



# INSIGHTS

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The online magazine for Wake County Employees.

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## Learn About Wake's Achievements in 2008

Employees are invited to learn about their co-workers achievements and accolades in the 2008 Annual Report. Photos in the report were taken nearly exclusively by County staff, and showcase a variety of County activities, events and facilities. Be sure to take a look – you may find yourself within the pages.

The Public Affairs Office distributed 140,000 copies to staff, residents and County facilities last week. It can also be viewed online at [www.wakegov.com/about/annualreports](http://www.wakegov.com/about/annualreports). Highlights include:

- Beginning in January 2009, qualifying citizens may pay property taxes based on a percentage of their gross income. Honorably discharged and disabled veterans are also eligible for tax relief. Revenue Department staff will hold seminars to explain the options and application process.
- The Wake County Gang Prevention Task Force is working with the towns of Garner, Cary, Fuquay-Varina, Holly Springs and Apex to educate citizens and involve them in youth violence prevention. 4-H Youth Development established the Youth Leaders in Action Academy to strengthen youth resistance to gangs, and promote healthy and positive behaviors.

## 2008 Combined Campaign Update

There is still time to participate in the 2008 Wake County Combined Campaign, which supports 200 local programs that help more than 300,000 people across the region.

Wake County has until Friday, November 21, 2008, to reach this year's goal of \$90,000 in contributions. As of Wednesday, November 5, \$38,824.05 has been raised, nearly 43 percent of the campaign's goal.

To donate, simply fill out this pledge card and return it to a Combined Campaign Coordinator by November 21. A complete list of campaign coordinators can be found at [www.wakeemployees.com/promotions/combinedcampaign.htm](http://www.wakeemployees.com/promotions/combinedcampaign.htm)

## **Changes to November Payroll Schedule**

Due to the Thanksgiving holiday, payday will be Wednesday, November 26. In order to ensure that all employees get paid accurately and in full, all supervisors and employees must be sure that all timesheets are turned in to payroll by Monday, November 17, 2008.

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## **2008 Flu Vaccinations for Wake County Employees**

The single best way to protect against the flu is to get vaccinated each year. Employees interested can receive a free vaccination from November 18, 2008 to November 20, 2008, 9 a.m. to 3 p.m., at the following locations:

November 18 - Wake County Court House, room 704  
November 19 - Sunnybrook Building, room 345  
November 20 - Swinburne Building, room 2132

The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

If you have specific questions, contact [Robin Cassidy](#) at 212-9498.

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## **Record Breaking Turnout in Wake County for 2008 Election**

More than 440,000 Wake County citizens cast ballots during this year's Early Voting Period and Election Day. The unofficial returns resulted in a 74 percent voter turnout for Wake County.

Statewide, nearly 4.3 million turned out to the polls. That number is up from the 2004 elections, where 64 percent of registered voters cast their ballots.

Wake elections staff will begin researching about 4,000 provisional ballots this week. These are ballots given to voters who say they are registered but were not listed at the polling sites they visited.

For more information on this year's unofficial election results from Wake County, visit [www.wakegov.com/elections](http://www.wakegov.com/elections)

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## **Animal Shelter Appreciation Week**

The week of November 2, 2008, through November 8, 2008, was declared Animal Shelter Appreciation Week by the Board of Commissioners. The proclamation coincides with celebrations held across the country to shine a light on the important services provided by local animal shelters.

One of the very special attendees on hand for the meeting was "Jerry," a large stray dog. Due to television coverage of the event, Jerry's owners contacted the Wake County Animal Care, Control and Adoption Center. "Jerry", whose real name is "Buddy," was reunited with his family two days after the proclamation.

Also to commemorate the proclamation, Environmental Services management team members hosted an employee appreciation luncheon on Wednesday, November 5 at the Wake County Animal Care, Control and Adoption Center. Staff was presented with the Board's proclamation and certificates of appreciation just prior to sharing a home cooked meal together.

The significance of this week is to not only highlight the animal care provided by the Center, its staff, volunteers, fosters, rescue groups and medical partners at the NCSU College of Veterinary Medicine, but to also give "paws" to celebrate the dedication and commitment of the entire team.

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## **Wake Joins the Great American SmokeOut**

There's no time like the present to quit smoking. On November 20, 2008, employees will have the support from fellow quitters throughout the nation as Wake County participates in the annual Great American SmokeOut Day. On this day, people from around the country will join together and quit smoking for a full 24 hours.

Studies suggest that by quitting permanently, individuals increase the likelihood of better health, wealth and a longer life:

- Health: Within 12 hours of quitting, carbon monoxide levels in the blood drops to normal.
- Wealth: A one pack per day cigarette smoker can save over \$1,000 in a year by quitting.
- A Longer Life: Quitting reduces ex-smoker's risks of cancer, chronic obstructive pulmonary disease and heart disease.

To help with making the quitting process easier, additional information and resources are available free of charge:

Employee Health Nurse

212-9498

CIGNA Quit Today Program 866-417-7848

The N.C. Quitline  
(7 days a week: 8 a.m. to midnight) 800-QUIT-NOW

For more information on the Great American SmokeOut and more information on how and why you should consider quitting, go to [www.cancer.org/smokeout](http://www.cancer.org/smokeout)

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## **Celebrate GIS Day**

Celebrate Your Place in the World on Geographic Information Services (GIS) Day! This year's event will be held on November 18, at One Exchange Place, Suite 100 (corner of One Exchange Place and South Wilmington Street) from 9 a.m. to 3 p.m. and will feature exhibits, map galleries and demonstrations of how GIS help to address local and global issues every day.

Wake County, City of Raleigh and State of North Carolina GIS offices will host the open house. Visitors will be eligible to win Carolina Hurricanes tickets and will learn about and interact with GIS tools, including:

- Automated Vehicle Location (AVL) and In-Vehicle Navigation (IVN) used by Wake County EMS, Wake GIS and Raleigh-Wake 911 Center
- Landslide mapping program for Watauga County, N.C.
- Public health maps showing diseases and related health outcomes statewide
- Wake County Sheriff's Office GIS Web site
- The Natural Heritage Program's Conservation Planning Tool
- Individuals' view of property and surrounding communities

For more information, contact Carter Vickery at 856-6212.

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## **Seminar Educates Citizens on Diabetes**

On November 8, 2008, Project Direct hosted a group discussion and question and answer session for citizens interested in self-management of diabetes at the Poe Center for Health Education in Raleigh.

Certified Diabetes Educators, physicians and health specialists addressed nutrition, exercise, glucose monitoring, medications, healthy coping, problem solving, self-care behaviors and complications from diabetes.

The Centers for Disease Control and Prevention (CDC) offers

the following suggestions for staying healthy with diabetes:

- Stay up-to-date on medical examinations, including general health, dental and eye
- Get influenza and pneumonia shots
- Maintain healthy blood glucose levels
- Maintain healthy body weight
- Maintain healthy blood pressure
- Maintain healthy cholesterol
- Participate in regular physical activity
- Quit smoking

For more information on employee wellness, visit [www.wakeemployees.com/wellness](http://www.wakeemployees.com/wellness)

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## Workplace Violence

Wake County is committed to providing a safe and productive work environment for its employees that is free from violence. Consequently Wake County has adopted a zero-tolerance policy toward workplace violence. All employees are responsible for helping to maintain a violence-free workplace by cooperating with and respecting coworkers and others in the course of conducting County business. Any employee who witnesses or experiences an act or threat of violence should report this act or threat to their management and to Human Resources. All reported threats of violence will be investigated. If you have any questions, please contact the Employee Relations Division of Human Resources at 856-6090.

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## Applying for an Award?

Is the program you work for applying for an award or another form of recognition? Has your program recently received an award or recognition? Be sure to let the Public Affairs Office know, so we can share the good news with co-workers, commissioners and the media.

For more information, contact Public Affairs Manager Wil Glenn or Public Affairs Director Marshall Parrish, or e-mail *Insights* at [Insights@co.wake.nc.us](mailto:Insights@co.wake.nc.us).

**News ideas? Something Wake employees should know about?**  
Submit your Insights suggestions to [insights@co.wake.nc.us](mailto:insights@co.wake.nc.us)

[www.wakeemployees.com/insights](http://www.wakeemployees.com/insights)