

MONTHLY NEWSLETTER



**NOV. 2023
EDITION**

ABNM

HR STAFFING SOLUTIONS LIMITED

JOB POSITION TRAINING (JOB PLACEMENT GUARANTEED)

Are you looking for employment in the *HOSPITALITY* industry?

- Training Duration (6-8 weeks)
- Certificate after training
- Hands on Training

Criteria for registration

- Must be able to read and write
- For Chesf (must have attended culinary school)

TRAINING POSITIONS

- CAREGIVER / NANNY
- DRIVER
- SECURITY guard
- CHEF
- WAITER & WAITRESS
- BARTender
- HOUSEKEEPER

**CALL now for Registration as spaces are limited.
09135002444**

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- ABNM HR TRAINING FOR JOBS IN THE HOSPITALITY INDUSTRY.
- EMPLOYEE ENGAGEMENT AND EMPOWERMENT
- WORLD DIABETIC DAY (14TH NOVEMBER)
- HEALTH TIPS

www.abnmhrstaffingsolutions.com **091350024444**

• WHAT IS EMPLOYEE ENGAGEMENT?

Employee engagement is a human resource (HR) concept that describes the level of enthusiasm and dedication a worker feels toward their job. Engaged employees care about their work and about the performance of the company, and feel that their efforts make a difference. An engaged employee is in it for more than a paycheck and may consider their well-being linked to their performance, and thus instrumental to their company's success.

• UNDERSTANDING EMPLOYEE ENGAGEMENT

Employee engagement can be critical to a company's success, given its clear links to job satisfaction and employee morale. Communication is a critical part of creating and maintaining employee engagement. Engaged employees are more likely to be productive and higher performing. They also often display a greater commitment to a company's values and goals.

• WAYS EMPLOYERS CAN ENCOURAGE EMPLOYEE ENGAGEMENT

- Communicating expectations clearly, and offering rewards to employees.
- Promotions for excellent work.
- Keeping employees informed about the company's performance.
- Providing regular feedback, and other strategies including making efforts to make employees feel valued and respected, and feeling that their ideas are being heard and understood.

• KEY TAKEAWAYS

- Employee engagement describes the level of enthusiasm and dedication a worker feels toward their job.
- Employee engagement can be critical to a company's success, given its links to job satisfaction and employee morale.
- Engaged employees are more likely to be productive and higher performing.
- Employers can foster employee engagement through effective communication, offering rewards, and discussing career advancement.

WHAT IS EMPLOYEE EMPOWERMENT?

Employee empowerment is a business method and philosophy where employers give their staff greater autonomy. Employers who lead through employee empowerment do their best to provide employees with greater control over their day-to-day responsibilities, the ability to offer input on policies, and effective ways to make crucial decisions. Employee empowerment can help deepen staff engagement in their responsibilities, increase the pace of business operations, and improve customer service, procedures. Successful employee empowerment might involve changes to business protocols or various job duties.

WAYS TO EMPOWER EMPLOYEE

- **Provide the necessary information:** Give your employees the means to succeed at their new or more advanced responsibilities.
- **Outline guidelines:** Help employees understand the guidelines, procedures, and best practices related to their additional duties.
- **Discuss goals:** Employees who understand how their individual job contributes to the wider operations at the company may be more likely to be productive and purposeful in executing their responsibilities.
- **Provide and ask for feedback:** Employees are more likely to feel empowered if they know their supervisors are paying attention to and appreciate their contributions.
- **Create or foster developmental opportunities:** Employees may feel empowered when given chances to continue growing and learning.
- **Offer to help:** Let employees know they can reach out to you as needed with questions or if they need clarification about a specific aspect of their job.
- **Recognize employee achievements:** Employee empowerment means not only trusting your employees with increased responsibilities but acknowledging their efforts, improvements, and successes.

BENEFITS OF EMPLOYEE EMPOWERMENT?

Employee empowerment strategies when implemented can offer many benefits to both Employer and Employee as well improve the Organisation.

The following are some of the Employee Empowerment :

- **Communications**
- **Customer satisfaction**
- **Productivity**
- **Innovation**
- **Loyalty**
- **Problem resolution**



WORLD DIABETES DAY

14 NOVEMBER

World Diabetes Day 2023 is a global awareness campaign that aims to raise understanding about diabetes, advocate for improved diabetes care and prevention, and support those affected by the condition. This day serves as a rallying point for the worldwide diabetes community, including healthcare professionals, organizations, and individuals, to address the growing diabetes epidemic.

WHAT IS WORLD DIABETES DAY?

World Diabetes Day is an internationally recognized event that was established by the International Diabetes Federation (IDF) and the World Health Organization (WHO) to address the rising concerns about diabetes. It focuses on raising awareness about diabetes, its risk factors, and the importance of early diagnosis and effective management.

WHEN IS WORLD DIABETIC DAY OBSERVED ?

World Diabetes Day is observed annually on November 14th. In 2023, it falls on a Tuesday, providing an opportunity for a week of diabetes awareness activities and initiatives.

HOW TO PARTICIPATE IN WORLD DIABETES DAY 2023?

Participating in World Diabetes Day allows individuals to contribute to diabetes awareness and support those affected by the condition. Here are ways to get involved:

- *Wear Blue: The official color of diabetes awareness is blue. Wear blue clothing or accessories to show your support.*
- *Share Information: Educate others about diabetes, its risk factors, and the importance of a healthy lifestyle.*
- *Get Tested: If you are at risk for diabetes, consider getting tested for early detection and intervention.*
- *Support Diabetes Charities: Contribute to organizations that fund diabetes research, education, and patient support programs.*
- *Advocate for Diabetes Care: Advocate for policies and healthcare improvements that enhance diabetes care and accessibility.*
- *Organize Awareness Events: Host or participate in events, workshops, or seminars that raise awareness about diabetes in your community.*

HEALTH TIPS

FOOD TIPS FOR DIABETES

DO YOU KNOW THAT?

• **WHOLE GRAINS:** When substituted with refined grains in the diet may reduce the risk of diabetes mellitus. Whole grains have a lower glycemic index (GI), thus having comparatively less impact on blood sugar levels. Eg: **Brown Rice, Oats, Millet Barley**, etc,

• **GREEN LEAFY VEGETABLES:** are rich in dietary fiber, vitamins, and minerals. They are low in calories and low in carbohydrates which may raise blood sugar levels. Consumption of green leafy vegetables is known to decrease the risk of type 2 diabetes mellitus. Eg; **Okra, Asparagus, Tomatoes, Carrots, Spinach, Cabbage**, etc.

• **NUTS:** nuts are highly beneficial for type 2 diabetes. Consuming nuts along with a controlled diet can help in improving blood sugar levels in patients with type 2 diabetes. Eg; **Almonds** are known to manage blood sugar and insulin levels after a meal.

• **GREEK YOGHURT:** rich in protein, calcium, probiotics, and low in carbohydrates. It also has a low glycemic index (GI). Unsweetened, low-fat Greek yoghurt regulates blood glucose levels and may prevent the risk of type 2 diabetes mellitus.

• **Garlic:** contains vitamin B6 and vitamin C.. Vitamin B6 helps in carbohydrate metabolism and vitamin C helps to maintain blood sugar levels. Consumption of garlic improves glycemic status and is known to reduce fasting and post-prandial blood sugar levels.

FATTY FISH: a rich source of omega-3 fatty acid that protects diabetics from various diabetes-related complications. Fatty fish is also loaded with proteins, making us feel full for a long time and reducing our carbohydrate intake. Eg; **Salmon, Sardines Mackerel** etc.

TIPS FOR BETTER LIVING WITH DIABETES

• EAT HEALTHY

- Eat lots of vegetables and fruits
- Reduce/eliminate sugary foods and drinks.
- Watch or reduce carbohydrates.
- Watch portion sizes.
- Eat regular meals.
- Lose 10-20 pounds if you are overweight.

• BE ACTIVE

- Exercise at least 5 days in a week.
- Be active 30 minutes a day.

• MONITOR

- Check your Blood sugar levels
- Check your Blood Pressure, Cholesterol, Eyes, Feet and Teeth.

• TAKE MEDICATION

- know your Pills and Insulins, and understand how they work and take the right dose at the right time.

• PROBLEM SOLVE

- Recognize your high and low blood sugars, understand what caused them, and learn to treat and prevent them.

• REDUCE RISK

- Quit Smoking
- See your Doctor regularly for check-ups and tests

• COPE WELL

- Get support from your family, friends, and Diabetes care team.
- set realistic goals and work towards them.



HR STAFFING SOLUTIONS LIMITED

ASK DR. METETE

QUESTION: *What can I eat if I have Diabetes?*

ANSWER: *You can eat just about anything you want. It is about knowing proper portion sizes and how much you are putting on your plate. Also, limit the Carbohydrates.*

Q



LAN HEALTH CARE INITIATIVE

EAT HEALTHY

**VISIT BLEND BABY CAFE @
7 LUNGUI CRESCENT, AMINU
KANO WUSE II AND ENJOY A
SUGAR-FREE SMOOTHY.**

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DIABETEIC DAY, LAN HEALTH
INITIATIVE IS OFFERING FREE**

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