

LAGNIAPPE

MONTHLY EMPLOYEE NEWS

CELEBRATING  OF SERVICE
1979 2019

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 610,000 people die from heart disease and about 735,000 Americans suffer heart attacks each year.

Early Action is Important for Heart Attack

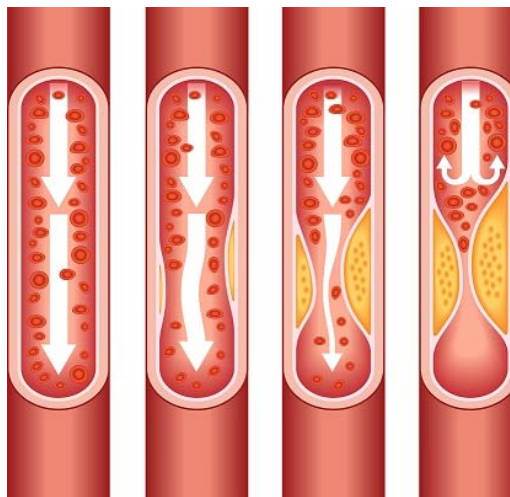
Know the warning signs and symptoms of a heart attack so that you can act fast. The chances of survival increase drastically when emergency treatment begins quickly. Heart attacks have several **major warning signs** and symptoms:

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach
- Shortness of breath
- Nausea, lightheadedness, or cold sweats

Americans at Risk for Heart Disease

High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. Nearly half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also increase the risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use



As plaque builds up in the arteries, the inside of the arteries begins to narrow, which blocks the flow of blood. Plaques can also rupture (break open) and when they do a blood clot can form on the plaque, blocking the flow of blood.

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

- Eating a healthy diet
- Maintaining a healthy weight
- Getting enough physical activity
- Not smoking or using other forms of tobacco
- Limiting alcohol use

Spot a Stroke **F.A.S.T.** By: Trent Landreneau, Lofton Medical Instructor

Face
Arms
Speech
Time

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.

FEBRUARY 2019

FEBRUARY 1
National Wear Red Day

♥♥♥ NATIONAL ♥♥♥♥
WEAR RED DAY

FEBRUARY 2
Groundhog Day

FEBRUARY 3
Super Bowl LIII

FEBRUARY 14
Valentine's Day

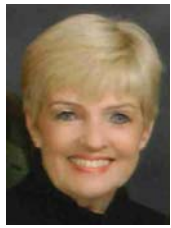
*ALL you
need is
LOVE*

FEBRUARY 18
Presidents' Day



FUN FACT! The "Uniform Monday Holiday Act" in 1971 combined President George Washington and President Abraham Lincoln's birthdays into one holiday in order to create more three-day weekends for the nation's workers.





1979 - Lofton Staffing Service Begins

By: Glenda Lofton, Ph.D.

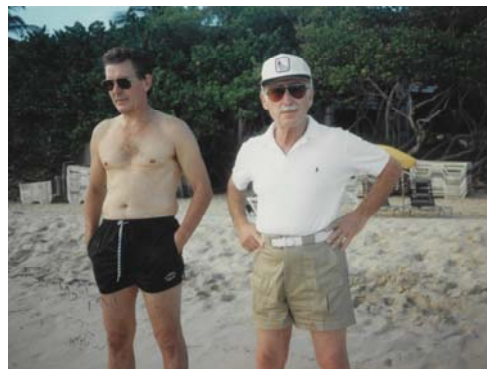
In 1979, Lofton Staffing Service officially began, operating as a franchise under the name Olsten Staffing Service. In my scrapbook is a card, now yellowed with age, distributed by the Olsten Corporation announcing Thomas Lofton as the President of a new Olsten franchise in Baton Rouge and describing him as "a skilled management professional who understands the meaning of service." At that time, Olsten was growing rapidly with over 200 offices coast-to-coast. Tommy had already located an office—Suite 1 H in the Corporate II Building, 5615 Corporate Blvd. We had gone together to the furniture store of one of my former classmate's family and bought, on sale, the minimum amount of furniture needed. As you recall, Tommy had used the money from selling our house in Georgia to buy the franchise and furnish the office. The pressure was now on me to support the family as the business grew. Tommy's mom was still living with us, Bret was in the tenth grade, and Bart was in the sixth.

Because I had a Ph.D. from the University of Georgia, I had hoped to teach at LSU, but sadly the College of Education at LSU had just been put on probation for having too many former graduates on staff. I then applied at Southeastern, they interviewed me, and were getting ready to hire me when the state placed a freeze on new hiring. For some reason this did not apply at the State Department of Education, so in late 1978, I took a Supervisor position there. Prior to beginning the job, I woke up one morning in excruciating pain. I had a kidney stone

lodged between the bladder and the kidney which required major surgery! After losing a lot of weight, I started work in the Office of Elementary Education on the first day I was allowed to drive. One of my new friends at the Department later told me that she was not too eager to make friends with me be-



Bill Olsten and Tommy Lofton getting down to business in Arizona.



Tommy Lofton and Bill Olsten hard at work in St. Thomas.

cause, given my appearance, she didn't think I could possibly live over a few months! Thankfully she was wrong, and Lofton Staffing and I both began to make progress.

Initially, the staff included Tommy and one staff member who had mainly secretarial experience. Early, Tommy learned that she had never been part of a work environment where staff had opportunities to work together, problem solve, analyze what works and why, and learn with and from each other. She was shocked, she told Tommy, when he asked her opinion on something! A year later, Gail Jumonville, one of the longest working members of Lofton Staffing who recently retired, would assume this role. She, like Tommy, was committed to growing stronger together.

When Lofton Staffing was one small office there were numerous opportunities for individuals to work together. Each person was cross-trained to do all of the jobs so it was easy to learn from each other and monitor results. The number of individuals placed on assignments and the hours of service were recorded daily and ongoing feedback from the clients provided suggestions for better meeting their needs. One of my teacher colleagues, Betty Jones, that I had taught with at Jefferson Terrace even came to work for the summer and made regular phone calls to clients to see how employees were doing and if additional personnel were needed. Each evidence of growth was celebrated, and staff members grew stronger together.

Tommy also had opportunities to learn with and from the other franchise owners at annual meetings as evidenced by the attached pictures with Bill Olsten, founder of Olsten Temporary Services. But as the office began to grow, departments were added, and new offices were opened, opportunities for learning from and with each other became more difficult. If you had been Tommy, what would you have done then?

Love Languages

By: Julie East, Corp. Marketing & Recruiting

There are five ways that people speak and understand emotional love. What is your Love Language? What is your partner's Love Language? Knowing that can help you better express your needs to your partner while also understanding how to make them feel loved in return.

1. Words of Affirmation. One way to express love emotionally is through words. Verbal compliments are powerful communicators. Simple statements like, "Wow! You look amazing;" "You always make me smile;" or "I love you" are powerful affirmation statements.

2. Quality Time. Giving your undivided attention to your partner. This does not include sitting on the sofa watching television. It could be a simple walk, bike ride or sitting on the

beach together. I can't stress this enough....Put the phone down and pay attention to the other person. Engage! Have a conversation that doesn't involve looking at videos or text messages.

3. Receiving Gifts. Of all the Love Languages, this one is a visual symbol of love. The act of giving your partner a gift can speak the loudest. It does NOT have to be expensive gifts; a simple act of picking up flowers, or favorite candy shows your partner, "He was thinking of me." The gift itself is a symbol of thought. If someone starts talking about the value of the gift or expecting continued gifts, that is something else.

4. Acts of Service. This Love Language shows or likes to be shown acts of love through service, expressing love by doing various things. It could be cooking a meal, setting the table, emptying the dishwasher, or keeping

the vehicles in working condition. It could be simple acts of holding the door open, pulling out a chair, or allowing your spouse to "go first." If your spouse's Love Language is acts of service, then your actions speak louder than words.

5. Physical Touch. There has been extensive research that shows physical touch is a powerful emotional tool. Babies, who are held, develop a healthier emotional life than those who are left without physical contact. Holding hands, kissing, embracing, stroking hair, are all ways of communicating emotional love. People who's Love Language is physical touch, may feel unloved without it. If physical touch is not your primary Love Language, but your partner's is...then you may have to put more effort into it. A brief kiss or hug will speak volumes to your partner.