



## Facilities Happenings

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As summer ends and fall arrives, there is a lot happening in Facilities. First we'd like to welcome Lyndon Hayes to the Facilities Department. Lyndon has worked with Natural Resources as a part time intern and has accepted a full time position with Maintenance. Approximately half of his time will continue to be spent working in Natural Resources. The rest of the time he will be seen working in all areas of the County to include the Department of Corrections, the Newport buildings and Sullivan County Health Care.

Code compliance is always a major part of Facilities. Recently the New Hampshire Department of Environmental Services, Water Division performed the every three years sanitary survey on our Unity water system. I'm pleased to report that the system passed with flying colors with only the addition of one valve which was part of a new code. We also had the water tanks cleaned and inspected and found that they are also in good shape.

We've completed the "Request For Proposal" process for repairing, paving and adding drainage to the Nursing Home access road, the Ahern parking lot and the front parking lot. The hope is to get all or most of this work accomplished before snow flies. Every effort will be taken to minimize inconvenience to staff and visitors. We appreciate your forbearance as we do this work, we will do our best to keep everyone informed.

I hate to bring this up but as a reminder, winter is approaching. Maintenance will again put out the flashing light at the Nursing Home staff parking lot during plowing operations. We will get out more information about this as we get closer.

Thanks to the Maintenance crew for continued diligence in keeping up with work orders. The work load increases every year and over two thousand work orders have been completed year to date. By our best estimate this constitutes less than one third of the total repairs completed.

Please feel free to contact us at 542-9522 ext. 531 or by email if you have any questions.

Thank You.,

John Cressy, Facilities Director

## Community Development Update

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Happy Fall Everyone!

I want to recognize that we have had some staffing challenges during the summer, especially in nursing. I appreciate and thank all those who have worked with us to fill schedules and meet resident needs. The recruitment initiatives are bearing fruit and HR is bringing in staff as soon as they are available. I also wish to remind everyone that we have a referral bonus in place for all employees. \$500 is paid out to county employees who recruit full time nursing staff. (\$200 upon hire, \$200 at 6 months and \$100 at a year of employment). Also, our new LNA Course is underway and we are about to embark on training our own Medication Nursing Assistants.

Even though we are working hard on recruitment, we cannot lose sight of retention. Employee retention is everyone's responsibility. How we train, develop and support new and current staff is of utmost importance. One program we are working on is our Employee Mentor Program. The intent is to develop a program for nursing and ancillary departments that would select and train current employees engaged in orienting newly hired peers. Our desire for this program is to provide a consistent mechanism to enhance the development and retention of new staff.

Thank you for all that you do for our residents.

Respectfully,

Ted J. Purdy, Administrator

In an attempt to eliminate to help conserve our natural resources, we are submitting this reminder to all staff that you may receive your pay stubs electronically. A “perk” to participating in this process is that you will receive your pay stub by no later than Wednesday when payroll is issued, giving you advisement of your deposits in advance of pay day. If you are interested in utilizing this feature, please complete the form below and return it to the human resources department. Thank you.

## **Direct Deposit Receipt Electronic Submission Form**

I \_\_\_\_\_ would like to participate in the electronic pay receipt submission program. I understand that in order for this feature to work that I must maintain my net pay direct deposit status at all times and keep my email account up-to-date with the Human Resources Department.

I furthermore understand that my receipt will come once payroll is processed, and that deposits will still only be made on the designated payroll date.

Should my email account fail for any reason I understand that this feature will be turned off until I contact Human Resources directly to remedy the account issue and complete another form.

The email I would like to have my direct deposit receipt sent to is:

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(must be printed and legible)

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# PREVENTIONWORKSNH.ORG

Vol 6: No. 2



Talk early and often!

## WATCH FOR SUMMER PARTIES

Keep your family safe this summer.

Know where your kids are—make the call.

Recently, 75 youth from outside New Hampshire were arrested in our community for underage drinking. For many youth—inside and outside our state—their first time drinking alcohol happens during the summer months, often at summer parties. Middle school students, whose brains are changing rapidly, are especially at risk for long-term consequences of alcohol use.

Teen drinking parties can lead to alcohol poisoning, unwanted sexual activity, and changes to the brain that can affect your kids for the rest of their lives.

40% of Sullivan County teens who drink alcohol say their alcohol was 'given' to them. As a parent, you can

say no to underage drinking.

Know where your kids are going and who they're going to be with. Set clear rules and consequences if those rules are broken.

Call ahead and make sure parents or party hosts know and respect your family rules. Don't let others take your choices as a parent away from you!

Make sure your kids know that you don't want them using alcohol or other drugs. Tell them you love them and want them to have a strong, healthy future. Let them know that most youth in Sullivan County don't use alcohol or other drugs. They can make a healthy choice—and your voice can make the difference.

Knowledge is power!

## Safe Families

[TwinStateSafeMeds.com](http://TwinStateSafeMeds.com)



### TWIN STATE SAFE MEDS

14.2% of Sullivan County high school students say it would be 'easy' or 'very easy' to get a prescription drug that wasn't prescribed to them.

You can make a difference. Visit [TwinStateSafeMeds.com](http://TwinStateSafeMeds.com) for tips on how to keep your medication safe, with information on:

- Safe use of medications
- Safe storage
- Safe disposal—what can and can't be disposed of in a prescription drug drop box, and how to find a box near your home or work
- How to talk with your children about medication safety
- How disposing of prescription drugs safely can help New Hampshire's lakes and rivers clean.

Be a part of the solution: visit [TwinStateSafeMeds.com](http://TwinStateSafeMeds.com) today!

Funding provided in whole or in part by State of NH, DHHS, Bureau of Drug and Alcohol Services, with support from SAMHSA.

Visit us at [PreventionWorksNH.org](http://PreventionWorksNH.org) or follow us on Facebook at [PreventionWorksNH](https://www.facebook.com/PreventionWorksNH).

# 2015 Consumer Confidence Report

## Sullivan County Complex

2384010

### Introduction

Like any responsible public water system, our mission is to deliver the highest quality drinking water and reliable service at the lowest, appropriate cost. Aging infrastructure presents challenges to drinking water safety, and continuous improvement is needed to maintain the quality of life we desire for today and for the future.

In the past year, we have developed a third well which we plan on connecting to the system over the next several months.

When considering the high value we place on water, it is truly a bargain to have water service that protects public health, fights fires, supports businesses and the economy, and provides us with the high-quality of life we enjoy.

### What is a Consumer Confidence Report?

The Consumer Confidence Report (CCR) details the quality of your drinking water, where it comes from, and where you can get more information. This annual report documents all detected primary and secondary drinking water parameters, and compares them to their respective standards known as Maximum Contaminant Levels (MCLs).

NOW IT COMES WITH A LIST OF INGREDIENTS.



The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up sub-

### How can I get involved?

For more information about your drinking water, please contact Steve Arsenault, with Sullivan County Complex, at 542-9511 or the water system operator, Daniel Crosby, with EAI Analytical Labs, at 357-2577. Although we do not have specific dates for public participation events or meetings, feel free to contact us with any questions you may have.

### Definitions

**Ambient Groundwater Quality Standard or AGQS:** The maximum concentration levels for contaminants in groundwater that are established under RSA 485-C, the Groundwater Protection Act.

**Action Level or AL:** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

**Maximum Contaminant Level or MCL:** The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal or MCLG:** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

**Maximum Residual Disinfectant Level or MRDL:** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addi-

stances resulting from the presence of animals or from human activity.

**Contaminants that may be present in source water include:**

**Microbial contaminants,** such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

**Inorganic contaminants,** such as salts and metals, which can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

**Pesticides and herbicides,** which may come from a variety of sources such as agriculture, urban storm-water runoff, and residential uses.

**Organic chemical contaminants,** including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.

**Radioactive contaminants,** which can be naturally-occurring or be the result of oil and gas production and mining activities.

**In order to ensure that tap water is safe to drink,** EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. The US Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

### What is the source of my drinking water?

Our water comes from three bedrock wells, located to the east, north and southwest of the property. The water is softened to remove calcium and chlorinated for disinfection.

**Why are contaminants in my water?** Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the

tion of a disinfectant is necessary for control of microbial contaminants.

**Maximum Residual Disinfectant Level Goal or MRDLG:** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

**Treatment Technique or TT:** A required process intended to reduce the level of a contaminant in drinking water.

**Turbidity:** A measure of the cloudiness of the water. It is monitored by surface water systems because it is a good indicator of water quality and thus helps measure the effectiveness of the treatment process. High turbidity can hinder the effectiveness of disinfectants.

### Abbreviations

BDL: Below Detection Limit

mg/L: milligrams per Liter

NA: Not Applicable

ND: Not Detectable at testing limits

NTU: Nephelometric Turbidity Unit

pCi/L: picoCurie per Liter

ppb: parts per billion

ppm: parts per million

RAA: Running Annual Average

TTHM: Total Trihalomethanes

UCMR: Unregulated Contaminant Monitoring Rule

ug/L: micrograms per Liter

Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

**Do I need to take special precautions?** Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

### Source Water Assessment Summary

DES prepared drinking water source assessment reports for all public water systems between 2000 and 2003 in an effort to assess the vulnerability of each of the state's public water supply sources. Included in the report is a map of each source water protection area, a list of potential and known contamination sources, and a summary of available protection options. The results of the assessment, prepared on April 18, 2002, are noted below.

- The east well, DH-6, had four susceptibility factors that were rated high, one was rated medium, and seven were rated low.
- The west well, DH-5, had four susceptibility factors that were rated high, one was rated medium, and seven were rated low.
- The southwest well, BRW-7, wasn't installed when the vulnerability assessment was performed.

Note: This information is thirteen years old and includes information that was current at the time the report was completed. Therefore, some of the ratings might be different if updated to reflect current information. At the present time, DES has no plans to update this data.

The complete Assessment Report is available online for review at the DES Drinking Water Source Assessment website at

<http://des.nh.gov/organization/divisions/water/dwgb/dwapp/dwsap.htm>.

### Drinking Water Contaminants:

**Lead:** If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. This water system is responsible for high quality drinking water, but can not control the variety of materials used in your plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing cold water from your tap for at least 30 seconds before using water for drinking or cooking. Do not use hot water for drinking and cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at

<http://water.epa.gov/drink/info/lead/index.cfm>

**Radon:** Radon is a radioactive gas that you can't see, taste or smell. It can move up through the ground and into a home through cracks and holes in the foundation. Radon can also get into indoor air when released from tap water from showering, washing dishes, and other household activities. It is a known human carcinogen. Breathing radon can lead to lung cancer. Drinking water containing radon may cause an increased risk of stomach cancer.

2014

DETECTED WATER QUALITY RESULTS						
Contaminant (Units)	Level Detected	MCL	MCLG	Violation YES/NO	Likely Source of Contamination	Health Effects of Contaminant
<b>Radioactive Contaminants</b>						
Compliance Gross Alpha (pCi/L)	8.5	15	0	No	Erosion of natural deposits	Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. Some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer.
<b>Inorganic Contaminants</b>						
Arsenic (ppb)	1	10	0	No	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes	While your drinking water meets EPA's standard for arsenic, it does contain very low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.
Chlorine (ppm)	0.6 to 1.2	MRDL = 4	MRDLG = 4	No	Water additive used to control microbes	Some people who use water containing chlorine well in excess of the MRDL could experience irritating effects to their eyes and nose. Some people who drink water containing chlorine well in excess of the MRDL could experience stomach discomfort.
Chromium (ppb)	7	100	100		Discharge from steel and pulp mills; erosion of natural deposits	Some people who use water containing chromium well in excess of the MCL over many years could experience allergic dermatitis.
Copper (ppm)	0.021	AL=1.3	1.3	No	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives	Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.
Fluoride (ppm)	0.85	4	4	No	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories	Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Fluoride in drinking water at half the MCL or more may cause mottling of children's teeth, usually in children less than nine years old. Mottling also known as dental fluorosis, may include brown staining and/or pitting of the teeth, and occurs only in developing teeth before they erupt from the gums.
Lead (ppb)	13 (tested in 2012)	AL=15	0	No	Corrosion of household plumbing systems, erosion of natural deposits	Infants and young children are typically more vulnerable to lead in drinking water than the general population. If you are concerned about elevated lead levels in your home's water, you may wish to have your water tested and flush your tap for 30 seconds to 2 minutes before using tap water. Additional information is available from the Safe Drinking Water Hotline (800-426-4791).
Nitrate (as Nitrogen) (ppm)	0.2 to 0.3	10	10	No	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.	Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should ask for advice from your health care provider.

## NHRS Offers Educational Sessions Locally

### NHRS Member Education Sessions

September, October, and November

Listed below are the New Hampshire Retirement System (NHRS) member education sessions scheduled in September, October, and November. To ensure seating availability, registration is required. For more information, or to register, please visit the NHRS website at: <https://www.nhrs.org/meetings-events/>

#### Group I (Employee and Teacher)

Winnacunnet High School Lecture Hall, Hampton, NH 9/15/2015, 3:30 p.m. - 4:45 p.m.

NH Retirement System Office, Concord, NH, 9/24/2015, 4:30 p.m. - 5:45 p.m.

Professional Development Center, Kennett Middle School, Conway, NH, 10/7/2015, 3:30 p.m. - 4:45 p.m.

#### **River Valley Community College, Claremont, NH, 10/20/2015, 4:30 p.m. - 5:45 p.m.**

Nashua Community College, Nashua, NH, 10/22/2015, 4:30 p.m. - 5:45 p.m.

NH Retirement System Office, Concord, NH 10/27/2015, 4:30 p.m. - 5:45 p.m.

Gilford High School Library, Gilford, NH 11/3/2015, 3:30 p.m. - 4:45 p.m.

NH Retirement System Office, Concord, NH 11/17/2015, 4:30 p.m. - 5:45 p.m.

#### Group II (Police and Fire)

NH Retirement System Office, Concord, NH, 10/29/2015, 9:00 a.m. - 10:15 a.m.

Thank you,  
Christine Basha  
Public Information Specialist  
(603) 410-3648



## **NEWS FROM THE NATIONAL SHERIFFS' INSTITUTE**

**1450 Duke Street, Alexandria, VA 22314 • Phone (703) 836-7827 • Fax (703) 838-5349**

FOR IMMEDIATE RELEASE  
September 4, 2015

CONTACT: Hilary Burgess  
(703) 838-5320  
hburgess@sheriffs.org

**SHERIFF JOHN P. SIMONDS**  
**Completes 108<sup>th</sup> Session of National Sheriffs' Institute**  
**Co-sponsored by**  
**NATIONAL INSTITUTE OF CORRECTIONS (NIC)**  
**NATIONAL SHERIFFS' ASSOCIATION (NSA)**

Aurora, Colorado—Sheriff John P. Simonds of the Sullivan County Sheriff's Office completed participation in the 108<sup>th</sup> session of the National Sheriffs' Institute (NSI) held in Aurora, Colorado, August 31-September 4, 2015. The NSI is the only national executive development program designed for sheriffs. This no-cost program is co-sponsored by the National Institute of Corrections (NIC) and the National Sheriffs' Association (NSA). Sheriff Simonds is the first sheriff of Sullivan County to graduate from the NSI.

Sheriff Simonds joined 26 other sheriffs from across the country for training on contemporary challenges facing America's sheriffs today. In light of those challenges, the sheriffs explored the role of the local sheriff in providing effective leadership for the public good in such areas as public safety, criminal justice system policy, community relations, and organization effectiveness and efficiency.

Hilary Burgess, NSA Manager of Training, said, "Sheriff Simonds is a leader with vision for the Sullivan County Sheriff's Office. It is an honor to have Sheriff Simonds join the more than 2,500 graduates of the NSI since 1973."

The NIC is a division of the U.S. Department of Justice, Bureau of Prisons. It is the primary federal source of technical assistance, training, and information services for state and local corrections. NIC provides a wide variety of services to the nation's jails, most of which are the responsibility of sheriffs.

The NSA is a non-profit professional association located in Alexandria, Virginia. NSA represents the nearly 3,100 elected sheriffs across the nation and has more than 20,000 members, including law enforcement professionals, state and federal government employees, concerned citizens, students, and others. Since 1940, NSA has served as an information clearinghouse for law enforcement professionals. NSA also provides management training for sheriffs and their personnel in court security, crime victim services, domestic violence, homeland security initiatives, jail operations, and traffic safety. Additionally, NSA administers the highly successful National Neighborhood Watch and Triad programs.

I would like to thank all the Housekeeping Staff and Laundry Staff for helping out nursing with passing trays and feeding residents and making beds when time permits. Plus all the other things you do daily for the residents to make their stay here more enjoyable. Thank you,  
Mike Marcotte



# **PUMPKIN CARVING CONTEST**

The week of October 26<sup>th</sup> -30<sup>th</sup> please bring in \$1.00 entrance fee and your freshly carved pumpkins to the Recreation Room at Sullivan County Health Care for residents and staff to judge. All proceeds to benefit the Friends of Activities Fund

**First Place Prize!!!**

**Winner will be announced on October 30<sup>th</sup>  
at Noon at Sullivan County Health Care.  
Please pick up your pumpkins by October 30**

## Commissioners Office Calendar of Events

- Mon. Sep. 21, 2015, 8:30 AM – Delegation Executive Finance Committee Meeting.** Location: County Administration Building, 14 Main Street, 1<sup>st</sup> Floor Commissioners Conference Room, Newport, NH, 03773
- Mon. Sep. 21, 2015, 3:00 PM - County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743
- Thu. Oct. 1, 2015, 6:00 PM –County Convention.** Location: County Administration Building, 14 Main Street, 1<sup>st</sup> Floor Jury Assembly Room, Newport, NH, 03773
- Mon. Oct. 5, 2015, 3:00 PM - County Commissioners Business Meeting** Location: County Administration Building, 14 Main Street, Newport, NH, 03773
- Fri. Oct. 9, 2015, 2:00 PM - Conservation District Meeting.** Location: Unity, NH – Ahern Building
- Mon. Oct. 12, 2015 – Newport County-State Complex Closed**
- Mon. Oct. 19, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743
- Mon. Nov. 2, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: County Administration Building, 14 Main Street, 1<sup>st</sup> Floor Commissioners Conference Room, Newport, NH, 03773
- Fri. Nov. 6, 2015, 2:00 PM - Conservation District Meeting.** Location: Unity, NH – Ahern Building
- Wed. Nov. 11, 2015 – Newport County-State Complex Closed**
- Mon. Nov. 16, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743
- Thu. Nov. 26 & Fri. 27, 2015 – Newport County-State Complex Closed**
- Fri. Dec. 4, 2015, 2:00 PM - Conservation District Meeting.** Location: Unity, NH – Ahern Building
- Mon. Dec. 7, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: County Administration Building, 14 Main Street, 1<sup>st</sup> Floor Commissioners Conference Room, Newport, NH, 03773
- Mon. Dec. 21, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743
- Thu. Dec. 24 & Fri. Dec. 25, 2015 – Newport County-State Complex Closed**

I would just like to take this time to say a HUGE thank you to my Coworker's Sharon Callum and Kirsten Skeie for being there in my time of need. As some of you may know I was out on FMLA for a family emergency and these two ladies picked up, essentially where I left off, and kept the County going. I am the luckiest coworker to have the honor and privilege to work with both of these ladies on a daily basis. It certainly made me being away from my job so much easier. Thank you Sharon and Kirsten for a job well done and for being the best coworkers ever! Thank you, *Dodi Violette*