

THE Leavenworth CONNECTION



EDITORS: LISA ALLEN & BETH KELLEY

MEDICAL PLAN DEADLINE APPROACHES

Reminder : Annual benefits enrollment period ends November 7th

This year, you enroll in medical benefits (which includes prescription drug coverage) through the Aon Active Health Exchange. Even if you are currently enrolled in medical benefits for 2014, you **MUST** enroll through the Aon Active Health Exchange or you will not have medical coverage for 2015. You have access to a number of tools and resources to help you enroll. Start with the Make It Yours website at hallmark.makeityourse.com to see short vides, FAQs, and more.

Facilities Update

Restrooms - This year we continue our annual restroom upgrade process by remodeling the two restrooms on the first floor and the two restrooms in the high bay warehouse. Construction on the first floor should be completed by Thanksgiving. The warehouse restrooms should be done in January of 2015.

North Elevator Overhaul – The north elevator will be overhauled between October 21st and December 19th. The overhaul will consist of major mechanical upgrades to the hydraulic systems, electrical systems, and controls. Please be careful when travelling near the elevator during this time.

Outdoor Break Area – Construction on a new outdoor break will begin in late October. This fenced-in outdoor space will be created near the second floor north entrance. The “hut” near the front door will be moved to this location when complete. Plans also include an area with seating/tables for all employees to enjoy.

Warehouse Roof Repair – Repairs to the warehouse roof began in late September and will continue into November.

Family Christmas Party!

**December 6th
9 AM – 11 AM**



Free pictures with Santa! Balloon artists, face painting and refreshments. Admission is FREE!!!



CARD SHOP

The Christmas Shop will open on Wednesday, November 5th. Stop in and check out all the new items available for purchase, and mark a few things off of your shopping list.



E. EDWARDS SAFETY SHOE TRAILER MONDAY- NOVEMBER 17, 2014



Eligible employees will have the opportunity to safety shoe shop on the E. Edwards Safety Shoe Trailer on Monday, November 17 from 6:00 a.m. to 5:30 p.m., as arranged with their manager.

Hallmark will pay \$100 maximum yearly for safety rated approved safety shoes. Employees are eligible for new safety shoes under this cost-sharing plan once every twelve months. The employee may choose to purchase one or two pairs of safety shoes with Hallmark paying the \$100 maximum total.

The employee must be prepared to pay the difference if going over the \$100 maximum at the time of purchase to the sales representative on the Safety Shoe Trailer.

Special orders will be delivered back to the plant.

An employee eligibility list is forthcoming. This eligibility list will be left with the shoe representative on the shoe trailer as well as at the front desk guard stations. No individual vouchers will be issued for this event.

For those employees who are not yet eligible, there will be another safety shoe trailer visit scheduled again in the Spring. Our plan is to make available a shoe trailer twice yearly for your convenience.



Leavenworth Blood Drive

When: Wednesday, November 19
Time: 6:00—10:30 am
Where: Employee Parking lot donor bus



Sign up sheet is located on medical office door or register on-line at: savealifenow.org
 Sponsor Code: **hallmarkcards1**

If you have questions about the blood drive please contact Tricia Crowe RN at ext: 21547, email tricia.crowe@hallmark.com, or visit the nurse's office Monday or Wednesday 7:30—4:00pm.

GERD

Gastro esophageal reflux disease (GERD), occurs when the stomach acid or contents flow back into your esophagus. This reflux irritates the lining of your esophagus and causes GERD. Signs and symptoms include: A burning sensation in your throat or chest (heartburn), sour taste in your mouth, dry cough, throat hoarseness, chest pain, swallowing difficulties (lump in throat) and/or regurgitation of food or sour liquid. Risk of GERD increase with a hiatal hernia, diabetes, obesity, smoking, asthma, pregnancy, dry mouth, connective tissue disorders and delays in stomach emptying.. Chronic GERD and inflammation in your esophagus can lead to esophageal scar tissue (narrowing), esophageal ulcers and Barrett's esophagus which increases risk of cancer of the esophagus.

The following may help decrease the incidence of GERD. Maintain a healthy weight, avoid tight-fitting clothing, and avoid foods & drinks that trigger heartburn (common triggers such as fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion and caffeine). Eat smaller meals and do not lie down for three hours after a meal.. Elevate the head of your bed 6-9 inches if you experience regular heartburn at night, don't smoke and reduce stress.

Initial treatments consist of over-the-counter antacids or acid reducing medications. Prescription medications (H-2 receptor blockers or proton pump inhibitors) may be needed when heartburn persist longer than 2 weeks. If medications don't work then surgery to strengthen the lower esophageal sphincter may be needed.

It is recommended to see your physician if you have frequent symptoms or are taking medications to treat symptoms more than 2 times per week.

BIRTHDAYS

- | | |
|----|-----------------|
| 02 | Hai Wessel |
| 04 | Paul Smith |
| 07 | Craig Rodgers |
| 08 | Kimiko Hawley |
| 09 | RaQuel Cook |
| 09 | Albert Green |
| 09 | Debbie McClain |
| 10 | Janet Meyer |
| 10 | Barry Ward |
| 11 | Irene Smith |
| 11 | Stephen Spencer |
| 20 | Ken Alspaugh |
| 22 | Anna Toro |
| 25 | Donna Barron |
| 25 | Harry Hicks |
| 25 | Kyle Smith |
| 26 | Sherry Mauldin |

ANNIVERSARIES

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|------------------------|--|
| <i>25th</i> | Nancy Trexler
Nov. 2, LV Card Shop |
| <i>40th</i> | Jack Grimm
Nov. 11, Printed Tissue |