

Human Resources Update



Upcoming Workshops

January 13, 2009 – Summerville Council Chambers 10am – 11:30am
Dorchester County Employee Assistance Program

January 14, 2009 – Public Works Transportation Bldg 2pm – 3:30pm
Dorchester County Employee Assistance Program

January 15, 2009 – St. George Council Chambers 10am – 11:30am
Dorchester County Employee Assistance Program

January Lunch and Learn - TBA

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

Eat More Fruits and Vegetables

You might already know that fruits and vegetables offer essential nutrients, can help prevent some chronic diseases, and are low in calories to help us maintain a healthy weight. So work on making colorful fruits and vegetables a substantial part of your diet every day.

When it comes to good nutrition, all forms of fruits and vegetables matter—fresh, frozen, canned, dried and 100% juice. With 200+ options and a variety of convenient packaging to make fruits and vegetables easy to store and easy to serve, there's bound to be something to please everyone!

Riding high on the benefits of a drug-free workplace

Working for a company that is alcohol and drug free has a lot of advantages. You benefit knowing that a drug-free workplace program applies not only to you, but to all your coworkers and managers on whom your safety and security depends. Take a moment to consider the positive impact a drug-free environment has on the following:

Safety – Employees in drug-free workplaces have greater confidence that their workplaces are safe! Picture the construction worker whose personal safety depends on their fellow workers being alert and focused at all times.

Health – Employees in drug-free workplaces take comfort in knowing that their workplace promotes and protects their health. Consider the manufacturing worker who knows their own health won't be in jeopardy because they have to work a double shift to cover for a coworker who regularly calls in sick due to a hangover.

Productivity – Employees in drug-free workplaces are reassured that their workplaces are productive. Think

about the high-tech worker who knows they won't miss an important deadline because they're covering for a colleague whose quality and quantity of work suffers due to drug abuse.

Morale – Employees in drug-free workplaces are pleased to be part of a team that gets the job done and enjoy the benefits of higher morale. Imagine the nurse who arrives for work each day with the knowledge and confidence that the level of patient care won't suffer due to a coworker's abuse drugs or alcohol.

Security – Employees in drug-free workplaces appreciate that their employer's policies make them more secure. Consider the store employee who doesn't worry that the cash register they share will be short at the end of the day because a coworker steals to support a drug habit.

Well-being – Employees in drug-free workplaces feel an enhanced sense of well-being. Think about the forklift operator who worked hard to achieve recovery and find that their supportive work environment plays an important role in their continued sobriety and success.

- Most frozen and canned foods are processed within hours of harvest, so their flavor and nutritional value are preserved.
- Studies show that recipes prepared with canned foods had similar nutritional values to those prepared with fresh or frozen ingredients.
- Canned foods are "cooked" prior to packaging, so they are recipe ready.
- Frozen foods also require little preparation—washing and slicing, for instance, is already done.

January 2009

Anne Ayer
Director of HR
(843)563-0242

Darlene Bell
Deputy Director of HR
(843)563-0199

Jan Simpson
Benefits Administrator
(843)563-0333

Tammy Thompson
Training Coordinator
(843)563-0144