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**THE COUNCIL BUILDING—
TIDBITS OF HISTORY**



Written by: Doug Barrick

In 1908 the state bought 1139 acres of land adjoining the original Dix campus for \$53,500. This purchase included all the land west of the railroad tracks, including what is now the Centennial Campus. The buildings that are now Council and Kirby were completed in 1910, each having a capacity of 192 beds. These sites, along with Adams and later, Cherry, were called the "colonies" and housed epileptic patients: females in Council, males in Kirby, children in Cherry and those who did much of the farming and shepherding in Adams.

Pictures of Council show it being treeless and seeming to be in the middle of nowhere, no doubt a pretty accurate description in the early 1900's. In 1914 there were only 994 patients recorded as living on the campus with a total of 204 being in the colonies, 123

males and 81 females. In the 1930's, the wards of 60-70 beds each in Council were often full. As you entered the building there would have been a large day room to the right and showers to the left. There were offices on the left down the main hall for the nurse manager and physician. On the right side of the hall was the nurses' station. Electric shock therapy was routinely performed in first floor space towards the back of the building. Long-term male patients were housed in the building beginning about 1965 and it served as a multi-care rehabilitation unit through the early 1980's.

The front of the building looked out over an orchard located where the lower parking lot is now. Cows grazed in a nearby pasture. From its earliest days through the 1960's Dix was a self-contained, self-sustaining community with pig, dairy, chicken farms and fields for cultivation

of crops, an "activity" for many of the patients. Staff and their families were expected to live on campus. Many of the staff houses were located along the large circular paved drives to the left and right as you go down Barbour Drive to Western Boulevard. This area was a bustling community in its own right.

In 1941 the building was named after K.C. Council, a hospital board member and state senator. Some deinstitutionalization began in the early 1980's. Remaining residents were moved to buildings east of the railroad tracks in 1983 and 1984. Council took on its new role as a state office building housing DFS in August of 1985. And here we sit.

Thanks to Faye McArthur, Margaret Raynor, Doyle Spry and Kathy Disponnette for the information provided in this article.



THE ULTIMATE RESOLUTION

Editorial by: M. Wayne Denning

As we go from the season of festivities, we look toward a New Year with the hope it will bring us better times. After all, "hope does spring eternal." One thing we can do and should do to bridge these two periods is to bring forward, Peace on Earth and Goodwill toward Men (and women.) The things the people of the earth do on a daily basis are the real test of whether our daily lives exhibit good will. Are you aware that when you throw up your hand and wave or shake someone's hand, you are carrying on a very old tradition? You are demonstrating that you have no weapon and you intend no harm. That is a form of goodwill. I would like to be very bold as we go into the New Year and suggest that we agree to leave our comfort zones and on a daily basis, extend good will to all.

It should not make a difference if you have never seen an individual before in your life, be nice. You have no way to know what they are going through.

Everyone wants to feel loved and appreciated, it is a basic need. Speaking to someone you are meeting in the hallway, especially if they have spoken to you, will give their mood a real boost. I know it affects me that way. How many of you like dealing with a cashier or sales person who acts like they wish you would just go away? If you will start the ball rolling, they will pass it on and the "good will," will come full circle and give you a lift. Our mothers told us to "be nice" so let's agree in 2007, we will be known as the nicest bunch of people ever.



PROMOTIONS WITHIN THE DIVISION

There have been promotions within the division since the September 2006 edition of the *Newsletter* which we would like to highlight. We would like to congratulate you all and wish you the best in your new positions!

- Kathryn Cowan, previously a Facility Survey Consultant I, was promoted to a Facility Survey Consultant II in the Asheville Adult Care Licensure and Certification Section, effective September 1, 2006.
- Jamie Maginnes, previously a Facility Survey Consultant I, was promoted to a Facility Survey Consultant II in the Raleigh Adult Care Licensure and Certification Section, effective October 1, 2006.
- Diana Barbry, previously with Raleigh Adult Care Licensure, was promoted to Admin Secretary III in the Director's Office, effective November 13, 2006.
- Holli Hoffman with OEMS Raleigh was promoted to Assistant Chief of EMS, effective November 1, 2006.



WEIGHT WATCHERS COMES TO DFS

Written by: McKenzie L. Cook,
DFS Interim Wellness Representative

Worried about what to do for a New Year's Resolution? A couple extra pounds gained during holiday celebration's got you down? Well never fear, Weight Watchers is near!

Brenda Eason, Wellness Committee Member, has been in close contact with a Weight Watchers representative and has set up an "At-Work" Program for those who wish to join.

The "At-Work" Program consists of a Weight Watchers Representative coming to the Council Building, during lunch time, to provide the same support and service one would receive in an "after-work" program.

Cost for the program ranges from \$11.00 - \$13.00 per week. Meetings last for about an hour and would start at noon. Ms. Eason has scheduled Conference Room # 201 in the Council Building every Friday from noon to 1:00 p.m. from January to March.

Should you have any questions or want to sign up, please contact Brenda Eason at (919) 855-4556 or at Brenda.Eason@ncmail.net.

Happy Holidays from the Wellness Committee!

DFS CONTRIBUTING AUTHOR

Written by: Bernetta T. Williams, Complaint Intake

Chicken Soup for the African American Woman's Soul is a book which celebrates women, their diversity and their accomplishments. The book's co-authors are Jack Canfield, Mark Victor, and Lisa Nichols. I am a contributing author and my story is The Graduation. The Graduation is a tribute to my mother and the exceptional spirit and determination that she exhibited as she fought for and achieved her high school diploma in the rural south in 1945.

The book is full of stories that will make the reader laugh, cry and hopefully inspire the reader to share their stories of triumph and determination with a friend. All women have those stories and those stories encourage and support others throughout this journey called life. The book can be purchased at any Barnes and Nobel, Books A Million, Borders stores or at Amazon.com. I have other stories being considered and I am trying to get a book published. Send up prayers.

RECLAMATION OF THE 'BASEMENT' AREA OF THE COUNCIL BUILDING



"There is hardly any problem that can't be solved when there is the provision of a unified desire for a resolution dismissive of attitudes of apathy."

A CHANCE TO FLOWER

Written by: M. Wayne Denning

To plant or not to plant? That is the question. The area at the entrance of the Council Building as you know is without "flora." This is a call to spades and trowels! Some are and some are not appreciative of plants and flowers. This is a call to all those who are. No matter whether your thumb is Emerald Green or Chartreuse, we can use you.

Please allow me to explain. Wellness comes in many forms. The visual beauty of plants and flowers add a sense of well being, especially as opposed to dead weeds and/or nothing. Why do you suppose you see such beautiful plantings at the entrances to shopping centers, office complexes and industry? Achieving this is not as simple as asking the plant folks on campus to help us. That has been tried. We can do this! Let's maximize everything about our workplace and put our fertilizer where our green attitudes are. If you have an interest in making some blooming changes around here, let me hear from you.



By planting this seed, I hope we can generate a plethora of positive planters. Send an e-mail to Wayne.Denning@ncmail.net and add your name to those who like it when they get their hands in the soil! After the holidays we will meet and strategize to be prepared to meet springtime head on. I am sure looking forward to this. Can you dig it?

PERSONNEL NEWS

HAPPY NEW YEAR FROM PERSONNEL!

*Our "Third Annual Christmas Open House" was a successful one.
We look forward to another productive year with DFS employees.*

January is Interim Review time. All reviews should be complete by January 31, 2007, and are for your records. We do not keep copies of the interim reviews in Personnel.



A Seniors' Health Insurance Information Program (SHIIP) informational meeting has been scheduled for **January 29, 2007** at 9:00 am in the Council Building, Room 201.

A Department of Insurance representative with SHIIP will be here to answer questions regarding Medicare, Medicare supplements, Medicare drug plans, Long-term care insurance and other insurance issues.

If you have questions about these programs, please plan to attend this session. It will be helpful for those employees who are nearing retirement, as well as for caregivers of senior citizens. If you have questions and cannot attend the meeting, you may call 1-800-443-9354 and speak to a counselor with the program.

Please check out the website for more information:
<http://www.ncshiip.com/Consumer/SHIIP/SHIIP.asp>

Retirement System Workshop

A presentation from the Retirement System has been scheduled for Monday, February 5, 2007, in the Council Building, Room 201, from 9:30 to 11:30. This is a great opportunity for employees to ask questions about the retirement process. A schedule of additional meetings across the state will be posted on the Retirement System website.

WINTER WEATHER



With the onset of winter weather, please follow the adverse weather policy if you cannot get to work due to inclement weather conditions. Please be mindful of the hazards of icy steps and parking lots. If you have a work-related injury, call the Personnel office as soon as possible. Workers' Compensation policy requires us to report injuries within 24 hours if possible. We report injuries on the job to our WC Administrator, Key Risk Management. Employees are required to go to one of the authorized WC providers. If your injury requires immediate attention, please go to the Emergency Room, then have someone notify Personnel.

Ice is one of North Carolina's most common and dangerous winter weather threats, since significant accumulations can bring down trees and power lines, causing power outages and a loss of communication services for days. The impact can be huge. Please be prepared, whether at home, work, or stranded in your car.

*For a greater awareness of winter weather safety, you may also log onto www.ReadyNC.org for preparedness information. **Also see more information about winter weather safety on **Page 7** of this issue.

NEW DFS EMPLOYEES

New DFS employees since the last newsletter are listed below:



Mental Health L&C
Bernadette Davis

Clinton Office
Angela Lacross
Angela Tyson
Emily Whaley
Stephanie Bullard
Gloria Locklear

Lexington Office
Kim Cuthrell
Merita Hall
Mary Stephens
Pamela Caviness
Kathy Melice
Dolly Van Wy

Construction
Paul Rencibia

EMS
Larry Wayne Mullins

Acute and Home Care Licensure & Certification
Douglas Stanton, Jr.
Lynn Ethridge

Nursing Home Licensure & Certification
Valeree Oxendine
Patricia Minish
Denise Boland
Esther Moore

Black Mountain Office
Sharon Harwood
Rebecca Raines
Amy Haroff –
welcome back!

Adult Care Licensure

Lexington Office
Robin Stone
Linda Blalock
Harriet Hawkins
Monika Turner

Asheville Office
Lisa Catron
Rita Wilson –
welcome back!

Clinton Office
Glenda Jackson
Deborah Lynch

Health Care Personnel Registry
Teresa Crites, home-based



Retirees

Edward Williams, Construction Section, 12/1/06
Kelly Vick, Director's Office, 12/1/06
Ann Baldwin, Complaint Intake Unit, 12/1/06
Sandra Tatum Williams, Division Office, 12/31/06

Holiday, winter, and general reminders for building and electrical safety in the workplace:

- No coffee pots, microwave ovens, refrigerators are allowed unless pre- approved in accordance with Division Directive 34. Please call the Construction Section if you have questions.
- Keep the area in front of electrical panels a minimum of 36 inches clear in front of the panel. The 36" clearance is from floor to ceiling. (OSHA)
- Do not leave microwave ovens in operation without direct visual supervision. Be careful about the surface tension effect from microwaving that can allow a superheated liquid to explode after the surface tension is disturbed.
- Extension cords are not allowed except for temporary presentations or temporary attended use. Extension cords are not to be used in lieu of permanent wiring systems. Do not use ground pin "cheater" devices to plug a grounded cord into an ungrounded (2 slot) receptacle outlet.
- NO candles or any other items with an open flame even during direct supervision are allowed.
- **NO portable electric heaters are allowed.**

EMERGENCY PREPAREDNESS

PREPARING FOR A WINTER STORM

During and after a Winter Storm:

- Conserve heating fuel by shutting off unused rooms.
- Wear several layers of clothing and a hat outdoors. Cover your mouth with a scarf to protect your lungs.
- Don't overexert yourself while shoveling snow.
- Watch for signs of frostbite: loss of feeling along with paleness in tip of nose, fingers, slurred speech, drowsiness, memory loss and disorientation.
- Beware of hypothermia. Signs include uncontrollable shivering, slurred speech, drowsiness, memory loss and disorientation.
- Avoid driving at night or alone. Notify others of your schedule and route.

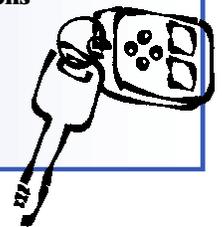
During and after a Winter Storm:

- Pull off the road and turn on your hazard lights.
- Do not start walking unless you see a building where you can take shelter. If no buildings are in sight, stay in your vehicle; rescuers are more likely to find you.
- Wrap yourself in blankets, or use seat covers, floor mats and maps.
- Run the engine for 10 minutes each hour to keep warm. Open a window slightly for ventilation.
- Balance use of heater and lights to conserve battery.



Winterize your Vehicle

- Check the wipers, battery, heater, defroster, ignition system, lights, oil and tire pressure.
- FEMA's "[Before Winter Storms and Extreme Cold](#)" includes some useful information including items for a winter emergency kit in each car that includes:
 - a shovel
 - windshield scraper and small broom
 - flashlight
 - battery powered radio
 - extra batteries
 - water
 - snack food
 - matches
 - extra hats, socks and mittens
 - First aid kit with pocket knife
 - Necessary medications
 - blanket(s)
 - tow chain or rope
 - road salt and sand
 - booster cables
 - emergency flares



ALARMED RESPONSE

By Sam Cravotta



*Are you confused when you hear 1 short ring of the fire alarm in the Council building?
Do you know what to do and where to go?*

Even new employees who have seen the Emergency Information Sheet are sometimes confused when they hear 1 short ring of the alarm. Every Monday, the Council Building generator is tested. If the fire alarm is not shut off during the generator testing, it will occasionally ring. When you hear 1 short ring, it is appropriate to take no action.

- Fire or Drill** Signal - Continuous ring of alarm. Response - Evacuate the building immediately without using the elevators.
- Bomb Threat** Signal - Continuous ring of alarm. Response - Evacuate the building immediately without using the elevators.
- Tornado Sighting** Signal - 3 short rings of alarm. Response - Close office doors and go to pre-determined area. Do not take the elevator.

On Dix Campus (from the steam plant whistle) –

Three (3) 4-Second Blasts indicates a Tornado Warning.

Six(6) 1-Second Blasts indicates Tornado Watch Conditions are right for a Tornado.

One(1) 1-minute blast indicates all clear.



Recipes...

Meal in a Bowl

Kelli Fisk shares this recipe with many of us who are trying to shed those extra Christmas pounds!



INGREDIENTS

- 4 cups mixed salad greens
- 1 (15.5 oz) can chickpeas, drained
- 1 cup sliced mushrooms
- 1 cup cherry tomatoes, halved
- 1 cucumber
- ½ small red onion, sliced into thin rings
- ½ cup coarsely chopped walnuts
- 3 large hard boiled eggs, cut into wedges
- Avocado Dressing – See Below

Layer first seven ingredients in a large glass bowl; arrange hard boiled eggs on top. Serve with Avocado Dressing.

AVOCADO DRESSING

- 1 large avocado peeled, seeded, and mashed
- 1 (8 oz) container sour cream
- 2 Tbsp. lemon juice
- 2 cloves garlic, pressed
- ½ tsp. ground cumin
- ¼ tsp salt
- ¼ tsp ground red pepper

Combine all ingredients, cover, and chill. Avocado Dressing doubles as a dip for fresh veggie or chips.

Tomato Chicken Parmesan



INGREDIENTS

- 2 eggs, beaten
- 1 cup grated Parmesan Cheese
- 7 ounces seasoned bread crumbs
- 6 skinless, boneless chicken breast halves
- 1 tablespoon vegetable oil
- 12 ounces pasta sauce
- 6 slices Monterey Jack cheese

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pour beaten eggs into a shallow dish or bowl. In another shallow dish or bowl, mix together the grated Parmesan cheese and bread crumbs. Dip chicken breasts into beaten egg, then into bread crumb mixture to coat.
3. In a large skillet, heat oil over medium high heat. Add coated chicken and sauté for about 8 to 10 minutes each side, or until chicken is cooked through and juices run clear. Pour tomato sauce into a lightly greased 9x13 inch baking dish. Add chicken, then place a slice of Monterey Jack cheese over each breast, and bake in the preheated oven for 20 minutes or until cheese is completely melted.

DFS Newsletter Committee

Jeff Horton, Division Office

Ruth Jolaoso, NH Licensure

Wendy Williams, Adult Care Licensure

Doris Kester, Personnel

Kelli Fisk, Medical Facility Planning

Sheri Wilder, NH Licensure

Lou Morton, Complaint Intake Unit

Joan Byrd, Data Management

Jessica Trembly, Office of EMS

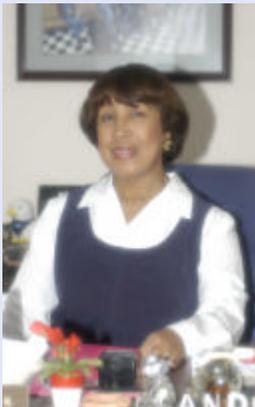
Rebecca Barefoot, Data Management

Rebecca Buck, HCPR Section

Doug Barrick, Adult Care Licensure

Wayne Denning, MH Licensure

DFS NEWSLETTER FOUNDER/EDITOR



Sandra Tatum retired at the end of December 2006. In addition to being a member of the Division Office, Sandra was the individual who originally had the idea for the DFS Newsletter and had been its editor since its first publication on October 1, 2004. Sandra will surely be missed by all those on the DFS Newsletter Committee where she always had great ideas and kept things moving along for publication of the Newsletter. We all wish Sandra a happy, healthy and long retirement!

... HAS RETIRED