

LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Improving Mental Health

By: Steve Ham, Lofton Safety Services

People react differently to stressful situations. In a global pandemic, it's normal to experience a wide range of emotions that may affect your mental health. If you have experienced any of the symptoms below, you may need to take steps to improve your mental health.

- Increased fear and worry.
- Changes in sleep or eating patterns.
- Difficulty in concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco, or other drugs.
- Increased irritability towards family members, pets, etc.

Tips on Improving Mental Health:

1. Take Care of Your Body:

- Eat nutritious meals.
- Don't snack throughout the day. Moderate.
- Drink plenty of water.
- Exercise. Even stretching or yoga in your home helps decrease depression and anxiety and improve moods.
- Get plenty sleep. Lack of sleep contributes to a high rate of depression.
- Reduce the intake of alcohol and tobacco use. Increased stress tends to increase in use. Moderate.

2. Practice Coping Skills:

- Exercise. Very important.
- Take a short walk. Wear your mask and keep social distancing.
- Play with your pet or child. Get down on the floor and roll around! Get silly!
- Keep a journal. Write your stress and worries on paper, then let it go.
- Deep breathing. Studies show if you take 5 minutes to sit quietly, eyes closed and practice slow breathing, it can help quiet your mind and relieve stress.

3. Reach Out:

Even if you can't see someone in person, pick up the phone and give them a call! Just hearing someone's voice can lift your spirits! If you can video call...even better! Get those connections going!



Officer Good News

As you all know, we have had a run of hurricanes that have caused destruction throughout Louisiana, Texas and Arkansas. We would like to take this time to thank each and every Security Officer called into action for our large energy client. Many of these posts have been in rural areas with few creature comforts. You are what makes Lofton THE DIFFERENCE in security. Thank you!

A special shout-out to **Officer Lillian Corbin**, Gonzales office. Lillian has been a tremendous help at the entrance to the facility. On a special occasion, Lillian assisted in providing additional support for our client. *"Lillian is always willing to help and demonstrates teamwork and commitment to getting the task done. She monitored set up and also worked with individuals on logistics. She also stayed until late last evening to ensure the site and area were secured and safe."* Outstanding job! This servitude is what Lofton is founded on...putting others needs before our own. Keep it up!

Another special shout-out to **officers Amanda Ollis, Lois Williams, Barbara Knaps, and Jeanette Brooks**, Gonzales office. Our client sent a special message to corporate to show their appreciation. *"I just wanted to all of you know how much I appreciate the job these officers do for us. They keep the area secure, the employees entering, TWIC card expirations, work requests, the in/out traffic, the lost people that show up, and etc. When I call and ask about certain situations they know what is going on. Good relief and overall ownership in your area is a great asset to the entire security group. Keep up the good work and stay vigilant."* Way to go team! It's one thing to stand a post alone, but to work in conjunction as an effective team is something else. Congratulations! Keep up the OUTSTANDING team work!

"Good job!"



OCTOBER 2020

OCTOBER 12

Columbus Day

OCTOBER 16

Boss's Day

OCTOBER 31

HALLOWEEN





"Homeward Bound"

By: Glenda Lofton, Ph.D.

A few weeks ago, Bart Lofton dropped off an article at my house from the August 2020 issue of The Catholic Commentator entitled "Homeward Bound." "This is a great article, Mom," he said, "and I thought you might want to use it in the next issue of our newsletter." In today's world of the COVID Virus and political riots in the streets of America, when I read the title, "Homeward Bound," my thoughts immediately jumped to an old hymn my mom's family grew up singing in a small wooden church founded in 1854 in rural north Louisiana. The old wooden church with crude wooden benches served as a Methodist Church one Sunday and a Baptist Church the next, and the building is still there. In my head, I heard the words from the annual reunions our family attended there from the time I was a small child: "This world is not my home. I'm only passing through, and if heaven's not my home, O Lord what shall I do?" But to my delight, the article focused not on the song, but on the homeward bound beautifully refurbished historic confessional being brought back into the Ascension of Our Lord Catholic Church in Donaldsonville after 40 years of absence. The confessional was one of two removed during the remodeling of the church in the early 80's, and to the delight of us at Lofton Staffing, they were built by the great grandfather of Rae Milano, our Lofton Staffing

& Security Account Executive in Gonzales.

The article notes that the confessionals were in "terrible shape" when Rae's brother, Nick Milano, spotted one at Lemann's Farm Supply, only blocks away from the church and found the other stored in Thibaut's Rice Mill in Donaldsonville. According to Rae, the Milano family migrated from Sorrento, Italy to Donaldsonville in the mid 1800's. Frank Milano Sr. and his brother, Tony, "built the two

and "created a new cross to match the four other crosses on top. He also replaced several pieces of molding and outlined the crosses and top portion of the confessional with gold paint. The confessional is made of beaded wood inside and out." After completion of repairs, Milano "applied a lacquer to give it a polished gleam...(and) did the electrical work so that the confessional's light and fan are working again." It took about four months to

finish the project. According to Rae, "All his woodworking has to be done with precision. It has to be perfect."

At one point, Paul Milano contacted the Rural Life Museum in Baton Rouge to see if they were interested in having the confessional, but thankfully, the story has a happier ending. The current pastor at Ascension Catholic, Father Matthew Dupre', expressed his desire to have the confessional back, and Paul "Milano and his family loaded the confessional on the trailer for its journey



The confessional before restoration.



The Ascension Catholic confessional after Paul Milano refurbished it.

home." Happily, Rae and her family reinforce the beliefs on which Lofton Staffing was founded-to study, train, and work not only to serve our clients but to serve each other. In 2019, Rae was honored by the Ascension Chamber of Commerce's Women in Business Leadership Award, and in July 2020, Rae celebrated 30 years with our company. Thanks, Rae and family, for modeling one of my favorite scriptures: "Whatever you do, work at it with all your heart, as working for the Lord, not for men" (Colossians 3:23, NIV).

confessionals in the 1930's, as well as the side altars and bottom portion of the pulpit which matches the main altar that was originally made in Italy." Thankfully, Jay Lemann, owner of Thibaut's Rice Mill, who had one of the confessionals contacted Paul, Frank Milano's grandson, and offered him the confessional.

Paul and his good friend and classmate, Ronnie Rome, hauled the confessional to Milano's shop in Darrow and began reconstruction of the "ornate woodwork on top of the cypress wood structure" that had broken off,

home."

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Halloween Trivia

By: Julie East, Corp. Marketing

- Orange and black are the colors of Halloween, because orange is associated with the fall harvest, and black is the color of darkness.
- Jack-o-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- Black cats were once thought to protect witches' powers.
- The ancient Celts thought that spirits roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

- Halloween is on October 31st, the last day of the Celtic calendar.
- Halloween was originally a pagan holiday, honoring the dead. It was referred to as All Hallows Eve and dates back over 2000 years.
- Bobbing for apples is thought to have originated from the Roman harvest festival that honors Pomona, the goddess of fruit trees.
- If you see a spider on Halloween night, it is thought to be the spirit of a loved one watching over you.
- Tootsie Rolls were the 1st wrapped candy in the US.
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first.
- According to superstition, on Halloween night, owls would swoop down and feast on the souls of the dying.
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters, with Snickers #1.
- There are 25 colors of M&M's, the most popular candy sold in the U.S.
- Nearly 90% of parents sneak candy from their child's treat bag.
- About 50% of adults dress up for Halloween.
- It takes an average of 252 licks to get to the center of a Tootsie Pop. *Thanks, Mr. Owl.*
- Americans spent over \$300 million on pet costumes in 2012.