



City of Laurinburg

Employee HR Newsletter

November 2016

Message from HR

We're currently working on implementing a Safety & Health Policy. This policy will serve as a tool to keep employees safe while complying with all City safety rules. Together, we can make Safety a top priority in our City.

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November Safety Tip:

Personal Protective Equipment (PPE)

Let's make sure we always wear our PPE!

1. Help identify workplace hazards and understand how specific PPE is designed to protect against those hazards.
2. Give personal reasons for wearing PPE (ex: getting home safe and sound to your families)
3. Share reasons for noncompliance and complaints about PPE (there may be safe alternatives)
4. Assume ownership for wearing PPE and remind others to wear PPE as well.

NEWS & ANNOUNCEMENTS

Honoring Our Veterans on Nov. 11th

“Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was “dedicated to the cause of world peace and to be hereafter celebrated and known as ‘Armistice Day.’” As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress—at the urging of the veterans service organizations—amended the Act of 1938 by striking out the word “Armistice” and inserting the word “Veterans.” With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.”

Thank you for your service to the armed forces and with team City of Laurinburg!

November is National Diabetes Month

Diabetes is the 7th leading cause of death in the United States.

Each year, diabetes costs the United States approximately \$245 billion in medical expenses and lost productivity. Although Type 1 diabetes can't be prevented, Type 2 diabetes, which develops slowly, can be prevented or delayed through a healthy lifestyle. Risk factors for Type 2 diabetes include obesity, physical inactivity, older age and family history of diabetes.

Emphasis on nutrition and exercise is extremely important to make sure to decrease your chances of getting Type 2 diabetes.

Congratulations!

Congratulations are in order for Denetric Williams, Police Detective, for completing his Intermediate Law Enforcement Certification this past November 2016!

Live Healthier, Lighter Holidays

THE HOLIDAY SEASON IS ONCE AGAIN UPON US!

How to prepare for healthy holiday parties:

- Do not skip meals during the day before the planned event. This will cause hunger and you are likely to overeat. Eat as if it's a regular day—have a healthy breakfast and lunch/snack before gathering for a large meal.
- Start the meal with a salad. You will begin to fill up and eat less throughout the meal.
- Exercise in the morning before the day gets busy. Go for a walk after the meal.
- If attending a potluck, bring one of your healthiest dishes to share. That way you know at least one healthy favorite will be at the party.

Welcome New Hires to the City!



Ricky Strong
Sanitation Worker
10/27/2016



Benjamin Teasley
Police Officer
11/18/2016



NOVEMBER 2016 BIRTHDAYS!!

<u>NOVEMBER</u>	
Curlee Locklear	11/02
Diana Chavis	11/06
Jarvis Williams	11/14
Curlie Morrison	11/16
Helen Hewett	11/18
David Hardy	11/18
Latoya Bright	11/18
Phillip Redbrook	11/19
Bryan Miller	11/19
Brandon Hammonds	11/21
James McPhatter	11/23
Mary McNeill	11/24
Tyrone A. Smith	11/28

YEARS OF SERVICE

Shawn Chavis	14 Years
Gary Moody	13 Years
James Coxe	6 Years
Franklin Strickland	4 Years
Chris Young	3 Years
James McPhatter	2 Years
Richard Ward	1 Year

**Congratulations are in order for
November Birthdays and Years of Service!**



**“Success is the sum of small efforts,
repeated day in and day out”**

R. Collier



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