

LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



UV Protection

By: Jeremy Olivier, Lofton Safety Services

In the coming months, many will be spending large amounts of time in the sun both at work and at leisure. Often, discussions are had about heat stress illnesses and the importance of staying hydrated. But very seldom are discussions had about the damage associated with exposure to the sun.

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is one type of skin damage. Tanning is also a sign of the skin reacting to damaging UV radiation by producing additional pigmentation to provide some protection against sunburn. Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for sunburn and other harmful effects of UV radiation but be especially careful if you have pale skin. People with blond, red, or light brown hair, those who have been treated for skin cancer, or those who have a family member who has had skin cancer are at increased risk. Some medications may increase sun sensitivity, so consult your doctor. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats.
- Using broad spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against UVA and UVB rays, two types of the sun's ultraviolet radiation.)
- Reading the label to ensure you use your sunscreen correctly.
- Consulting a health care professional before applying sunscreen to infants younger than 6 months.



Keep the following in mind when applying sunscreen:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (avoid putting it inside your mouth and eyes).
 - Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen.)
 - If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
 - No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.

UV radiation can also damage the eyes. Sunlight reflecting off sand, water, or even snow further increases your risk of developing eye problems. Certain sunglasses can help protect your eyes.

- Choose sunglasses with a UV400 rating or "100% UV protection" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- Do not mistake dark-tinted sunglasses for having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays.
- Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.
- Know that pricier sunglasses don't ensure greater UV protection.
- Even if you wear UV absorbing contact lenses, wear quality sunglasses that offer UV protection.
- Even when you wear sunglasses, a wide-brim hat and sunscreen can help further protect you from sun exposure.



JUNE 2023

JUNE 14

Flag Day



JUNE 18

Father's Day



JUNE 19

Juneteenth

JUNE 21

First Day of Summer





Out of the Mouths of Babes

By: Glenda Lofton, Ph.D.

When my granddaughter, Via, Bart and Michelle's daughter (now 17 and soon to be a senior at the LSU Lab School) was only three years old, her mom and I took her with us to BSF, Bible Study Fellowship, an international, nondenominational Bible study group for women which I'm still attending. Via stayed in the nursery and played with her age group, but their group leaders also told them Bible stories. One day when I was driving her home after the weekly meeting, she looked at me and said, "You're old, Mamere!" I immediately said, "I don't feel old!" to which she quickly replied, "Well, your face is old, and when you're old you die!!! But don't worry about it! You'll just go to heaven to be with Jesus!" It's hard to believe that was 14 years ago! And believe it or not, she made me happy!

Recently, I had cataract surgery at the Williamson Eye Center that totally confirmed Via's earlier observation that I was getting old! The Williamson Eye specialists are brothers who grew

up next door to me when I was in high school. Their mother was a beautician who did my hair and kept me looking young until she retired many years later. After the eye surgery, which allowed me to see without glasses, I could not believe how old my face looked. I immediately accused my long-time doctor friends of making my face get old! And they commended me for my great sense of humor!



"Life is a temporary assignment."

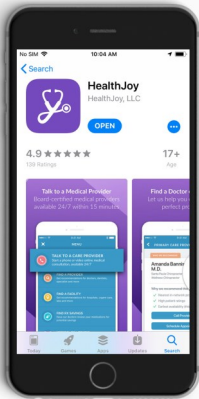
Even if we live into our 90's, life is indeed short. The brevity of life is compounded by the uncertainties we face each day. After an injury that ended his senior season of football at LSU, Ben Wilkerson, All American center, said it well: "In football as in life, you never know when your last play is going to be your last play."

Throughout recorded time, philosophers and artists have offered suggestions for making the most of the time we have. In his hit single and top-selling album by the same name, country music star, Tim McGraw, inspired by the death of his father, challenged us back in 2004 to "Live like you were dying." In the song, a man in his early forties who had been told that he is dying is asked, "When it sank in that this might really be the end...Man, what'd you do?" And he said, 'I went sky diving...I went rocky mountain climbing...And I loved deeper and I spoke sweeter, and I gave forgiveness I'd been denying...I was finally the husband that most the time I wasn't, and I became a friend a friend would like to have...and I finally read the Good Book, and I took a good look at what I'd do if I could do it all again"... And he concludes "One day I hope you get a chance to live like you were dying...Like tomorrow was a gift And you've got eternity to think of what you did with it..." (Nichols & Wiseman, 2004)

The System of Beliefs on which Lofton Staffing was founded conveys a similar message when they remind us that life is a temporary assignment and challenges us each day to have fun and get better!

HealthJoy

After a visit to your healthcare provider, additional steps for care may be recommended. Before you schedule, STOP!



Would you walk onto a car lot and ask a salesperson for a recommendation and drive away without learning the price? NO! Your doctor will recommend what is best for your health but probably doesn't know what's best for your wallet. Instead, stop and let **HealthJoy** assist you.

When a specialist is recommended—Request details of the specialist recommendation in a printout from the provider and request a

provider search in **HealthJoy**.

When a procedure is recommended—Request the procedure code in a printout from the provider and request a facility search in **HealthJoy**.

When a test is recommended—Request lab test code in a printout and request a provider search in **HealthJoy**.

When a medication is prescribed—Request a printout of the recommended prescription and use the Rx savings tool to request a Rx savings review.

Download the app to get started. Still have questions? Feel free to contact the Benefits Department at 225-924-0200 or benefits@Lofton.jobs.

Arlington National Cemetery

By: Julie East, Corp. Marketing & Recruiting



Sitting on 1,100 acres overlooking the Potomac River, Arlington National Cemetery is our nation's symbol of honor to our nation's heroes. But Arlington was not always a cemetery.

The property was handed down to Mary Custis Lee, the wife of Robert E. Lee. While Gen. Lee was away fighting for the Confederate Army in the Civil War, over 14,000

Union troops crossed the river into Virginia. Nestled high on the hill with a clear line of fire, Arlington was the perfect place to set up artillery.

By the spring of 1864, Washington's temporary hospitals were overflowing with sick and dying soldiers. Gen. Montgomery Meigs was given the task of finding more land for burial. He was stationed on the perfect property - Arlington.

Meigs wanted to send Gen. Lee a clear message, so he buried the first soldier, Pvt. William Christman, in a plot on Arlington's NE corner on May 13, 1864. The next month, Meigs wrote to make Arlington an official National Military Cemetery. To enforce his orders, and make Arlington uninhabitable for the Lees, Meigs buried over 2,111 nameless soldiers in a huge pit at the end of Mrs. Lee's garden, as well as encircling the garden with the tombstones of prominent Union officers.

Since then, Arlington has become a place of honor. Nearly 400,000 people are buried there, including the Tomb of the Unknown Soldier, President John F. Kennedy, President William H. Taft, Medger Evers, Thurgood Marshall, Walter Reed, Glenn Miller, Ruth Bader Ginsburg, and Apollo Astronauts Gus Grissom, Roger Chaffee, and John Glenn.