

NJAC COUNTY BIZ

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New Jersey Association of Counties

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Passaic County Still Saving on Energy

by Vicki Molloy, CEP, VP for Concord Engineering Group

Passaic County Energy Cooperative Pricing System ID#184PCECPS (PCECPS) and the Passaic County Energy Regional Cooperative Pricing System ID#203PCERCPS has been providing members with substantial savings on energy since 2010.

The County passed a resolution in 2013 to establish a Community focused Government Energy Aggregation program ("GEA"). This program will enhance the existing Electric and Natural Gas Aggregation Cooperatives by expanding savings from county and municipal owned facilities to the residential and commercial community of participating municipalities.

The GEA program allows local governments to create large buying groups of residential and commercial electricity and natural gas in order to seek energy rates below the current utility default rates and achieve "true" savings over the current utility default rates. By aggregating several municipalities together, participants are able to achieve greater savings via a competitive bid process than they could have achieved individually.

Member municipalities who join this enhanced program will obtain greater leverage, increase buying power and secure substantially better pricing and contract terms from energy suppliers. Currently, 12 municipalities in the County of Passaic, County of Sussex and County of Morris are participating. The 12 municipalities represent over 205,600 residents that are guaranteed to save money on their monthly electricity bills. The anticipated savings is \$10 million dollars annually.

Passaic County's bidding process will ensure that the awarded supplier's contract includes "price protection" and guarantees participants that the price will never be higher than the utility default rate or basic generation supply rate to compare. Energy load aggregation is one of the most effective means of achieving savings and mitigating risks in today's emerging power markets. The challenge lies in finding a suitable cooperative partner and a NJBPU-licensed Energy Aggregator specialist capable of analyzing the load data, developing and administering the RFB process, and providing ongoing management and monitoring services on behalf of the cooperative. Purchasing energy in the competitive market requires expertise in energy commodities and market dynamics.

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Get to know your County Official.....

How many years have you served as a Camden County Freeholder?

I have served on the Camden County Freeholder Board for 11 years.

What was the first public office you held?

I served as a member of the Collingswood Board of Education for six years.

Why did you choose to apply for Freeholder?

At the time, I was serving as a member of the Collingswood Board of Commissioners. I saw an opportunity to serve on a much broader level. I was anxious to try and help stimulate economic development county-wide. I also wanted to contribute in any way that I could to the re-birth of Camden City.

What had been the most difficult decision you have had to make while serving as a Camden County Freeholder?

The most difficult decision I had to make as Camden County Freeholder Director was in 2011 where I had to lay-off 250 employees.

What would our readers be most surprised to learn about you?

I enjoy surf-fishing. There is nothing like standing in the ocean waiting for fish to strike. It is very relaxing and my children love it. One of my best memories is standing on a sand bar in the middle of the night, full moon, all alone and landing a striper!

Who is your role model?

My father has always been a source of strength and guidance. He is always steady and balanced, even through the most difficult of times.

Why do you love Camden County?

There are many reasons why I love Camden County. First and foremost, the Diversity of the people of Camden County make it a very special place to live. Our county is full of interesting people from all walks of life. I also love our parks system and the different types of recreation and entertainment options that are available in Camden County. Our proximity to Philadelphia, New York, and the Jersey Shore make Camden County a great place to live.



Louis Cappelli, Jr.
Freeholder Director
Camden County



Passaic County Still Saving on Energy *(continued)*

Local governments benefit when they select energy agents who have a keen understanding of the purchase and sale of retail electricity and natural gas to end users in both regulated and deregulated markets. Concord Energy Services, a division of Concord Engineering is Passaic's energy consultant and program manager for the cooperative programs. Concord is providing energy advisory consulting services for the program at no cost to the county or tax payers, and will insure 100% Price Protection and Guaranteed Savings for the Government Energy Aggregation Program.

To learn more about Concord Engineering, please contact Vicki Molloy, CEP, VP of Concord Engineering Group at vmolloy@concord-engineering.com or via telephone at (609) 304-4071.



Mercer County Executive Hughes Named First VP of National Organization

by Julie Willmot, Public Information Officer for Mercer County

Mercer County Executive Brian M. Hughes has been elected to a two-year term as First Vice President of the County Executives of America (CEA), a national, non-partisan organization representing chief elected county officials across the United States.

CEA consists of about 700 county or city-county governments in 45 states. The Washington, D.C.-based organization is tasked with the duty of representing the county executive form of government before the U.S. Congress, the White House and the departments of the Federal Government. CEA also works with private sector business leaders to create economic opportunities for its members' local communities.



Brian M. Hughes
Executive
Mercer County

"It's important that counties have a voice at the federal level," said Hughes, who just completed a two-year term as CEA Second Vice President. "I'm pleased to have the opportunity to help our members do more for their counties, such as cutting costs and improving local services."

"Brian Hughes represents the quality and integrity of leadership needed to bring America forward and represent local governments around the United States," said Michael Griffin, Executive Director of CEA. "His vigor and energy will bring much needed vitality to County Executives of America."

CEA's membership is composed of top-level elected local government officials, including county executives, county judges, parish and borough presidents, city-county mayors, and commission presidents and chairs. All members must be duly elected by and fully represent their entire constituency, and be responsible for county budgets and services.

Hughes, who in 2011 was re-elected to a third four-year term as Mercer County Executive, also serves as board member, Delaware Valley Regional Planning Commission; co-chairman, New Jersey Alliance for Action, Mercer County Chapter; member, National Association of Counties; and member, New Jersey Association of Counties.

For additional information please contact Julie Willmot at (609) 278-7137.



It's Ozone Season!!!!

by Jane Herndon, Assistant Commissioner of Environmental Management for the NJ Department of Environmental Protection

How much do you know about ground-level ozone, and what you can do to help solve an environmental problem? While "ground-level ozone" might sound complicated, it is really easy for everyone – including your county – to help lower the ozone levels in our air.

You've probably heard of ozone that's high up in the atmosphere – that form of ozone protects Earth from the sun's damaging ultraviolet light. But ozone that exists at ground level (sometimes referred to as "smog") is harmful to both public health and the environment – it is a lung irritant and causes damage to plants and some building materials.



Ground-level ozone is a summertime phenomenon in New Jersey – it is created on hot summer days when sunlight and heat cause certain air pollutants to react in the air. The most significant contributors to ozone are pollutants that are emitted from burning fossil fuels – like burning gasoline, oil and natural gas in cars, trucks, lawnmowers, and power plants – and from some commonly used consumer products – like paints and varnishes.

Your county is probably very busy with outdoor work and other activities this summer that rely on the very things that contribute to ozone -- cars, trucks, lawnmowers, construction equipment, etc. You should consider some simple operational changes that can lower your county's contribution to our ozone levels. A single county cannot solve New Jersey's ozone problem. But if each of us took the time to reduce our ozone contribution in the summer months, it adds up.

It's important to note that ozone is not just an environmental issue – it's an economic issue. Because New Jersey air does not meet the USEPA's standard for ozone, businesses and power plants that want to come to New Jersey, as well as our existing businesses and power plants that want to do a major expansion, have to buy expensive air pollution credits ("offsets") to ensure that their operations do not worsen our ozone levels. Helping the State meet the ozone standard will make New Jersey more attractive to growing business.

During this ozone season, please help improve ozone levels in New Jersey by reducing the air pollutants associated with your day-to-day operations. Below are some easy tips for doing just that.

Tips for Reducing Ozone Formation

Be informed on local air quality and the air pollution reduction services available in your area:

- Subscribe to EnviroFlash at <http://www.enviroflash.info/signup.cfm> to receive information on your local air quality. These forecasts will help your community to take the necessary precautions when ozone is predicted to be unhealthy (e.g., high ozone days).
- Post the air quality forecasts to your website and provide a link to EnviroFlash so your staff, residents and organizations can get their own air quality forecast.
- Coordinate with your applicable Transportation Management Associations (TMAs). To find out which TMA your area is affiliated with, go to: <http://www.state.nj.us/transportation/commuter/rideshare/tma.shtm>.

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It's Ozone Season!!!! *(continued)*

Turn off that engine!

- Minimize idling of your vehicles and equipment, which wastes fuel. Ten seconds of idling uses more fuel than turning a vehicle's engine off and on.

Maintain a top-rate, energy efficient fleet.

- Keep vehicle tires properly inflated to increase your gas mileage, thereby reducing the amount of smog-forming pollutants emitted from your engine.
- Keep vehicles and heavy equipment properly tuned to increase engine efficiency, thereby reducing emissions of smog-forming pollutants.
- Make sure to get vehicles inspected on schedule.

Be smart at the fuel pump.

- When refueling vehicles, stop at the click (when the nozzle clicks off) and don't overfill or drip fuel.
- Tighten gas caps securely.
- Refuel vehicles and equipment in the late afternoon or after dark to reduce evaporative ozone-forming pollutants.

Develop good driving habits.

- Combine errands and trips in the vehicle to reduce "cold starts".
- Maintain the speed limit.
- Choose a cleaner commute - car pool, use public transportation, bike or walk when possible.

Raise your thermostat.

- Keep the thermostat at a reasonable temperature in the summer¹, and use timed thermostats that increase the temperature even further when cooling isn't needed. This reduces the load on power plants to keep up with demand, thereby reducing the amount of ozone-forming pollutants they emit.

Reschedule grounds keeping and maintenance activities:

- Minimize grounds keeping work that involves power equipment (mowing, edging, mulching, trimming) on high ozone days, or reschedule that work to take place on good air quality days.
- Check labels on paints and cleaning products and buy no- or low- VOC products when possible.
- Use water-based paints and cleaning products instead of solvent-based ones where possible. If you have to use solvent-based products, limit their use to after dark.
- If you periodically test emergency generators, do the testing on good air quality days or during off-peak hours to the extent possible (i.e., early evening).

For further information, please contact Jane Herndon at jane.herndon@dep.nj.gov or (609) 292-2795.

¹ The US Department of Energy recommends lowering the thermostat setting to 78°F (26°C) only when you need cooling. See <http://energy.gov/energysaver/articles/thermostats> for more information.



Social Security Extends Access to Benefit Verification Multiple Options Available

by David Vinokurov, District Manager-Trenton for NJ - Social Security Administration

The Social Security Administration announced that local Social Security offices would continue to provide benefit verification letters until further notice. Providing services when and where the public needs them remains central to Social Security's efforts, while continuing to encourage federal, state, and local agencies to take advantage of Social Security's data exchange programs that can serve customers more efficiently and effectively.

"We appreciate the feedback from members of Congress, our community stakeholders and agency partners. We want to ensure that we meet the needs of our customers in a way that is convenient for them and also cost-effective and secure for all," Acting Commissioner Carolyn W. Colvin stated. "I believe that government agencies can work closer together to assist our mutual customers."

Over the last few years, Social Security has invested in technology that allows most government agencies and many other organization to verify their clients' Social Security benefits electronically without requiring them to visit a local Social Security office.

"We recognize that some members of the public may require in-person assistance and we will have a presence in local communities," said Acting Commissioner Colvin. "We also want to ensure that the public is aware that they can access many of our services without making a trip to a local field office."

Members of the public with Internet access can obtain benefit verification information by creating a [my Social Security](http://www.socialsecurity.gov/myaccount) account at <http://www.socialsecurity.gov/myaccount>.

At each stage of your life, [my Social Security http://www.ssa.gov/signin](http://www.ssa.gov/signin) is for you. Your personal online [my Social Security](http://www.ssa.gov/signin) account is a valuable source of information beginning in your working years and continuing throughout the time you receive Social Security benefits.

If you receive Social Security benefits or have Medicare, you can use <http://www.ssa.gov/signin> online account to get your benefit verification letter; check your benefit and payment information and your earnings record; change your address and phone number; and start or change direct deposit of your benefit payment.

If you do not receive benefits, you can use a [my Social Security http://www.ssa.gov/signin](http://www.ssa.gov/signin) online account to get your Social Security Statement to review; estimates of your retirement, disability, and survivors benefits; your earnings record; and the estimated Social Security and Medicare taxes you've paid.

Get a benefit verification letter <http://www.ssa.gov/hlp/mySSA/df-beve.htm> stating that you never received Social Security benefits, Supplemental Security Income (SSI) or Medicare; or you received benefits in the past, but do not currently receive them (The letter will include the date your benefits stopped and how much you received that year.); or you applied for benefits but haven't received an answer yet.

How do I create a [my Social Security http://www.ssa.gov/signin](http://www.ssa.gov/signin) Online account? To create an account, you must provide some personal information about yourself and give us answers to some questions that only you are likely to know. Next, you create a username and password that you will use to access your online account. This process protects you and keeps your personal Social Security information private.

For more information, please go to www.socialsecurity.gov/myaccount or contact David Vinokurov at David.Vinokurov@ssa.gov.



Concert in Memory of Bill Heine is Set for August 27

by Laura Kirkpatrick, Department of Public Information & Tourism for Monmouth County



On the evening of Wednesday, August 27, the plaza in front of the Hall of Records will be filled with great music, good times and the family and friends of Bill Heine when the inaugural Hope for the Hungry Concert takes place.

Standout local performers Jo Wymer, Jerry Topinka, Chuck Lambert and Meant To Be will perform a free concert from 6:30 to 9:30 p.m. as part of an event to benefit the FoodBank of Monmouth and Ocean Counties. The rain date is Friday, August 29.

Downtown Freehold has teamed up with the family and friends of Bill Heine to create an extra special evening of music and good food in his memory. Bill, who passed away suddenly in 2012, had been Monmouth County's chief spokesman and director of public information from 2005 to 2012.

Bill's Family and Friends Fighting Hunger, or BFF's Fighting Hunger, has worked with Downtown Freehold to encourage several of the local restaurants to offer special menu items on the evening of the concert.

"Bill loved jazz and being with family and friends," said County Administrator Teri O'Connor, liaison to Downtown Freehold. "The concert is being put on in Bill's memory and will help us carry on his enthusiasm for music, food and time spent with people we care about."

The FoodBank will be on hand at the event to accept food donations and monetary donations.

Bill coordinated many of the details of the County's largest food drive in 2012 that brought in more than 21,000 pounds of food and helped reduce hunger in Monmouth County.

"Bill Heine was a great friend of the FoodBank who was dedicated to fighting hunger in our communities," says Carlos M. Rodriguez, FoodBank executive director. "His passion and commitment to helping others lives on through events like these. We're grateful that Bill's friends and family chose to remember him this way."

The FoodBank is the primary provider of food and other resources to a network of 300 feeding programs in Monmouth and Ocean Counties. One out of ten residents – including 51,000 children – receives emergency food from the FoodBank.

Bill had been employed with Monmouth County as the chief spokesman and department head of the Monmouth County Public Information and Tourism Departments from 2005 to 2012.

Bill also championed many charitable endeavors including many food drives for the FoodBank and the Howell Little League.

Bill was honored for winning a nationwide photography contest sponsored by the National Association of County Information Officers and was the recipient of many other state and national awards for his work in the county's public information program.

Prior to his employment with Monmouth County, Bill served as the spokesman for the New Jersey Department of Banking and Insurance and State of New Jersey Public Defenders Office. He was also a reporter and editor for the Asbury Park Press from 1980 to 1997.

"Bill was a consummate professional and touched many people on both a personal and professional level," said County Administrator Teri O'Connor. "Bill's keen wit, intellect and attention to detail is missed by many; this evening will be a nice remembrance of him."



The Importance of Executive Leadership in Successful Projects

by Jennifer Dowd, Marketing Manager for Kronos-Public Sector

Projects live and die by the success of both project management and organizational change management. The more complex the project is; the more people it touches; the more change it creates in the daily activities of those people, the more critical it is to plan, execute, control and lead.

The most important leader in a project is the executive sponsor. This is the person who both sees the value of the project and has the fiscal responsibility for its charter as well as its success. That said, every team member has the responsibility to help lead through the change that a project creates and help support the executive sponsor.

Knowledge

Knowledge requires effort and involvement. It is not necessary that the executive sponsor understand the details of the product being implemented but should invest the time and effort into understanding the product well enough to ask appropriate questions to make effective decisions. Lack of knowledge, or lack of involvement will lead to poorly executed projects.

Trust

Leadership requires trust. Trust in the product and more importantly, trust in the team you have assembled to implement the product. The team needs to feel that trust as well. Mistakes will be made and you want your team to stretch and be personally empowered, so they need to feel that “you’ve got their back”. Lack of trust will cause fear, uncertainty and project stagnation because no one will feel comfortable to make a decision.

Influence

Influence requires vision and is born of trust and personal reputation. In order for a project to be successful, a leader must address fear in the stakeholders. Often projects may dramatically change the level of control a particular stakeholder has in a process. Senior stakeholders must feel that the executive sponsor has trust and faith in the product and project. The level of trust a stakeholder has in the executive sponsor is directly proportional to the influence you have.

Faith

Faith is not the same thing as trust or belief. Faith is an action word that acts on trust and belief. A leader shows faith when they take risks. The leader also shows faith when a risky decision resulted in a negative outcome and the leader accepts responsibility for it but still shows trust and vision in both the product and the project by correcting the problem quickly.

Vision

Of all of the principles of leadership, vision is the most critical and yet is built on the backs of knowledge, trust, influence and faith. Vision is never equated with mediocrity nor is it risk-averse. Vision is what leads nations to justified and triumphant battles. Vision led man to the moon and back. Vision was at the beginning of every successful company that started in a garage. Vision is required for complex and far reaching projects. Lack of vision is like a ship that sails from port with no plan, no direction and ends up in trouble in open water.

To learn more about Kronos, please contact Wesley Witherington, Kronos Sales Executive – State of New Jersey, Public Sector and Education at wesley.witherington@kronos.com or via telephone at (973) 331-5465.



Upcoming Sustainable Jersey Events

by Winnie Fatton, Project Manager for the Sustainable Institute at the College of New Jersey

Support Local Businesses

WHEN: August 20, 2014 1:00-2:00 pm

[REGISTER HERE FOR THE WEBINAR](#)

Whether your municipality is just getting started with the Sustainable Jersey program, or is already certified, the EcoChallenge offers a great way to fulfill the “Green Challenges & Community Programs” action in the Sustainable Jersey Program.

For the third year, Sustainable Jersey is partnering with the Northwest Earth Institute (NWEI) to offer municipalities, schools or individuals the opportunity to prove that small actions create real change. This webinar will provide more information about the EcoChallenge, and explain how you and your town, school or organization can participate.



SPEAKERS:

Requirements of the Sustainable Jersey Green Challenge action:
Winnie Fatton, Program Manager for Sustainable Jersey

Implementation and promotion of an EcoChallenge action:
Rob Nathan, Director of Outreach and Technology for NWEI

Evesham Township’s Experience: Ila Vassallo, EcoChallenge Team Captain



Animals in the Community and Public Health: A Municipal Approach – In-Person Training

Co-Sponsored by: NJ Local Boards of Health Association and the NJ Association of City and County Health Officials

WHERE: The College of New Jersey, Education Building, Room 212, 2000 Pennington Road, Ewing, NJ

WHEN: September 10, 2014 Registration begins at 8:15 a.m. and a continental breakfast will be available from 8:15 a.m. - 9:00 a.m. The program begins at 9:00 a.m. and concludes at 12:15 p.m.

[REGISTER](#)

The Animals in the Community Task Force of Sustainable Jersey, with the assistance of the International Fund for Animal Welfare has developed a tool kit for use by municipal administrators, public health, and animal control officials. The tool kit consists of five significant documents:

1. A Municipal Approach to a Self-Sustaining Community Animal Welfare and Enhanced License Compliance Program
 2. A Municipal Approach to a Trap, Neuter, Vaccinate and Manage program
 3. Municipal Press Release kit for Animal Related Issues
 4. A Model K-8 Animals in the Community Curriculum for use by educators, including a teacher’s guide and student materials for understanding the human/animal bond.
- A Resource Guide for Animal Related Issues

Hard copies of these materials, as well as CD versions will be given to all participants. Also included on the CD will be information on the existing Animals in the Community action items. The conference will help you to understand how to utilize these tools to better manage the public health issues related to animal welfare, increase community understanding of animals in your community, generate additional revenue and effect cost savings.

Three (3) continuing education units (CEUs) will be awarded to all public health officials who register for the conference through the NJ Learning Management Network at <https://njlmn.rutgers.edu/>. All others can [click here](#) to register through Sustainable Jersey. We urge you to please attend this important conference.

Michael Baker International Launches iWATR Water Quality Assessment Technology Tool

Michael Baker International has launched the iWATR® technology tool. The first of its kind website (www.iwatr.com) is now available nationwide, to allow public agencies, developers, stormwater quality practitioners, and others interested in watershed restoration and water quality improvement to perform a comprehensive water quality assessment at identified locations, for a variety of land uses. iWATR® enables users to evaluate potential solutions using a geographic map interface to identify receiving waters, potential impairments, site constraints, and the feasibility of stormwater harvest and use. The iWATR® website yields conceptual designs including type, size, and the approximately cost to address a pollutant risk for a selected location and land use.

“iWATR® integrates the very latest watershed data with the experience and expertise of over 100 Michael Baker International Surface Water engineers and water quality experts, to provide the user with implementable concepts to improve water quality in their local watershed,” indicated Anna Lantin, National Water Quality Practice Lead for Michael Baker International. “Our free mobile app for Apple iOS products will be available soon and will enable users to take iWATR® into the field.

The importance of water and water quality has become a heightened global concern as human populations grow, urbanization activities expand, and climate change threatens. The adoption of the federal Clean Water Act and the related environmental regulations imposed on Municipal Separate Storm Sewer Systems (MS4s), construction sites and industrial activities ensures that water quality mitigation measures, or Best Management Practices (BMPs), must be pursued and implemented. Michael Baker International developed the iWATR® tool to assist the public in identifying watershed issues and to provide implementable concepts to improve water quality.

About iWATR®

iWATR®, integrated Watershed Assessment Tool for Restoration, is a unique science-based assessment tool, developed by professional engineers using state-of-the-art geographic mapping technology, to provide information on water quality in each watershed across the United States. It was specifically designed to assist anyone interested in seeking water quality information to be able to find it and use that information to determine issues and develop concepts on how to improve water quality in that region. The tool provides simple steps and concepts based on complex calculations relating land use, soil characteristics, rainfall information, pollution risk, and engineering solutions. The tool provides easy access to information on over 130,000 watersheds, 170,000 impaired waters, and hundreds of millions of publicly available data throughout the United States through map-based technology tools. Learn more at www.iwatr.com and coming soon to the iTunes store.



Do you have educational or informational articles you would like published in the NJAC COUNTY BIZ?

Contact Loren Wizman, Director of Business Development, at (609) 394-3467 or loren@njac.org.



Keep Back to School Stress in Check: The New Jersey Psychological Association Offers Strategies for Reducing Stress at the End of the Summer

by Jane Selzer, Executive Director for the New Jersey Psychological Association and
Christine Gurriere, Communications Manager for the New Jersey Psychological Association



Whether it's the first day of kindergarten, returning from a long summer vacation or going to a new school, back to school time can be overwhelming for many parents, children, and teens. As the summer comes to an end and the time to return to work or school draws near, many Americans are likely to find their stress levels increase, according to the American Psychological Association (APA). The transition from summer to school time can test families' coping skills in dealing with adjustments such as new teachers, new classrooms, and new schools, as well as parents struggling with the return to hectic work schedules.

According to APA's 2014 Stress in America™ survey, findings suggest that unhealthy behaviors associated with stress may begin manifesting early in people's lives. Teens, especially, reported that their stress levels during the school year far exceed what they believe to be healthy. Many identified feelings of being overwhelmed, depression, and sadness as a result of stress. For teens and adults, stress impacts healthy behaviors such as exercising, sleeping well, and eating healthy foods.

"Returning to work after a vacation, transitioning your children to a new school, even fighting a busier rush hour as schools reopen, can all contribute to an increased stress level," said NJPA Public Education Chair, Lynn Schiller, PhD. "People who cope with stress in unhealthy ways may alleviate symptoms of stress in the short term, but end up creating significant personal health problems over time, and, ironically, more stress."

The New Jersey Psychological Association offers these strategies to help your family manage stress:

Identify your family's stressors. What events or situations seem to lead to stressful feelings? Are they related to a return to work, getting the children to school, family responsibilities or something else? Do you engage in unhealthy behaviors such as smoking, drinking or eating poorly to cope with your stress? Do you lose patience with your children or spouse when you feel overwhelmed? Are your coping behaviors different during the school year than in the summer time? Do your children act up or become anxious in response to the changes in their life?

Talk to your children. Discuss their concerns and worries about the start of a new school year or a new school. Talk about their expectations or fears prior to the first day. If you can, visit the school beforehand with your child so that he or she feels more comfortable on the first day. And after school starts, take time to listen to your children and discuss their day at school and any issues they may have.

Spend time together as a family. Take time to relax with your spouse and children, eating meals together, scheduling a weekly family game night or engaging in weekend activities such as a bicycle ride, a visit to a museum, or a picnic at the local park.

Analyze your schedule. Assess your priorities and delegate whatever tasks you can (e.g., order a healthy take out dinner after a busy day, share household responsibilities). Eliminate tasks that are not essential and make more time for those that are to reduce anxiety. Make time for yourself at least two or three times a week. Even ten minutes a day of personal time can help refresh your mental outlook and slow down your body's stress response systems. Remember that taking care of yourself helps you to take care of others

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Keep Back to School Stress in Check *(continued)*

Ask for support. Accepting help and support from those who care about you can help alleviate stress. Perhaps a family member or friend can help with the school run once a week, take your child to soccer practice, or simply be there to listen to you? Build a support network from your friends and family. If you or your child continues to feel overwhelmed by stress, you may want to talk with a psychologist who can help address the emotions behind your or your child's behavior, manage stress and change unhealthy behaviors.

“While the return to school and work is often a stressor for many families juggling multiple responsibilities, in the long term it can be beneficial to return to a regular routine,” Schiller said. “What is important is to recognize how your family reacts to changes in its routine, take steps to manage your stress in healthy ways, and ask for help when you need it.”

Whether you need assistance with organizational/employee health and wellness, mind/body matters, family issues, geriatric care, or child/adolescent concerns, NJPA is your resource to turn to for expert advice and information. Visit www.PsychologyNJ.org, tweet @NJPsychAssn, and subscribe to the quarterly e-newsletter to learn more. You may also contact Jane Selzer, Executive Director at njpajs@psychologynj.org or Christine Gurriere, Communications Manager, at njpacg@psychologynj.org. Both may be reached at (973) 243-9800



NEW JERSEY
PSYCHOLOGICAL ASSOCIATION

Federal Grants

The National Drug Abuse Treatment Clinical Trials Network (UG1)

Deadline: December 3, 2014

Available: \$500,000 per year for a period of up to 5 years

Number of Awards: Not specified

<http://grants.nih.gov/grants/guide/rfa-files/RFA-DA-15-008.html>



Veterans Cemetery Grants

Deadline: July 1, 2015

Available: \$46,000,000

Number of Awards: 20

<http://www.grants.gov/web/grants/view-opportunity.html?oppId=258768>



Reed Named in International Top 100 BusinessMag



Gloucester County's **Surrogate Helene M. Reed** was featured in the June 2014 issue of the International Top 100 BusinessMag, a quarterly publication that features successful executives, scientists, government officials and entrepreneurs.

Reed has served as Gloucester County Surrogate since 2008 and administers the services of the Surrogate's Court. She also serves on the Supreme Court Judiciary-Surrogate Liaison Committee and is a foundation board member and past president of the New Jersey Association of Counties.

Surrogate Reed said, "I was honored to be selected to be profiled in this publication for two consecutive years. I feel strongly about helping people learning about the true meaning of civil and government service and putting a positive face on what government and the courts can do to help people in times of need."

Reed, who served as a Freeholder from 1998 until 2007, was featured in the Top 100 BusinessMag in 2013 and 2014. The Monroe Township resident also serves as a member of the Executive Committee of Rowan University and participates with many community non-profit organizations. She is the mother of three and has many grandchildren.

"I was honored to be asked to be in the company of so many successful men and women that come from many backgrounds and contribute so much to make the future better for our children," stated Reed.

Reed is currently serving her 25th year in public service.

Surrogate Reed may be reached at (856) 853-3282.



BECOME A MEMBER OF THE NEW JERSEY ASSOCIATION OF COUNTIES

Learn about the benefits of being a part of NJAC and how you can join by contacting Loren Wizman, Business Development Director, at (609) 394-3467 or loren@njac.org.
[Click here for an application.](#)

SAVE THE DATES FOR UPCOMING EVENTS

ACTIVE SHOOTER HOW TO RESPOND

Active Shooter Workshop

Friday, September 19, 2014
9:30 a.m.

Monmouth County Public Safety Building
2500 Kozloski Road
Freehold, NJ 07728

Please sign up with Kimberly Nolan, NJAC Office Manager, at
kim@njac.org



NJAC BOARD OF DIRECTORS MEETING

Friday, September 26, 2014
9:30 a.m.

New Jersey State House Annex Building - Committee Room 4
Trenton

County Administration Programs

October 3, 10, 24 & 31, 2014

Professional development courses and certification for
county administrators, and CEUs for
finance officers, purchasing officials, and road supervisors.



Rutgers University - Center for Government Services
303 George Street, 6th Floor
New Brunswick, NJ 08901-2020

More information and registration can be obtained on the front page of
www.njac.org

continued on page 15

SAVE THE DATES FOR UPCOMING EVENTS



NJAC BOARD OF DIRECTORS MEETING & NJAC YEAR END SUMMIT ON TRANSPORTATION

Friday, December 12, 2014

8:30 a.m. - Board Meeting - Oakland Room

10:00 a.m. - Summit - Grand Ballroom

Trenton Country Club
201 Sullivan Way, West Trenton



2015 NJAC ANNUAL CONFERENCE *Celebration of County Government*

May 6, 2015 - May 8, 2015

Caesar's - Palladium Ballroom
Atlantic City

CONGRATULATIONS

Jennifer Borek, Rebecca Moll Freed, and George L. Garcia were named Partners, **Genova Burns Giantomasi Webster LLC**.

John R. Latka has been elected senior vice president-electric and gas operations; Kim C. Hanemann, who has been elected senior vice president of the utility's Delivery Projects and Construction organization; and, Gregory C. Dunlap has been elected vice president-customer operations, **Public Service Electric and Gas Company (PSE&G)**.

GREYHAWK, a national project management and consulting firm, recently received a 2014 Project of the Year award from the Mid-Atlantic Chapter of the Construction Management Association of America (CMAA).

Jeffrey Dale was appointed as Chief Risk Officer for **Sallie Mae**. This is the company's first Chief Risk Officer.

Michael Baker International was recently ranked #26 among the top 500 engineering design firms in the United States, as reported by Engineering News Record (ENR), McGraw Hill Construction.

Prudential Retirement promotes Gary Ward to Head of Stable Value.

Hawai'i's Hokama leads new NACo exec team



(l-r) : Second Vice-President Bryan Desloge, Leon County, Fla.; First Vice-President Sallie Clark, El Paso County, Colo.; President Riki Hokama, Maui County, Hawaii; Immediate Past President Liangston, Linn County, Iowa; & Matt Chase, NACo Executive Director

Maui County, Hawai'i Council Member Riki Hokama took the leadership reins as the new NACo president in elections held at the annual business meeting, July 14. Leon County, Fla. Commissioner Bryan Desloge won the only contested race for NACo office and takes over as second vice president.

In remarks after his election, Hokama said that re-investing in America's infrastructure would be the overriding theme of his presidential year, principally, but not exclusively, focused on transportation infrastructure.

"My presidential initiative will focus on transportation and infrastructure. A top priority is for reauthorization of MAP-21, a surface transportation bill, and to set in place funding for the Highway Trust Fund," he said.

Hokama described the gridlock in Washington, D.C. as a significant threat to local governments. "Gridlock in Washington D.C. has major consequences for counties' long-term planning and progress on critical capital improvement projects. Gridlock also poses threats to public safety and economic development," he said.

Rounding out the executive team in new leadership positions were El Paso County, Colo. Commissioner Sallie Clark as first vice president and Linn County, Iowa Supervisor Linda Langston, NACo immediate past president.

NACo members also adopted nearly 100 new policy positions, including ones on the immigration of unaccompanied minors and the minimum wage that prompted a rare display of vigorous floor debate and amendment before adoption.



Utility Air Regulatory Group v. EPA: Greenhouse Gases and Stationary Sources

WHEN: August 21, 2014 1:00-2:30 pm

[REGISTER HERE FOR THE WEBINAR](#)

Using Juvenile Justice Receiving Centers to Improve Safety & Outcomes

WHEN: September 25, 2014 2:00-3:15 pm

[REGISTER HERE FOR THE WEBINAR](#)

Mental Health Parity: What it Means for Counties as Providers

WHEN: October 2, 2014 2:00-3:15 pm

[REGISTER HERE FOR THE WEBINAR](#)

NACo Releases August Advocacy Toolkit

The toolkit provides updates on important legislative and regulatory issues impacting counties

[August Advocacy Toolkit](#)



In memory of...

We would like to recognize and remember two of the most respected public servants, Union County Sheriff Ralph Froehlich and recently retired Morris County Clerk Joan Bramhall.

Both these individuals dealt directly with people in all walks of life, people whom they were initially sworn to serve with sincere devotion and concern. Sheriff Froehlich and Retired County Clerk Bramhall showed professionalism, resourcefulness, determination, perseverance, intelligence, dedication, courage and compassion, to list a few, and in memory we thank them.



Union County Sheriff Ralph Froehlich recently passed away on July 21, 2014. He held the office of Union County Sheriff since being first elected in 1977. He held the distinction of being the longest-serving County Sheriff in NJ history. He was noted for his passion to serve, exemplified by his work with children, youths, and seniors. Sheriff Froehlich was born and raised in Elizabeth, NJ. He graduated from St. Mary's High School, enlisted in the US Marine Corps and was honorably discharged with the rank of Sergeant in 1959. For nearly 20 years he was a member of the Elizabeth Police Department, and graduated from Kean University in 1975. "He truly embodied the very best in public service. He was a role model to all of us for his highest standards of professionalism, his constant search for new ways to innovate and improve, and above all for his compassion. His heart always had a room for everyone he encountered, and we will always hold a place in our hearts as well," said Union County Chairman Christopher Hudak.



Retired **Morris County Clerk Joan Bramhall** passed away on August 8, 2014. She first served as a Morris County Freeholder from 1993 through 1998, and was elected by her colleagues to be Freeholder Director in 1994. She served as Morris County Clerk from 1999 until her retirement in December 2013. "Joan was the epitome of a public servant," said Morris County Freeholder Director Tom Mastrangelo. "The freeholders are deeply saddened by her death." Freeholder Doug Cabana added, "She was full of life, a very vivacious person, and a dear friend. To know Joan was to love Joan."

FROM THE EXECUTIVE DIRECTOR



John G. Donnadio, Esq.

As county operated nursing homes begin preparing for Managed Long Term Care (MLTC) and the anticipated loss of additional Medicaid funding, county governments across the State are struggling to find the resources necessary to maintain a consistent level of quality care residents deserve.

As has been well documented, county operated nursing homes provide a safety net of care for low income patients with medical conditions that typically prevent their admission to privately owned nursing homes. In fact, 79% of the estimated 3000 patients that currently reside in county operated nursing are classified as Medicaid patients without the necessary resources to afford health insurance on their own. Unlike most privately owned nursing homes that carry a much higher

percentage of private pay patients, county operated nursing homes maintain an average of 11% of its population in this capacity. Importantly, the core mission of county operated nursing homes is to provide a high standard of nursing care to residents and their families. To achieve this objective and make readily available an essential community service, county operated nursing homes retain qualified staff that offer a continuity of care as dedicated public servants. Moreover, county operating nursing homes maintain a higher than average rate of nursing hours per patient; offer comprehensive rehabilitation programs; and, provide progressive treatment initiatives with new technologies. Most notably, county operated nursing homes are committed to providing a valuable and much needed public service.

With this in mind, county facilities are concerned with the fiscal realities of MLTC and the anticipated reductions in Medicaid funding once all facilities must negotiate reimbursement rates with for-profit managed care organizations in 2016. As noted in the New Jersey Association of Counties' (NJAC) 2012 "County Impact Statement," recent State Medicaid cuts hit county governments disproportionately hard as counties lost a projected \$12.0 million in anticipated revenue during fiscal year 2012 and an additional \$1.6 million in "Bed Hold" payments for a total of \$13.6 million. As a result of these devastating cuts, Burlington, Cumberland, and Sussex counties sold their facilities in 2012; Camden County sold its facility in 2013; and, Union and Warren counties are in the process of selling their facilities. The remaining county nursing homes operated by Atlantic, Bergen, Cape May, Gloucester, Middlesex, Monmouth, Morris, and Passaic counties have been forced to reduce, privatize, or eliminate critical housekeeping, food, social, and other necessary services simply to make ends meet.

Although county governments appreciate the fact that the State "froze" Medicaid reimbursement rates through fiscal year 2016 and decided to phase out nearly \$30.0 million in funding for "Peer Grouping" as opposed to terminating the program as originally planned, county officials also face a restrictive property tax cap levy and are at a loss to find the resources necessary to maintain a consistent level of quality care residents deserve. The State and federal governments developed funding for Peer Grouping to help counties reduce civil service, collective bargaining, and pension and health benefit operating expenses; and, to provide funding for community and home based programs. Once this mechanism is eliminated, counties will be forced to reduce or terminate essential programs such as meals on wheels, adult protective services, and transportation services for the aged and disabled.

As boards of chosen freeholders across State struggle with finding a balance between what is fair to taxpayers and what is right for its senior and disabled population, it's inevitable that additional counties will be unfortunately forced to sell their nursing homes within the coming years.




«AUGUST 2014»

.....Is National Immunization Awareness Month

MON	TUES	WEDS	THURS	FRI	SAT	SUN
				15 Keith Urban, Jerrod Neimann, & Brett Eldridge PNC Bank Arts Center Holmdel <i>Monmouth County</i>	16 Tractor Pull Event 12:00 pm-9:00pm Mount Holly  <i>Burlington County</i>	17 County Fair 8/14-8/17 3:00pm - 11:00pm Green Mountain Reservation Paterson <i>Passaic County</i>
18 Magic & Merriment 7:00pm Middle Twp Performing Arts Center <i>Cape May County</i>	19	20 The Alchemist Comedy 7:30pm Shakespeare Theatre Madison <i>Morris County</i>	21 Summer Concert Series-9 South 7:30pm Parker Press Park Woodbridge <i>Middlesex County</i>	22	23  <i>Monmouth County</i>	24 John Kuse & The Excellents and Bob Miranda & The Happenings 5:30pm-8:30pm Duke Island Park <i>Somerset County</i>
25	26 Great Egg Harbor River Trip Tips 7pm-8:30pm Atlantic County Park Estell Manor <i>Atlantic County</i>	27 Summer Arts Festival Featuring The NERDS 7:30pm Oak Ridge Park <i>Union County</i>	28 Farmers' Market 12:00pm - 7pm Beverly Rd. & Garrison Avenue Teaneck <i>Bergen County</i>	29  <i>Essex County</i>	30 Jim Hurst 1:40pm Fairgrounds Woodstown <i>Salem County</i>	31  <i>Camden County</i>

«SEPTEMBER 2014»

.....Is National Preparedness Month

MON	TUES	WEDS	THURS	FRI	SAT	SUN
 1	2 Exhibition - African Adventure 8:30am - 4:30pm Woodbury <i>Gloucester County</i>	3	4 Gaming Night: RAMPAGE! 6:00pm-8:00pm Franklin Library <i>Sussex County</i>	5	6  <i>Mercer County</i>	7 Petia Hsai Art Reception 4:00pm - 6:00pm SOMI Art Gallery Flemington <i>Hunterdon County</i>
8	9  <i>Hudson County</i>	10 Senior Picnic 11:00am-3:00pm Red Bank Battlefield Park, National Park <i>Gloucester County</i>	11 	12 Charlie Thomas Drifters Levoy Theatre 8:00pm Millville <i>Cumberland County</i>	13 Aztec Two-Step Roy's Hall Theatre Blairstown <i>Warren County</i>	14 Annual Triathlon/ Duathlon 6:00am-7:00am Check-in Long Beach Island <i>Ocean County</i>