



Union UPDATE

January 15, 2013

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Applications are Being Accepted for Union County Consolidated Human Services Board

The Union County Board of Commissioners is seeking applications from residents of Union County who are interested in serving on a Consolidated Human Services Board. The Consolidated Human Services Board will be composed of a minimum of 17 members, who are residents of Union County, and represent the following categories:

- 1) Four consumers of Human Services [not specified];
- 2) Eight professionals to include:
 - a) Psychologist
 - b) Pharmacist
 - c) Engineer
 - d) Dentist
 - e) Optometrist
 - f) Veterinarian
 - g) Social Worker
 - h) Registered Nurse
- 3) Two physicians licensed to practice medicine in the state, one of whom will be a psychiatrist.
- 4) Other persons, including members of the general public representing various occupations.

The Consolidated Human Services Board will have authority to:

1. Set fees for departmental services based upon recommendations of the human services director.
2. Assure compliance with laws related to state and federal programs.
3. Recommend creation of local human services programs.
4. Adopt local health regulations and participate in enforcement appeals of local regulations.
5. Perform regulatory health functions required by state law.
6. Act as coordinator or agent of the state to the extent required by state or federal law.
7. Plan and recommend a consolidated human services budget.
8. Conduct audits and reviews of human services programs, including quality assurance activities, as required by state and federal law or as may otherwise be necessary periodically.
9. Advise local officials through the county manager.
10. Perform public relations and advocacy functions.
11. Protect the public health to the extent required by law.
12. Develop dispute resolution procedures for human services contractors and clients and public advocates, subject to applicable state and federal dispute resolution procedures for human services programs, when applicable.

monthly program guide via your email by contacting Shelley Fearn, Reader's Services Librarian, at sfearn@union.lib.nc.us.



What's Happening at the Library?

Black History Month Art Contest

In honor of Black History Month 2013 and the 150th anniversary of the signing of the Emancipation Proclamation, Union County Public Library is holding a popular vote art contest.

The theme of this year's contest is Freedom. The contest is open to all artists ages 12 and up. Contestants are limited to one entry. Artwork must be an original piece, no larger than 24 inches x 36 inches, ready to hang, that highlights this year's theme. The deadline to enter is Friday, Jan. 25.

Entries will be on display in the Griffin Room of the Monroe Library during the month of February. Voting will take place from February 1st-15. A reception will be held at the end of February announcing the winners with prizes awarded for 1st, 2nd, and 3rd place.

Questions? Call Gypsy Houston at 704-283-8184, ext. 232.

Most States

Dates and times for regular meetings of the Consolidated Human Services Board have not been established at this time. It is anticipated that the dates and times of the regular meetings will be discussed at the Board's orientation meeting.

Anyone who wishes to apply to serve on the Consolidated Human Services Board can obtain a profile sheet by calling Lynn West at 704-283-3853 or from the County's website at: www.co.union.nc.us.

Please submit completed profile sheets to the Office of the Clerk to the Board of Commissioners, 500 N. Main Street, Room 615, Monroe, NC 28112, by fax at 704-282-0121 or by email to west@co.union.nc.us.

BOCC Special Meeting on Jan. 17

The Union County Board of Commissioners will hold a special meeting on Thursday, Jan. 17 at 8:30 a.m. in the Personnel Training Room of the Union County Government Center in Monroe.

Commissioners are scheduled to discuss the County's five-year financial projections and FY 2014 budget focus areas. Commissioners will also receive updates on County revenues and expenditures.

The meeting will air live on the County's website at <http://www.co.union.nc.us:8080/sirepub/meet.aspx> and will also be available on UCTV 16 and the County's YouTube page at www.youtube.com/unioncountync.

Veterans Affairs Offers 2013 Healthy Lifestyle Classes

The W.G. (Bill) Hefner VA Medical Center's rural health team will conduct a four-week healthy living skills class at the Veterans Services office in the Government Center at 500 N. Main Street in Monroe every Thursday starting Jan. 24 from 10 a.m. - 12 p.m. Veterans and their families are invited to attend this four-week class to learn about CPR, diabetic self-management, nine healthy living messages and about other available VA services.

All former and current military members and their immediate family members are encouraged to attend this free class. VA staff will also provide health care registration, education and information services to all non-registered veterans, and assistance in completing enrollment applications, requesting copies of DD Form 214 and initiating MyHealthVet online services.

Former military members who are not currently enrolled for VA health care benefits will need to bring a copy of their DD Form 214 to attach to their application for VA health care benefits. Veterans who cannot locate their DD Form 214 may request a copy from www.archives.gov/veterans/military-service-records/.

Reporting Widespread Flu Activity

Forty-seven states reported widespread influenza activity in the most recent weekly report from the CDC. The report, called FluView, tracks influenza activity in the U.S. Although more states reported widespread activity, fewer states reported influenza at a "high level," indicating the season may have peaked, especially in the southeast U.S. Two more influenza-associated pediatric deaths were reported, bringing the total to 20. FluView is here: <http://www.cdc.gov/flu/weekly>.

Did You Know?

9 in 10 Americans eat too much sodium, but it's not coming from the salt shaker at the table.

Most of the sodium we eat comes from only 10 types of common foods.

State and local health departments are increasing public awareness about the amount of sodium added to processed and packaged foods and the health outcomes of a high-sodium diet.

For more information, call 1-800-469-8262, ext. 4958/4960/4937/4642. VA outreach activities are posted on the events calendar at www.salisbury.va.gov/calendar.asp. For more VA information, visit www.salisbury.va.gov or find us on Facebook at www.facebook.com/VASalisbury.

New Sessions of Eat Smart, Move More, Weigh Less Begin Soon

The winter session of the 12-week Eat Smart, Move More, Weigh Less weight management program being offered by N.C. Cooperative Extension in Union County and taught by registered dietitian and extension agent, Sally McNeill, is about to begin. But there are still spaces available, so it is not too late to register.

Eat Smart, Move More, Weigh Less is a weekly weight management program developed by N.C. Cooperative Extension and the N.C. Division of Public Health. The weekly program will be held on Mondays at two locations in Union County starting on Jan. 28 and continuing through April 22. The daytime session will meet from 12 p.m. - 1 p.m. at the Agricultural Center at 3230-D Presson Road in Monroe. The evening session will meet from 5:30 p.m. - 6:30 p.m. at the Monroe Aquatic and Fitness Center at 2325 Hanover Drive in Monroe. You don't have to be a member of the MAFC to participate. The cost for the 12-week program is \$25.

Lessons will focus on strategies to help you eat smart and move more. Topics will include, Re-Think Your Drink, Nutrition Labeling, Meal Planning, Eating Healthy When Eating Out, Facts About Fiber, All About Sodium and Hypertension, the Benefits of Physical Activity, Eating Fruits and Vegetables, Adding More Grains to the Diet, plus many more.

Each participant will receive a full-color magazine that contains the most important points from each lesson and a journal to keep track of their weight, food intake and physical activity.

If a goal of yours is to improve eating habits and lose weight this year, then please consider joining the program. You will be glad you did. You may register and pay in person for the daytime classes at the Agricultural Center. For the evening classes, you may register and pay in person at the MAFC. For more information, call Sally McNeill at 704-283-3732 or visit <http://union.ces.ncsu.edu> and click on events and scroll to the listing for Eat Smart, Move More, Weigh Less.

Union County Sheriff's Office
American Red Cross Blood Drive

Friday, January 18

3 p.m. - 7:30 p.m.

Reminder: It's Not Too Late! It is that time again to give the **Gift of Life**. It does not cost a thing, but time and effort. The life you save may be your own! If you want to **RSVP** (schedule an appointment time) please call Lt. William Thompson or Sgt. Pauline Lucore at 704-283-3765 or email me at williamthompson@co.union.nc.us. **Donors are entered in a Charlotte Bobcats ticket raffle. Lower level seats near the players' tunnel!**

Union County Crime Stoppers BBQ

Pork BBQ & Marinated Turkey

Friday, January 18, 2012 11am-8pm

Eat In-Take Out- Delivery 10 or More Plates

\$8 A Plate!

Great Food! The Crime your donation may solve may be the one you are a victim of!

Both at the Union County Agricultural Center!

SIGN-UP FOR EMERGENCY NOTIFICATIONS

Union County officials now have the ability to quickly deliver emergency messages to targeted areas or the entire county.

Log onto the Union County website at www.co.union.nc.us and follow the link to the "CodeRED Community Notification Enrollment" page.

Those without Internet access may call 704-283-3572 Monday through Friday from 8 a.m. to 5 p.m. to provide their information over the phone.

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