

# THE Leavenworth CONNECTION



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## It Takes Many Small Steps to Complete a Long Journey

If you have ever thought about undertaking a big project, you know that overwhelming feeling you get just thinking about all that would need to happen to accomplish the project. But, when you break that big project down into smaller – more manageable – tasks, you are able to accomplish even the largest of projects. That big – overwhelming – project the Leavenworth plant has embarked on is changing the plant layout to improve the flow of product and materials through the production areas. Work started on this project late in 2014 and won't be complete until July 2016 – talk about a big project!!

To mark progress of those small steps, a communication board has been placed outside the Crown Room where information is being posted to share updates. The big – overwhelming – master plan is also posted on this communication board. A quick check of the barometer on the communication board shows that we are off to a strong start – we are 25% of the way to completion.

Check out some of the highlights of this project below:

- 11 scheduled moves through March of 2016.
- 3 moves complete and on schedule.
- Lots of improvements were implemented as part of the equipment moves. The experts (operators and team members of the line) have had great ideas and suggestions. So many – in fact – that each team started a list of ideas. Those lists are on the communication board as well. Over 34 employee suggestions have been implemented with more yet to be implemented.
- Outstanding efforts by operators, warehouse, coordinators, maintenance, exempt support for working together for collaboration and flawless execution of moves thus far.
- Sticker Pkg Team: Becky Ard, Mike Baker, Carmelita Collins, Michelle Elsea, Kimiko Hawley, Kim Murphy, Dave Schmalstieg, Jim Snider, Anna Toro, Jennifer White, Ray Maxwell, Wayne Simien, Trish Johnson, Jeff Jaster.
- Flitter Team: Mike Baker, Dave Schmalstieg, Pam Bailey, Rick Emmons, Ray Maxwell, Wayne Simien..
- Webtron Team: Casey Buerman, Kenny Hicks, Mike Baker, Dave Schmalstieg, Neil Stafford, Travis Wistuba, Walt Parr, Rick Meyersick, Gus Gustafson, Don Dare, Cheryl Sullivan, Steve Lacey, Dave Baugher, Mike Bailey, Doug Dickson, Patty Walters, Glinda Harris, Linda Watkins, Ray Maxwell, Stan Schloer.

It's great to see the teams identifying issues and working with support resources to get them solved. We are a few steps closer to completion.



## 2015 Kansas City Corporate Challenge

April 24 – June 27

Registration Deadline

April 15, 2015 @ 4:30 P.M.

Information, entry forms and waivers located in front lobby.

For more information visit:

<http://home.hallmark.com/@Draft/Benefits-And-Programs/Corporate-Challenge>



### BLOOD PRESSURE

**Blood Pressure** is the amount of blood your heart pumps and the amount of resistance of blood flow in your arteries.. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. High blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems. Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels. However, hypertensive crisis (above 180/110) can cause headaches, dizziness, shortness of breath, anxiety, and nosebleeds. Uncontrolled blood pressure puts excessive pressure on the artery walls which increases the risk of heart disease, stroke, aneurysm, heart failure, kidney or eye damage, sexual dysfunction and other health problems.

**Primary (essential) hypertension** develops slowly over many years and there is no identifiable cause. **Secondary hypertension** develops quickly and is caused by an underlying condition or medication. Thyroid, kidney, adrenal gland, certain medications, sleep apnea, and alcohol abuse are common reasons for secondary hypertension.

**Risk factors for high blood pressure:** Age-men above 45 and women above 65. Race-African American race is more at risk, family history, being overweight, inactive lifestyle, tobacco use, high sodium diet, lack of vitamin D or potassium, high stress levels, alcohol or drug abuse and certain chronic conditions such as sleep apnea. Pregnancy can sometimes contribute top high blood pressure..

**Blood pressure measurements fall into 4 general categories:** Normal blood pressure (below 120/80), Prehypertension (above 120/80), Stage 1 hypertension (above 140/90), and Stage 2 hypertension (above 160/100) most severe.

**Lifestyle changes** can help you control and prevent high blood pressure, even if you're taking blood pressure medications. Lifestyle changes include: eat healthy foods, decrease the salt in your diet, maintain a healthy weight, increase physical activity, limit alcohol, don't smoke, and practice relaxation or deep breathing. **Diet and exercise** are the most appropriate ways to lower your blood pressure.

**Medications to treat high blood pressure:** Thiazide diuretics, beta blockers, angiotensin-converting enzyme (ACE) inhibitors, angiotensin II receptor inhibitors. Sometimes a daily baby aspirin will be taken to decrease cardiovascular risks. Finding the right combination of medicine can take a while. However, it is important to take your blood pressure medication exactly as directed. Some **supplements** may also help and research continues on these supplements. Fiber, minerals, (potassium and calcium), "natural" vasodilators (coenzyme Q10, garlic, cocoa), Omega-3 fatty acids and probiotics are some of the more known supplements being researched.

Always talk to your health care provider first as some supplements can interact with medications.

**Resistant hypertension: When your blood pressure is difficult to control:** Resistant hypertension is blood pressure that's resistant to treatment—usually three or more medications. The key is for you and your doctor to identify what's behind your persistently high blood pressure and treat that.

### Outdoor Patio Area

The outdoor patio & break area will most likely see more use now that spring is here bringing warmer weather. This is a good time to review our smoking policy. The smoking policy states:

*Use of tobacco products or smokeless devices such as e-cigarettes is not permitted in Hallmark's corporate headquarters or in any Hallmark facility in the United States. Smoking is only allowed in designated (marked) smoking areas outside of Hallmark buildings.*

Here at the Leavenworth production center we have one designated smoking area. That area is the patio area that was built last fall on the north side of the building and was enclosed for safety and security. Anyone is welcome to take breaks/lunch in this enclosed patio area. However, this is the only place where smoking is permitted at the Leavenworth production center.

## CARD SHOP

HAPPY  
Easter



Snuggle Bunny arrived in the Card Shop and wanted to remind you that Easter is April 5th. Snuggle Bunny is also looking for a **snuggle buddy**, is there room in your Easter basket? Stop by the card shop and take Snuggle Bunny home with you, along with some Jelly Belly jelly beans, a couple boxes of chocolates, or maybe an Itty Bitty. You're sure to find something to fill all your Easter baskets!!!

## BIRTHDAYS

|    |                     |
|----|---------------------|
| 02 | Keith Boldridge     |
| 02 | Steve Bromell       |
| 06 | Paula Wood          |
| 07 | Albert Wilcox       |
| 08 | Mary Ezell          |
| 08 | Randy Wilkins       |
| 11 | Amanda Scott        |
| 14 | Gerald Brown        |
| 15 | Rhonda Cairo        |
| 16 | Denise DeMaranville |
| 18 | Greg Fischer        |
| 18 | Kay Jones           |
| 18 | Jerry Kruse         |
| 18 | Curtis Walton       |
| 20 | Jorge Caraballo     |
| 25 | Jimmy Blanken       |
| 25 | Judy Hodges         |

## ANNIVERSARIES

|                  |   |
|------------------|---|
| 15 <sup>th</sup> | Lillie Boone<br>April 7, Roll Wrap          |
| 35 <sup>th</sup> | Mike Hayes<br>April 9, Gravure              |
| 35 <sup>th</sup> | Tim Mallonee<br>April 9, Maintenance        |
| 35 <sup>th</sup> | Robin Dominick<br>April 10, Bow Making      |
| 35 <sup>th</sup> | Sylvester Traylor<br>April 29, LV Packaging |