



City of Laurinburg Employee HR Newsletter

SEPTEMBER 2016



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Important Message from HR

Can't remember the last time you went to the doctor?

It's always important to stay up-to-date on all Immunizations and vaccinations. If it's been awhile since you've been, you should start with a physical and check up!

Thank you, HR Department



City of Laurinburg

Thursday, October 6, 2016

Public Works

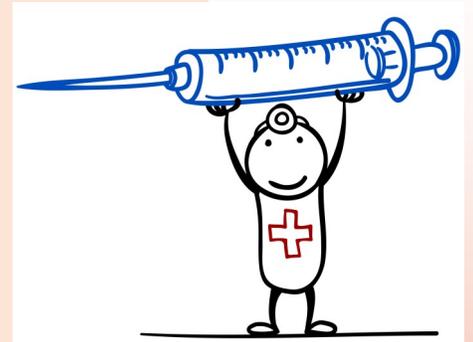
6:30 - 7:30 AM or 7:30 - 8:30 AM

City Hall Council Chambers

1:00 - 2:00 PM or 2:00 - 3:00 PM

OPEN TO ALL EMPLOYEES

ALL Shots are at NO CHARGE to employees, dependents, and retirees with Blue Cross and Blue Shield Insurance.





Relay for Life

Upcoming 2016 Relay for Life Event:

September 30,2016 thru October 1,2016

Drawing for 18x21 Carport Prize (Delivered and Installed Free Locally)

Make sure to attend!

Opening Ceremony will begin at 6:00 p.m. on Friday, September 30.

FUN FILLED EVENTS ALL DAY FRIDAY AND SATURDAY!

fall is here . . . September 22nd

September: Self Improvement Month



Self Improvement is an important route to helping you deal with the stress of change and instead accept the natural life alternations ahead.

“There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.”

-Ernest Hemingway



September: National Preparedness Month



Take Action

Make sure that you and your family are prepared for an emergency. Ensure that you can go for at least three days without electricity, water service, access to a supermarket, or other local services.

1. Prepare a disaster supply kit with at least three days of food and water.
2. Create a Family Emergency Plan, so that your family knows how to communicate during an emergency.
3. Obtain a NOAA Weather Radio.

Welcome New Hires to the City!



Coming Soon!!!!

SEPTEMBER 2016 BIRTHDAYS

SEPTEMBER

James Hunt	9/01
Jennifer Clark	9/02
Brian Morrison	9/03
Shawn Chavis	9/03
Christopher Jackson	9/08
Denetric Williams	9/10
James Laviner	9/11
Christopher Strickland	9/11
Ervin Strickland	9/14
Harold Haywood	9/15
Rodney Byrd	9/15
Angela Ganzy	9/16
Michele Groom	9/17
Joey Hunt	9/24
Johnathan Ewing	9/24
Joshua Byrd	9/26
Chris Young	9/28

YEARS OF SERVICE

Ervin Strickland	28 Years
Randall Gibson	26 Years
Charles Sessoms	24 Years
Harold Haywood	23 Years
Jason Locklear	19 Years
Teddy Quick	14 Years
Mitchell Mishue	10 Years
Helen Hewett	7 Years
Larry Bowman	5 Years
David Hardy	5 Years
Caleb Locklear	3 Years
Christopher Hoover	1 Year

NEWS & ANNOUNCEMENTS



#1 Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses and prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

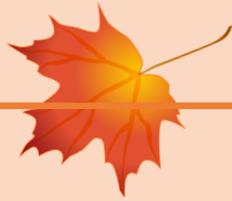
#2 Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

#3 Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They can also prevent serious flu complications, like pneumonia.

- Antiviral drugs should be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people with flu that are at high risk of serious flu complications. Other people also may be treated with antiviral drugs by their doctor this season. Most otherwise-healthy people who get the flu, however, do not need to be treated with antiviral drugs.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.



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