

BALDWIN COUNTY

Stay Connected

DECEMBER 2022

CONGRATULATIONS ON THE NEXT 4 YEARS AS BALDWIN COUNTY COMMISSIONERS!



District 1 - James E. "Jeb" Ball, District 2 - Matthew P. McKenzie, District 3 - Vice-Chair Billie Jo Underwood, and District 4 - Chairman Charles "Skip" Gruber were sworn in at the November 16, 2022 Baldwin County Commission Meeting in the Baldwin County Administration Building County Commission Meeting Chambers in Bay Minette!

**PREPARED.
INFORMED.
CONNECTED.
ALERT BALDWIN.**

TEXT ALERTBALDWIN TO 888777



www.AlertBaldwin.com
www.BaldwinCountyAL.gov/EMA

ALERT!
BALDWIN
BALDWIN COUNTY EMERGENCY NOTIFICATIONS

**LEARN MORE
HERE!**



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CONGRATULATIONS ARE IN ORDER!



CONGRATULATIONS ON YOUR BABY GIRL!!

Amanda Thweatt (Baldwin County EMA), Dustin Thweatt (Baldwin County Highway Department), and Big Brother Wyatt Thweatt welcomed baby sister Harley Frances Thweatt to the family on July 20, 2022. Harley weighed 7 lbs 10 oz.



CONGRATULATIONS ON YOUR GRANDBABY!!

Amy Williams (Fairhope tag/licensing supervisor) recently welcomed a new grandson! Baylor Hayes Williams was born on November 23, 2022 weighing 7 lbs, 6 oz. and was 19 1/4' long.



LEARN MORE
HERE!



EXPLORE OUR BALDWIN COUNTY WEBSITE

Get to know about the Baldwin County Commission and your **FOUR** Baldwin County Commissioners. Learn more about who is leading your county, the duties of the County Commissioners, and even the history of the Baldwin County Commission.

baldwincountyal.gov/government/baldwin-county-commission

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2022 BALDWIN COUNTY HEALTH FAIR



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THE LAUNCH AT ICW RIBBON CUTTING ~ OCTOBER 28, 2022



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BEHAVIORAL HEALTH SYSTEMS (BHS) A.S.S.I.S.T. SPOTLIGHT

Your Employee Assistance Program (EAP) is a FREE and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 1-800-245-1150.

NEED HELP NAVIGATING THE HOLIDAY STRESS? HERE ARE SOME TIPS!

- 1.) SET REALISTIC EXPECTATIONS FOR YOUR TIME AND ENERGY
- 2.) SET REALISTIC EXPECTATIONS FOR YOUR FINANCES
- 3.) SURROUND YOURSELF WITH HEALTHY PEOPLE
- 4.) TAKE CARE OF YOURSELF PHYSICALLY
- 5.) TAKE CARE OF YOURSELF EMOTIONALLY

TIPS TO STAY ACTIVE THIS WINTER:

- 1.) TAKE NATURE WALKS
- 2.) VOLUNTEER IN ACTIVE WAYS
- 3.) WORK OUT ONLINE
- 4.) MONITOR THE WEATHER AND PLAN AHEAD
- 5.) DO SOME CHORES

www.behavioralhealthsystems.com

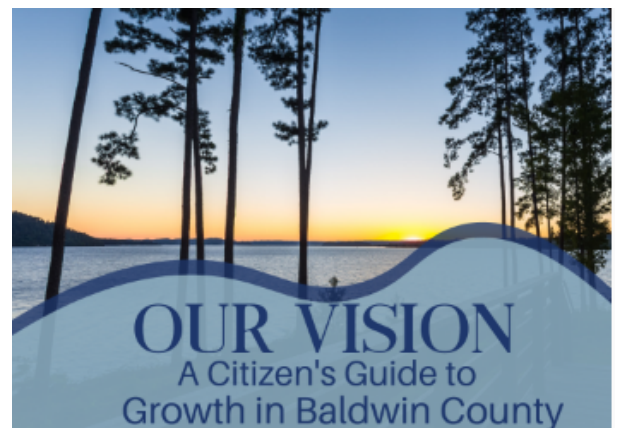
The DRAFT version of the Land-Use Guide is now available for review. Planning and Zoning Director, Matthew Brown has created a video to walk-through the Land-Use Guide from a staff's perspective. There is also another video that answers 10 questions that have been asked so far. All of these resources can be found at www.BaldwinOurVision.com

View Resources at: www.BaldwinOurVision.com

View Resources



LAND-USE GUIDE



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SYMBOL TESTIMONY ~ LAUREN THOMPSON'S MEMBER JOURNEY



"Without my Symbol Health Coach and employer offering the Baldwin Better Point System, I would have never dreamed of signing up to do a 5k in my life! I now attend them and enjoy signing up for local 5ks, and I consider them being a new healthy hobby I love doing!"

- Lauren working with Symbol Health Coach Laura

"Health coaching helped me tremendously. I was pre-diabetic with my A1C being 6.3, on the line, to become diabetic. With the help of my health coach, Laura Steadman, and the Robertsedale Symbol Clinic, we came up with **a plan to become 100% healthier in just six months.**

I am no longer pre-diabetic and have now reduced my A1C number down to 5.5. One valuable tip that has helped me tremendously and cut my numbers in half in just six months was intermittent fasting. I **have used the fasting tool daily** over the last six months, and I eat healthy meal options on a regular schedule consistently. I started out trying the 16/8 fasting, and overtime, with my body adjusting, I can now do a 24 hour fast."

HOW LAUREN TOOK CONTROL:

In only six months, Lauren took control of her health and wellness and changed the trajectory of her future health. She worked directly with her Symbol Health coach to reach her goal, and she did exactly that.

It takes a collaborative team of willing patients, dedicated medical provides, and the personal attention of health coaches to achieve the kind of lasting health results Lauren accomplished.

Lauren took advantage of her health coaching benefits and altered her daily life habits in trade for a healthier life ahead.

"Having access to use the Symbol Clinic has saved me so much money. With my health not being the best, I used to spend a minimum of \$60.00 a month just on prescriptions. Having access to use the Symbol Clinic when sick with a cold, flu, or any other medical problem has saved me co-payments that I would normally be spending out-of-pocket.

The Symbol Clinic staff is extremely helpful, friendly, and caring with every patient. I love having such a personal relationship with the Symbol Clinic staff that I would never be able to have with my primary care physician.

Do not be reluctant to using Symbol Clinics or health coaching sessions. They are amazing, and I have never been healthier!"

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CHRISTMAS FESTIVAL AT BICENTENNIAL PARK 2022



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Christmas Tree Recycling Locations:



Bay Minette Transfer Station
4291 Nicholsville Rd.
Bay Minette, AL 36507
Spanish Fort Volunteer Fire Department
7580 Spanish Fort Blvd.
Spanish Fort, AL 36527
MacBride Landfill
26941 McBride Road
Loxley, AL 36551
Baldwin County Central Annex
22251 Palmer St.
Robertsdale, AL 36567
Fairhope Satellite Courthouse
1100 Fairhope Ave.
Fairhope, AL 36532
Magnolia Landfill
15093 Landfill Drive
Summerdale, AL 36580
Foley Satellite Courthouse
201 E. Section Ave.
Foley, AL 36535
Perdido Beach VFD
8450 Escambia Ave.
Perdido Beach, AL 36530
Eastfork Landfill
17917 CC Road
Elberta, AL 36530



BALDWIN COUNTY, ALABAMA
Planning and Zoning Department

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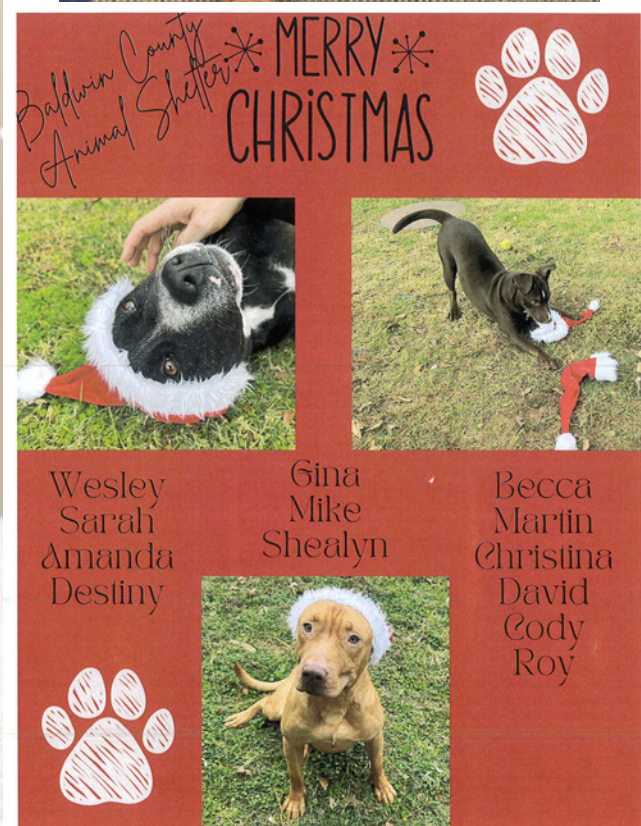
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THE BALDWIN COUNTY
COMMISSION WOULD LIKE TO
WISH YOU A VERY MERRY
CHRISTMAS AND A HAPPY,
HAPPY NEW YEAR!

