



LAGNIAPPE

MONTHLY EMPLOYEE NEWS

Office Ergonomics

By: Jeremy Olivier, Lofton Safety Services

It is estimated that Americans spend between six and seven hours per day staring at screens of some type. It is important to understand how this screen time can affect your health. Musculoskeletal disorders (MSDs) are injuries that affect the body's muscles, tendons, and nerves. Often, they are caused by overexertion, awkward postures, and repetitive motions. They can result in pain, discomfort, and even long-term disability.

Poor posture can cause headaches, neck pain, shoulder pain, and stiffness. For example, if a desk or chair is at the wrong height, it can cause you to hunch over, leading to poor posture and pain over time. Poor placement of a computer monitor or inadequate lighting can cause eye strain, headaches, and even vision problems. One extremely common example of a MSD is carpal tunnel syndrome, a condition where nerves become compressed at the wrist.



The tips below are for optimizing safety, comfort, and reducing the risk of injuries in both the workplace and home office. While they mostly apply to screen time behind a desk, most can be effectively applied to the use of phones and tablets as well.

Chair Height. Improper chair height can cause discomfort and pain in the hips, legs, and lower back. To achieve a proper sitting posture, individuals should raise their chair high to allow the feet to rest flat on the floor, thighs to be parallel to the floor, and hips to be level with the knees.

Desk Height. To avoid wrist strain, which can lead to carpal tunnel syndrome, users should maintain desks at a height that allows them to keep their forearms parallel to the floor and their wrists in a neutral position. In the event the desk is too high, the user should utilize a footrest to adjust the seating position. If multiple individuals with different heights share a desk or workstation, a height-adjustable desk could be an ergonomic solution.

Monitor Placement. Position the computer monitor so the top of the screen is at or slightly below eye level, which will help reduce neck and eye strain.

Keyboard and Mouse Placement. Place the keyboard and mouse in a position that allows elbows to be at a 90-degree angle and wrists to be straight. Avoid placing these items too far away, which can cause overreaching and shoulder strain.

Lighting. Use adjustable lighting to reduce glare and prevent eye strain and discomfort. Avoid positioning a screen in front of a bright light source.

Ambient Noise Reduction. Ambient noise can be distracting and cause stress in the workplace. Consider using noise-canceling headphones or white noise machines to reduce distractions.

Frequent Breaks and Stretching. It is critical to take periodic breaks from your screens. At least once every hour, you should stand and stretch for a few minutes. This will allow you to release any tension building up in your muscles and tendons. It has the added benefit of giving your eyes time to recover from strain as well.

April 2025

[April 1](#)

April Fools' Day

[April 12](#)

Passover

[April 13](#)

Palm Sunday

[April 15](#)

Tax Day

[April 18](#)

Good Friday



LOFTON OFFICES
CLOSED

[April 20](#)

Easter

HE IS RISEN!

[April 23](#)

Administrative
Professionals Day

American Worker New Open Enrollment Dates

This year Lofton will be conducting open enrollment for The American Worker for an effective date of **July 1, 2025**.

American Worker offers mini-medical, dental, vision, life, critical care and disability insurance. All Lofton employees are eligible for this coverage, as there are no minimum hourly requirements.

Enrollment dates will be announced soon. Reach out to the Benefits Department at benefits@lofton.jobs for additional information.



The American Worker[®]

Provided by Fringe Benefit Group





Easter Eggs, Jesus and Flower Gardens

By: Glenda Lofton, Ph.D.

Easter has always held a special place in my heart. My earliest memory dates back to when I was four, holding real Easter eggs from the farm - boiled, dyed, and beautifully decorated - not the plastic ones we see today. I can still envision the wooden house in Bossier City, with a chinaberry tree in front where we hid the eggs. Unknown to my mom and dad, I also hid them in the house, and then forgot all about them until they began to smell a very strong odor. I think parents today are grateful for the shift to plastic.

As a child, our family would travel to my Great Grandpa Warner's home in Winfield to celebrate Easter with him, my Great Aunt Mary Lou, Great Uncle Ira, Grandma Rose, and my mother's three sisters, known as the Jones girls, along with their families. The Easter Egg Hunt there was particularly special, taking place on land that Grandpa Warner's family had homesteaded long ago. With so many hiding spots, it wasn't uncommon for my cousins and me to miss some of the eggs entirely.

At that young age, I didn't grasp the true significance of Easter; to me, it was all about the Easter Bunny, hidden eggs, and playing with my cousins. It wasn't until I was nine, while listening to a visiting preacher at church, that I learned about the true meaning of Easter. Jesus dying on the cross for our sins, His burial,

and His resurrection three days later. The pastor's wife leaned over and asked, "Have you asked Jesus to forgive you of your sins and be your Savior?" I was shocked! "Jesus died for sinners," I thought. "I'm not a sinner; I'm a good little girl." I cried all the way home from church, distressed at the thought of being a sinner. That Sunday afternoon, I asked Jesus to forgive me for my wrongdoings and to become my Savior. From that moment on, the Easter eggs, bunnies, and new clothes took on a deeper meaning, symbolizing my renewed life in Jesus. I still made mistakes, but I knew He was there to support me, giving my life purpose and hope.



Easter also brings to mind spring and my mother, Hazel Jones Gaar, along with her passion for gardening. The first blooms of spring remind me of her tending to her flower garden with her Maltese, Nikki, by her side. She would spend countless hours pruning her rose bushes and flowers, always having the most beautiful blooms. In fact, The Baton Rouge Advocate even featured

an article about her. She was called home to the Lord in 2013, and I can imagine her smiling, sharing stories about her family, the Jones girls, her grandchildren, and the wonderful life she led on Earth. As Christians, we are called to embody the hands and feet of Christ, and it's hard to think of Hazel Gaar without recalling how she used her hands and feet to serve others.

Her father passed away when she was just five, leaving her mother to care for four girls in the piney woods of north Louisiana. Hazel quickly learned to look after herself and her sisters. Like Mom, they are known for their faith, wit, wisdom, and service. My mother raised two beautiful and talented children - myself and my brother David. Deeply rooted in family and faith, her legacy continues through her great-grandchildren, who are following in her footsteps of serving others. My mother dedicated herself to her family and community, using her skills and talents to create a positive impact on the world. Serving others is our pathway to spiritual growth and a deeper connection with God. This principle is foundational to Lofton: "We are all called to serve. When we help others, we help ourselves." As Jesus said, "My Father's house has many rooms...I go and prepare a place for you. I will come back to take you to be with Me that you also may be where I am." I envision my mother in a beautiful mansion surrounded by gardens filled with blooms in colors beyond our current imagination.

What cherished Easter memories do you hold? What brings purpose and hope to your life? What message would you like to share with others?

End of Watch - Christine Sibley

Christine Sibley began working with Lofton Security in September 2019 and quickly became one of our most-requested officers. She was willing to go wherever she was needed, whenever she was called, and go above and beyond once she got there. Her dedication to excellence, to Lofton, and to people made her a delight. Security Coordinator Sherry Blattenberger said of her, "I never had to worry when Christine was holding a post. I knew that not only would Lofton be represented well, but also that the client and her coworkers were in good hands." Even in her final days, Christine spoke very fondly of her time with Lofton, only regretting that she had to leave us so soon.

Rest In Peace, Christine. You lived out the Lofton principle that people should feel better when they leave than when they came, and we always did when you were around. You will be missed as fiercely as you were loved.

End of Watch: March 6, 2025.



Administrative Professionals Day: April 23rd

Lofton Staffing Services would like to salute all our amazing administrative assignment employees who positively contribute to not only Lofton's success, but to our clients' success, as well. "No one is more cherished in the world than someone who lightens the burden of another."

Administrative Professionals Day celebrates administrative professionals' devoted, essential, and valued work. Administration includes a wide variety of duties including: office management, reception, customer service representatives, human resources, collections, office support staff, data entry, and records clerk.

There are more than 22 million administrative and office support professionals working in the United States today with 85% of those positions held by females.

Thank you for everything you do!

Who runs the office? Girls!

