

# LOFTON LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### National Food Safety Education Month

By: Jeremy Olivier, Lofton Safety Services

Since September is recognized as National Food Safety Education Month, I'd like to share some safety tips for the kitchen. There are roughly 48 million cases of food-borne illness reported in the United States annually. These cases result in an estimated 128,000 hospitalizations and 3,000 deaths. Because of this, the FDA has released the following guidelines for safe food handling. Observing them while handling foods will help lower your chance of contracting one of these illnesses.

#### WASH hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Promptly dispose of paper towels used to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- With canned goods, clean lids before opening.

#### SEPARATE raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.

#### COOK to the right temperature

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal tem-

#### SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

Food Type	Internal Temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3-minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3-minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F

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perature to destroy any harmful bacteria.

- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Bring sauces, soups, and gravy to a boil when reheating.

#### REFRIGERATE foods promptly

- Ensure refrigerator temperature is consistently 40° F or below and freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the countertop. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

### SEPTEMBER 2022

#### SEPTEMBER 5

Labor Day



#### SEPTEMBER 11

Patriot Day  
Grandparent's Day



#### SEPTEMBER 22

First Day of Autumn





## Timeless Principles in a Changing World

By: Glenda Lofton, Ph.D.



It's "back to school time" and once again the words of the old tune, "School Days," written by Cobb and Edwards back in 1907 are echoing in my head...

*School days, school days, dear old Golden Rule Days, Readin' and 'ritin, and 'rithmetic, taught to the tune of a hick-ry stick. You were my queen in calico. I was your bashful bare-foot beau. You wrote on my slate, "I love you so." When we were a couple of kids.*

As I reflect on the words, I fondly recall that fifty years later, in 1957 when I was in high school, there was another song by the same title, "School Days", by a 31-year-old Chuck Berry. It began...

*Up in the morning and out to school, the teacher is teaching the Golden Rule, American History and practical math, you're studying hard and hoping to pass, Working your fingers right down to the bone, and the guy behind won't leave you alone.*

As I'm sitting at my computer typing out the words, Tommy walks in and proceeds to sing the rest of the song...

*Soon as three o'clock rolls around, you finally lay your burden down... Up to the corner and around the bend, right to the juke joint, you go in, Drop the coin right into the slot, you've got to hear something that's really hot... Hail, hail rock and roll...*

We laughed and reminisced about school in the 50's and the "juke joints" of our day. Typically they were drive-through ice cream parlors like

Hopper's, back in the day, or the corner drug store where students congregated to have soft drinks, talk and listen to music over the "juke box" as it was called. Even on dates we girls rarely ordered more than a soft drink; money was limited, and we were skinny because of it. I recalled when my brother and his friend took two girls to Hopper's one afternoon. The girls ordered hamburgers, malts, and fries. Later when the girls asked what time they would be picked up for the movie that night, my brother's friend who had mowed grass for a month to earn the money for the date responded, "I'm sorry. You just ate the movie!"

A lot of changes have occurred from 1907 to 2022, but the songs still suggest timeless principles that contribute to success not only in school but in work and in life. These principles are supported by research on effective schools and businesses and are part of the underlying principles on which Lofton Staffing was founded:

**(1) Apply the Golden Rule.** Treat others the way you want to be treated. Be the kind of teacher, boss, coworker, parent, that you want others to be. When I was in school, the Coca-Cola Company distributed rulers to every student, and on the ruler was printed the Golden Rule: Do unto others as you would have them do unto you. Servant Leadership is one of the principles on which Lofton Staffing was founded.

**(2) Build character.** Effective leaders in schools and the workplace lead by example. They model the qualities of moral character that inspire and influence others. Authority comes not from positions of power or a "hick

-ry stick", but from who you are and what you do as a person. I love the quote of St. Francis of Assisi, "Preach the gospel throughout the world. Only when necessary, use words."

**(3) Keep learning.** Madeline Hunter, whose model for Servant Leadership I helped implement in Louisiana's schools, 1979-1988, said, We're either "green and growing or ripe and rotting." Learning organizations communicate that we care about you and your learning. Individual interest and talents are known, matched to the task, and built on. People are better when they leave than when they came.

**(4) Develop relationships and trust.** Relationships in business and in life are built one on one. In successful organizations people have opportunities to work together, to problem solve, to analyze what works and why, and to learn with and from each other knowing that when they help others, they help themselves. People have fun and get the job done.

**(5) Have standards and expectations for performance.** In hiring individuals at Lofton Staffing, three questions are considered: (a) Can I trust you? (b) Do you care? and (c) Do you want to get better? In the workplace as in basketball which Tommy Lofton played, he believed in the concept of "fast-break management." When decisions are required that aren't covered in the playbook, all members of the team must have the knowledge, ability, trust and support to emerge as leader, build on the strengths of others, break toward the goal, and accomplish the task. People want to win, and they do what they do for the joy of it.



## Officer Kudos

Shout-out to **Officer Keyshawn Woods**, New Orleans. Officer Woods recognized that a delivery person had been on site for extended period of time and had not exited. Officer Woods was keeping up with individuals that had signed in at her post and was very proactive in making a phone call to the client who investigated the missing truck. The driver had fallen asleep in his truck while waiting for a tow. The driver was escorted to a holding area and informed of site policy.

The client insisted we share this with the other officers as an example of "attention to details" and having a proactive attitude. Practicing this type of behavior and paying attention to details helps to keep our client sites safe and secure. GREAT job Keyshawn!

Another special shout-out to **Officer Tanya James**, Lafayette. The client sent a special email to Lofton to let us know their new guard is amazing! "Not only is she polite to our parents and patients, but she also keeps an eye on our waiting rooms. She goes in after the patient is called in and wipes the chairs down with a Lysol wipe. We never asked her to do this. She has taken this upon herself and we love it! If it is slow, she will walk around and dust/clean areas as well as do her checks on doors and outside. She is amazing."

Thank you, Tanya! It's Officers like you make Tommy Lofton proud! "When we help others, we help ourselves."

## Open Enrollment

AUGUST 24, 2022 - SEPTEMBER 6, 2022

This is the time you can add, drop, or make changes to medical benefits.

Employees eligible for major medical can enroll via Employee Navigator at [www.employeenavigator.com](http://www.employeenavigator.com)

Employees interested in enrolling in affordable indemnity medical plans as well as dental, vision, life, disability and critical illness can enroll at [www.theamericanworker.com](http://www.theamericanworker.com)