



LAGNIAPPE

MONTHLY EMPLOYEE NEWS

Musculoskeletal Disorders

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 over-reaching 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.

You've Been Caught!

Congratulations **Sharonda Nicholas**, Lafayette, on a recent social media post by our client on her outstanding performance on assignment.

"Sharonda is fairly new to the team and has picked things up very quickly. She's attentive, asks all the right questions, and has been extremely helpful in ensuring the billing process is set up correctly for several new clients and prospects. I appreciate her

efforts and will continue to encourage her to keep digging into potential issues. Thank you, Sharonda!"

Outstanding, Sharonda! This is Lofton's key focus, to match candidates with top jobs in the area. We are so pleased the client is happy with our Lofton employee, and that you have found employment that gives you purpose and makes a difference! Congratulations again, Sharonda! Keep up the outstanding service!

November 2025

November 1

All Saints' Day

November 2

Daylight Saving Time Ends



November 4

Election Day

November 11

Veterans Day



November 27

Thanksgiving Day

**LOFTON OFFICES
WILL BE
CLOSED
THURS 27 & FRI 28**



STAY CONNECTED





Are We Taking Our Blessings For Granted?

By: Glenda Lofton, Ph.D.

In a world where modern conveniences are often at our fingertips, it's easy to overlook the blessings we have in our lives. As we navigate our fast-paced, technology-driven existence, we may sometimes forget to express gratitude for the simple things that make life easier and more fulfilling.

I was reflecting on my mother and her sisters, and how the past can be a powerful reminder of the blessings we enjoy today. The Jones girls, as they were known, grew up in the backwoods of Winn Parish. In 1927, their father died due to blood poisoning. A simple shot of penicillin (a medication we now take for granted) could have saved his life. Their mother, left to care for four young daughters on her own, faced immense challenges without modern conveniences like telephones or cars. In those days, even basic necessities like store-bought clothes and toys were rare luxuries.

Today, we have countless blessings that our ancestors couldn't have imagined. We live in a time where technology connects us instantly, groceries can be delivered to our doorstep, and medical advances have improved our quality of life. Yet, how often do we pause to appreciate these comforts? It's easy to get caught up in the hustle and bustle and forget to say, "thank you."



Collecting a full basket of eggs was a blessing on the farm for the Jones girls.

Billy Graham once reminded us to maintain an attitude of thanksgiving in all circumstances, even in difficult times. In today's context, challenges like the current government shutdown, social unrest, and economic uncertainties are ever-present. Yet, these hardships can also be opportunities to count our blessings. The ability to work from home, access to vaccines, and the support of community networks are all blessings that deserve recognition.

It's important to not lose focus on those simple blessings. To help you cultivate gratitude and

ensure you don't take your blessings for granted, follow these simple steps:

Keep a Gratitude Journal: Dedicate a few minutes each day to write down things you're grateful for. This practice can help shift your focus from what you lack to what you have.

Practice Mindfulness: Spend time each day being present in the moment. Mindfulness can help you appreciate the small things, like a beautiful sunset or a quiet cup of coffee.

Express Thanks Regularly: Make it a habit to thank those around you—family, friends, colleagues, and even strangers. A simple "thank you" can strengthen relationships and foster a positive environment.

Reflect on Past Challenges: Think about past hardships and how you overcame them. This reflection can help you appreciate the growth and blessings that emerged from those experiences.

Volunteer and Give Back: Engaging in community service or helping those in need can be a powerful way to recognize your own blessings and contribute positively to the world.

As we navigate through life's challenges, it's crucial to maintain a heart of gratitude, for it keeps us connected to the goodness and faithfulness that surround us. Remember, in the words of 1 Thessalonians 5:18, "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." Let us not forget to say thank you and appreciate the many blessings we've been given.

Thanksgiving Traditions

By: Julie East, Corp. Marketing



Thanksgiving is a cherished holiday in the United States, celebrated with feasts, family gatherings, and a spirit of gratitude. Traditions that emerged from its inception continue to influence the way we celebrate today.

Thanksgiving's roots can be traced to 1621, when the Pilgrims, English settlers seeking religious freedom, celebrated a harvest feast in Plymouth, Massachusetts. Having endured a harsh winter and with the help of the Wampanoag people, the Pilgrims reaped a successful harvest. To express their gratitude, they organized a three-day feast, sharing their bounty with their Native American allies. This event is often cited as the first Thanksgiving, although similar harvest festivals were common among

Native American tribes long before the Pilgrims' arrival.

While the core sentiment of Thanksgiving, gratitude, remains unchanged, the way it is celebrated has evolved over the centuries.

The Thanksgiving Feast. The original meal likely included venison, seafood, and a variety of vegetables. Today, the menu typically features roast turkey, stuffing, mashed potatoes, cranberry sauce, and pumpkin pie. These dishes have become synonymous with Thanksgiving, embodying the abundance and hospitality the holiday represents.

Parades and Football. Thanksgiving parades, such as the famous Macy's Thanksgiving Day Parade in New York City, have become iconic symbols of the holiday. The tradition of parades dates back to the early 20th century and continues to captivate audiences with elaborate floats, marching bands, and giant balloons.

Football also plays a significant role in modern Thanksgiving celebrations. The tradition began in 1876 with college games, and by the mid-20th century, professional football games became a staple of the holiday, providing entertainment and fostering a sense of community.

Acts of Kindness. Thanksgiving is a time for giving, and many people participate in charitable activities, such as volunteering at soup kitchens or donating food to those in need. This tradition underscores the holiday's emphasis on gratitude and generosity.

Start of the Holiday Season. Thanksgiving marks the beginning of the holiday season. Most noted, Santa Claus ends the Macy's Thanksgiving Day Parade as the symbol of the holiday season. The holiday shopping season, highlighted by events like Black Friday and Cyber Monday, showcases Thanksgiving's economic impact.

Thanksgiving remains a powerful cultural touchstone, influencing how people connect with each other and their communities. It serves as a reminder of the importance of gratitude, unity, and sharing. In an increasingly fast-paced world, Thanksgiving offers a moment to pause and reflect on the things we often take for granted. Its enduring traditions remind us of the values of gratitude, generosity, and togetherness, ensuring that the spirit of Thanksgiving lives on in our hearts and homes.