



Sullivan County Wellness Program Initiative

As you may be aware, with our recent change in insurance programs, we have re-initiated a County wide wellness program. All employees are encouraged to participate regardless of their status within the County or their receipt of our benefits coverage. Next payroll you will receive a survey, sponsored by the HealthTrust, which ALL employees are asked to complete. We are in the process of lining up prizes for the return of these surveys. From these survey's, the HealthTrust will compile the results and return to us information to help steer our program in a direction that will best fit the employees needs and wants.



SLICE OF LIFE

Are you covered under the County's health insurance program? If so, are you participating in the Slice of Life Wellness Program? There is more **money (\$'s)** and well-being for you while providing an overall benefit to the County and all employee through the potential reduction of future health claims. Below is a bulleted list of the programs and money available for participating in this valuable program. Though the \$ signs may catch your eye improved health and well-being for you and your family can result from participation in these programs. Find out more from Human Resources or go to the hyperlink below. You have nothing to lose and much that can be gained!



Health Assessment Completion = \$75

Biometric Health Screenings = \$50

Life Points Incentive Program – Earn 500 Life points during mos. = \$100; Every 200 points earned per quarter = 1 entry into quarterly drawing for \$1,000.



6

Health Awareness Program – Enrollees, spouses and covered dependents 18 years and older who complete the Health Assessment may receive up to \$100 for eligible health and safety classes.

***See the Slice of Life brochure in the benefit packet from open enrollment or log onto HealthTrust <http://healthtrustnh.org/Service/sliceoflife> for specific details and requirements.**

SCHC Community Development Update

Happy Fall Everyone! Last month we began having meetings with members of the Union Leadership Board. Our goal is to be able to foster greater communication and understanding regarding facility initiatives and community development. We will also be re-initiating the Community Touch Base meetings where Department Heads and I touch base with each of the units and shifts in order to support operations and resident care. It is my desire that these forums promote continued engagement with everyone in the care of our residents. I look forward to your involvement.

We also look forward to the holiday season. It is time to plan for our annual Thanksgiving Dinner for residents and families. That event is always well attended and the resident families appreciate the opportunity to have a great day with their loved ones.

Respectfully,

Ted J. Purdy, Administrator

Annual Coat Drive

It doesn't seem possible that another year has passed and United Way of Sullivan County is collecting coats for the needy!

This is my favorite project as a volunteer to help those families, children, and homeless to pick out a warm coat, hat, mittens, or a warm blanket.

Please help us by giving us your gently worn warm clothing for those in need. The distribution box is located in front of the reception desk at the entrance of this building.

Free Coat Friday's are held for four Fridays in October. We are set up and ready by 8am and depending on merchandise we end at 3pm.

Distribution Locations:

Claremont: Claremont Savings Bank (in the parking lot). October 10th & 24th.

Newport: on the Newport Common. October 17th & 31st.

Sherrie Curtis



Got Drugs?

Dispose of your unwanted medications easily and safely on September 27.

**National Prescription Drug Take Back Day
Saturday, September 27
10:00 am - 2:00 pm**



Locations Near You:

Sullivan County Sheriff's Office, 14 Main Street, Newport
Claremont Savings Bank, 145 Broad Street, Claremont
Grantham Police Department, 300 Route 10 South
Sunapee Police Department, 9 Sargent Road
Washington Police Department, 5 Halfmoon Pond Road

This safe and free disposal of prescription and other drugs helps keep you and your community safe.

Visit dea.gov or preventionworksnnh.gov for a link to the collection site nearest you.

Message brought to you by Communities United Regional Network of Sullivan County. Photo: Dominique Godbout.

2015 is right around the corner! We have started to schedule our biometric screenings for the 2015 year, starting with Tuesday November 18th, 2014 at the Newport Complex Jury Assembly Room from 12p-6p. Even if you attended in August, attending this will count towards your 2015 requirements. See you there!

 **Making Money Work** 
FOR YOU

DATES: Wednesday Evenings:
October 15, 22, 29 and
November 5, 12, 19, 2014

**This series is most effective when
attending all six sessions**

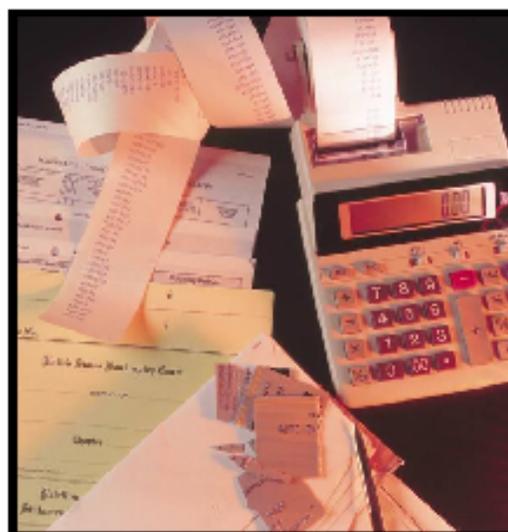
TIME:
6:00 – 8:00 p.m.

LOCATION:
On-line webinar

REGISTRATION:
To pre-register (on or before 10/15)
or for more information, contact
Sherrie at 603-863-9200 or
sherrie.fontaine@unh.edu.

COST: \$15 per person/couple;
No cost for More Than Wheels participants.

OFFERED BY:
UNH Cooperative Extension
and
More Than Wheels



**A six-part series designed to
help participants:**

- *Gain control over spending*
- *Develop a plan to achieve financial goals*
- *Reduce expenses and debt*
- *Increase savings*
- *Understand insurance needs*

extension.unh.edu

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.
University of New Hampshire, U.S. Department of Agriculture and NH counties cooperating.
If special accommodations are needed to participate in this activity, contact the Extension office
at least two weeks prior to the event so accommodations can be made.

Commissioners Office Calendar of Events

- Oct 1, Wednesday, 6 PM** Commissioners & County Manager attend Plainfield Select Board Meeting
- Oct 1, Wednesday, 7 PM** – Conservation District Meeting. Location: Unity, County Complex, Ahern Building
- Oct 3, Friday, 10 AM** – New Hampshire Association of Counties (NHAC) Executive Committee. Location: Concord, Primex Building
- Oct 6, Monday 3 PM** - Commissioners' Regular Business Meeting. Location: Newport, 14 Main Street, Commissioners Conference Room
- Oct 8, Wednesday, 6:30 PM** Commissioners & County Manager attend Claremont Council Meeting
- Oct 13, Monday, Newport County State Complex closed**
- Oct 20, Monday, 3 PM** - Commissioners' Meeting. Location: Unity, County Complex, Sullivan County Health Care, Frank Smith Living Room
- Oct 29, Wednesday, Community Continuum of Care Forums** – time and place to be announced
- Nov 3, Monday, 3 PM** - Commissioners' Meeting. Location: Newport, County Complex, 14 Main Street, Commissioners Conference Room
- Nov 5, Wednesday, 7 PM** – Conservation District Meeting. Location: Unity, County Complex, Ahern Building
- Nov 7, Friday, 10 AM** – New Hampshire Association of Counties (NHAC) Executive Committee. Location: Concord, Primex Building
- Nov 10, Monday, 5:30 PM** Commissioners & County Manager attend Unity Select Board Meeting
- Nov 17, Monday, 3 PM** - Commissioners' Meeting. Location: Unity, County Complex, Sullivan County Health Care, Frank Smith Living Room
- Nov 24, Monday, 7 PM** Commissioners & County Manager attend Langdon Select Board Meeting
- Nov 27 Thursday & Nov 28 Friday, Newport County State Complex closed**
- Dec 1, Monday 3 PM** - Commissioners' Meeting. Location: Newport, County Complex, 14 Main Street, Commissioners Conference Room
- Dec 3, Wednesday, 7 PM** – Conservation District Meeting. Location: Unity, County Complex, Ahern Building
- Dec 5, Friday, 10 AM** – New Hampshire Association of Counties (NHAC) Executive Committee. Location: Concord, Primex Building
- Dec 15, Monday 3 PM** - Commissioners' Meeting. Location: Unity, County Complex, Sullivan County Health Care, Frank Smith Living Room
- Dec 25 Thursday & Dec 26 Friday, Newport County State Complex closed**

We would like to take this opportunity to welcome aboard the following employees who have started over the past few months:

Brenda	Wheeler	Housekeeper
Teresa	Sherman	Food Service
Christine	Charlebois	Laundry Worker
Alexandria	Carter	LNA
Melinda	Chase	RN Charge
Nicholas	Lund	Correctional Officer
Lea-Ann	Tacy Bartlett	Activity Aide
Lyndon	Hays	Intern
Debra	Ricker	RN Charge
Stephanie	Richardson	Housekeeper
Ashley	Gokey	Housekeeper
Natasha	Brown	LNA
Donna	Bird	Activity Aide
Norman	O'Neil	Human Resource
Elizabeth	Poire	Housekeeper
Kimberly	Bowers	Correctional Officer
Mark	Pellerin	Food Service Worker
Kassandra	Donovan	Activity Aide



Communities United Regional Network and the Greater Sullivan County Public Health Network



Frequently Asked Questions: "Spice"

Earlier this month, over 45 people, most in the Manchester area, were sickened by a synthetic drug known as 'spice,' a product often sold as 'incense' or 'potpourri.'

It's important for you to know that this drug is not just a problem in Manchester or on the seacoast. We have seen this product on store shelves in Sullivan County and surrounding communities, and 17% of Sullivan County area high school students said they had used 'spice' or a similar drug at least once.

What is this drug?

Spice is a name given to a variety of drugs that are commonly sold as an alternative to marijuana. They contain no marijuana or THC (the active ingredient in marijuana), and some varieties have different effects from marijuana. The drug is commonly smoked or brewed into tea.

Packages are labeled 'not for human consumption' in an attempt to skirt the law. They are usually brightly labeled in an effort to appeal to youth.

Because these drugs are not consistently made, their effects can vary widely, but health consequences have included:

- Seizures
- Anxiety
- Erratic heart rate
- Heart attack
- Kidney failure
- Death

How is the drug made?

The most common way spice is made is a two-step process. Labs in China create the 'active' chemical compound, which is then imported as a liquid into the United States. Drug dealers in the US then 'mix' the chemical with dried green leaves that resemble marijuana and let the product dry before it is packaged and sold. This can even mean people using their bathtubs to make the product. Roger Ely, a chemist for the DEA, told Colorado's KRDO that "it's a very haphazard, unsanitary method of application. A packet of Spice could have little or no compound, or it could have a heavy amount. We still haven't determined what amount constitutes an actual dose that will affect someone." He also