

Greetings News



July 31, 2017 Monthly Publication

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

2017 Hallmark Health

Rewards Incentive



Summary

To be eligible for the program, you must be covered by a

Hallmark medical plan as the primary cardholder.

To begin earning points, log into the Health Rewards portal:

healthrewards.hallmark.com

Preventive Activities

Assess Your Health:

Health Assessment

Employee 50 points

Annual Check Up (Must self-report)

Employee 70 points

Spouse/Domestic Partner 35 points

Health (Biometric) Screening

Employee 40 points

Take Action:

Challenge Participation

30 points maximum

Wellness Workshops on Portal

25 points maximum

Hallmark sponsored events and videos

120 points maximum

Hallmark Health Reward videos are available for viewing at :

<http://home.hallmark.com/Benefits-And-Programs/Health-Seminars-videos> on a Hallmark device or from home at hallmarkretireeclub.com under the announcement tab.

POINTS FOR PREVENTIVE ACTIVITIES 250 points

Outcomes Activities

Achieve Healthy Results

Blood Pressure Outcome

75 points maximum

Blood Pressure (in range of <120/<80) or lower risk level
Alternative: 12 Week Hypertension Workshop

BMI Outcome

75 points maximum

BMI (in range of 18.5% - 24.9%) or Reduce BMI by 5% or lower risk level
Alternative: 12 Week Weight Management Workshop

POINTS FOR OUTCOMES ACTIVITIES 150 points

**TOTAL HALLMARK HEALTH REWARDS
MAXIMUM POINTS FOR 2017: 400 points**

School Safety Tips



Keep children safe. While our nation's schools are expected to be, and usually are, safe havens for learning, unintentional injuries and even violence can occur, disrupting the educational process and negatively affecting the school and surrounding community.

Fresh haircuts, new clothes, and backpacks stuffed with markers, pencils, and binders—everything a child needs to start a new school year. As millions of students return to school this fall, teachers will plan their school supply list, and parents will carefully make sure their child is prepared with each and every item. Safety should also be on everyone's back-to-school list.

Parents, students, educators, and community members can all take action to keep children safe—in and away from school.

Take Steps for Safety

Whenever you're walking, keep these tip's in mind:



- Whenever possible, cross the street at a designated crosswalk or intersection.
- Increase your visibility at night by carrying a flashlight and wearing retro-reflective clothing.
- It's safest to walk on a sidewalk, but if one is not available, walk on the shoulder and face traffic.
- Avoid distractions such as electronic devices that take your attention off the road.



Child Passenger Safety

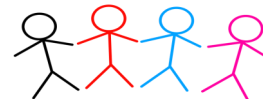
Motor vehicle injuries are the greatest public health problem facing children today. In fact, motor vehicle crashes are the leading cause of death for children in the United States. Learn how to keep children safe by using an age- and size-appropriate restraint system.



Teen Driver Safety

Teen drivers are nearly three times more likely than drivers aged 20 and older to be in a fatal crash. Crash risk is particularly high during a teen's first year of driving. Learn about strategies that help a new driver arrive at school safely, including Graduated Driver Licensing (GDL) systems and Parent-Teen Driving Agreements.

Friendship Day



Friendship day was originally founded by Hallmark in 1919. It was intended to be a day for people to celebrate their friendship by sending each other cards, but by 1940 the market had dried up, and eventually it died out completely. However, in 1998 Winnie the Pooh was named the world's Ambassador of Friendship at the United Nations (believe it or not!), and in April 2011 the United Nations officially recognized the 30th of July as **International Friendship Day**; although most countries celebrate on the first Sunday of August!

Happy Birthday

Aug 02	Allen Korb	Aug 13	Dan Rew
Aug 02	Cassie Krutz	Aug 13	Stephan Speck
Aug 02	Bill Myers	Aug 14	Debi Aldrine
Aug 02	Patrick Riley	Aug 14	Kris Hawks
Aug 02	Mary Tiscareno	Aug 14	Abbie Holler
Aug 02	Kevin Truong	Aug 15	Todd Kampfer
Aug 03	Karen Kinder	Aug 15	Galen Wilbur
Aug 03	Wayne Wolgast	Aug 16	Kevin Cook
Aug 04	Tammy Hart	Aug 16	Susan McManness
Aug 04	Troy Herschell	Aug 16	Troy Riner
Aug 04	Vernon Hughes	Aug 16	Gary Shelton
Aug 04	Stacy Massey	Aug 16	Eric Watts
Aug 04	Bola Porter	Aug 17	Gary Ross
Aug 04	Randy Smith	Aug 18	Brian Elm
Aug 05	TreMayne Akins	Aug 18	Jim LaCrone
Aug 05	Bill Crain	Aug 19	Nick Amburgey
Aug 05	Gary Parker	Aug 19	Greg Francisco
Aug 05	Greg Pringle	Aug 19	Jessica Hunter
Aug 05	Justin Roberts	Aug 19	Jennifer Nash
Aug 06	Bryan Gustin	Aug 20	Kathy Lindsey
Aug 06	Matthew Landsness	Aug 20	Todd Mailen
Aug 06	Mintoy Tolbert	Aug 20	Janice McKenzie
Aug 06	Shawn Turnbow	Aug 20	Diana Quaney
Aug 07	Jim Casper	Aug 20	Corey Thomas
Aug 07	Casey Jones	Aug 21	Sandra Broken Leg
Aug 07	John Kerr	Aug 21	Regina Igbafe-Johnson
Aug 08	Todd Flanagan	Aug 21	Steve Luther
Aug 09	Kevin Turpin	Aug 21	Tricia Smith
Aug 10	Matt Birch	Aug 21	Ryan Truong
Aug 10	Jason Donnelly	Aug 23	Dave Augustine
Aug 10	Linda Reynolds	Aug 24	Paul Knipp
Aug 11	Blake Deere	Aug 24	Michael Lucas
Aug 11	Adam Vineyard	Aug 24	Wade Mooney
Aug 12	Hope Briggs	Aug 24	Deb Wilkins
Aug 12	Christopher Marriott	Aug 25	Zane Barnhardt
Aug 12	Travis Nitchals	Aug 25	Adela Lee
Aug 12	Judy Smyth	Aug 25	Joel Sauer
		Aug 26	Sherri Johnson
		Aug 26	Lance Schmitz
		Aug 26	Travis Steffey
		Aug 29	Patricia Jorgensen
		Aug 29	Jacob Streeter
		Aug 31	Roxane Romine
		Aug 31	Joshua White

Happy Retirement!

The following employee will retire on July 31:

Debra Scott, Virko
Congratulations!

Happy Anniversary

25 years

Kirk Curtiss (Laser), 8/24

20 years

Mackey Jones (Prod Services), 8/18

Thank You

We would like to thank our Hallmark friends and co-workers for the cards, beautiful plant and the donation to the Pediatric Brain Tumor Foundation in the passing of my husband and my children's father, Al Davis. We would also like to thank the Hall family for the beautiful plant.

Sandy Davis (Virko), Jacob & Carole

My family & I would like to thank everyone for their kind words, thoughts, prayers, flowers and cards at the passing of my mother.

Judy Wheeler (Plant General)



Congratulations!

Bryan Gustin & LaKisha Ingram were married July 22, 2017.

Promoting
 Healthy
 Living

Crown
 Room



CROWN ROOM'S APPLE SALAD

Salad:

1/4 cup minced Celery
 2 Apples, cored and diced
 1/2 cup dried Cranberries
 1/4 cup walnuts, toasted & chopped

Dressing:

1/2 cup Sour Cream
 1/2 cup Mayonnaise
 1/8 cup Granulated Sugar
 1 1/2 tsp. lemon juice

Combine in a bowl.

Whisk together well.

Toss salad with dressing and let sit in refrigerator about 3 hours.

Adapted from Ruby Tuesday's Apple Salad