

# LOFTON LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Winter Slips & Falls

By: Steve Ham, Lofton Safety Services



**ANTI-SLIP FOOTWEAR!** The trouble with cold feet is that you can't be safe just by keeping them warm. It's all about safeguarding the soles. With all the ice and water workers have to tread on at this time of the year, it's best to have a pair of non-skid shoes, anti-slip overshoes, ice walkers or other anti-slip footwear. It's plain common sense, but

there's no harm in mentioning it: no cowboy boots, sneakers, leather shoes or plastic-soled shoes. Implementation should be monitored strictly for the safety of your employees.

**MARK HIGHLY VULNERABLE AREAS.** Determine walkways and other areas that may be covered with ice or water. Then, mark these areas with a highly visible pole or similar marker. Also, be sure to check outdoor work areas or walkways for low spots or cracks. By repairing these spots or cracks, you can prevent ice and water from accumulating in these areas.

**FLOOR MATS AND "WET FLOOR" SIGNS.** Sometimes it's hard to distinguish a slippery floor from a dry one, so be sure to have more than enough floor mats and "Wet Floor" signs. Just place floor mats at entrances to reduce tracking in of ice and water, and place "Wet Floor" signs in areas that may cause slipping or falling. Be sure to check mats periodically and replace those that have frayed or have curled-up edges. Stick to non-slip floor mats that have rubber padding.

**LET EMPLOYEES DO THEIR OWN SPRINKLING.** When it comes to icy walkways, placing drums of rock salt near entrances will allow employees to conveniently take care of outdoor spots covered with ice or snow. Sand also works well in providing traction for slippery surfaces. You may want to substitute potassium-based deicers for salt, as the latter can damage lawns, concrete, carpets and floors when workers walk inside and track the salt debris.

### Ochsner Digital Medicine

By: Mary Dixon, Benefits Coordinator

**What does the Ochsner Digital Medicine Hypertension/Type 2 Diabetes program offer?**

- Bluetooth-enabled blood pressure cuffs and glucometers.
- Medications managed by a clinician who specializes in high blood pressure and type 2 diabetes.
- A personal health coach to help patients take steps toward a healthier lifestyle.



**How do Ochsner Digital Medicine programs work?**

- Using Bluetooth-enabled devices, patients submit regular readings from their smartphone.
- Readings flow directly to the Digital Medicine team and trigger proactive outreach and intervention by a dedicated care of clinicians and health coaches.

**What are some of the benefits to you?**

- Digital Medicine Clinicians continually monitor the patient's connected device readings and are able to intervene and adjust the patient's current medications, if needed.
- The Digital Medicine Care Team will outreach to the patient regularly to check in and help with their health goals.
- Patients and their physicians will receive regular progress updated with reading trends.

**Who is eligible to participate?**

- Existing diagnosis of hypertension or type 2 diabetes.
- Lofton Staffing Plan Member 18 years or older.
- Must possess a smartphone (Android or IOS).

**How do I sign up?**

Visit [ochsner.org/digitalmedicinepartners](https://ochsner.org/digitalmedicinepartners) to schedule a free, no obligation video consult to see if you are eligible and to get enrolled! Need more information, call 844-739-3842.

### JANUARY 2021

#### JANUARY 1

New Year's Day

# 2021

*Happy New Year!*

Lofton offices are  
**CLOSED**  
Friday, Jan. 1st  
**HAPPY NEW YEAR!**

#### JANUARY 18

Martin Luther King Jr.  
Day



*"One day we must come to see that peace is not merely a distant goal that we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means."*

- Martin Luther King, Jr.





## "Do Good Anyway!"

By: Glenda Lofton, Ph.D.

As most of you know I began my career as a second grade teacher in a small neighborhood school. As a teacher I always put a major emphasis on students' writing. Not only did it help students develop reading and thinking skills, but the thoughts of children brightened my day and motivated my efforts. One of my favorite memories is of four active little boys I taught in 1973-74. They knew how much I liked to read what they wrote and so, for two weeks, they met every day after school to write me stories. Near the end of school, they presented me with a collection of mini-books they had written and illustrated--one of my most treasured gifts--even with the final line: "I love you, you nice old lady, you!" For eleven years I taught second grade and felt the love of my students, parents, and coworkers. So...when I got my Ph.D. and entered what I refer to as "the grownup world of work," I was in for quite a shock!

The difference was probably intensified by the fact that I went to work in a statewide school improvement project where we went into schools having problems and said, "I'm from the state, and I'm here to help you." For the first time, I encountered people who questioned my knowledge and motives, people fearful of change, people whose trust I had to earn, and some who were not willing to put forth the time and effort required for improvement. And with the project's success, which gained international attention, came a new set of challenges which I was even less prepared for--people who

believed so much in the project that their praise led others to resent and question our success. When economic conditions in our state required budget cuts, the project was targeted by the legislature as one to be eliminated. With no urging from us, parents and educators across the state who had seen their schools transformed by the project traveled in large groups to the capital to lobby on



*When we help others, we help ourselves.  
Do Good any way you can.*

our behalf. In response, the legislators voted to continue the project's funding. We were elated, but the next day the newspaper headline declared, "Politically Popular Program Refunded." Instead of discussing the merits of the program and the loyalty it had earned, the article implied "politics as usual." Many days I got discouraged, and on one of

those days the deputy superintendent sent me a single red rose and the following poem entitled "Thoughts to Ponder."

*People are unreasonable, illogical, self-centered. Love them anyway.*

*If you do good, people will accuse you of selfish motives. Do good anyway.*

*If you are successful, you will win false friends and real enemies. Try to be successful anyway.*

*The good you do will be forgotten tomorrow. Do it anyway.*

*Honesty and frankness will make you vulnerable. Be honest and frank anyway.*

*People favor the underdog, but they chum up to the top dog. Fight for the underdog anyway.*

*What you spend years building can be destroyed overnight. Build anyway.*

*Give the world the best you have and chances are you will get kicked in the teeth. Give it anyway.*

Today, during the COVID pandemic and the recent election, I have a new appreciation for those in the workplace and in our government who work for the common good, who stand for something, and are willing to take risks for what they believe. As I listen to the harsh words and personal attacks on people in leadership roles, hear of voter fraud in the recent election, and see the violence and destruction in our country, my heart is heavy. Then I think of this poem, and another principle that helps me persevere, "If you don't want to be criticized, do nothing, say nothing, be nothing." In a democracy, all of us have the opportunity to do something. And, above all, pray for our country and the principles on which it was founded--one nation under God with liberty and justice for all.

## Year End W-2s

It's that time of year again - W-2's! It's important to review your paystubs this month to make sure the following are correct:

- Your address
- State and federal withholdings
- Your social security number

If you worked for more than one department, i.e. Security, Clerical, Industrial, Energy or Medical, you will receive a W-2 for each. If you need to make any changes (address, etc.), log into your account through the employee login on the Lofton website, or contact your local payroll department immediately. **Changes must be called into the payroll department by Jan. 15th.**

**W-2(s) will be mailed no later than the last day in January.** W-2's can also be printed from your Lofton online account (employee paystubs link) in mid-February.

## Poor Grammar = Poor Impression

By: Julie East, Corp. Marketing

It seems that poor grammar is becoming more and more common with the age of email and text messaging.

At Lofton, we see hundreds of resumes submitted for various positions, from general clerical and industrial to degreed professional positions. Your resume and cover letter are not just a synopsis of your background. They are not just an introduction of you when you hope to be considered for an interview. First and foremost they are a brochure, and they are selling a product, and the product is *YOU*.

How would you respond if you were shopping for insurance and the ad had misspelled words or glaring grammatical errors? Would you notice? Would you have confidence in their staff? On some level it's going

to make a difference as to what you think of that company or person. If they aren't careful enough about their literature or sales material, what else are they neglecting?

Don't tell yourself it doesn't matter or that your skills will outshine the little mistakes. The ability to communicate, both written and spoken, is of paramount importance - especially when applying for a job. Of all the reasons causing recruiters and hiring managers to shoot down resumes, carelessness with spelling, grammar, and choice of words rank close to the top.

Review your resume and cover letter thoroughly, and have more than one person review them, as well. They may catch mistakes you have overlooked. You have one shot to make that first impression.