Sixth District Community Hero of the Month by Congressman Mark Walker for the month of June.

Biggest Loser Challenge winners, Angela Talbott, Cooperative Extension and Barry Lynch, Emergency Management.



Wellness Snapshot Contest Winners, Calvin Connally, Maintenance and Maggie Watkins, Family Services.

Bulletin Board Contest winners were the Register of Deeds office, IT, Tax Office and the Civil Division. These departments along with E-911 (2nd place) enjoyed a healthy catered meal from Golden Corral on Friday, June 16th.



Cooperative Extension has a new ANR Agent

Submitted by: Sherry Ramsey



Nate Bruce grew up in Hudson, Ohio. After graduating high school, he attended West Virginia University in pursuit of a Bachelor of Science in Environmental and Natural Resource Economics. While at West Virginia University, Nate was involved in Alpha Gamma Rho, was a member of the rugby team, and volunteered at the university farm. Nate found a passion for agriculture at West Virginia University and decided to continue his education at the University of Tennessee where he obtained a Master of Science in Agricultural Economics. In his time at the University of Tennessee, Nate contributed to several University of Tennessee Extension projects, and presented research at the 2017 Southern Agricultural Economics Association meeting. Nate will be serving Caswell County producers by helping

goat and sheep producers, starting a master gardeners program, assisting horticulture producers, and helping with fertilizer and pesticide training. Nate has always been intrigued with the North Carolina and Virginia Piedmont region of the country with its strong agricultural history, rural pride, beautiful landscape, and changing seasons. The opportunity to serve the needs of producers in the Piedmont led Nate to Caswell County.



The Caswell County Department Leaders after their Department Leaders meeting on Wednesday, June 21st attended a “Leaving Your Comfort Zone” workshop held at the Caswell County Arts Council conducted by Claire Daniel.

Senior Center News

Submitted by: Rodi Jeffries

The Caswell County Senior Center presents a fabulous Out West Tour. Your 11 day/10 night package includes:

- Visit Mount Rushmore National Memorial
- Explore the Crazy Horse Memorial
- Visit Historic Deadwood & the Tatanka Museum
- 2 full days of guided touring at Yellowstone National Park
- Guided tour of Salt Lake City
- Explore the town of Cody, WY and Bryce Canyon National Park
- Visit the Awe-Inspiring Zion National Park
- Round trip airfare
- August 15 – August 25, 2017
- \$2999 a person – double occupancy
- Travel Insurance \$318 per person due at the time of initial deposit
- \$250 deposit due at the time of reservation

For more information about this trip, please contact Jeannine Everidge at 336-694-7447.

The Caswell County Senior Services Meals on Wheels program is seeking volunteers to deliver meals to homebound seniors that are unable to obtain proper nutrition for themselves. Currently a number of seniors within the county are going without a hot meal and no one to check on them due to a shortage of volunteers. You can make a difference. Help us help others with a hot meal and your kind smile. Just one hour a day once a month. This is a great way to give back to the community. Sign up today with Dana Willis 336-694-7447 ext. 208

Patriotic Quilt

The Senior Center has tickets for the Patriotic Quilt. Tickets are \$2. The quilt will be auctioned off to raise money for the Caswell County Veterans Memorial. The drawing will be at the Veterans Memorial Service in November.

Operation Fan-Relief Program

Caswell County will have a limited number of fans to distribute, thanks to a generous donation made by Duke Power and Progress Energy. These fans are 3 speed, 20-inch box fans.

Eligibility Requirements:

Persons must be 60 years of age or older.

Persons must be a resident of Caswell County

There must be a home situation that presents a threat to the person's health or well-being (health condition)

Persons did not receive a fan from the program in 2016

We have a limited number of fans. Please see Rodi at the Caswell Senior Center for an application for this program or call 336-694-7447 for more information.

Grandparents Raising Grandkids Back to School Program

In preparation for students returning to school, during the months of July and August we will begin collecting school supplies for our Grandparents Raising Grandkids Back to School Program. These school supplies will go to local students being raised by their grandparents. Many of these families are raising children with just their social security check. We are asking you to help us ease the burden on these families and start the school year off right for the children. We are asking for: *pencils, pens, highlighters, erasers, crayons, colored pencils, markers, rulers, scissors, glue sticks, pencil cases, protractors, scientific calculators, USB drives, wide and college ruled paper, 1, 3, and 5 subject notebooks, 1"-2" binders, composition books, folders, dividers, planners, hand sanitizer, tissues, and backpacks.* Any donations are greatly appreciated.

Youth Outreach Program

Submitted by: Tonya Pegg

The 19th Annual North Carolina Teen Court Association “Mock Trial” Summit was held April 7-9, 2017 in Greensboro. Our Caswell County youth volunteers competed against other N.C. Teen Court teams using a mock case scenario. Our team was split with the prosecuting attorneys and bailiff in one courtroom and our defense attorneys, defendant and clerk in another. Caswell’s Prosecution Team scored 75 out of 100 points and our Defense Team scored 95 out of 100 points! Hannah Cates brought home the Best Courtroom Defense Attorney award which she gratefully shared the spotlight with her co-counsel Princess Wright. We are extremely proud of all of the youth for the work they do all year around!

These youth practiced multiple times; defense and prosecution separate, attorneys only, prosecution and defense together, all courtroom volunteers together. Many hours were invested by our youth volunteers and a couple adult volunteers also. ADA Alisa Black, and her daughter Christine, devoted 2 Saturdays to help train our attorneys in how to present evidence, what evidence should be presented, the proper use of objections and so much more. Lynn Simpson was also an essential part of the competition by helping serve lunch and being a chaperon at the Summit. “Thank you” to you ladies for your time and dedication! What is Teen Court you ask? Teen Court offers juvenile offenders a one-chance alternative to Juvenile or District Court. Student offenders that admit their guilt have the opportunity to avoid getting a juvenile or district court record, if they successfully complete all Teen Court sanctions. Teen Court is a program in which juvenile offenders are questioned, defended, and sanctioned by their peers. Student volunteers take the role of Clerk of Court, Bailiff, Prosecutor, Defense Attorney, and Juror. The juvenile and his/her parents or guardian attends court, where a jury of their peers hears the case and determines a fair and constructive sanction for the juvenile. The juvenile does community service work, attends teen court sessions as a juror, and attends Life Skills classes. Handwritten letters of apology, handwritten essays, and other sanctions can be a part of their constructive sentence. Once all sanctions are completed, the juvenile’s case is terminated. Teen Court allows a second chance to prove that mistakes can be turned into positive choices. It also gives middle school and high school students the opportunity to volunteer and make a difference in the lives of other young people. The community is able to see teens being held accountable for their actions while providing volunteer opportunities for youth. Teen Court saves the community and the juvenile court system expenses. If you know a youth that is in middle or high school, including homeschooled, here in Caswell County that would be interested in volunteering for Teen Court please contact Alex Tocabens at 336-694-1703.



Front Row: Carrington Breedlove (Prosecution Co-counsel), Tamiaya Henderson (Prosecutor), and Hannah Cates (Defense Attorney)
Middle Row: Kali Simpson, Princess Wright (Defense Co-counsel), Alex Tocabens (Coordinator) and Danasha Streater (Defendant)
Back Row: Tonya Pegg, Ashleigh Thorpe (Clerk), Jared Turner (Bailiff), JonQuan Fallen, Nikaya Graves and Abby Graves



Best Courtroom Defense Attorney
Hannah Cates and her co-counsel,
Princess Wright

Gunn Memorial Public Library Events

Submitted by: Rhonda Griffin



Collaborative Library

Summer Program 2017!

**BUILD A
BETTER
WORLD**

Gunn Memorial
Public Library
161 Main Street East
Yanceyville, NC 27379



Phone: 336-694-6241
Fax: 336-694-9846
E-mail: aholman@caswellcountync.gov

Summer Reading Funded by:

- ◊ Caswell County Government
- ◊ Caswell Friends of the Library
- ◊ Caswell Council for the Arts
- ◊ State Library of North Carolina
- ◊ Community Foundation of the Dan River Region
- ◊ Claudia Vernon Smith Fund
- ◊ The following Local Businesses: Caswell Family Medical Center / Thomas Brothers Oil and Gas / Royal Textile Mills, Inc. / Scruggs Electric Co. / Corbett Ridge Cattle Company / KB Hamlett Insurance / William H. Daniel, P.A.
- ◊ Parents / Grandparents / Library Staff / Community and Library Supporters!



This project was supported by the N.C. Arts Council, a division of the Department of Natural and Cultural Resources

www.ncarts.org



Writing Contest!

Participating age groups:

*Grades 3-5, Grades 6-8,

Grades 9-12, Adults

*(Rising)

Top prizes will include Kindle Fires!

Contest details will be available at the front desk, Thursday, June 8th



STEAM WEEK! June 26-29th, 2017

June 26-27th: Beta Box Cubed Workshops*

June 28th: Kathy's Art workshop*

June 29th: NC Zoo: Animal Architects

Times: TBA

*Signup required: Registration opens June 1st





Registration Begins:

Thursday, June 8, 2017

Join us this summer as we strive to "Build a Better World!" through reading and community service. Register your child for another high quality program that encourages children to read and discover all year round! Then simply read at least 15 minutes a day, attend free weekly programs, and collect your weekly prize as you march closer to a summer reading goal of 600 minutes read. Every child who completes our minutes read goal will be eligible to attend an ice-cream sundae party following our summer reading finale performance. Also, be on the lookout for community service opportunities to earn free books!

BUILD A BETTER WORLD™

Thursday, June 22, 2017 at 10:00 AM

Fish The Magish



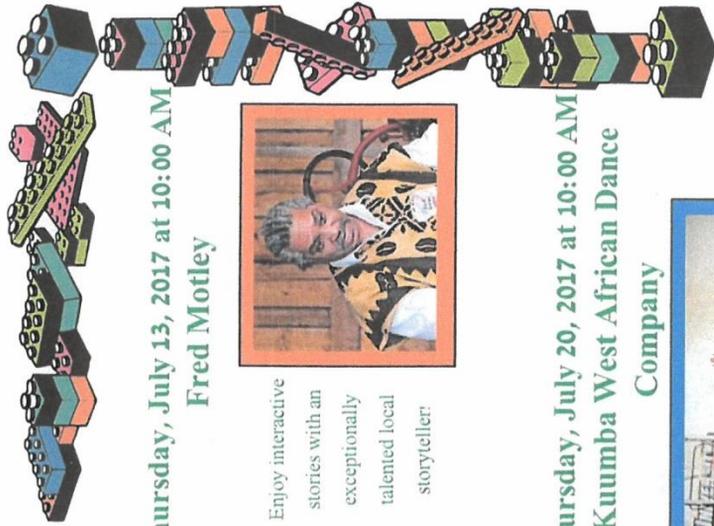
Fish the Magish will bedazzle young and old with wonderful storytelling and mind-bending magic.

Thursday, July 13, 2017 at 10:00 AM

Fred Motley



Enjoy interactive stories with an exceptionally talented local storyteller:



Thursday, July 20, 2017 at 10:00 AM

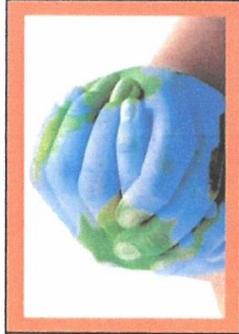
Kuumba West African Dance Company



Join Patricia Hall and the members of Kuumba as they share live drumming and traditional West African Dancing.

Thursday, June 29, 2017 at 10:00 AM

NC Zoo



NC Zoo will come and present an engaging and educational program about Animal Architects!

Thursday, July 6, 2017 at 10:00 AM

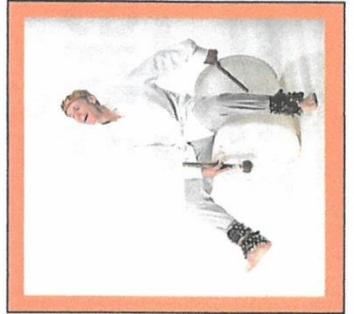
Rags to Riches



Come see the live performance of Rags to Riches adaptations of folk and fairy tales from around the world.

Thursday, June 15, 2017 at 10:00AM

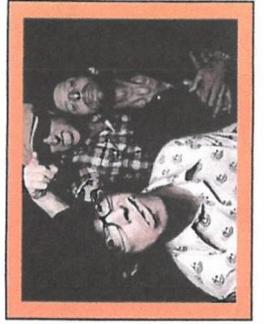
Billy Jonas



For 25 years, Billy Jonas - performer, singer-songwriter, composer, multi-instrumentalist, and educator -- has perfected the art of the neo-tribal hootenanny* with audiences around the globe:

Thursday, July 27, 2017 at 10:00 AM

Big Bang Boom!



Established in 2007 out of Greensboro, North Carolina, this rockin' 3-piece power pop band of dynamic dads play parent-friendly children's music!

Submitted by: Rhonda Griffin

Happy Birthday !!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		JULY
Marcy Williams	Health Department	1
Pamela Baggerly	911 Communications	5
Ava Brackin	Register of Deeds	6
Jennifer Hammock	Register of Deeds	6
Lauren Hudson	DSS	6
Beth Jones	Health Department	7
Rhonda Pleasant	Health Department	8
Dianne Moorefield	DSS	9
David Drumheller	EMS	15
James Yarbrough	EMS	17
Melissa Poole	Sheriff Department	18
Ginny Renkiewicz	EMS	20
AD Rainey	Detention Center	21
Michael Thompson	911 Communications	22
Mike Reaves	911 Communications	27
Angela Benson	DSS	28

Happy Birthday !!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		AUGUST
Michael Adkins	Sheriff Department	1
Perry Caudill	EMS	2
Donnie Powell	Environmental Health	2
Keith Fuqua	Landfill	3
Lanning Honeycutt	EMS	5
Angy Turner	Section 8 Housing	8
Calvin Connally	Maintenance	13
Charlie King	Farmer Lake	13
Bria Wilson	Sheriff Department	14
Lindsay Barton	DSS	14
Eric Barnhardt	Farmer Lake	15
Lea Walters	CATS	19
Lisa Barnett	DSS	22
Tammy Paschal	DSS	23
Tonya Pegg	JCPC	23
Paula Seamster	Administration	24
Rick Mishue	Sheriff Department	25
Keyon Robinson	Detention Center	25
Mitch Thompson	Soil & Water	27
Jeremiah Jefferies	Commissioner	28
Terry Walker	Farmer Lake	28
Vincent Corbett	Sheriff Department	30
Kayre Watson	DSS	27

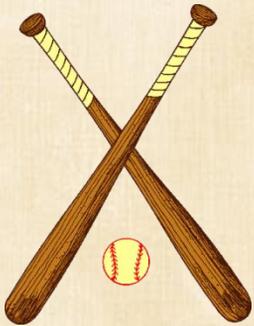
Happy Birthday !!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		SEPTEMBER
Brian Shuler	Sheriff Department	4
June Dailey	Tax Department	4
Darrell McLean	School Resource Officer	6
Judy Humphries	Detention Center	7
Shannon Tickle	Health Department	7
Jonathan Elixson	911 Communications	8
James Rowell	Sheriff Department	8
Bernardo Wiley	DSS	8
Mary Harrelson	DSS	10
Portia Washington	Health Department	10
Babby Wiley	Health Department	10
Alexandria Rimmer	Environmental Health	12
Karen Pichardo	Detention Center	15
Angela Wilson	Administration	15
Spencer Rivers	EMS	16
April McKinney	Health Department	17
Cody Redden	Sheriff Department	17
Ashley Collins	DSS	19
Joshua Kylander	Sheriff Department	20
James Barrick	EMS	21
Teresa Roberts	Family Services	22
Dustin Smithey	Animal Control	23
Ginny Mitchell	Register of Deeds	23
John Loftis	Sheriff Department	24
Sonya Patterson	Cooperative Extension	24
Jackie Little	Sheriff Department	26
Vicki Futch	Health Department	26
Lewis Radford	Library	28
Sherry Ramsey	Cooperative Extension	28
Stephanie Luck	Detention Center	29
Tammy Butler	DSS	30

Parks & Recreation News

Submitted by: Tonya Pegg

What happened in April, May and coming up in June? -
Baseball, softball, soccer programs going pretty well. A lot of Make-Up games during June. Football and Soccer registrations are open!



What is happening in July, August and September? -
Fundraising Kickball Tournament for Fall programs August 5th starting at 11 a.m.! Football and Soccer Season in full swing! Having a "Fall Ball" family event date TBD.



Any new employees?

Facilities Coordinator, Johnny Crumpton & Program Coordinator, TBD

A shout out to your employees?

"Caswell County Parks and Recreation has the best volunteer coaches than any other County, you heard it here first." -Brandon Enoch



Upcoming Events

Caswell County Board of Commissioners Meetings

Monday, July 3rd @ 9:00 a.m.

Monday, July 17th @ 6:30 p.m.

Monday, August 7th @ 9:00 a.m.

Monday, August 21st @ 6:30 p.m.

Tuesday, September 5th @ 9:00 a.m. (Labor Day)

Monday, September 18th @ 6:30 p.m.

Caswell County Hoedown

Blood Drive – Thursday, July 6th @ 10:00 a.m. – 1:30 p.m. – Senior Center

Preserving the Past. . .



Embracing the Future

Newsletter Staff

Rodi Jeffries, Senior Center
Sharon Hendricks, Health Department
Sherry Ramsey, Cooperative Extension
Mindy Satterfield, Human Resources
Yvette Williams, Social Services

Calvin Connally, Maintenance
Rhonda Griffin, Library
Tonya Pegg, Youth Outreach
Paula Seamster, Administration
Melissa Williamson, CATS