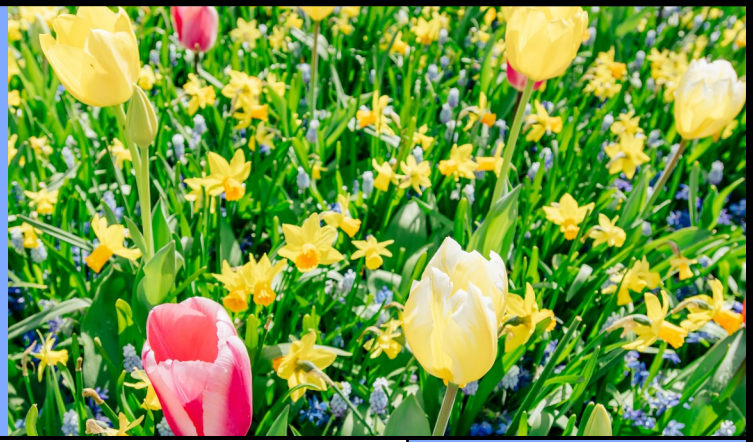


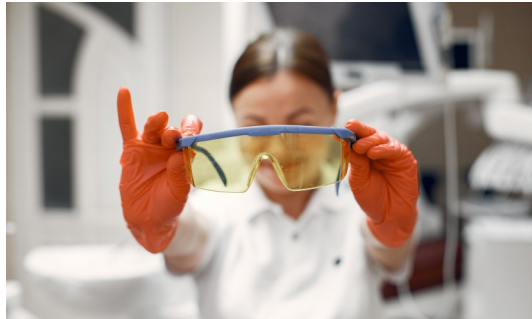
LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Workplace Eye Wellness Month By: Jeremy Olivier, Lofton Safety Services

March is Workplace Eye Wellness Month. More than 2,000 eye injuries occur on the job site every day and about 1 in 10 of them require missed work days to recover. Of the total amount of work-related eye injuries, 10 to 20 percent will cause temporary or permanent vision loss in the affected employees.



According to the US Department of Labor, workplace eye injuries cost more than \$300 million annually in lost production time, medical expenses, and worker compensation. And, while many people think that eye injuries primarily occur in manufacturing, construction or trade jobs, nearly 40 percent of work-related eye injuries occur in offices, healthcare facilities, laboratories and similar environments.

While eye injuries are common, they're also easily preventable. Here are some ways to participate in Workplace Eye Wellness Month:

- Conduct an eye hazard assessment and remove or reduce eye hazards where possible.
- Enforce the use of proper eye protection. It is estimated that 90% of workplace eye injuries could be avoided if eye protection was used effectively.
- Address complaints about eye protection, such as fogging or pinching. Replace ill-fitting or poor quality eye wear to prevent serious eye injury.
- Make sure all eye protection is clearly marked with "ANSI Z87". This standard indicates that the eye-

wear has been tested to ensure it will protect eyes as expected.

- When cutting or grinding, wear a face shield in addition to safety glasses.
- Inspect your safety eye wear to make sure it's in good condition and replace any damaged equipment.
- Teach employees proper eye first aid. Make sure they know how to address common situations like chemicals or particles in the eye, a blow to the eye, or cuts and punctures to the eye or eyelid.
- Use the 20-20-20 rule. Every 20 minutes, take a 20-second break from the computer and focus your eyes on something at least 20 feet away.
- Encourage employees to have regular comprehensive eye exams to verify their vision is adequate to perform their job safely.

Ochsner Digital Medicine Program By: Mary Dixon, Benefits Coordinator



Ochsner Digital Medicine provides a convenient way to manage your high blood pressure and type 2 diabetes. As a Lofton health insurance plan member, you and your dependents age 18 and over are eligible to participate in the program. **You are not required to use an Ochsner Clinic doctor to utilize this program.**

Ochsner Digital Medicine will provide Bluetooth enabled blood pressure cuffs and glucometers and free testing supplies to eligible participants. Readings flow directly to the digital medicine team and trigger proactive outreach and intervention by a dedicated care team of clinicians and health coaches. Medications will be managed by a clinician that specializes in high blood pressure and type 2 diabetes. Ochsner

Digital Medicine can share readings with your personal physician.

Enroll today: Ochsner.org/lofton-join, or call 888-675-0045 or scan the QR code. →



MARCH 2023

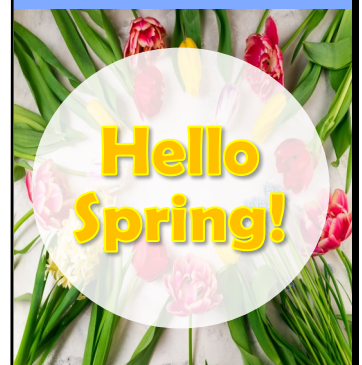
MARCH 12
Daylight Savings
Time Begins



MARCH 17
St. Patrick's Day



MARCH 20
First Day of Spring



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Precious Memories

By: Glenda Lofton, Ph.D.

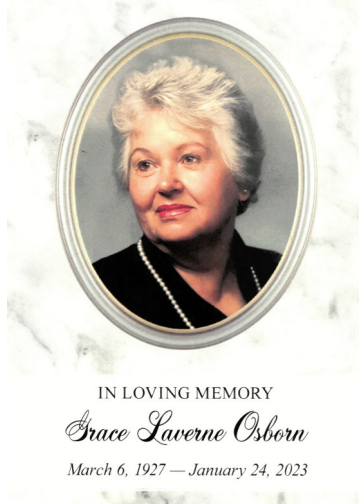
On February 4, 2003, my family attended the funeral of my Aunt Laverne Osborn in Dallas, Texas. She died unexpectedly after a brief stay in the hospital, and according to her two remaining older sisters, Elois and Eileen, she was only 95 years old and too young to act like that! Happily, as her oldest niece, I was invited to give the eulogy.

My Aunt LaVerne and her three older sisters Elois, Hazel (my mom), and Eileen - the Jones Girls as they came to be known - grew up literally in the backwoods of Winn Parish, in a town called Gaar's Mill settled by my dad's ancestors, the Gaars from Germany, in 1857. As the town grew, a two-story wooden schoolhouse was built and a general store. The Jones girls lived in walking distance of the school and the store. Their dad, Osey Jones, was a successful farmer and owned a large tract of land which LaVerne and her sisters still own. Sadly, in 1927 their dad, Osey, hit his leg on the plow and died of blood poisoning when the girls were only 7,5,3, and 3 months. A simple shot of penicillin, something we all take for granted, would have cured him today, but this was before penicillin was invented.

Life was not easy for a young mother and her four girls. When troubles came, my mom, the fastest runner, was the one who ran the mile through the woods to the country store for

help. There were no telephones back then, and store-bought clothes and toys, though available, were rare. Later, as the first grandchild, my Aunt Eileen shared with me the Jones version of Barbie dolls. They would cut pictures of clothes they wanted out of the Sears Roebuck Catalogue, put a string through them, and tie them on to their bodies. The story was made even more inter-

there were only four in her class. My dad was one of them. After graduation they asked LaVerne, the baby sister, to go with them on the bus to Winnfield, the larger town close by. But they didn't tell her they were going to be married at the Presbyterian Church. When they did, Laverne lay down on the sidewalk and began to yell and cry, and then caught the bus by herself to go back home.



esting when she added that they took the pages of the Sears Roebuck Catalogue from their neighbor's outhouse.

When Elois, the oldest, graduated from high school, her two uncles on her mom's side drove her to Dallas, TX where she attended Baylor Nursing School, later married one of her first patients, Hilton Folkes, and had three children - Cindy, Jane, and Emily. When my mom, Hazel, graduated two years later,

After marriage, my mom and dad moved to Monroe where I was born in 1941. We later moved to Bossier City where Dad worked as a brakeman on the railroad until he was drafted to serve in WWII. After a severe head injury on Guam, he returned and went to school at Northwestern College in Natchitoches, LA where my brother was born in 1948. By that time, Laverne was a student there, too. She was not only a student, but also the most popular girl on campus. All the guys had a crush on her, and one wanted to marry her, but she chose to move to Dallas where her older sister, Elois, was living after finishing nursing school at Baylor University. After Dad graduated, when I was in second grade, we also moved to Dallas. In Dallas, LaVerne met Dick - Richard Osborn - the one she eventually married, and invited him over to our house. Mom cooked a great meal, but she told Dick LaVerne had cooked it so he would have an additional reason to marry her...and eventually he did. They later moved to Colorado and had four children - Vince, Vicki, Jim, and John. Sadly, Dick passed away before LaVerne, but the good news is they are now together in Heaven, and we know we will see them again.



Officer Kudos

HUGE shout-out to **Officer Allecia Bates**, Lofton Baton Rouge, who acted quickly to extinguish a kitchen fire. On January 24th, 2023, the oven caught a fire in the kitchen. None of the kitchen staff remembered how to use a fire extinguisher. They panicked and ran out asking Officer Bates to call 911. She called 911, but after putting out the fire herself with the fire extinguisher. Congratulations Officer Bates on going above-any-beyond the call of duty! BRAVO!

In addition, our client wanted to thank the officers who stepped up to cover shifts while a co-worker was out due to surgery. *"We are very satisfied with the group of officers and wouldn't change for anything! Please let them know how much we appreciate all they do for us. They all, at some point, go above and beyond for us."*

Great job, team! It's officers like you who make the difference to our clients and to Lofton. Keep up the outstanding work!



Keeping In Touch With Lofton

Technology is amazing! 97% of American now own a cellphone of some kind. With technology so accessible, it makes communicating with employers (and potential employers) easier than ever. Many online job boards, like Indeed and CareerBuilder, utilize e-mail and text alerts for potential jobs. Lofton is no exception. If you are not receiving emails or text messages from Lofton, or other potential employers, there may be a few reasons why.

SPAM FILTER. Be sure to check your email spam folder or blocked numbers on your phone and mark Lofton (and others) as approved.

OLD CONTACT INFO. If you have changed your primary e-mail address or mobile number, be sure to update your records with Lofton.

INACTIVITY. Inactivity is a red flag for employers as this could indicate the candidate is no longer interested. If you are open to new positions, be sure to stay active.

If you have not received any emails or text messages from Lofton and would like to stay at the top of announcements, log into your Lofton account to verify your address, email, and phone number.

