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ENERGY SERVICES MEDICAL SERVICES

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Monthly Employee News

February 2018

American Heart Month By: Steve Ham, Lofton Safety Services

February is American Heart Month, a month set aside in the U.S. to raise awareness of the #1 killer of men and women – heart disease. About 600,000 people die from heart disease in the United States each year.

Cardiovascular disease, including heart disease and stroke, costs the U.S. \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities. The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. You can take these small steps all year long.

Eat a healthy diet. Eating healthy meals and snacks can help you reduce your risk of heart disease.

Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Exercise regularly. Physical activity can help you lower your blood pressure and cholesterol while decreasing body fat.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

Don't smoke. Cigarette smoking greatly increases your

risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

Have your cholesterol checked. Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

National Wear Red Day. Support **Go Red For Women** by participating in National Wear Red Day on Friday, February 2, 2018 and donate to help fund research during American Heart Month. Go to www.goredforwomen.org for more information.

Let's Unite On
National Wear Red Day



The 28-day Plank Challenge

The Plank Challenge must be completed in four weeks. At first, you simply start out in the plank position for 20 seconds then slowly build up your stamina until you are planking for four minutes during the final days. Planking builds your core and promotes good health. You must keep your body in a straight line if you want to see results.



- | | |
|-----------------|------------------------|
| Day 1 – 20 sec | Day 15 – 90 sec |
| Day 2 – 20 sec | Day 16 – 120 sec |
| Day 3 – 30 sec | Day 17 – 120 sec |
| Day 4 – 30 sec | Day 18 – 150 sec |
| Day 5 – 40 sec | Day 19 – Rest |
| Day 6 – Rest | Day 20 – 150 sec |
| Day 7 – 45 sec | Day 21 – 150 sec |
| Day 8 – 45 sec | Day 22 – 180 sec |
| Day 9 – 60 sec | Day 23 – 180 sec |
| Day 10 – 60 sec | Day 24 – 210 sec |
| Day 11 – 60 sec | Day 25 – Rest |
| Day 12 – 90 sec | Day 26 – 210 sec |
| Day 13 – Rest | Day 27 – 240 sec |
| Day 14 – 90 sec | Day 28 – Until failure |

What's Happening This Month

February 2
National Wear Red Day
Groundhog Day



February 13
Mardi Gras



February 14
Valentine's Day
Ash Wednesday



February 19
Presidents' Day

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It Seems Like Only Yesterday

By: Glenda G. Lofton, Ph.D.

Longevity is a common characteristic in my mother's family—the Worner's of Winn Parish. My mother, who was known for her sense of humor as well as her longevity, once said to me, "I've got some good news and some bad news about our family. The good news is that we live a long time. The bad news is that we live a long time...and just give orders to everybody." At the time, my mom and her three sisters were trying to satisfy their mother (my grandmother) and her brother and sister (my great aunt and great uncle), all of sound mind and body and all in their 90's. All three had lived together for most of their lives, all had taken care of their invalid father (my great grandfather) who lived to be 95, and all three had helped rear my mother and her three sisters when their dad died of blood poisoning in his early 30's leaving behind four girls aged four months to six years. Theirs was a story of love and sacrifice. My great aunt and great uncle had never married, abandoning their own goals, to care for the farm and their father after he broke his neck in a wagon accident, and to help rear their four nieces.

As the oldest grandchild, I had the opportunity to get to know all of them well, including my great grandfather who had lived during the Civil War. One of my favorite pastimes as a child was to sit beside each one and say, "Tell me about when you were a boy/girl," and they

always had a story to tell. When my Great Uncle Ira, born in 1889, was in his mid-nineties and I was grown, I sat down once again and said, "Ira, tell me about when you were a boy." He sat there, with that same thoughtful expression I had learned to love as a child, and told me with a twinkle in his eye about playing baseball and basketball not long after the turn of the century. Then all of



My sister-in-law, Charlotte Gaar, my nephew Ira David Garr with his namesake—my Great Uncle Ira. Pic. 1977

a sudden he stopped talking, tears trickled down his cheeks, and he said, "It seems like only yesterday."

"Ira," I said, "I know you never wanted to be a farmer. You were away at business college when your dad was injured, yet you came back to manage the farm. Any regrets?" I asked. "Oh, no," he said. "I've had a good life. And before he died, Pa said to me, 'Ira, you've done a good job running the farm.'" Happily, he remained optimistic to the end. In his 90's, he was taken to the bank to renew a CD. When the banker asked how long he wanted to renew it for, he replied,

"Go ahead and renew it for ten years. I don't think I'll need it before then." (He died at 99.)

Even if we live into our 90's, life is short. Thankfully, I still have my mom's sisters, all in their 90's now, that I talk to frequently. The brevity of life is compounded by the uncertainties we face each day. I still remember the comment of Ben Wilkerson, LSU's All

American Center when an injury ended his senior season of football at LSU: "In football, as in life, you never know when your last play is going to be your last play." Throughout recorded time, philosophers and artists have offered suggestions for making the most of the time we have. In his hit single and top selling album by the same name, country music star Tim McGraw, inspired by the death of his father, challenges us to "live like you were dying." In the song a man in his early forties, who has been told that he is dying, is asked, "When it sank in that this might really be the end...Man, what'd you do?" And the

man said, "I went sky divin'...I went Rocky Mountain climbin'...And I loved deeper, and I spoke sweeter And I gave forgiveness I'd been denying...I was finally the husband that most the time I wasn't, And I became a friend a friend would like to have...And I finally read the Good Book And I took a good long hard look at what I'd do if I could do it all again..." and he concludes, "One day I hope you get a chance To live like you were dying...Like tomorrow was a gift and you've got eternity to think of what you did with it...(Nichols & Wiseman, 2004)."



Officer Kudos

Lofton would like to recognize **Officer Scott Honora**, Gonzales, for a job well done. During a crisis at a neighboring facility, Officer Honora answered the call of duty and dropped everything to respond to an immediate need. Not only was his response time in getting to the facility fast, but he stepped up to provide impeccable access control during the emergency. Thank you, Officer Honora for showing how our officers Make the Difference in any situation.

Another shout-out to **Officer Darren Valmont**, Lafayette. It's one thing to get noticed by a manager or owner, but when an entire department has a weekly meeting and is asked, "Name one person outside your department that you think is doing a great job?" and they ALL name Officer Valmont,

you know you are doing something right! Great job, Darren! Keep it up!

A very special shout-out to **Officer Steven Gautier**, Baton Rouge. Sometimes enforcing orders is hard. Sometimes you have to go Above and Beyond to both. Do your job, and do what's right. Officer Gautier had to ask a mother, with her 3 month old baby, to vacate the premises because her card (paying for the room) was declined. Officer Gautier paid for her room out of his own pocket so they did not have to leave. This is what we call Servant Leadership and one of Lofton's "I Believe" principles: "When we help others, we help ourselves," and a step further, to show others we care. Outstanding, Officer Gauthier! You truly are Making a Difference!

How Can You Make a Difference?

"As one person I cannot change the world, but I can change the world of one person."

- Compliment Someone
- Bring Something Special to Someone
- Leave a Larger Tip
- Compliment an Employee to their Manager
- Open Doors for Others
- Let Someone into Traffic
- Greet People with a Smile & Hello
- Say "Thank You"
- Donate Blood
- Donate Used Clothing
- Volunteer for a Local Organization
- Pay for Someone's Purchase (Pay it Forward)
- Cook a Meal for a Neighbor
- Give Money to Charity
- Lend a Hand

"No act of kindness, no matter how small, is ever wasted."