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Monthly Employee News

August 2016

Athletics & Heatstroke

By: Steve Ham, Lofton Safety Services

Every year, there are tragic cases of athletes dying from heat-related illness (heat stroke) despite the fact it is 100 percent preventable. So what is heat stroke? During exercise, when we're generating extra heat, controlling our core temperature is a continuous challenge for the body. While our bodies have several ways of maintaining a safe temperature (like sweating), it becomes much more difficult in a hot environment. When the body is unable to cool itself and begins to overheat, heat stroke becomes a likely outcome. When your body temperature reaches 104°F, you are suffering a heat stroke.



What are the symptoms?

- High body temperature
- Nausea/vomiting
- Flushed or red, dry skin
- Rapid, shallow breathing
- Headache or dizziness
- Seizures
- Loss of consciousness
- Muscle weakness/cramps
- No sweating

Athletes can protect themselves against heat stroke by gradually increasing their exposure to a hot environment, taking frequent water breaks, and limiting the amount of heavy protective equipment they're wearing. One of the easiest ways to lower your risk of heat stroke is to drink plenty of fluids prior to activity. Just because you're not thirsty doesn't mean you don't need fluid. Thirst is one of the earliest signs of dehydration. As little as a 2 to 3 percent loss of fluid can increase your risk of heat illness.

Reacting to heat stroke: It's imperative to have a good emergency plan to deal with heat illness, including calling 911, when you suspect someone is suffering a heat stroke. There are other actions you can take immediately to aid a heat stroke victim.

- Move the person to a cool area
- Remove equipment and excess clothing
- Apply ice packs to the armpits, groin, neck, and back. If ice packs are not available, try to cool the person's body temperature by fanning air, while wetting his or her skin.
- Monitor and maintain athlete's airway, breathing and circulation.

Open Enrollment Reminder

By: Mary Dixon, Benefits Coordinator



Lofton open enrollment kicked off July 27, 2016 and will continue through August 12, 2016. If an offer of health insurance was extended, you are required to call into the Call Center at 877-238-0615. You **must call** to enroll, decline or maintain current coverage. Call Center hours of operation are from 8:00 am to 6:00 pm central standard time, Monday through Friday through end date of August 12, 2016. If you miss your applicable call date, you may call any other date on or before the deadline of August 12, 2016. Elections will be effective September 1, 2016 through August 31, 2017.

In order to obtain or maintain "wellness" rates, you are required to complete a three step wellness program through Sterling Wellness. Wellness screenings will take place in the Lofton Baton Rouge office on October 25, 2016 and the Lofton Lafayette office on October 26, 2016, screening times to be announced at a later date. Employees located in other areas will receive instructions via email from Sterling on how to complete the program.

What's Happening This Month

Back To School

It's back to school time ! To help ensure students start the year off right, we have included some tips from StudyPoints.

- Develop an organizational system.
- Avoid distractions in your study space i.e. TV, radio, cell phone, etc.
- Keep all your books, folders, notebooks, and binders together in one place.
- Reward yourself when tasks are completed.
- Schedule time to complete your assignments on time. Determine deadlines and estimate how long it will take to complete each one.
- Use an academic planner to keep track of assignments, deadlines and appointments.
- Use shorter, less grammatically correct sentences when taking class notes. Re-write later for study purposes.
- Divide study time into 30-40 minute blocks separated by quick breaks.
- Create and save study guides and aids.
- Learn how to effectively communicate with teachers.

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Watching the Sun Go Down By: Glenda G. Lofton, Ph.D.

Last month I wrote an article celebrating the life of my cousin, Gary, who died after an 18 month battle with cancer. In that article I mentioned the special bond Gary shared with his brother-in-law, Eli, who was married to his younger sister, Patsy, as a heart-warming story for another time.

In May of 1994 when Eli A. Jacobson moved to Shreveport-Bossier City, referred to as the Ark-La-Tex area, he made the news. In his tenth year as an owner in the Continental Basketball Association, a minor league organization founded back in April 1946, and predating the NBA by two months, Eli relocated his team, the Columbus Horizon from Ohio and created the Shreveport Crawdads. The following year the team was renamed the Shreveport Storm to avoid a conflict with the Hickory Crawdads, a minor league baseball team in North Carolina. A native of Ohio, Eli received his BA degree at the University of Akron in 1969 before attending Cleveland State's College of Law. In addition to his full-time duties with the Storm he was also the president of Jacobson Management Trust, a company providing financial counseling to professional athletes, and held several professional insurance designations. A caring and flamboyant personality, it didn't take him long to become active in both civic and professional organizations, including the Independence Bowl, the Shreveport-Bossier City Tourist and Convention Bureau, and the Chambers of Commerce. He received many requests for speaking engagements throughout the community. In 1994 he received the March of Dimes Outstanding Service Award for his dedication and support of the Northwest Chapter. A reporter noted that Eli's favorite thing with the team was a program for kids who were struggling in school. He rewarded kids who were able to bring up an F,D, or C to a better grade by giving them and their family tickets to a game. He loved the kids!

Soon after Eli's arrival, my cousin Patsy, who was selling advertising for the Bossier Cable Company, was invited to Eli's office on a Tuesday to discuss advertising for the team. When she arrived, he came out to greet her. "Later", she said, "he claimed to have fallen in love with me the first time he laid eyes on me." At their first meeting he asked her to write and produce the commercials and meet again on Thursday to go over the scripts. On Saturday, her pager rang with an unfamiliar number. It was Eli asking her if she would consider getting something to eat with him. She said she would if her girlfriend visiting from Dallas could also go. He not only took them both to dinner but accompanied them to the Red River Hot Air Balloon Rally, where he got to see Patsy play tambourine and sing backup with Shane, her son, who was performing at the time with Earshot Graffiti.

That was the beginning of a long term working and personal relationship between Patsy and Eli. She worked as Director of Marketing and Promotions for the team until, sadly, the league made the decision to close the franchise. After that they both worked for a minor league football franchise, the Shreveport -Bossier Knights, that could not get a solid fan base either. In 2000 Eli, on the way to work there, ran over some steel that a trailer had dropped at the bottom of a hill, causing the wheels to lock and the car to go down a steep decline into a tree. His head went through the driver's side window twice, causing severe head trauma. As one who always looked for opportunities to serve



Eli A. Jacobson

others, the accident motivated him to become a board member for the local Think First Chapter that provides education and support for head injury prevention. He did experience some long term effects from the accident, but his love of life and generosity to others remained.

In 2006, Eli and Patsy were married (Michelle, Via, and I attended the wedding), and they continued working together in other endeavors. He and Patsy's brother, my cousin Gary, became close friends. When Gary became ill in 2014, he and Eli talked daily, and in keeping with his tradition of helping others, Eli drove my Aunt Eileen to Monroe weekly to visit Gary. And then, one morning, Eli woke up with severe back pain, could not get out of bed, and was rushed to a local hospital. Medication was administered through an IV, but he received a staph infection that eventually invaded his blood stream and bones. He lost use of his legs, had his colon and rectum removed, developed Stage 4 bedsores, and was in and out of the hospital or nursing home for ten months.

In October 2015, I traveled to my Aunt Eileen's to visit her and to take her to spend a day with Gary in Monroe and Eli in Shreveport. The day I arrived, Eli was rushed to the hospital with fever 103°. When we visited him, he was incoherent, but he grew better as the transfusions took effect. The next day I returned to the hospital to be with Patsy while Eli had surgery on the severe bed sore on his back, and remained the rest of the day while Patsy ran errands. Eli, despite his pain and discomfort, smiled, talked with me continually, and held my hand during the almost daily visit of Aunt Eileen's minister while he prayed for Eli's recovery. I treasure that afternoon for on December 26, the day after Christmas, Eli died (four months before his brother-in-law Gary). Eli was buried three days later in New York next to his parents, sister, and a nephew who lost his life in the Twin Tower attacks.

On January 14, 2016, Michelle and I, along with Gary, and many others, attended Eli's Memorial Service at the B'Nai Zion Synagogue in Shreveport. At that service and on the Caring Bridge website, which has had 1745+ visits, many shared stories of Eli. Like all of us, he was not perfect, but "he had a heart of gold". One recalled, for example, that Eli noticed a table of servicemen at a restaurant and picked up the check. He often treated all his employees to lunch. He was always thinking of others and wanting to help them. After Eli's death, Patsy posted on Caring Bridge that "the sun has set." The good news, however, is that the week before he died, Eli, thinking clearly, looked at Patsy and said, "You don't have to worry about me. I've seen heaven, and I saw Jesus and God there." The sun has set, but we know we will see Eli in the morning!

NOTE: This past month we witnessed the untimely death of policemen in Baton Rouge and in Dallas who, like all of us, were called to serve and to make a difference in the lives of others. Sadly their service cost them their lives. I was touched when former Baton Rouge Police Chief Jeff LeDuff reminded us of God's commandment to love one another. In memory of those fallen officers, he requested that we find someone we do not know, someone different from us, and tell them that we love them. As we at Lofton say, "When we help others, we help ourselves."