

September 30, 2016



### Compassion Fatigue Training

The County will be offering Compassion Fatigue training on **Monday, November 7, 2016** at 9:00 a.m. in the Currituck County Cooperative Extension facility in Barco. The training is designed to provide support to staff members who work daily in stressful situations and are more susceptible to work related burnout.

Space is limited to the first 25 employees who register. For more information and to register go to the [employee section of the website](#) and click on training.

If you have any questions please email or call Sarah Tyson at extension 4026.

### Onsite Flu Clinics



Currituck County **will not** be holding a Flu Clinic this October, but there are other resources for you to get vaccinated. As of January 2016, Cigna has made a decision to refer clients directly to the retail pharmacies in lieu of offering onsite flu clinics. The pharmacy retailers providing onsite flu clinics in 2016 are CVS Health, Rite Aid, and Walgreens. For more information please use the following contact information:

- CVS:** [www.cvs.com/minuteclinic/resources/flu-shots](http://www.cvs.com/minuteclinic/resources/flu-shots)
- Rite Aid:** [shop.riteaid.com/info/pharmacy/services/vaccine-central/immunization-information](http://shop.riteaid.com/info/pharmacy/services/vaccine-central/immunization-information)
- Walgreens:** [www.walgreens.com/topic/scheduler/influenza-vaccine\\_1.jsp](http://www.walgreens.com/topic/scheduler/influenza-vaccine_1.jsp)

### Local Government Federal Credit Union

Do you know what the Local Government Federal Credit Union (LFCU) can do for you? Here is your opportunity to find out. The LFCU will have representative at the Historic Currituck Courthouse Board of Commissioners room, on **Tuesday, October 11, 2016** between 11:30 a.m and 1:30 p.m to answer any questions you might have on what products and services they offer.

If you are unable to come or want to check the Credit Union out before the meeting; go to [www.lgfcu.org](http://www.lgfcu.org).

Contact Benefit Administrator

Jill Age | 757-227-6097 | [jillage@tfabenefits.com](mailto:jillage@tfabenefits.com)  
Kim King | 757-227-6127 | [kimking@tfabenefits.com](mailto:kimking@tfabenefits.com)

Contact County Administrator

252-232-3226  
Sarah Tyson [Sarah.Tyson@CurrituckCountyNC.gov](mailto:Sarah.Tyson@CurrituckCountyNC.gov)  
Alisa Hugdahl [Alisa.Hugdahl@CurrituckCountyNC.gov](mailto:Alisa.Hugdahl@CurrituckCountyNC.gov)

### Activities

#### October

- Rabies Clinic**  
8:00 a.m. -10:00 a.m.  
Currituck Judicial Center  
[more information...](#)
- Moyock Park Public Input Meeting**  
5:30 p.m. – 7:30 p.m.  
Moyock Methodist Church  
[more information...](#)
- Walk For Hunger**  
12:30 p.m.  
Museum of the Albemarle  
[more information...](#)
- Aging with Gusto**  
9:30 a.m.  
Currituck Cooperative Extension  
[more information...](#)
- Voter Registration Deadline**  
[more information...](#)
- 1st Annual Bartoberfest Celebration**  
12:00 p.m. – 4:00 p.m.  
Currituck Animal Shelter  
[more information...](#)

### Be Connected

- [MyCigna.com](#)
- [County Employee Section Forms](#)
- [Wellness Information](#)
- [Employee Information](#)
- [County Email](#)
- [Wellness Drawing](#)

### County Corner

Currituck County held a ribbon-cutting ceremony on Tuesday, September 13, 2016 to celebrate the county's new inclusive playground at Community Park.

The inclusive playground is located with the current playground beside the soccer fields. It utilizes adaptive playground equipment that can be used by children with special needs, including those in wheelchairs.

To [learn more](#) about the playground ...