

LAGNIAPPE



LOFTON
SECURITY
SERVICE INC.

Lofton **Lofton**
ENERGY SERVICES MEDICAL SERVICES

Lofton
SAFETY SERVICES

Monthly Employee News

February 2017

Generic Drug Savings

By: Mary Dixon, Benefits Coordinator

They're the same. Generic drugs are exact copies of brand name drugs and must meet all the same stringent FDA standards. Although they may look or taste different, the main reason brand name drugs cost more than generics is due to expensive marketing.

They save you money. Generic drugs are often 80 percent less expensive than brand name medication. The next time you need a prescription, ask if a generic equivalent is available. Or, if your doctor does not specifically tell you to only take the brand name drug, ask your pharmacist to fill your prescription with the generic version, if one is available.

Remember, choosing generics results in substantial savings for both you and Lofton. The 2017 drug list is available on the Blue Cross website at www.bcbsla.com, or you may email Lofton benefits at benefits@loftonstaffing.com to request a copy.

Officer Kudos



One of our favorite things to hear is when our clients reach out to let us know how our officers are performing at their site.

The **Lofton Security Officers in Lafayette** received a glowing email from one of our clients, regarding the officers working with the PEC patient watch at a local medical facility. *"Your officers went above and beyond and is definitely a feather in our cap."* *"It was a group effort,"* said Candy Goudeau, Lafayette Branch Manager. *"They pulled together as one team to provide 24/7 coverage for the patient."*

GREAT JOB! It's officers like you that Make THE Difference to Lofton, to our clients and for those we serve. Keep it up!

What's Happening This Month

February 2
Groundhog Day

February 14
Valentine's Day

February 20
Presidents' Day

February 28
Mardi Gras

Become a fan of **Lofton Staffing, Lofton Security, Lofton Energy, or Lofton Medical.**



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 woman – heart disease. About 600,000 people die from heart disease in the United States each year. The term "heart disease" refers to several types of heart conditions. The most common type in the U.S. is coronary heart disease, which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmia.

Cardiovascular disease, including heart disease and stroke, costs the U.S. \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities. The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps

every day to bring our loved ones and ourselves closer to heart health. You can take these small steps all year long.

Eat a healthy diet. Eating healthy meals and snacks can help you reduce your risk of heart disease.

Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Exercise regularly. Physical activity can help you lower your blood pressure and cholesterol while decreasing body fat.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

Don't smoke. Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

Have your cholesterol checked. Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

For more information on American Heart Month and ways to show your support for **"Go Red for Women"**, visit www.heart.org.

She's Still Alice...What Can We Learn From Her? By: Glenda G. Lofton, Ph.D.

As we do annually, the members of my Delta Kappa Gamma education group are meeting in February to discuss and learn from a book. Many of us are retired from teaching, but we will never retire from learning. This time we are reading a New York Times bestseller novel that was made into a motion picture titled *Still Alice* by Lisa Genova (Gallery Books, 2007, 2009). When I read the following brief summary of Alice's story on the cover, I felt mixed emotions: Alice Howland is proud of the life she worked so hard to build. At fifty years old, she's a cognitive psychology professor at Harvard and a world-renowned expert in linguistics, with a successful husband and three grown children. When she becomes increasingly disoriented and forgetful, a tragic diagnosis changes her life—and her relationship with her family and the world—forever. At once beautiful and terrifying, *Still Alice* is a moving and vivid depiction of life with early-onset Alzheimer's disease. The book has been endorsed by the National Alzheimer's Association. It gives insight into the disease and treatments that are currently slowing the disease's progression, and anticipates medicines and lifestyle changes that will someday (a) stop the progression and (b) prevent the disease entirely, but for now there is still no cure for this dreaded disease. It is also a moving story that reinforces values that we are committed to at Lofton Staffing—living a life that matters, growing stronger together, serving others, and always remembering that life is a temporary assignment.

Many of us at Lofton Staffing were made more aware of Alzheimer's back in 2008 when our friend and co-worker, Leah Viator, lost her mom, Debbie, a talented artist who loved gardening, after a 15 year struggle with Alzheimer's.

She was diagnosed with the disease when she was only 39! Leah's reflections were captured so beautifully in a thank you note that was published after her mother's death in the July 2008 issue of Lofton's Lagniappe. As we read her sad but uplifting message, Tommy and I could identify with



She drove to Baton Rouge to bring Tommy a framed picture of the two of them. At home she started going through pictures and on the back of each wrote, "I still remember this..."

the family's feelings. We, too, had experienced the realities of Alzheimer's in 2003 when his sister, Betty, who was nine years older than Tommy, showed early signs of the disease.

In 1952, after finishing college, Betty had married Clinton, a career soldier who fought in Korea and Vietnam, had lived overseas, had four beautiful and talented children and eventually seven grandchildren, taught school for 33 years, was actively involved in mission work, and even spent a year teaching at a mission school in American Samoa. In 2003, while walking a dog at their retirement home in Mississippi, Betty somehow got tangled in the dog's leash, fell and hit her

head. X-rays done at the time revealed some calcification and shrinking in the brain. Laughing, she announced at church that she had "rocks in her head". In 2004, however, she began to "show" early symptoms of the disease, and after visiting multiple doctors, was officially diagnosed with Alzheimer's in September. Not long after her diagnosis, and strengthened by her faith in God, Betty began connecting with family and preparing for the future. She drove to Baton Rouge to bring Tommy a framed picture of the two of them. At home she started going through pictures and on the back of each wrote, "I still remember this..." But, she soon became fearful at night that there were monsters under her bed, and Clinton, despite his inability to walk after breaking his back in a logging accident, nailed boards around the bed to keep the monsters away. She grew more and more restless and difficult for Clinton to assist. In the fall of 2005 she went to live close by with their son Charles and his wife, Joy. She was still aware of her condition and made them promise that they would put her in a nursing home when she got too difficult to care for. Many days she asked, "Are you going to put me in the nursing home today?" On January 21, 2006 she still knew family members' names, but was experiencing many problems, and Charles began to question how much longer they could care for her at home. Joy was away visiting her family, so he gave Betty soup for supper and put her to bed early. At 9:15 when he went to check on her, she was no longer breathing. We all miss her, but we sorrow not as those who have no hope (1 Thess. 4:13). We know she's in heaven, that we'll see her again, and like the fictional Alice, we know she's still Betty!

The 28-day Plank Challenge

What if you could totally transform your body in just four minutes? You probably think that it sounds too good to be true. However, with the 28-day Plank Challenge featured in *Women Daily Magazine*, you will see results by slowly training your body for endurance and strength. While it's not exactly a quick fix, it is a slow progression toward amazing results.

The Challenge. The Plank Challenge must be completed in four weeks. At first, you simply start out in the plank position for 20 seconds. Slowly, you build up your stamina until you are planking for four minutes during the final days.

You must keep your body in a straight line if you want to see results.

- | | |
|-----------------|------------------------|
| Day 1 – 20 sec | Day 15 – 90 sec |
| Day 2 – 20 sec | Day 16 – 120 sec |
| Day 3 – 30 sec | Day 17 – 120 sec |
| Day 4 – 30 sec | Day 18 – 150 sec |
| Day 5 – 40 sec | Day 19 – Rest |
| Day 6 – Rest | Day 20 – 150 sec |
| Day 7 – 45 sec | Day 21 – 150 sec |
| Day 8 – 45 sec | Day 22 – 180 sec |
| Day 9 – 60 sec | Day 23 – 180 sec |
| Day 10 – 60 sec | Day 24 – 210 sec |
| Day 11 – 60 sec | Day 25 – Rest |
| Day 12 – 90 sec | Day 26 – 210 sec |
| Day 13 – Rest | Day 27 – 240 sec |
| Day 14 – 90 sec | Day 28 – Until failure |



Here's what planking does for your body:

Tones your stomach. Planking involves using your core to stabilize your body and carry out the physical demands to maintain the proper planking position. Over time, those muscles tone and tighten to give you a great-looking stomach.

Promotes good posture. Because your abs play a huge role in your ability to maintain good posture, planking can be good for your balance and stability. Over time, you'll stand straighter and achieve a broader range of movement.

Increases flexibility. Your flexibility will improve as you work your back and shoulder muscles in the plank position. The shoulder blades will actually stretch, which promotes a better range of motion.