

THE Leavenworth CONNECTION



July/August 2017

EDITOR: LISA ALLEN

Problem Solving

By: Ward Hawley

Leavenworth operating personnel have participated in 75 problem solving events year to date. During these events, 150 folks have provided ideas, conducted testing and experimentation, and influenced decision making. This is a tremendous advantage for Leavenworth and impossible for our competitors to copy. It also makes sense. People closest to the work know best how to improve the process. Thanks to all those folks in Leavenworth that have participated. You're making a difference.

While we have begun to leverage ideas from everyone in Leavenworth, there is room for improvement. To meet the expectations of our customers, we will need to decrease product cost at the same time we maintain quality, serviceability and safety standards. The only possibility of achieving these goals is through a methodical approach to problem solving. Our belief is that every individual can add value to the problem solving process.

Our chosen methodology for problem solving is the Plan/Do/Check/Act (PDCA) process. The PDCA process is best suited to tackle long standing cross departmental problems that are wasting our scarce resources of time and labor. The goal of the PDCA is to identify the current state, define an improved future state, and experiment to close the gap between them. Operator involvement throughout these events insures we have directly observed the problem, considered different points of view, and are aware of what it will require to sustain a solution. Some techniques used in the PDCA process include root cause analysis, fishbone diagrams, and standard operating procedures.

While it's tempting to always attack the largest problems, please consider a different strategy. Directly observe the processes you work at every day and consider improvement opportunities where you can more directly and immediately influence a result. Is there waste we can eliminate? How might we improve up-time, reduce spoilage, eliminate motion and unneeded transportation? Is there an activity, connection with a downstream process or a workflow that you can simplify? The power of multiple small ideas greatly outweighs the impact of one large change.

We will never run out of problems. The important task is that all of us are involved in solving them, sustaining those solutions and continuously evaluating and experimenting. Thanks again for the positive work done this year on problem solving.



Congratulations!

*Alicia Marie Fritz and Daniel Edward Forbes
are getting married July 8th, 2017.*

*Alicia is a 1st Section Manager and Daniel is a 2nd shift Utility
Gravure Specialist. Together they have 4 children, Zoe Forbes,
Kayden Forbes, Holden Fritz and Ashlynn Fritz.*



Rheumatoid Arthritis vs Osteoarthritis

The word “arthritis” means inflammation of the joints. Rheumatoid Arthritis (RA) and Osteoarthritis (OA) have similar names and some common symptoms such as painful and stiff joints, limited range of motion, warmth or tenderness in the affected joint, and increased symptoms first thing in the morning. However they have some different symptoms, **causes**, progress differently and have **treatments**.

Rheumatoid Arthritis (RA) is an autoimmune disease where the body attacks the synovium (soft lining) around the joints. This causes fluid to build up in that joint causing stiffness, pain, swelling and inflammation of that joint. RA can develop at any age (more so after the age of 40 and higher incidence in women). RA also can be an inherited condition. Early symptoms of RA include low-grade fever, fatigue, and muscle aches. RA usually begins in smaller joints such as the fingers progressing to larger joints. Symptoms of advanced stages of RA may notice hard and tender lumps near the joints (rheumatoid nodules). RA is known as a symmetrical disease... meaning you will experience symptoms on both sides of the body at the same time.

Osteoarthritis (OA) is a degenerative disease where symptoms are based around the joint where the cartilage has been worn down. That breaking down of cartilage causes bones to rub against each other which exposes nerves and causes pain. Risk factors include those with joint deformities or injuries, being overweight, diabetes and gout. OA is not systemic and one will not have body-wide symptoms. OA degenerates solely to the affected joints. Symptoms may worsen over time and include pain with movement, tenderness, stiffness, and some loss of flexibility. Some may feel a grating or rubbing sensation when using that joint. Bone spurs can also form around the joint.

Treatment goals are similar for both RA and OA...reduce swelling, pain and joint damage. However, the approach to reach these goals will be different depending on which arthritis one has. Corticosteroids and anti-inflammatory help treat symptoms for both RA and OA. Immune suppressant drugs are used for RA to prevent damage from the immune systems attack on the synovium.

BIRTHDAYS

July

02 Robin Dominick
02 Ward Hawley
03 Pat Miller
06 Randy Carmack
07 Dan Forbes
07 KJ Kalejaiye
08 Greg Boggs
11 Angelica Mais
13 Dave Birkes
13 Benji Trammel
14 Tabatha Adams
15 Lisa Allen
18 Sharie Shockey
19 Jon Marlowe
20 Natasha Brown
21 Carl Biastock
21 Michelle Schultz
22 Randy Highfill
25 Danny Mauldin
27 Craig Jackson
28 Dorena McLees
29 Jason Bliss

August

01 Casey Buerman
01 Travis Wistuba
06 Dan Dicks
06 Jennifer White
07 Kelsey Mitchell
09 Tricia Crowe
10 Joyce Smith
12 Dennis Ruble
15 John Rittel
16 Marsha Hunt
18 Colette Niehues
19 Sheila Allen
20 Sean Ogan
22 David Hummerick
22 Margie Wise
24 Ed Bowen
26 Bratten Forbes
26 David Lang
30 Jeremy Bailes
30 Scott Blanken
30 Vera Saegers

ANNIVERSARIES

July

30th Kevin Starnes
Jul 20, Gravure

August

40th Jack Jennings
Aug 16, Gravure

CARD SHOP

2017 Hallmark Ornament Premier July 14, 2017

It's July, and while most of us are thinking about BBQ's, pool time and hot summer days, Hallmark is thinking about Christmas. On July 14th the card shop will premier the 2017 Hallmark Keepsake ornaments. Over 200 new designs will be available, including limited-quantity and first-in-series ornaments. Continue a collection, start a new series, and experience exciting new magic and innovation with the Star Wars Storytellers Collection. Mark your calendars and don't miss the Hallmark Keepsake Ornament Premier!

SUMMER BLOOD DRIVE

Each donor will receive a pair of tickets to a T-Bones Game



Monday, August 21
6:30 am – 11:30 am
Rosewood Room
Sign-up sheet on medical office door.