



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



CO Awareness By: Jeremy Olivier, Lofton Safety Services

November brings us right into the heart of autumn. Here in the South, we celebrate the relief (however slight) from the grueling heat of summer. But the falling temperatures can present us with new hazards. This month, I'd like to specifically address the risk of poisoning by carbon monoxide gas (CO).

The CDC estimates at least 420 people die and more than 100,000 people visit the emergency department each year due to accidental CO poisoning.

CO is found in fumes produced by furnaces, kerosene heaters, vehicles running in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

There are symptoms that can help to recognize CO poisoning. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

CO poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it. Here are some CO poisoning prevention tips:

- Check or change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.



- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open.

If you suspect CO poisoning, call 911 or a health care professional right away.

Wellness Program By: Mary Dixon, Benefits Coordinator

Employees participating in major medical still have until **December 31, 2023**, to earn the premium incentive for the 2023/2024 plan year. If you have not already, use the following QR code to download the Vitality mobile app and follow these three steps:

- Complete the Vitality Health Review
- Vitality Check—Annual primary care physician visit
- Earn enough points to reach Silver status.



While visiting with your primary care physician, it will be a good time to discuss the annual preventative screenings available to you at no cost. Preventative screenings are based on age and gender.

Additional information can be found in the summary of benefits (SBC) found under the documents tab section in Employee Navigator.

Contact benefits@lofton.jobs if you have any questions.

November 2023

November 1
All Saints' Day

November 5
Daylight Savings Time Ends



November 11
Veterans Day



November 23
Thanksgiving Day

LOFTON OFFICES CLOSED

Thurs 23rd / Fri 24th





Looking Back... Looking Forward

By: Glenda Lofton, Ph.D.

Attitude is everything, and that's something we control. God gave us the power to love, think, create, imagine, plan, but the greatest power we have is the power to choose."

As I read Lou Holtz's beliefs, I was reminded of a poem by Edgar A. Guest titled, "Team Work."



Lou Holtz, American Football Player, Coach, Author, and Sports Analyst.

*It's all very well to have courage and skill
And it's fine to be counted a star
But the single deed with its touch of thrill
Doesn't tell the man you are;
For there's no lone hand in the game we play,
We must work to a bigger scheme,
The thing that counts in the world today
Is, how do you pull with the team?*

*They may sound your praise and call you great,
They, may single you out for fame,
But, you must work with your running mate*

*Or you'll never win the game;
Oh, never the work of life is done
By the man with a selfish dream,
For the battle is lost or the battle is won
By the spirit of the team.*

*You may think it fine to be praised for skill,
But a greater thing to do
Is to set your mind and set your will
On a goal that's just in view;
It's helping your fellowman to score
When his chances hopeless seem;
It's forgetting self till the game is o'er
And fighting for the team.*

At Lofton, we are guided by the belief that we are all called to serve and when we help others, we help ourselves. We strive to treat others the way we want to be treated, remembering relationships are built one on one, and our goal is that people feel better when they leave than when they came. Remembering, life is a temporary assignment. How is your stewardship helping your team?

From the beginning, Lofton Staffing has believed in a "team approach" and "growing stronger together." In one of our earliest training sessions, I gave the successful football coach, Lou Holtz's perspective of a team approach. At that time, Holtz was the only college football coach to lead six different teams to bowl games. Lou Holtz said, "A team is a group of people all committed to each other's success. Success is predicated on how well we worked together." He gave three rules for developing teamwork:

1. Do what's right.
2. Be committed to excellence.
3. Care!

Holtz also noted, "there are three unwavering questions at the heart of any relationship:

1. Can I trust you?
2. Do you want to be better?
3. Do you care?"

Holtz also emphasized that "it's the leader's job to get people to believe in themselves.

Looking Back Also

By: Julie East, Corp. Marketing & Recruiting

Life is a temporary assignment. On October 27, 2007 we at Lofton learned this lesson all too well. On that day, a group of people from Lofton were traveling to Galveston to meet with other employees to go on a cruise. In the caravan from Baton Rouge were Tommy Durr and Katherine George. Just south of Winnie, TX on Highway 124, a young man crossed the center line and hit the truck Tommy and Katherine were traveling in, head on. Tommy died at the scene, and Katherine was air lifted to a hospital in Galveston, TX where she spent months recovering.

Why am I reflecting on this painful memory? Well, it's because thinking of Tommy Durr is never painful. As Glenda Lofton's article stated about teamwork and stewardship, Tommy Durr embodied these principles and more.

Whether he consciously thought about life as a temporary assignment, Tommy Durr lived his life as if it were. Unlike some of us who have the best intentions to let others know what they mean to us, Tommy made that a priority. On Friday, before he left for his trip, he took the time to tell good-bye to everyone in the office, and instead of his usual handshake to Matthew in Security, he gave him a great big hug.

After Tommy's death, Bart Lofton wanted to

honor him with his portrait hung in every branch office. This note accompanied that portrait...



May we all have Tommy's attitude and spirit in our own lives.

*Tommy Durr
June 1, 1979 - October 27, 2007*

In a couple days, you will receive a portrait of a young man for your office...Tommy Durr. It may seem strange to hang a por-

trait of someone you have never met, never heard of in your office, but after I explain, you will understand.

Tommy Durr started with Lofton in the Baton Rouge office as Industrial Placements. He was one of those guys that everyone gravitated to. His personality was contagious. All of us who knew Tommy knew that he lived life to the fullest. He lived to please others, to make people laugh, and to be the icon of the Lofton organization in its corporate culture.

What is corporate culture? It's simply the attitudes and beliefs among the employees that becomes the "social glue" of an organization and also adheres to the company's goals. Lofton believes in having a strong corporate culture. Amongst all of us here at Lofton, no matter what title is held, we treat each other like family. Everyone cares. Tommy Durr was part of this family and will be missed by Lofton employees dearly.

His life was tragically taken on October 27, 2007 while on a road trip to Galveston on his way to take a Lofton cruise with many of his Lofton family members. When he died, a part of Lofton died. He will be missed, but he will always be remembered. - Bart Lofton

His portrait still hangs in every branch office to this day to remind us to live life to the fullest and to have a good day - you won't get it back. Awe Sookie!