

THE Leavenworth CONNECTION



EDITOR: LISA ALLEN

Welcome!



Christopher Dodson-3rd Shift Section Manager

I am a Kansan, born and raised in Topeka, KS. I went to Topeka High School where I ran track and later graduated to move on to UMKC, where I earned a Bachelor of Liberal Arts degree. I have a background in warehouse and sales, as well as 4 years of management experience. I like jazz music, grilling and reading.

WOF/OOF



The Leavenworth Production Center will no longer sell WOF/OOF tickets. Hallmark will transition from a hard ticket consignment program to an e-ticket platform. Once the transition is complete employees will be able to order discounted tickets on-line at TicketsatWork.com or through TicketsatWork call centers. Stay tuned for more information to follow in the coming months!

Important Hallmark Health Events and Dates

Cerner on site to schedule Wellness Screening appointments.

Date: March 8th

Time: 6:30am - 4:30pm

Place - Crown Room

**Test and Health conditions being monitored: health conditions pertaining to heart, blood sugar, kidney, liver, thyroid, blood pressure and BMI.

Leavenworth Blood Drive

Date: March 13th

Time: 6:30am - 12:30pm

Place: Rosewood Room

**Sign-up sheet will be on medical office door. Walk-ins ALWAYS welcome.

Wellness Screening

Date: March 29

Time: Sign-up prior, or walk-ins welcome

Place: Rosewood Room

** 3 Ways to schedule an appointment: Hallmark Health Rewards portal after 10am on February 27, 2017, on March 8th with a Cerner Health Representative or call 816-201-7000.

Leavenworth Hallmark Health Fair

Date: April 25

Time: 7:00am - 8:30am and 3:00pm - 4:30pm

Place: Crown Room

**In addition to the community vendors, St. Mary's nursing students will be at the health fair this year sharing their semester community health projects.



Magnesium in the body

Magnesium is an essential mineral. It is needed for more than 300 biochemical reactions in the body. Magnesium helps to support and maintain muscle functions, nerve functions, a healthy immune system, blood glucose regulation, the electrical beat of your heart and bone strength. New research is showing magnesium plays a larger role in heart health, blood pressure, and diabetes than previously thought. Magnesium also plays a role in one's production of energy and protein usage.

High calcium, protein or vitamin D diets can increase the need for magnesium. One's body usually removes excess amounts of magnesium when ingested. Side effects from excess amounts usually occur when taken in supplement form. It is always recommended to first discuss taking magnesium supplements with your health care provider.

Good food sources of magnesium

Dark leafy green vegetables (spinach, collard greens and cabbage), fruits or vegetables (bananas, dried apricots, and avocados), nuts and seeds (almonds and cashews), peas and beans (legumes), whole grains (such as brown rice and millet) and milk.

Symptoms of a possible magnesium deficiency

Deficiency of magnesium can occur in people, who have severe burns, take certain classes of medications, have low levels of blood calcium, or have intestinal malabsorption issues. Alcohol abuse can cause magnesium deficiencies as can surgery.

Early and mild symptoms: Muscle cramping, muscle twitching and/or muscle weakness. Confusion, fatigue, apathy, or difficulty remembering. Poor appetitive can also be an early symptom.

Moderate deficiency symptoms: Cardiovascular (heart) changes or irregular heartbeat. Rapid heartbeat is more common.

Severe deficiency: Severe continuous muscle contractions, numbness and tingling, hallucinations/delirium. Rarely will someone get into this stage from a nutritional deficiency. This stage is usually brought on by another medical condition.

Remember, these symptoms can have different causes other than a magnesium deficiency. If you do have any of these symptoms it's important to discuss them with your health care provider.

CARD SHOP



St. Patrick's Day and Easter in March and April bring shamrocks and leprechauns, bunny's and chicks to make you aware that spring is just around the corner! Currently Easter product is limited but more is arriving daily so visit the shop today and maybe your Irish eyes will see something that hops right out at them. Oh and by the way in case you haven't noticed the card shop has Itty Bitty's, **a lot of Itty Bitty's!** These make great gifts for a child's Easter Basket or a great addition to their collection. And as always, don't forget your Hallmark St. Pat's and Easter cards!!

BIRTHDAYS

MARCH

- 02 Jeff Pieratt
- 04 Randy Wilson
- 07 Donna Culbertson
- 07 Rick Emmons
- 08 Geneva Hudson
- 09 Todd Vogt
- 10 Anna Moreno
- 13 John Landon
- 19 Lillie Boone
- 21 Devin McLees
- 22 Mike Robert
- 23 Joe Baker
- 24 John Fleming
- 29 Taylor Dupriest
- 30 John Choe
- 31 Cathy Milnark

APRIL

- 02 Steve Bromell
- 06 Paula Wood
- 07 Cheryl Bradshaw
- 07 Chris Hughes
- 09 Johnny Barnett
- 09 Ed Grisnik
- 10 Gerard Spills
- 11 Julie Gilbert
- 11 Amanda Scott
- 14 Gerald Brown
- 15 Rhonda Cairo
- 16 Denise DeMaranville
- 18 Greg Fischer
- 18 Rebecca Ketchum
- 18 Jerry Kruse
- 20 Jorge Caraballo
- 25 Jimmy Blanken
- 25 Judy Hodges

ANNIVERSARIES

MARCH

10th Alicia Fritz
Mar 21, Section Mgr

APRIL

20th Ken Brown
Apr 21, Section Mgr

20th Tabatha Adams
Apr 28, Roll Wrap

40th Ed Seute
Apr 27, Maintenance

