



# Team Bladen

September 2020



## Tyshell Jones Named Human Resources Director

### From Bladen Online

Tyshell Jones is Bladen County's new Human Resources Director. She begins her duties on Monday, August 17. Jones succeeds Shonteia Keaton who accepted a position at Fayetteville State University. As Human Resources Director, Jones is responsible for overseeing and providing services to full-time and part-time employees, including benefits, employee communications, pay and classification management, and much more.



Jones earned her Bachelor of Science degree in Business Administration and Management from Shaw University and a dual Master's Degree in Human Resource Development and Leadership Management from Webster University. She began her career as a legal assistant working with a law firm in Fayetteville and later in Wilmington. After twenty years of law, she changed her career path and went to work with Wayne County Public Schools' Human Resources Department as a Licensure Specialist.

Mrs. Jones believes in helping people. "I am looking forward to serving the residents and employees of Bladen County with compassion, respect, and fairness, as they are accustomed. I am truly honored to be chosen as the Bladen County Human Resources Director."

"We are pleased to welcome Tyshell as the Human Resources Director," said County Manager Greg Martin. "Tyshell brings a strong work ethic and a track record of success in previous positions. We are confident that she will provide outstanding service to our employees and serve our County well."

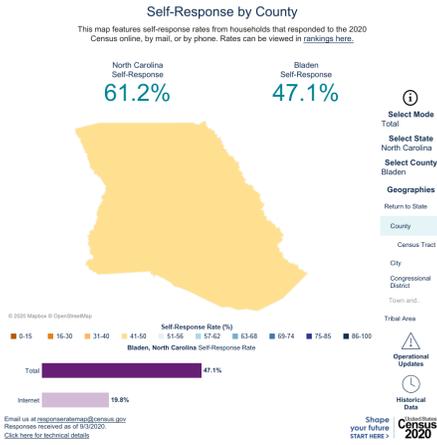
Jones has recently relocated to White Lake.

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### Contact the Editor

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**There is still time to respond to the 2020 Census.** The 2020 Census response deadline is September 30. Census workers are now going door-to-door to finish the count, but you can still self-respond!

Census data brings \$1,823 per person per year in funding back to NC communities for health care, education, highways, community development and more. You can safely do your part to provide for the future of your neighborhood by completing the Census online ([my2020census.gov](https://my2020census.gov)), by phone (844-330-2020 in English, 844-468-2020 in Spanish), or by paper form postmarked by September 30.

Now in its 31st year, Recovery Month celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Each September, Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

Join us as Eastpointe celebrates recovery month with testimonies, resources, and encouragement from individuals in long term recovery, family members, and professionals.

Visit <https://www.eastpointe.net/> and scroll down to the bottom of the page to find and register for one of two Celebrate Recovery Month Events, September 25, 2020 from 10-11:30am or September 30, 2020 from 6-7:30pm.



**What is Sepsis?**

- Body’s extreme response to an infection
- Can be deadly, without prompt treatment
- Develops when the body’s immune system releases chemicals into blood to fight infections but can become inflamed
- Can weaken internal organs or potentially lead to death
- Higher risk individuals are those with weakened immune systems, elderly, infants and children, and those with chronic illnesses

**What do you need to know?**

Early signs of sepsis:

- High fever
- Increased heart rate
- Rapid or breathing difficulty
- Confusion
- Feelings of fatigue



**\*\*\*Info comes from the Center for Disease Control and Prevention website\*\*\***

## Tasty Tuesday at Home Edition

By: Krista Johnson, NC Cooperative Extension Family and Consumer Science Agent

Tasty Tuesday at Home Edition is a recipe demonstration series developed by NC Cooperative Extension Family and Consumer Science Agents Krista Johnson (Bladen County) and Candy Underwood (Cumberland County). The last Tuesday of each month a new recipe, cooking method, and/or food item is highlighted in the demonstration and published.

To receive the September video demonstration and recipes directly to your email, please register at [go.ncsu.edu/tasty\\_tuesday](https://go.ncsu.edu/tasty_tuesday).



In August, we highlighted spaghetti squash. We discussed how to select and prepare the spaghetti squash, as well as, demonstrated a delicious recipe we hope you will consider giving a try!

Spaghetti squash is a versatile vegetable that is low in calories but a good source of fiber, potassium, manganese, b-vitamins and vitamin c. In addition, this vegetable has the potential to be a delicious addition to your weekly menu!

To view the recipe used in August's Episode of Tasty Tuesday, click here:

[https://go.ncsu.edu/tasty\\_tuesday\\_ep3\\_twice\\_baked\\_spaghetti\\_squash\\_recipe](https://go.ncsu.edu/tasty_tuesday_ep3_twice_baked_spaghetti_squash_recipe)

To view the recipe demonstration, click here:

[https://go.ncsu.edu/tasty\\_tuesday\\_ep3\\_twice\\_baked\\_spaghetti\\_squash](https://go.ncsu.edu/tasty_tuesday_ep3_twice_baked_spaghetti_squash)

To view additional resources, click here:

[https://go.ncsu.edu/tasty\\_tuesday\\_how\\_to\\_prepare\\_spaghettsquash](https://go.ncsu.edu/tasty_tuesday_how_to_prepare_spaghettsquash)



For the 3<sup>rd</sup> year in a row Bladen County Department of Social Services Child Support Unit has met their Self- Assessment Goals & Incentives for the fiscal year which is set by the State Child Support Office. Bladen is the only county to achieve this accomplishment. The incentive goals provide incentive payments to the agency to be reinvested into the Child Support area. Way to go Bladen DSS Child Support!!!!



**New Health Department Staff**

**From left to right:**

**Montana Baxter, CAP Social Worker**

**Diana Perez Diaz, Foreign Language Interpreter**

**Soni Melvin, Health Educator**

Did you know that with your Bladen County Library card you can get FREE online tutoring for K-12 students? Visit [www.bladencountypubliclibrary.com](http://www.bladencountypubliclibrary.com) to find Brainfuse for homework help, practice tests, writing reviews, flashcard games, and more!



If you have any submissions for the next edition of *Team Bladen*, please submit them to [kedwards@bladenco.org](mailto:kedwards@bladenco.org). The next edition will be released in December 2020. All submissions are due by November 15, 2020.