

THE Leavenworth CONNECTION



JUNE 2015

EDITORS: LISA ALLEN & CASSANDRA LINCOLN

WELCOME INTERNS



Gaby Lobo is a junior at Kansas State University studying Industrial Engineering. She has just returned from studying abroad for the spring semester at Czech Technical University in Prague. Gaby has grown up around the Hallmark brand while living near Kansas City, and she is looking forward to experiencing the Hallmark culture and learning more about manufacturing this summer.



Jordan Surber is a Graphic Technologies student from the University of Central Missouri in Warrensburg, MO. She plans to make as many connections as possible and learn as much as she can during her short time in Leavenworth. "Hallmark is such an excellent and well know company, it's an honor to be working here for the summer." Jordan will be working on multiple projects throughout the summer with the guidance of Cassandra Lincoln. She hopes to learn more about the printing and prepress processes, and develop her communication skills.

PLANT SAFETY LUNCHEON

As of this writing the Leavenworth plant has had 274 days without an OSHA recordable accident. What an accomplishment! And hopefully by now you have heard of the plans for a plant safety luncheon with the theme being - "Family" Why we work safely! The recent request for your family photos from the safety committee is in support of this theme. Several of you have responded by emailing your photos or bringing them in but we need MORE, lots more so don't forget, you still have time. Photos of you and those you work with can be submitted also, after all that's Hallmark family!

HALLMARK HEALTH REWARDS

Good news! You may now self-report your 2015 annual check-up in the wellness portal. Starting now, they will no longer be automatically deposited into your points bank. You can find instructions in the FAQ on the portal on how to now self-report this yearly visit for yourself and your spouse/domestic partner (they must be enrolled in the Aon Active Health Exchange for medical coverage). If you had your preventive visit in December of 2014, you should already see your points reported in the portal. If you had your preventive exam since January 1st, 2015, you will need to self-report this visit for points. If you have any questions on how to self-report, please contact HBC: wellness@hallmarkbusinessconnections.com



Stroke

A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced and depriving the brain of oxygen and nutrients. Stroke is always an emergency as brain cells begin to die within minutes.

Symptoms may include trouble with speaking and understanding, paralysis/numbness of the face, arm or leg or trouble with seeing in one or both eyes. A sudden or severe headache or trouble with walking. **Remember "FAST"**: **Face**-Does one side of the face droop when you ask the person to smile? **Arms**-Ask the person to raise both arms. Does one arm drift down or is one arm unable to raise up? **Speech**-Is the person's speech slurred or strange when asking them to repeat a phrase? **Time**-Call 911 immediately if you notice any of these signs. The longer it takes to receive treatment – the higher the chance of brain damage.

Causes A stroke may be caused by an artery that is blocked (ischemic stroke) or a leaking or bursting of a blood vessel (hemorrhagic stroke). Some people may experience only a temporary disruption of blood flow to their brain (transient ischemic attack, or TIA).

Lifestyle risk factors include being overweight or obese, physical inactivity, heavy or binge drinking, use of illicit drugs such as cocaine and methamphetamines. **Medical risk factors** include high blood pressure, cigarette smoking, high cholesterol, diabetes, obstructive sleep, and different forms of cardiovascular disease. **Other risk factors** include personal or family history of stroke, heart attack or transient ischemic attack, being age 55 or older, race (African-Americans have a higher risk), gender (men have a higher risk of stroke than women). Women may have some risk from some birth control pills or hormone therapies that include estrogen, as well as from pregnancy and childbirth.

Complications (permanent or temporary) Complications may include: paralysis or loss of muscle movement, difficulty talking or swallowing, memory loss or thinking difficulties, emotional problems, vision issues, breathing issues, pain, numbness or other strange sensations, changes in behavior and self-care ability. Other complications can occur.

Treatment for stroke depends on whether you're having an ischemic stroke blocking an artery (the most common kind) or a hemorrhagic stroke that involves bleeding into the brain. Several tests can help doctors decide on treatment. Tests include a CT, MRI, ultrasound of the carotids, cerebral angiogram, echo and blood tests.

Ischemic stroke Given through an IV, tissue plasminogen activator (tPA), works by dissolving the clot and improving blood flow to the part of the brain being deprived of blood flow. It's best to get this treatment within 3 hours. An endovascular procedure is done by sending a catheter to the site of the blockage in order to remove the clot.

Hemorrhagic stroke Treatment focuses on slowing down the bleeding in your brain and reducing blood pressure. Medications can be used to lower blood pressure or to slow down the bleeding. If on blood thinners, you are at risk for severe bleeding. Drugs that counteract the blood thinners may be given. Surgical treatment is sometimes used if the stroke is caused by an AVM (which is a tangle of blood vessels).

BIRTHDAYS

01	June Mallonee
04	Steve Lacey
04	Debbie Tullis
09	Mike Bailey
09	Dallan Whitford
10	Cathy Butterfield
11	Pat Kermashek
11	Jerry Thompson
13	Phil Wiederholt
16	Eric Marlowe
21	Scott Higgins
24	Beth Crockett
24	Steve Johnson
25	Jon Anderson
25	Chris Sanders
27	Mark Christopherson
28	Becky Jones

CARD SHOP



Father's Day is June 21st!

Remember the card shop for all your Father's Day cards and gifts. New items have arrived just for dad. Kiddie Car Classics have made their appearance and what a great new collection for that car enthusiast! And for that guy who loves the open air he won't be able to resist something Harley Davidson. Whatever his taste is, there is sure to be something in the card shop that will make his Father's Day special!!!

ANNIVERSARIES

15 th	Anna Webb June 1, Tinted Tissue
25 th	Mike Baker June 25, Maintenance
35 th	Chris Sanders June 23, Prod. Control
35 th	Larry Meza June 30, Warehouse