



City of Laurinburg

AUGUST 2024

Employee HR Newsletter



What's Inside the Issue?

Message From HR	1
Health Awareness	1
News & Announcements	2
Safety Tip	2
Birthdays—Years of Service	3
HR Reflection	4

HEALTH AWARENESS



~Message from HR~

IMPORTANT NOTICE

Any changes; address, beneficiary or telephone numbers contact HR Dept.

Help us keep your HR files **updated!**



~ GASTROPARESIS AWARENESS MONTH~

Gastroparesis — also known as delayed gastric emptying — is a medical condition characterized by weak muscular contractions of the stomach (peristalsis). This results in food and liquid remaining in the stomach for long periods. As a result, stomach contents move more slowly into the duodenum of the digestive tract. This can lead to poor nutrient absorption and poor glycemic control.

Gastroparesis has symptoms ranging from life-limiting to life-threatening. Some people call it having a paralyzed stomach: 'gastro' means stomach and 'paresis' means paralysis. Symptoms typically appear during or after a meal and can appear abruptly or gradually. Nausea, vomiting, abdominal pain, feeling full while eating, heartburn, and abdominal bloating are all symptoms.

Barium beefsteak meals, radioisotope gastric-emptying scans, barium swallow x-rays, gastric manometry, and esophagogastroduodenoscopy are all used to make a diagnosis. Dietary changes, treatments to stimulate gastric emptying, medications to reduce vomiting, and surgical approaches are all part of the treatment.

NEWS & ANNOUNCEMENTS



Welcome New Hire to the City!



Nelson Medina, Jr.
"Sanitation Worker"
08/08/2024



HELLO, I'M
 NEW HERE





John Haggans ~ "Equipment Operator I"
William McIlwain ~ "Police Lieutenant"

Savannah Magyar
Christian Martin
"NC Fire Driver/Operator
-Pumps and Aerials"





~ Vernon Jackson, Jr.
Police Dept.

~ Gary Moody
~ Benny Lowery
Sanitation Dept.



Workplace Safety Tips!

1. Always wear appropriate personal protective equipment (PPE) for your job tasks.
2. Follow all safety protocols when operating vehicles and equipment.
3. Attend safety training sessions regularly to stay updated on best practices.
4. Keep work areas clean and organized to prevent slips, trips, and falls.
5. Report any hazards or unsafe conditions to your supervisor immediately.

CONGRATULATIONS are in order for those celebrating
Birthdays and Years of Service with the City!

Keep up the **GREAT** work!



~ BIRTHDAYS ~

September 2024

Woodrow Breeden III	9/01
James Hunt	9/01
Jennifer Dover	9/02
Rodney Parker	9/03
Shawn Chavis	9/03
Brian Morrison	9/03
Jessica Bryant	9/04
James Sweet	9/05
Christopher Jackson	9/08
Patrick Locklear	9/09
Harold Haywood	9/15
Angela Ganzy	9/16
Michele Grooms	9/17
Jacob Cantwell	9/19
Christian Martin	9/21
Joey Hunt	9/24
Chris Young	9/28



~ YEARS OF SERVICE ~

August 2024

Phillip Redbrook	32 Years
Douglas Whitt	24 Years
Andrew McNeill	17 Years
Kevin Page	12 Years
Victoria Bullard	7 Years
Tyler Strickland	6 Years
Jessica Bryant	5 Years
Chad Hammonds	2 Years
Woodrow Breeden III	1 Year
Austin Sweet	1 Year
Crecencio Suarez, Jr.	1 Year
Christian Martin	1 Year
Savannah Magyar	1 Year
Danny Cofell, Jr.	1 Year
Arzaveus Anderson	1 Year



THANK YOU!



HR REFLECTION FOR THE MONTH...

SUCCESS IS
HIDDEN IN
YOUR DAILY
ROUTINE

A little progress each day
adds up to BIG results.



Human Resources Dept.

Betty J. Galloway, HR/Risk Management Director

Phone: 910 291-1739

Email: bgalloway@laurinburg.org





Angela P. Ganzy, Human Resources Assistant

Phone: 910 291-2591

Email: aganzy@laurinburg.org