

LAGNIAPPE



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Monthly Employee News

February 2016

Lofton Corporation Adds Safety Division

We are pleased to announce the acquisition of Global Safety Consultants, "GSC", a Lafayette-based safety company. The new addition to the Lofton family of companies allows Lofton to provide safety training and consulting services across its footprint of offices in the Gulf South focusing on state, federal, and client-specific regulatory compliance. The new division will operate under the name Lofton Safety Services.

"Lofton has always strived to be more than a staffing company, but a true partner to our clients as it relates to workforce management." says Bart Lofton, Co-President of Lofton Corporation. "With GSC, we already had an established relationship. They are a family owned company based in Lafayette, La with similar values in line with our own. We see this as an opportunity to not only help our clients with their safety needs, but to help assure the safety and health of our assignment employees."

Under the leadership of GSC's founder and President, Steve Ham, Lofton Safety Services will provide safety consulting and training services, including both onsite and offsite training with a focus on competencies, including SEMS compliance, OSHA and MSHA regulations. Lofton Safety will also offer fully outsourced HSE management services on an interim or long-term basis. Lofton will continue to build upon GSC's reputation of having an extremely customized, hands-on approach to safety management and training. For more information on these services go to www.safetygsc.com



Welcome to the Lofton family Steve Ham, Mona Bontivegna, and Shane Gallet. We are very excited with this new division and look forward to growing our safety program.

American Heart Month

February is National Heart Month, when good nutrition is truly at the "heart" of the matter. A healthy heart is the result of good genes, the right food choices, plenty of physical activity and knowing how to deal with stress.

While you can't do much about your genes, regular physical activity, making the right food choices, and dealing with stress are lifestyle behaviors you can control. When it comes to heart-healthy eating, one key is monitoring the type and amount of fat you consume.

Limit foods high in saturated fat, which can increase LDL or "bad" cholesterol levels. Instead, eat more plant proteins, fish, poultry and low-fat dairy foods. Cook with moderate amounts of olive or canola oil, instead of butter, margarine or shortening.

Maintain or improve your weight. The more excess body fat you have, the greater your risk for heart



disease. If you're overweight, losing weight can help you lower LDL ("bad") cholesterol, which is especially important if you have high triglycerides and/or low HDL cholesterol and carry excess abdominal fat. Those who carry a "spare tire" around their abdomen have a higher cardiac risk than those with extra padding around their hips and thighs.

Get active! Physical activity offers many rewards, from heart health to strong bones and stress relief. Regular, moderate activity helps keep your blood cholesterol levels normal. It helps lower blood pressure, helps your body control stress, and helps control body weight as you burn calories. More vigorous exercise actually gives your heart muscle a workout, too, which ultimately helps your whole cardiovascular system work more efficiently.

For more information on heart-healthy eating, visit www.eatright.org/healthyheart.

What's Happening This Month

February 2
Groundhog Day

February 9
Mardi Gras



February 10
Ash Wednesday

February 14
Valentine's Day



February 15
Presidents' Day

Become a fan of **Lofton Staffing, Lofton Security, Lofton Energy, or Flex Med**. Stay on top of current job openings, get great tips on job hunting, and stay in contact with some of your Lofton friends!



It's Decision Time in America

By: Glenda G. Lofton, Ph.D.

In my second grade classroom back in the 60's and 70's, February, the birthdates of Presidents Washington and Lincoln, was the time for a social studies unit on America. We studied its history, read and wrote stories and poems, sang about and pledged allegiance to our country. One of the students' favorite poems was, "You Cannot Tell" by Daisy Clay from Poems Children Enjoy: The Instructor Activity Guild Series (1952):

When Lincoln and George Washington
Were little boys like me,
They never thought when they grew up
That they would ever be
The President; and boys and girls
Over books would pore
That told the way each worked and
played
So many years before.
Perhaps I should be careful and live my
boyhood well,
For sometime they might read of me—
You really cannot tell!

We didn't notice the poem was rather sexist. It spoke of boys becoming president. We sang, "God Bless America" and sang a prayer before lunch. In our Monday morning news we even wrote how many attended church on Sunday. Thankfully, I had never heard of the term "politically correct".

Time brings changes, however, some good and some not so good. In response to some of these changes, Franklin Graham, evangelist son of 97 year old Billy Graham, is conducting a Decision America Tour in 2016 to all 50 state capitals to hold prayer rallies for our nation. He believes, like me and many others, that America is in trouble, that our nation's moral foundation, "In God We Trust," continues to crumble and the answer is found in Jesus

Christ. He challenges Christians to pray fervently, to live out their faith, and to help turn America back to God by standing for Biblical

I hear from heaven, and forgive their sin, and will heal their land."



values at home, in public, and at the ballot box. America, he reminds us, was "founded by separatists from Europe seeking religious freedom to practice their faith before Almighty God...For centuries, our country has stood brightly as a 'city upon a hill,' defending freedom abroad, and affirming our spiritual heritage as one nation under God."

On Wednesday, January 13, I like many others, joined Franklin Graham at the Old State Capital in Baton Rouge at noon to hear uplifting music, an evangelistic message from Franklin, and to pray for our country. As he noted in the January issue of Decision Magazine, he is not endorsing any candidate or party. His is "A Campaign for God". At the heart of his message are God's words in 2 Chronicles 7:14, "If my people, which are called by my name, shall humble themselves and pray, and seek my face and turn from their wicked ways, then will

In marked contrast to these words are the headlines of a December 3 article, "God Isn't Fixing This" in the New York Daily News, criticizing people who were praying for those affected by the mass shooting which killed 14 people in San Bernardino, CA. In response, Franklin Graham reminds us, "Prayers are not 'meaningless platitudes'... Prayer is direct access to Almighty God and is the most powerful tool a Christian has."

As a part of his tour, he has three specific things he asks us as God's people to do: (1) Pray for our land and our leaders. God can fix this. (2) Go to the polls, not just to elect our president but also for local and state elections. In the 2012 elections, it is estimated that 17 million Christians did not vote. Check out the qualifications for each candidate. Cast your ballot for those who stand boldly on the side of biblical truth. (3) Engage in the civic process wherever you can to be a positive influence and to check the decaying spread of policies promoted by those with hostile anti-Christian agendas. For the sake of America, pray, vote, and work hard in our cities and towns to be a clear voice for God's eternal truth and His redeeming love, and trust in His mercy and grace.

As we prepare for a new year and the upcoming presidential election, may God bless each of you and may God bless America! (With that I'll close because as Tommy often reminds me, I sometimes quit talking/writing and start preaching!)

NATIONAL WEAR RED DAY® | FEB. 5 2016

Stroke Warning Signs

By: Tag Doss, RN Lofton Flex Med

Spot a stroke F.A.S.T.

Face Drooping. Does one side of the face droop, or is it numb? Ask the person to smile.

Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty. Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1. If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately. Be sure to note the time the first symptoms appeared.

National Wear Red Day. Heart disease is the No. 1 killer of women. To save lives and raise awareness of this serious issue, the American Heart Association launched **Go Red For Women** with the red dress as the iconic symbol of the battle against heart disease in women.

National Wear Red Day The first Friday each February is a special day to bring attention to this silent killer of women. We encourage everyone to wear red on **February 5th**, raise their voices, know their cardiovascular risk, and take action to live longer, healthier lives.