

LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Distracted Driving

By: Jeremy Olivier, Lofton Safety Services

Distracted driving occurs any time you take your eyes off the road, hands off the wheel, and mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of being involved in a motor vehicle crash. Workers in many industries and occupations spend all or part of their workdays in some type of motor vehicle. On average, distracted driving accounts for 300,000 vehicle accidents and 3,000 deaths annually in the US. One study showed that compared with other drivers, those who were at work were more likely to be in a hurry to reach their destination, think about work, be tired, or use a cell phone.

There are three main types of distractions. Visual, manual (involving the use of limbs), and cognitive (engaging the brain). Talking and texting on a phone are driving distractions. Texting while driving is especially dangerous because it combines all three main types of distractions. Hands-free phones are not the solution. Research shows that they are just as distracting as handheld phones.

Your brain has a limited capacity for attention. Any non-driving task you perform while behind the wheel reduces the amount of attention available to you for detecting and reacting to potential dangers on the road. The less attention you give to driving, the greater the chance you will be involved in a crash. A worker who is driving a motor vehicle while negotiating a complex or contentious business deal over the phone at



the same time is giving neither task the attention it deserves.

- Do not use your phone while driving.
- Pull over in a safe location to look up directions, text, or to make or receive a call.
- Make necessary adjustments (e.g., adjust controls, program directions) to your car before your drive.
- Do not reach to pick up items from the floor, open the glove box, or try to catch falling objects in the vehicle.
- Avoid emotional conversations with passengers or pull over in a safe location to continue the conversation. For normal conversation, passengers in the vehicle can often help lower crash risk for adult drivers.
- Focus on the driving environment — the vehicles around you, pedestrians, cyclists, and objects or events that may mean you need to act quickly to control or stop your vehicle.

Administrative Professionals' Week. April 24 - April 28

Administrative Professionals power the corporate world in untold ways, and for every unspoken thank-you. Administrative Professional's Day is on April 26th, but celebrated as a week-long tribute to the unsung heroes! *"No one is more cherished in the world than someone who lightens the burden of another."*

Lofton would like to salute our amazing administrative employees who positively contribute to not only Lofton's success, but to our clients, as well. Thank you for everything you do!



APRIL 2023

APRIL 1
April Fools Day

APRIL 7
Good Friday

OFFICES CLOSED IN OBSERVANCE OF GOOD FRIDAY

APRIL 9
Easter

He is RISEN

APRIL 15
Tax Day

APRIL 22
Earth Day

APRIL 26
Administrative Professionals Day

HAPPY ADMINISTRATIVE PROFESSIONALS DAY!

Google
Leave a review.

★★★★★



Keep Calm and Trust God

By: Glenda Lofton, Ph.D.

Given all the events going on in the world today, it is easy to become sad and discouraged. As I was going through my collection of books recently, I was drawn to one published in 2014 that I had read twice before, Keep Calm and Trust God by Jake and Keith Provance. Sadly, the writers point out, that "our lives seem to be under constant assault. Worry, fear, stress, and anxiety make war on many of us daily...so where do we turn in these trying times?" The same place that Christians have always turned: prayer. "We need to rely on and gain our strength from God...God is for you! He will see you through!"

The writers discuss twelve challenges we all face in life. Each challenge is discussed and reinforced by a "notable quotable" from a famous person:

- (1) **Anxiety.** "The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety." - George Mueller
- (2) **Worry.** "Worry does not empty tomorrow of its sorrow; it empties today of its strength." - Corrie Ten Boom (Holocaust Survivor)

(3) **Fear.** "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." - Nelson Mandela

(4) **Depression.** "Depression is a prison where you are both the suffering prisoner and the cruel jailer." - Dorothy Rowe

(5) **Pressure.** "Lord, when we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure." - Peter Marshall



(6) **Regret.** "When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us." - Alexander Graham

(7) **Stress.** "If you are stressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment." - Marcus Aurelius

(8) **Frustration.** "Our fatigue is often caused not by work, but by worry, frustration and resentment." - Dale Carnegie

(9) **Self-Criticism.** "Finish each day and be done with it. You have done what you could... Tomorrow is a new day." - Ralph Waldo Emerson

(10) **Seeking the approval of others.** "No one can make you feel inferior without your consent." - Eleanor Roosevelt

(11) **Fear of the Future.** "The greatest mistake you can make in life is continually fearing that you'll make one." - Elbert Hubbard

(12) **Unexpected Setbacks.** "Obstacles cannot crush me; every obstacle yields to stern resolve; he who is fixed to a star does not change his mind." - Leonardo Da Vinci

My hope and the hope of the authors is that this summary "will provide encouragement, strength and inspiration to overcome whatever challenges you may be facing in your life!" And remember "God is on your side...He will see you through!"

Important Medicaid Eligibility Information

By: Mary Dixon, Benefits Coordinator



Beginning April 1, 2023, many people will no longer be eligible for Medicare coverage because of the redetermination process. The Public Health Emergency (PHE) period was declared in response to the COVID-10 pandemic and has been in place since March 2020. The Families First Coronavirus Response Act (FFCRA) prohibited states from disenrolling Medicaid recipients during the PHE to ensure continuous health coverage. Beginning April 1, 2023, states will be required to resume annual Medicaid renewals, regardless of the PHE status, which may cause individuals to lose eligibility.

Individuals no longer eligible for Medicaid could apply for affordable and quality coverage, which may include employer-sponsored plans, ACA marketplace plans, Medicare and individual plans. Losing Medicaid coverage is considered a qualifying life event and triggers a special enrollment period of 60 days. If you lose coverage and are interested in enrolling in one of the major medical plans offered by Lofton, you will need to contact the Benefits Department as soon as possible. If you decide not to enroll during the special enrollment period, you will have to wait until the next open enrollment.

If you have questions or would like to obtain information on enrollment options, please contact the Benefits Department at 225-924-0200 or Benefits@Lofton.jobs.

Google Wallet Mobile ATM

While payments are going digital, some people still feel the need for cold hard cash. Google's Mobile ATM device easily attaches to most smartphones and dispenses money instantly and effortlessly— forever ending the search for the nearest bank or ATM.

The Google Wallet Mobile ATM technology allows you to enter the amount of money you want to withdraw directly in your phone or use voice-activated dispenser. Unlike traditional ATM's, the Google Wallet Mobile ATM even dispenses rare two and fifty dollar bills, as well as more practical one dollar bills - perfect when confronted by Girl Scouts outside your local grocery store or door-to-door school candy sales. No more, "Sorry, I don't have cash" excuses!

If your mobile ATM is running low on funds, a self-driving, armored, hybrid vehicle will be alerted and dispatched to your location – arriving within minutes to quickly and safely refill the Google Mobile ATM.

If you like that, you'll also love Google's digital play ap for pets, Uber's baby delivery service, and Emirates Drone Chauffeur service, because you've been April Fooled!

