

THE Leavenworth CONNECTION



FEBRUARY 2016

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2015 Safety Performance Wrap Up

By: Mike Robert

Thanks to all the Leavenworth Hallmarkers for your efforts this past year with Safety. The data is in, and we finished 2015 with an Incident Rate that is the lowest in over 10 years (1.6%). While it is nice to see the incident rate trend improve, our work is not done! We need to continue our efforts until we can celebrate a year in which no one is hurt.

We are going to need everyone's engagement in 2016! We need to continuously evaluate our work areas for hazards, and identify and implement safety improvements so we can proactively prevent injuries. The machine guarding initiative will improve machine safety while maintaining productivity. We will continue to provide applicable safety training on a regular basis and need everyone to actively participate in training, make up missed trainings in a timely manner, and incorporate training principles into their daily work. And finally, but most importantly, we need to continue watching out for each other's safety!

I encourage you to get more involved in our safety program this year. Join the plant safety committee, volunteer to conduct monthly fire extinguisher inspections, participate in plant safety awareness activities, and make sure the employee loaned into your department is aware of any unique safety rules or guidelines. It's about looking out after each other. I firmly believe that the more time we spend on opportunities to improve our work practices regarding safety, the closer we get to an accident free environment.



VIP
Grant Deadline
FEBRUARY 29, 2016 for 2015 grants

Hallmark Health Rewards Program

Stay tuned for more information on the launch of the 2016 Hallmark Health Rewards Program.



Bursitis

Bursitis is a painful condition that affects the small fluid-filled sacs, called bursae, that cushion the bones, tendons and muscles near your joints. Bursitis occurs when bursae become inflamed. Bursitis can occur near any joint but the most common locations are the hip, shoulder and elbow. The big toe, heel and knee are also common locations.

Signs of symptoms include swelling and redness at the joint, pain when pressing on the joint and the joint feeling stiff or achy.

Several factors increase the risks of developing bursitis. Aging, injury or trauma, rheumatoid arthritis, being overweight, gout, infections and diabetes increase one's risk. Hobbies or occupations that require leaning on elbows for long periods, extensive kneeling (carpet layers), prolonged sitting on hard surfaces and certain repetitiveness. That continuous pressure on particular bursae can cause bursitis.

Treatment typically involves resting the affected joint and protecting it from further trauma. Fortunately, bursitis pain usually goes away within a few weeks with proper self-care treatment. Sometimes flare-ups of bursitis will re-occur.

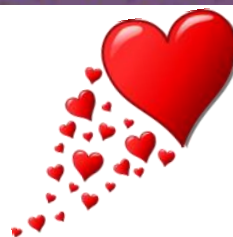
Self-care treatment includes rest the affected area, ice to reduce swelling and NSAIDS such as ibuprofen for pain and inflammation relief. Use knee and elbow cushion pads. Take frequent breaks and walk around. Use proper body lifting techniques. If the bursa is infected, antibiotics may be prescribed. Physical therapy is sometimes used when the muscles in the affected area needs to be strengthened. Corticosteroid drugs may be injected into the bursa to relieve the inflammation/pain. Surgery is last resort, but occasionally is needed to drain the bursa.

Contact your doctor if pain doesn't improve after several weeks of self-care treatment, the joint is disabled, if you have a fever, or experience excessive bruising or redness in the affected area. Usually the doctor will order an x-ray, ultrasound, or MRI. Lab tests are sometimes used as a way to pinpoint the cause of the inflammation and pain.

CARD SHOP

Happy Valentines Day!!!

We all know Valentines Day is February 14th, we search endlessly for that perfect Hallmark card and ponder for weeks in advance of what to get that special someone in our lives that will truly show how much we love them. Well, the card shop is fully stock with boxed heart chocolates, as well as a large selection of jewelry that is 1/4 price. And for your little ones, there are boxed Valentines, stuffed animals, stickers and candy bars. So stop in and pick up a little something extra for your VALENTINE!



BIRTHDAYS

01	Neil Stafford
04	Greg Jarman
05	Dawn Lacey
07	Rick Shaffer
10	Bob Carder
11	Joe Collins
11	Don McAlister
12	Brenda Brune
13	Carl Langley
14	Gil Forgey
14	Tim Mallonee
14	Brandon Maxey
14	David Smotherman
16	Damian Haddock
16	Brandon Hanschu
18	Peggy Evrard
18	Linda Watkins
20	Betty Ellis
21	Grant Greene
22	Terry Ready
25	LoAnn Hattock
27	Lisa Valles
28	Jill Barbuto

THANK YOU

Dear Leavenworth Friends,
We want to thank you for the generous donation to the Ronald McDonald House to cover our stay. The house was beautiful and so close to the hospital. I don't know what we would've done without it! Thank you also for the continued prayers and encouragement.

Fondly,
Jen & Brandon New