

# LOFTON LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Dangers of Excessive Sitting

By: Steve Ham, Lofton Safety Services

If you work in an office environment, you probably sit for a large part of your day. Research has linked sitting for long periods of time with a number of health concerns, including obesity, increased blood pressure, high blood sugar, and excess body fat around the waist. In addition, it can also cause a strain on joints and muscles.

To help reduce the long-term effects of office sitting, implement a few tips to increase your mobility at the office.

- Take the stairs instead of the elevator.
- Park farther away from the office to increase your steps.
- Walk over and talk to your co-worker instead of sending an email.
- Don't eat lunch at your desk. Get up and go somewhere else.
- Enjoy a short walk outside when possible.
- Organize a walking meeting instead of sitting around a desk.
- Move office equipment away from your desk so you have to get up to retrieve items.
- Stand up! Stretch your arms and legs. Twist your waist and shoulders.
- If you can, ride a bike or walk to work, grocery store, etc.

The last thing you want to do after sitting in the office all day is sit at home for the rest of the night. Increase your mobility by doing things differently.

- Take a 30 minute walk in the evening.
- Walk around while you are on the phone.
- Move the television remote across the room. Force yourself to get up to change channels.
- Instead of yelling through walls to family members, get up and talk face-to-face.
- Take your dog for a walk.
- Add a small workout to your nightly routine: Yoga, Pilates, Martial Arts, Weight Training.
- Play VR games that force movement: Beat Saber, Super Hot, etc.

No matter how small the increase in mobility, it will pay off in your long-term health.



### Officer Good News

Shout-out to Officers **Mike Elcan, Harvey Benton, Felix Maul and Bryan Melas** in Little Rock, AR for consistently going above and beyond in providing quality service to our client. *"On more than one occasion, the late night delivery of critical parts was handled in a manner that allowed the parts to remain on property when otherwise they would have been returned. The officers on duty took initiative to put into action a plan to keep the parts on site and protected for the next morning. The officers' quick action has a trickle down affect to our customer's satisfaction and experience."* Way to work as a team! Keep it up!

Another special shout-out to officers who are working remote locations for Storm Coverage. As you all know, we have had a run of hurricanes that have caused destruction throughout Louisiana, Texas, Mississippi 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!

### Welcome Janet Courville



Lofton would like to welcome **Janet Courville** as Area Manager of the Lafayette branch office. Janet has an extensive history in the employment industry from Management to Regional Recruiting for both local and national firms. Janet is a resident of Lafayette, and an active member in her community. Fun fact: Janet and friends were audience members of the Price is Right!

*"Janet is a GREAT asset to Lofton. We see her as an integral part of our continued growth in Acadiana and the overall development of the company,"* Bret Lofton, Co-President. *"Janet's long history in the industry is a valued asset in forming new relationships in the area."*

Welcome to the Lofton team, Janet! We look forward to many successful ventures with you.

### NOVEMBER 2020

#### NOVEMBER 1

Daylight Savings Ends



#### NOVEMBER 3

Election Day



#### NOVEMBER 11

Veterans Day



#### NOVEMBER 26

Thanksgiving Day



LOFTON OFFICES  
CLOSED  
Thurs 26th / Fri 27th





## “Choosing Faith Over Fear”

By: Glenda Lofton, Ph.D.

When I retired in 1999 after 33 years of employment, Tommy thought I had retired too young so he decided, in keeping with the Lofton tradition, "to put me to work" by writing an article for the company newsletter...and I have loved doing it! Often I have written about past and current events in our country's history that have had an impact on our nation, such as The Great Depression back in 1933 when Roosevelt stated, "The only thing we have to fear is fear itself." Americans responded with faith and optimism that not only brought them out of the Depression, but gave them the courage and fortitude to triumph in World War II. While many prayed that we would never be put to the test again, the events of September 11, 2001 and other events since then, including the worldwide spread of the coronavirus, have reminded us not to take our blessings for granted.

In Decision Magazine, April 2020, Franklin Graham notes that the virus has created "widespread panic and alarm like he has seldom seen before - if ever! None of us," he adds, "know when this pandemic will end, but we can choose to live in faith, not fear - faith in a God who cares for us, loves us, is in control of every detail, and who will never leave us or forsake us." Quoting the Apostle Paul, Franklin concludes with "nothing (including a virus) can separate us from the love of God which is in Christ

Jesus our Lord" (Romans 8:35, 38-39).

As I read Franklin's comments, I was reminded of a scripture that has meant a lot to me during these troubled times: "If My people who are called by My name, shall humble themselves, and pray and seek My face, and turn from their wicked ways, then will I hear from heaven, and forgive their sin, and heal their land" (2 Chronicles 7:14 NKJV).



Rev. Franklin Graham



Irving Berlin

Prayer for our nation has a strong foundation. The first day of prayer was declared by the Continental Congress in 1775 based on a motion by Benjamin Franklin: "I therefore beg leave to move that henceforth prayers imploring the assistance of Heaven and its blessing on our deliberations be held in this assembly every morning before we proceed to business..." Years later our 40th president, Ronald Reagan, would say, "America was founded by people who believed that God was their rock of safety. I recognize we must be cautious in claiming that God is on our side, but I think it's alright to keep asking

if we're on His side." In 1988 he signed a bill marking the first Thursday of May a National Day of Prayer.

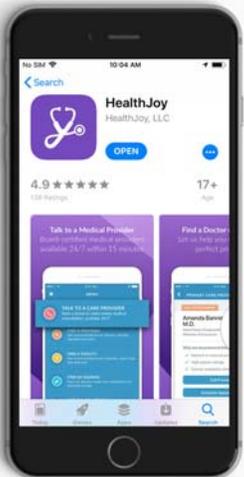
Throughout history, the faith of the American people has been captured beautifully in our music. One etched in my memory is *God Bless America* composed by Irving Berlin and first sung by Kate Smith in 1938. Irving Berlin, who immigrated to America as a small boy with his family, gave credit for the title to his mother who often stated, "God Bless America" for giving us a home when we fled from Russia. The song captured the heart of the American people prior to, during, and after World War II, and earned Berlin the Army's Medal of Merit from President Truman, the Congressional Gold Medal from President Eisenhower, and the Presidential Medal of Freedom from Gerald Ford. The lyrics have been inserted into the Congressional Record and are still relevant for our world today:

*While the storm clouds gather far across the sea,  
Let us swear allegiance to a land that's free.  
Let us all be grateful for a land so fair,  
As we raise our voices in a solemn prayer.  
God bless America, Land that I love.  
Stand beside her and guide her  
Thru the night with a light from above.  
From the mountains, to the prairies  
To the oceans, white with foam  
God bless America, My home sweet home.*

To this song, I would like to add one more line..."And heal our land - physically and spiritually! Amen!"

## HealthJoy: Personalized Benefits

By: Mary Dixon, Benefits Coordinator



All employees and their families who participate in Lofton's Healthcare program have access to HealthJoy, a FREE app that will give you healthcare guidance and help you manage your benefits, all in one place.

Anyone (over the age of 18) on your plan can create an account. You'll have access to HealthJoy's digital benefits wallet, healthcare concierge service, telemedicine, bill review, and more as soon as you join.

### SIMPLIFY YOUR BENEFITS

HealthJoy provides live support via chat and phone to help you with your benefits while saving your family time and money. HealthJoy's team are experts in Lofton Corporation's employee benefits package and can answer questions about your plan.

### YOUR BENEFITS IN ONE PLACE

Inside the HealthJoy app, you'll find Lofton Corporation digital benefits wallet. It contains all your current benefits cards. You can also access virtual consults with medical professionals, talk to live concierges, ask for a prescription savings review, review medical bills, and more.

### 5-MINUTE ACCOUNT SETUP

Look for the activation email in your inbox or call HealthJoy at (877) 500-3212 to get started.

## Referral Bonus



Do you know someone looking for a new career? Lofton will pay you a **\$100, \$70 or \$50** bonus for each person you refer that is sent out on assignment. That's extra money in your pocket with no extra work! The more people you help put to work, the more money you can earn!

You must be registered with Lofton in order to qualify. You do not have to be on an assignment to refer a friend to Lofton. Your referral must be a new, unregistered applicant to Lofton to qualify. To be eligible for the bonus, your referral MUST include your name on the on-line application. Once your referral works their first 40 hours, contact the Lofton payroll department to verify & process your bonus. There is no limit to the number of referrals, *so spread the word!*