

LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



American Heart Month By: Steve Ham, Lofton Safety Services



WE ALL KNOW SOMEONE AFFECTED
BY HEART DISEASE
HELP RAISE AWARENESS DURING
AMERICAN HEART MONTH

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

SupportLinc

By: Mary Dixon, Benefits Coordinator

To help you manage life's daily challenges, Lofton Services is pleased to announce the SupportLinc employee assistance program (EAP). SupportLinc offers confidential and professional support, including the following resources, at **no cost** to you or your family:

SHORT-TERM COUNSELING. Lofton employees and benefit-eligible family members may receive up to five (5) in-person counseling sessions with a licensed clinician to address issues such as depression, stress, relationship problems, grief, substance abuse, anxiety or other emotional health concerns.

FREE LEGAL SERVICES. Provides free telephone or (30-minute) face-to-face consultation with a local attorney.

EXPERT REFERRALS. Provide referrals to resources that help address a wide range of issues such as child

- 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

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

or elder care, adoption, pet care, home repair, education and housing needs.

FREE FINANCIAL SERVICES. Provides expert financial planning and consultation through our network of licensed financial counselors.

WEB PORTAL. Provides access to thousands of articles, tip sheets and videos covering a wide array of health, well-being and work-life balance topics. The site also contains child and elder care search engines, reference libraries, legal and financial resources, self-improvement programs and educational training modules.

MOBILE APP. Download using the QR code. The app allows you to talk or chat directly with a SupportLinc counselor or schedule a time for SupportLinc to call you.



FEBRUARY 2020

FEBRUARY 2

Groundhog Day



FEBRUARY 7

National Wear Red Day

♥♥♥ NATIONAL ♥♥♥
WEAR RED DAY

FEBRUARY 14

Valentine's Day

FEBRUARY 17

President's Day



FEBRUARY 25

Mardi Gras



FEBRUARY 26

Ash Wednesday





“Beyond Football”

By: Glenda Lofton, Ph.D.

In my January 2020 article, I described the New Year as a time to "Ring out the old and ring in the new." In 2019, I noted, LSU had defeated Georgia in Atlanta to win the SEC Championship, and LSU's quarterback, Joe Burrow, had won the Heisman Trophy, but the playoffs for the 2019 National Championship Football Season were still not over!

When I told Tommy I wanted to write the "rest of the story" about the 2019 season in my February article, he reminded me that we have offices in Texas, Mississippi, and Arkansas, and not all are LSU fans. I understood his concern because when I received my Ph.D. at the University of Georgia, my professors threatened to recall my degree if I didn't convert to the Bulldogs. (I did promise to cheer for Georgia when they were not playing LSU so with a grin, they agreed!) And, when I told Tommy I was going to go "Beyond football" to focus on Quarterback, Joe Burrow, an Ohio native who sometimes spelled his name Burreaux to show his love for Cajun country and Coach Orgeron, a "Louisiana Man" often referred to as Coach O, he said, "OK." Coach O was born and grew up in Larose, on Bayou Lafourche and the heavily trafficked Intracoastal Canal-authentic "Cajun country." In high school and later at Northwestern College in Natchitoches, the oldest settlement in Louisiana, he also played football with another well-known Cajun quarterback, Bobby Hebert.

After winning the Heisman Trophy in New York

on Saturday, December 14, LSU quarterback, Joe Burrow tearfully thanked his teammates who all contributed to the team's success, expressed gratitude to his parents and coaches, particularly Coach O, recognized his avid supporters in his home region of southeast Ohio including many tragically touched by "poverty," as well as the loyal supporters in



LSU Tigers, lead by Coach Orgeron, win the 2020 National Championship.

his recently adopted state of Louisiana. As a result of Joe's humility and compassion for others, Tiger fans and others across the nation have donated almost half a million dollars to charities in southeast Ohio, including Joe's hometown of Athens, Ohio.

Happily, for the LSU team, coaches, families, and fans, on December 28, LSU beat Oklahoma in the national semi-finals 63-28 in Atlanta. And, on Monday, January 13, 2020, the LSU Tigers beat the defending National Champions, the Clemson Tigers, who had remained undefeated for two seasons, by a score of 42 to 25 in the Mercedes-Benz Superdome in New Orleans! Eight of our immediate family members were there in addition to four close friends to witness it! Not only

did the LSU Tigers win the game, but Coach Orgeron became the "fastest" coach to reach 40 wins in LSU program history, and the 2019 team won 15 games, averaging a "nation's-best" 48.4 points per game! For Joe Burrow, it fulfilled a childhood dream of winning a national championship, and for Coach O, who grew up in Cajun Country, it brought tears of joy from a "Louisiana man" and his unique, unforgettable Cajun voice saying, "Geaux Tigers!"



Lofton family, friends and fans celebrate LSU National victory. One Team. One Heartbeat.

Most teams in business and sports work together now, but few attain the pinnacle of success. A good lesson for us at Lofton Staffing is to continue to seek higher goals, what Coach O describes as "One Team! One Heartbeat!"



Officer Promotions

Lafayette, LA



Congratulations **Officer Joseph Zenon**, promoted to the rank of Corporal.



Congratulations **Officer Prytania Christmas**, promoted to the rank of Corporal.

Thank you for your service and dedication to our clients, officers and the community!



Officer Kudos

Congratulations **Capt. Mary McInnis, Lake Charles**, for outstanding service. Capt. McInnis has been with Lofton Security for over 11 years and is currently the site supervisor of a large plant site. No matter how difficult the task, Capt. McInnis always finds a way to ensure all of shifts are covered. The officers under her tell us that "She is stern but fair and is always willing to work with you to help you in a bind."

"There's reliable, and then there is....RELIABLE! Capt. McInnis has gone way above and beyond her prescribed duties. The best thing about her is that I don't have to stress about her site, because I know it is in very capable hands!" - Roy Cates, Area Manager Lake Charles. Congratulations Capt. McInnis, way to be a servant leader to our officers in Lake Charles.

Another shout-out to **Officer Beth McLin, Gonzales**. As part of her job duties, Officer McLin screened an employee's lunch box as he was entering the plant for work. Beth detected a bottle of alcohol in the employees lunch box and denied him entry into the facility. Thank you for your keen eye and doing your job well! This is what "Security" is all about!