

Human Resources Update



Upcoming Workshops

November 6, 2008 – St. George & Summerville Council Chambers

9am to 11:30 am

Managing Change in the Workplace
-Teleconference presented by Merry Taylor of Taylor and Associates.

November 14, 2008 – Summerville Council Chambers 11am – Noon
SC Retirement Workshop Update

November 14, 2008 – St. George Council Chambers 2pm – 3pm
SC Retirement Workshop Update

November 18 – St. George Council Chambers
Worksite Screening by appointment only – Contact Jan in HR to schedule

November 19 – Summerville Council Chambers
Worksite Screening by appointment only – Contact Jan in HR to schedule

November 20 – Public Works Facilities Maintenance Conf Room
Worksite Screening by appointment – Contact Jan in HR to schedule

Please notify Tammy of the training needs you may have in your office

Eat More Family Meals at Home

Many people think that eating meals at home is too time consuming, expensive, or hard to manage. Eating Smart at home is not as hard as you think - it can even save you time and money! Planning meals ahead of time will go a long way in ensuring that your

Planning for Retirement

There's a lot more to retirement than just no longer going to work and if you're like most people, you don't want to work for the rest of your life. Retirement will come much sooner than you think and to be ready for it, you need a plan – a saving and investment plan, that is.

If you don't want to lower your standard of living when you retire, most financial professionals agree that you will need about 70 percent to 90 percent of the income you had before you retired. Generally, your pension benefit and Social Security will cover only a portion of this amount. The rest will have to come from what you do on your own – from how much you save and how you invest.

The good news is you don't need to be a financial or investment expert to save for your retirement. You can choose from selected investment options through the South Carolina Deferred Compensation Program and can have your contributions deducted pre-tax from your paycheck. The investment options range from guaranteed certificate funds to higher-risk stocks.

meals at home are healthier and an enjoyable experience for everyone, too!

When you go grocery shopping, take time to read the nutrition labels on your purchases. Compare nutrients and calories in one food to those in another. The information may surprise you. You want to make sure that you aren't bringing home foods high in saturated fat and cholesterol! One easy way to do "healthier" grocery shopping is to spend more time in the outer aisles of the store

When should you start planning and saving for your retirement? Why not start today? It's never too early or too late to start saving and investing for your retirement. The more you save and invest now, the better your chance of meeting your financial needs in retirement.

Everyone should have received their annual SC Retirement statement. Please review your statement for accuracy notify Human Resources if you have a change in address. The current address is listed on file as of 09-22-2008. If you need to make beneficiary changes, you will need the beneficiary's full name, date of birth, and social security number. Notify Jan Simpson at 563-0333 or 832-0333 as soon as possible if changes need to be made.

Dorchester County's service representative, George Hazin, will present a retirement update workshop on November 14th. The workshops are scheduled for Summerville County Council Chambers 11am to noon, and St. George County Council Chambers 2pm to 3pm. Hopefully Mr. Hazin will be able to answer any retirement questions you may have.

where fresh foods are kept. Spend less time in the middle aisles where packaged foods, snacks and soft drinks are stocked.

Attached is information from the American Heart Association with suggestions and methods to prepare foods in order to cut cholesterol, fat and calories without losing taste.

November 2008

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