

Kent County Public Schools



H. R. Newsletter November 2018



Ed Silver— Supervisor of Human Resources
410-778-7135 or esilver@kent.k12.md.us

Jennifer Martin—HR Benefits Specialist
410-778-3644 or jmartin@kent.k12.md.us

Mirelle Kraus — Human Resources Secretary
410-778-7140 or mcain@kent.k12.md.us

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National

DIABETES

AWARENESS MONTH

DIABETES

29.1
MILLION

29.1 million people have diabetes



That's about 1 out of every 11 people



1 OUT OF 4 do not know they have diabetes

PREDIABETES

86
MILLION

86 million people — more than 1 out of 3 adults — have prediabetes



9 OUT OF 10 do not know they have prediabetes

To learn more about CareFirst Video Visit please visit our website at <http://www.kent.k12.md.us/Health.aspx>



When Life Throws You a Curve. Call BHS.
The Employee Assistance Program is your solution to taking control. Your EAP offers support services that are made available to you by your employer.

- 👍 The EAP is a FREE service benefit provided and paid for by your employer.
- 👍 The EAP is available to employees and their household members.
- 👍 The EAP is completely confidential. BHS follows all federal and state privacy laws.
- 👍 The EAP provides access to a panel of clinicians and professional resources nationwide.
- 👍 The EAP provides a language line for over-the-phone interpretations and is TTY accessible.

Life is Full of the Unexpected.
Everyone experiences personal or work-related problems that can become unmanageable. With the help of your EAP, many of them can be easily resolved. Such as:

- Relationships**
Spouse/ Kids
Boss/ Co-worker
Customers
Friends
- Life Changes**
Marriage/ Divorce
Birth/ Death
Promotion/ Retirement
Role Changes
- Life Challenges**
Stress/ Conflict
Financial/ Legal
Parenting
Responsibilities/ Illness
- Risks**
Depression/ Anxiety
Suicidal Thoughts
Burnout/ Anger
Alcohol/ Drug Abuse

Visit [MyBHSPortal](#) for more information.
Username: ESMEC



November 21 - 23
Schools and Offices Closed



November 4
Don't forget to turn your clocks back one hour!!
And while your doing that, take a few minutes to check the batteries in your smoke detectors.