

March 13, 2015 Monthly Publication

Send a card. It's the biggest little thing you can do.

### Employee in the Spotlight

Name: Denise Pickens Department: PX/PKG Position: Packaging Operator Years at Hallmark: 31 years Q: Best part of your day: A: 4:00 pm Q: Toughest part of day: A: 7:30 am to 8:00 am Q: Favorite Hallmark moment so far: A: Getting opportunity to go to Germany to look at ribbon winders. Q: What is your hope for Hallmark? A: Continue to be innovative and competitive. Q; What is one thing that not many people know about you? A: Love to fish, can't swim - afraid of the water. Q: If you could have a super power, what would it be? Why? A: To fly. It would enable me to see other, new exciting places and visit family and friends anytime. Q:What's an improvement you've made to your job or Department? A: Being flexible and learning something, I'm new to the PX/Pkg departments as I was in the ribbon world for many years. Q: What's your favorite season? A: Fall



# Wellness Screening Reminder

Screenings at Greetings Plant April 2nd, and earn \$40 in Hallmark Health Rewards.

How to register

After logging in to the Health Rewards website, there are two steps to register for the screening:

1. Designate a physician: Choose "Report/Find Physician" to designate a primary care physician to receive your report.

2. Schedule an appointment: Choose "Schedule Screening" to register for your preferred screening time and location. You must designate a physician to participate in the screening, even if you participated last year



Many churches hold special services on Easter Sunday, which celebrate the Jesus Christ's resurrection after his crucifixion. In Pagan times, many groups of people organized spring festivals. Many of these celebrated the re-birth of nature, the return the land to fertility and the birth of many young animals. These are the origins of the Easter eggs that we still hunt for and eat.

In Christian times, the spring began to be associated with Jesus Christ's crucifixion and resurrection. The crucifixion is remembered on Good Friday and the resurrection is remembered on Easter Sunday. The idea of the resurrection joined with the ideas of re-birth in Pagan beliefs.

For people with strong Christian beliefs, the cross that Jesus was crucified on and his resurrection are important symbols of the period around Easter. Other symbols of Easter include real eggs or eggs manufactured from a range of materials, nests, lambs and rabbits or hares. Sometimes these symbols are combined, for example, in candy models of rabbits with nests full of eggs. Eggs, rabbits, hares and young animals are thought to represent the re-birth and return to fertility of nature in the spring. Many people also decorate eggs. It is also common to organize Easter egg hunts.

Happy Co Faster

Did You Know? Over 90 million chocolate Easter bunnies are made each year!



Mar 12 Joseph Malloy Mar 12 Shelley Schmale Mar 13 Suzanne Burgen Mar 13 Jeff Donnelly Mar 13 Jim Hawks Mar 15 Al Kahn Mar 16 Jeanette Bond Mar 16 Jessie Chatman Mar 16 Chuck Loeffler Mar 17 Charles Lee Mar 17 Debbie Scott Mar 18 Patrick Nowlan Mar 18 Ron Swaney Mar 19 Andrea Cummings Mar 19 Deana Gierum Mar 19 Karmen Harris Mar 19 John Warner Mar 20 Jennifer Campbell Mar 22 Yolanda Bucia Mar 22 Roxanne Dankenbring Mar 22 Ronn White Mar 23 Debra Charay Mar 24 Linda Bishop Mar 24 Debbie Moonev

Mar 25 Steve Eisenbarth Mar 25 Terry Wright Mar 25 Debbie Yarnell Mar 26 Linda Michael Mar 26 Josh Moreno Mar 28 Chris Crawshaw Mar 28 Charlie Hight Mar 30 Ron Andrick Mar 31 Leslie Price Apr 02 Kim Gouge Apr 02 Loren Kallenbach Apr 02 Brian Powell Apr 03 Rance Neal Apr 04 Tom Abernathy Apr 04 Scott Smoots Apr 05 Diane Kincaid Apr 06 Darrell Harris Apr 07 Andria Broaden Apr 07 Kyle Christensen Apr 08 Thomas Christie Apr 08 Sherman Edwards Apr 08 Kevin Kerr

Apr 08 Brandon Marsolf



#### 35 Years

Greg Bennett (LDC) 3/13 Roxanne Dankenbring (LDC) 3/24 George Robbins (Facilities) 3/24 Eric Ragland (Maint) 3/31

#### 25 Years

Jean Scott (Digital Print) 3/13 Chris Schiffelbein (Virko) 3/20 Kris Rhea (Dept E) 3/26 Corey Thomas (Colorvure) 4/2 Victor Watson (Dept E) 4/2

#### 20 Years

Venita Stokes (Rotary Print) 3/14 Chris Cozad (Virko) 3/14 Angela McCain (Ctr Pkg) 3/21 Todd Pigg (Whse) 3/21 Mary Philbeck (CBF) 3/27 Diane Corwin (Quality) 3/27 Deborah Runnebaum (Ctr Pkg) 3/27

James Gustin (LDC) 3/27



The following employee will retire April 1st Debi Robinson (Ctr Pkg)

Lawrence Retirees Next Quarterly Luncheon Wednesday, March 18th Johnny's West 11:30 am

## Safety Tip for the Month

### Protect your family from Carbon Monoxide Poisoning

**Carbon Monoxide** (CO) is a colorless, tasteless, and odorless gas. Every year, hundreds of people in the United States die of CO poisoning. CO is generated from combustion appliances - those that use fuel - such as gas, oil, kerosene, charcoal, or wood to produce heat. Some of these appliances in the home include: gas furnaces, hot water tanks, ovens, dryers, wood burning fireplaces, grills (both gas  $\diamond$  charcoal), vehicles, and gas-powered yard equipment. Tobacco smoke also produces deadly carbon monoxide.

- ⇒ Have your home heating systems (including chimneys and vents) inspected and serviced annually by a trained service technician.
- $\Rightarrow$  Never use portable generators inside homes or garages, even if doors and windows are open. Use generators outside only, far away from the home.
- $\Rightarrow$  Never bring a Charcoal grill into the house for heating or cooking. Do not barbeque in the garage.
- $\Rightarrow$  Never use a gas range or oven for heating.
- $\Rightarrow$  Open the fireplace damper before lighting a fire and keep it open until the ashes are cool. An open damper may help prevent build-up of poisonous gases inside the home.
- ⇒ Install battery-operated CO alarms or CO alarms with battery backup in your home outside separate sleeping areas.

Loss of

Signs of carbon monoxide poisoning

Nausea Dizziness Breathlessness Collapse

 $\Rightarrow$  Know the symptoms of carbon monoxide poisoning: headache, dizziness, weakness, nausea, vomiting, sleepi-

ness, and confusion. If you suspect CO poisoning, get outside to fresh air immediately, and then Call 911

Everything Starts with Safety!



POTENTIAL SOURCES OF CARBON MONOXIDE IN THE HOME