

LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Cold Stress

By: Jeremy Olivier, Lofton Safety Services



Cold weather and environments pose many hazards to those who work in these conditions. A cold environment forces the body to work harder to maintain its temperature. What is considered "cold" can vary by region and individual. The following are some situations which need to be analyzed and addressed to ensure safety.

Frostbite is an injury to the body that is caused by freezing. It causes a loss of feeling and color in the affected areas and most often affects the extremities, e.g., nose, ears, cheeks, chin, fingers, or toes. Frostbite can lead to permanent damage or amputation of the affected areas. First aid for frostbite: Get the victim into a warm area immediately. Do not walk on frostbitten toes or feet. This will cause more damage. Use warm, not hot, water to warm the affected areas up.

Trench foot, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold winter weather. Trench foot can occur at temperatures as high as 60 degrees F if the feet are constantly wet. Wet feet lose heat 25 times faster than dry feet. To prevent heat loss, the body constricts

blood vessels to shut down circulation in the feet. Skin tissue begins to die because of lack of oxygen and nutrients and due to the buildup of toxic products. First aid for trench foot: Remove any wet socks or boots. Dry feet and do not walk on them, as this can cause more damage if already affected.

Hypothermia. When exposed to cold temperatures, your body begins to lose heat faster than can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. First aid for hypothermia: Alert someone and get medical help immediately. Move the victim into a warm area. Warm the center of their body first—chest, neck, head, and groin area—using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets. If the victim is not breathing, begin CPR until the paramedics arrive on scene.

Safe Work Practices for Cold Environments

- Eliminate or limit work as much as possible when extremely cold temperatures are present.
- Allow for acclimatization to cold environments or weather. If the weather is extremely cold for the area or time of year, you will not yet be used to it and are more susceptible to succumbing to a cold-related illness.
- Layer up on clothing and keep clothes dry. It is important to remove any wet clothing or boots and put on dry items when working in a cold environment.
- Take breaks in warm areas or vehicles as needed.
- Drink warm beverages to help warm up your core temperature.
- Monitor the condition of others around you. If you notice something could be wrong, get them into a warm area and get immediate medical assistance.

- Exercise regularly.
- Monitor blood pressure to catch any issues.
- Avoid smoking, which significantly increases heart disease risk.
- Limit alcohol consumption to reduce blood pressure.
- Check your cholesterol at least every five years.
- Manage diabetes closely if diagnosed.
- Follow medication instructions for heart health.

For more details on American Heart Month and supporting **"Go Red for Women,"** visit www.heart.org.

American Heart Month



February is American Heart Month, focusing on raising awareness about heart disease, the leading cause of death in the U.S.

Cardiovascular diseases cost the U.S. \$312.6 billion yearly, including healthcare and lost productivity. However, heart disease is preventable through small lifestyle changes:

- Eat a healthy diet to reduce risks and maintain a healthy weight.

February 2026

- [February 2](#)
- [Groundhog Day](#)
- [February 14](#)
- [Valentine's Day](#)



- [February 16](#)
- [Presidents' Day](#)
- [\(Banks Are Closed\)](#)



- [February 17](#)
- [Mardi Gras](#)
- [\(Some Lofton Offices Closed\)](#)



- [February 18](#)
- [Ash Wednesday](#)

STAY CONNECTED



LEAVE A REVIEW





A Century of Grace: The Life of Margaret Eileen Thomas

By: Glenda Lofton, Ph.D.

In the early morning hours of January 14, 2026, my Aunt Margaret Eileen Thomas, the last of the four "Jones Girls," passed away peacefully at her home, at the remarkable age of 101. Her life spanned more than a century of American history, from the Roaring Twenties through two world wars, the civil rights movement, the space age, and into the digital era. Yet for those who knew her, Eileen's story was not measured in historic milestones but in the quiet virtues of faith, family, and service that defined her every day.

Longevity runs deep in the Jones family line. Eileen, her mother and her three sisters all lived into old age. But as Eileen once joked with characteristic wit, there was both good news and bad news about their family's longevity: *"The good news is that we live a long time. The bad news is that we live a long time...and just give orders to everybody."*

Aunt Eileen was born on September 28, 1924, in Dodson, Louisiana, a small community in Winn Parish. You may recognize her from previous articles as one of the close-knit "Jones Girls"—four sisters celebrated for their strength and solidarity. Alongside her sisters Hazel (my mother), Elois, and Laverne, Eileen grew up in the backwoods settlement of Gaar's Mill. Tragedy struck the family when Eileen was just two years old, as her father died of blood poisoning, leaving his widow and four daughters aged between four months and six years to navigate life alone.

The loss of their father plunged the family into the hardships already endemic to rural Louisiana during the Great Depression. Life in Gaar's Mill was modest by any measure. Store-bought clothes and toys were rare luxuries. When emergencies arose, there were no telephones to summon help. Young Hazel, the fastest run-



Margaret Eileen Thomas
September 28, 1924 – January 14, 2026

ner among the sisters, would dash through the woods—a full mile to the country store—to get assistance. It was a childhood that built character, resilience, and an appreciation for family bonds that would sustain Eileen throughout her long life.

Near the end of World War II, Eileen's life changed forever when she met Willie Thomas, whom everyone called "Bill." Their courtship blossomed into what would become a legendary love story in their community. Soon after the war ended, they married and settled in Sarepta, Louisiana, a small town in Webster Parish where they would spend the rest of their lives together.

For fifty years, Eileen and Bill built a life centered on faith, family, and community. Bill was the love of Eileen's life, and their devotion to one another became a model for all who knew them. When Bill passed away in March 1995, Eileen chose to remain in their home in Sarep-

ta, surrounded by memories and sustained by the same faith that had always guided her.

Eileen was a woman of remarkable versatility and dedication. As a homemaker, she mastered countless skills and poured herself into serving others in myriad ways. She was a dedicated wife, a loving mother, grandmother, and great-grandmother, and a beloved aunt whose influence extended across multiple generations.

Her faith was the cornerstone of her life. As a devoted Christian, Eileen became an active and cherished member of New Sarepta Baptist Church, where she dedicated decades of her life to teaching Sunday School and volunteering. Former students remember her warmth, her joyful spirit, and her genuine love for young people. Her commitment to sharing the Gospel with children exemplified the verse she lived by: Romans 1:16, *"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes."* She understood that her time teaching was never in vain—she was investing in eternal truths that would shape young lives for years to come.

As one former student wrote, *"Her time was certainly not in vain. She had planted seeds in many children."* Those seeds, planted across decades of teaching and service, will continue to bear fruit for generations to come—a fitting tribute to a woman who understood that true success is measured not in years lived but in lives touched.

Aunt Eileen lived what can only be described as a full life—101 years of faith, love, family, and service. She weathered poverty and loss, found lasting love, raised a family, served her church and community, and remained faithful to the end. In an age that often celebrates the loud and the prominent, Eileen's life reminds us that the greatest legacies are often built quietly, one day at a time, through small acts of love and faithfulness.

"I have fought the good fight, I have finished the race, I have kept the faith." – 2 Timothy 4:7

You've Been Caught!

We would like to extend our sincere gratitude to the following security officers who rose to the occasion to ensure coverage during a snowstorm in Little Rock, AR. Many of them spent nights on-site to be available for shift call-offs. **Officers Carson Griggs; Melissa Rodriguez; Demika Adams; Troy Burton; Teven Chaney; and Rolando Rodriguez Diaz.**

Your dedication and willingness to go above and beyond have not gone unnoticed. You ensured the safety and security of the premises and staff, providing peace of mind for everyone involved. Officer Demika Adams even walked to work in the snow!

We genuinely appreciate your dedication and sacrifice, and we feel fortunate to have such an exceptional team at Lofton. Thank you all, for your service!

25 Years of Service

We are delighted to celebrate **Officer Fredia Moore** for her 25-Years of Service with Lofton Security Service of Baton Rouge.

Her unwavering commitment and professionalism have set a high standard for her colleagues, inspiring everyone around her. Officer Moore's contributions have not only strengthened our team but have also positively impacted our community. She stands out as an exceptional role model, with her kindness and integrity shining through in every task she undertakes.

We want to express our heartfelt gratitude to Fredia for her relentless dedication and for making a difference every single day. Here's to the future and the continued success and joy it will bring!

