

# THE Leavenworth CONNECTION



EDITOR: LISA ALLEN

## Leavenworth Housekeeping Competition

Are you ready for a friendly competition? Departments of the Leavenworth Production Center are challenged to get swept up in the Quarterly Housekeeping Challenge to create a more organized and safe plant!

Members of the Leavenworth Safety Committee will conduct quarterly unannounced housekeeping inspections throughout the plant. The inspectors will be judging housekeeping on the following categories:

Are the correct tools located at the workstation? Are posted SOPs, announcements, posters up to date? Are aisle ways clear?

Do items stored in the work area have a designated storage location? Are items stored in the correct storage location?

Is the area free from trash, paper, dirt, oil, grease?

Are slip, trip, and fall hazards properly managed? Are employees wearing the appropriate PPE, and following safety procedures?

Housekeeping will be scored on a 20 point scale. The department with the highest score will be crowned the Quarterly Housekeeping Champion and recognized during a Start-Up meeting with a trophy presentation. Employees of the winning department will also receive an ice cream bar.



Congratulations to the 1<sup>st</sup> Quarter champion – ROP! Can ROP continue to leave everyone in the dust, or will another department rise and shine and take the crown?



## GRADUATION ANNOUNCEMENTS

### COLLEGE GRADUATES:

**Angela Sanders;** University of Kansas School of Pharmacy, Doctor of Pharmacy. Daughter of Chris & Brian Sanders.

**Breanne Sanders;** University of Kansas School of Pharmacy, Doctor of Pharmacy. Daughter of Chris & Brian Sanders

**Kelsey Emmons;** UMKC, Computer Science, graduated December 2016. Daughter of Rick Emmons



If you are interested in joining the on-site Weight Watchers program, please contact Tricia Crowe, RN. at ext. 21547. This will be a weekly 25-30 minute weigh-in and meeting, during the lunch break. Meeting room and time to be announced at a later date.



**Most Common Warning Signs of a Heart Attack 30 Days or More Before It Happens.**

Your body is smart and often will warn you of an impending heart attack. Knowing the warning signs and listening to your body can save your life.

1. **Shortness of Breath.** Arteries narrow and blood flow is reduced depleting lungs of oxygen. This can cause shortness of breath.
2. **Physical Weakness.** Lack of blood flow causes muscles to destabilize.
3. **Cold Sweats and Lightheadedness.** Poor blood circulation limits the amount of blood that reaches the brain and leads to a feeling of dizziness and clamminess.
4. **Cold or Flu Symptoms.** This is a tricky one since most experience colds and flu. However, when the typical cold or flu symptoms are accompanied by any of these warning signs, it's important to take notice and see your physician.
5. **Exhaustion.** Persistent exhaustion and fatigue for no obvious reason. Insufficient blood flow throughout the body causes the heart to work harder. The harder the heart needs to work the more exhausted you will feel.
6. **Uneasy feeling in the chest.** A lower amount of oxygen in the heart muscle can lead to discomfort in the chest.
7. **Rapid or Irregular Pulse.** A fast or irregular pulse can be caused by many reasons...one of those is an impending heart attack.
8. **Discomfort in Upper Body.** Chest discomfort as well as upper body discomfort in the arms, neck, shoulders, back, jaw and hands.
9. **Swelling.** When the heart does not correctly function, it can lead to fluid accumulation in different parts of the body.
10. **Indigestion.** A common problem sometimes caused by inadequate blood supply to the stomach. The stomach is unable to digest food leading to indigestion.
11. **Cough.** Due to fluid accumulating in the lungs, a continuing cough is often seen in heart failure and is sometimes accompanied by wheezing.
12. **Anxiety and Irritability.** Feeling overly anxious for no obvious reason.

There is not a 100% accurate way of predicting an impending heart attack. But these are some symptoms that send out a red flag that it's time to see your doctor.

# CARD SHOP

**Mother's Day is May 14th.** Purchase that perfect card just for her and a small extra gift in addition to say... flowers, dinner and a movie!

May is graduation month stop in and see what's available for your graduate!

**Father's Day is June 18th.** Keep checking the card shop for a card or gift for dad.

## BIRTHDAYS

## ANNIVERSARIES

### MAY

- 01 Gloria Darrow
- 01 Jack Jennings
- 01 Walt Parr
- 03 David Jones
- 04 Bill Widmoyer
- 08 Roger Darrow
- 09 Victor King
- 10 Annette Pollard
- 11 James Morris
- 12 Russ Farr
- 13 James Matzeder
- 14 Sara Coash
- 14 Jim Snider
- 15 Allen Ard
- 15 Bill Skahan
- 16 Johnathan Lovejoy
- 17 Russ Pendleton
- 17 Jason Wesner
- 19 Greg Ledford
- 19 Trenton Thill
- 22 Ed Keys
- 23 Susie Loftus
- 25 Herman Visocsky
- 26 Joann Alspaugh

### JUNE

- 01 June Mallonee
- 04 Steve Lacey
- 04 Liz Spencer
- 04 Debbie Tullis
- 09 Mike Bailey
- 09 Dallan Whitford
- 11 Pat Kermashek
- 11 Jerry Thompson
- 16 Eric Marlowe
- 21 Scott Higgins
- 24 Beth Crockett
- 24 Steven Johnson
- 25 Jon Anderson
- 25 Jason Pettijohn
- 25 Chris Sanders
- 27 Mark Christopherson
- 28 Becky Jones

### MAY

- 40th** Craig Rodgers  
May 6, Gravure
- 20th** Dan Carley  
May 12, Engineering
- 20th** Mike Simmons  
May 13, Roll Wrap
- 10th** Cassandra Lincoln  
May 21, Quality

### Corporate Challenge Blood Drive Challenge

Do you accept the challenge?

**Hallmark Cards**  
**Monday, June 5**  
**6:30 a.m. - 11:30 a.m.**  
**450 Eisenhower Road**  
**Rosewood Room**

Book your appointment today at [esavealifenow.org](http://esavealifenow.org), enter Sponsor Code: **hallmarkcards1**. For additional details contact Tricia Crowe at 913.702.1547 or [tricia.crowe@hallmark.com](mailto:tricia.crowe@hallmark.com).



Save a Life. Right Here, Right Now.

1-877-468-6844  
[www.savealifenow.org](http://www.savealifenow.org)

Medical eligibility questions?  
Call 1-800-688-0900

