



# **NEWSLETTER FEBRUARY 2021**



## WELLNESS – Healthy Heart Month

Do you have any 2021 health goals? Perhaps it's to exercise, eat better, or meditate, etc. Whatever your goal, the first step is key. Healthy habits can range anywhere from walking to sleeping enough at night to training for a marathon. This is where YOU can decide how you'd like to be healthy. You are the heartbeat of the company, yet studies show that we are not taking care of ourselves like we should, especially our hearts.

The month of February is known as the Healthy Heart Month. The initiative is meant to give us the opportunity to focus on our heart health.

Heart Month is an excellent time to take a look into the effects of cardiovascular disease, and what you can do to maintain a healthy heart. Cardiovascular disease includes heart disease, stroke, and high blood pressure. It's the number one cause of death for men and women in the U.S., and the leading cause of disability that prevents many from working and enjoying activities with loved ones. The disease doesn't affect all demographics the same way, so it's important to keep an eye on your heart health.

### Five tips to help prevent heart disease.

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Control your cholesterol and blood pressure.
- Manage stress.

Please join the HR team in the various healthy heart activities provided during the month of February.



## Healthy Heart Month

Healthy Heart, Healthy You



### Veronica H. Chimney, MHR

Senior Vice President Human Resources

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# NEWSLETTER FEBRUARY 2021

EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

## Annual Heart Healthy Initiative Details

Throughout the month of February 2021, T&D will sponsor our Second Annual Heart Healthy Awareness Initiative in memory of Scott Williams.

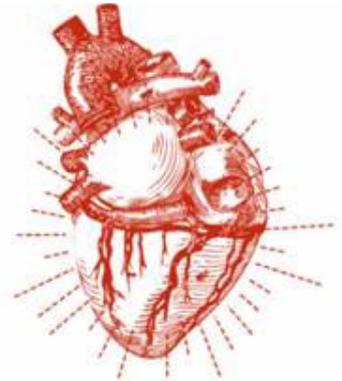
There are training missions on mLevel/ERU to learn more about heart-healthy behaviors! We will also have the following 2 flyers posted on TM Web:

mLevel: <https://mlevelweb.com/etech.com>

## Monthly Contest



**HEALTHY  
HEART  
MONTH**  
PRESENTED BY T&D




**HEART HEALTHY  
MONTH  
2021**

Participate to earn the chance to win prizes!

**Week 1: Wear RED** Due: 2/7/2021

**Week 2: Reduce stress by laughing** Due: 2/14/2021

**Week 3: Drink water & exercise** Due: 2/21/2021

**Week 4: Teach a friend about heart health!** Due: 2/28/2021

Contest rules:

1. You will need to submit one photo of each theme per week.
2. One entry per photo submitted.
3. Photos must be submitted before the next week's theme begins.
4. Photos will need to be submitted at the following email address:  
hearthealth@etechtexas.com
5. Winners will be announced on 3/12/2021

**#ETECHHEARTHEALTH**

Scan the QR code to access the Etech Wellness Facebook page



## Heart Health Bingo

You may receive questions about the above contest/bingo. If you are unsure how to answer, please direct them to the distro or reach out to your leader. I appreciate your support in promoting and setting the example for participation in this event! Let's have some fun and make a remarkable difference for each other by promoting heart-healthy behaviors!



To participate in T&D's Heart Healthy Month BINGO you must email [hearthealth@etechtexas.com](mailto:hearthealth@etechtexas.com) with your name, clock number, and center. Once you Bingo, email your Bingo card with applicable pictures to be submitted into the drawing. There will be no limit to Bingo submissions. RULES for qualifying BINGO are to make a preselected pattern such as a horizontal, vertical, or diagonal line on the card. The square/picture won't be considered if the picture is not clear and high quality. 5 winners will be announced on 3/12/2021. The last day to enter will be 2/28/2021.

## Announcement - Sedrick Thomas

It is exciting to be a part of an organization whose vision is to make a remarkable difference for each other, our customers and within our communities. To do this it requires vision, accountable servant leadership and a commitment to valuing people through ongoing growth and development opportunities.

With that spirit in mind, I am excited to announce the promotion of **Sedrick Thomas** to the position of **Training Apprentice** based out of our Dallas center supporting the Altice campaigns, reporting to Jessie Richardson. In his new role, Sedrick will develop, lead, and support our new hire, training classes.

Sedrick has a love for the fitness and is a huge health advocate. He believes your body is a temple and should be taking care of. Sedrick is a family man with four beautiful children who mean the world to him. He has a love for motivational speaking, mentoring, and is an aspiring author! God is the foundation of his life 😊

Please join me in welcoming Sedrick Thomas to the team.

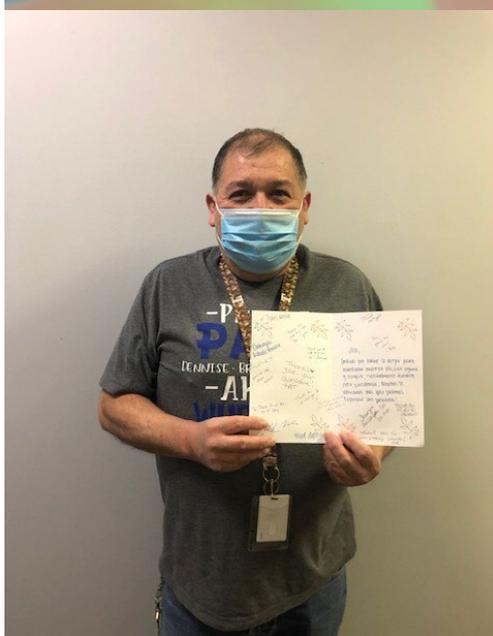
## SEDRICK THOMAS

*Welcome to  
the team*



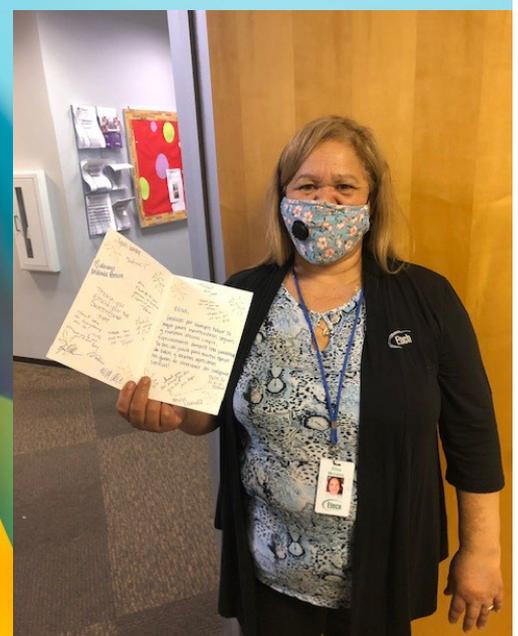
## Dallas Kindness Day - Facilities Thank you cards

Jose Carranza



For our Random Acts of Kindness Day, the Dallas team decided to show some kindness by creating Thank You cards for our facilities team. We so appreciate them helping to keep us safe and our facility clean everyday, BUT especially during the pandemic.

Elisa Morales



## Jersey Day at Dallas

On 5th February 2021, Dallas Center celebrated the upcoming Super Bowl 55 by wearing Dallas Cowboys Jerseys.

Pictured from left are Laminta Fowler, Kenneth Anderson and Mikaela Ferreira all wearing Dallas Cowboys Jerseys.



## Dallas Random Act of Kindness - Pay it Forward



## Dallas Act of Kindness - Resume Review

**Would you like your resume reviewed?**  
Members of the Dallas HR team will review your resume and provide feedback.

RANDOM ACTS OF  
*kindness*

Submit Your Resume To:  
Tyrus.Gamble@etechtexas.com or  
Mikaela.Ferreira@etechtexas.com

## Dallas Random Act of Kindness Ideas

**RANDOM ACT OF KINDNESS**

Etech Dallas Activity	
	HR Resume Review – (WFH & WFO employees)
	Thank You Cards for Facilities Employees
	Tape a Dollar to the Vending Machine – "Next Snack on Me"
	Cheer Your Teammate On – "Next Sell Gets a Yell"
	Tell Some Their Best Qualities – via email, phone, text, Teams, or in person
	Send an Encouraging Email
	Find Out Something New About a Coworker

Center Activity  
February 24, 2021

## Palm Beach Clothing Drive

Palm Beach center was once again showing its giving heart. The center collected clothing for "Valley of Love Ministries". They assisted over 300 families per week with shelter, food, clothing job assistance and physical and spiritual healing. Our HR manager (Oliver Grandez) personally delivered the collected clothing to Marie Jean Pierre Theligene, President and Founder of the shelter.

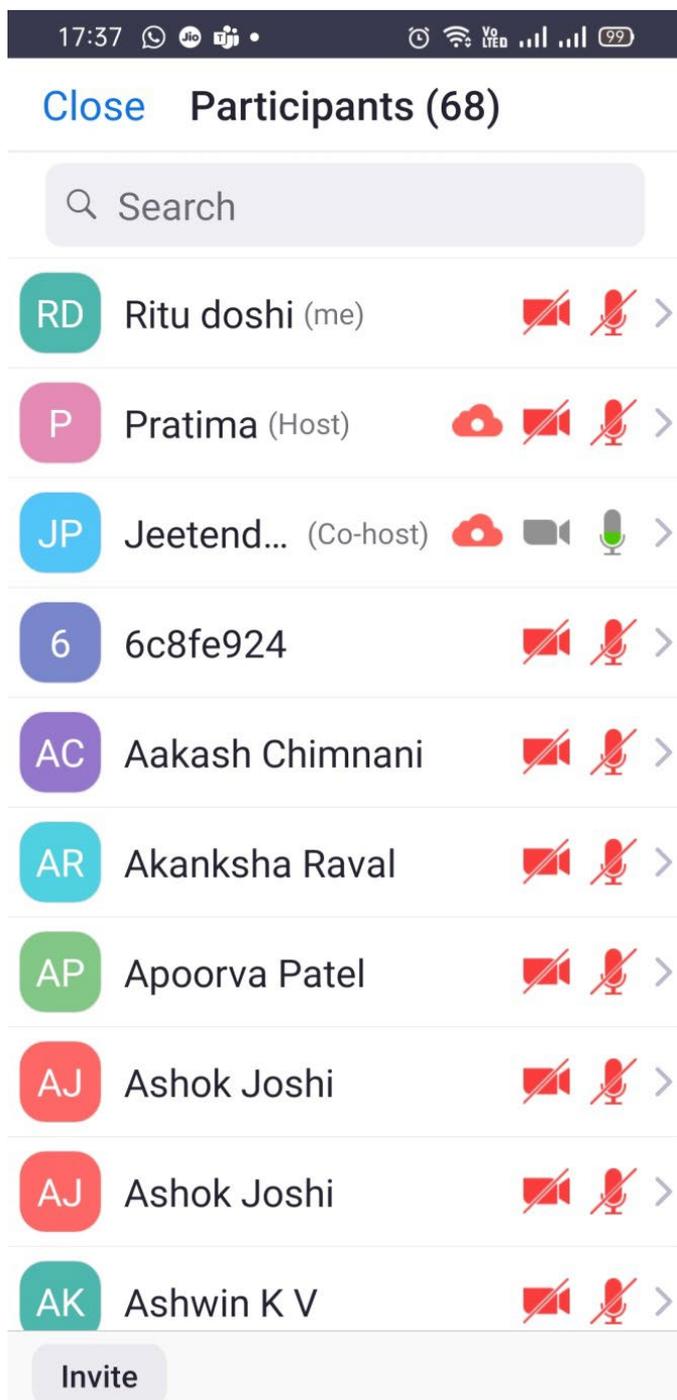


## Webinar on Financial and Tax Planning

On 24th February 2021, with the coordination of ICIC Pru, we organized a Webinar on Financial and Tax Planning workshop including Budget 2021; Financial Implications and Planning.

Team members got answers to the queries they had pertaining to financial planning.

The session was very informative and helpful.



## Jamaica Give Back Initiative

Our monthly give-back exercise is to donate bottled water to the Open Heart Center situated in the beautiful city of Montego Bay.

This center caters to the homeless and persons who are in need who visit the center daily to receive warm meals twice per day.

Cheers to our Etech family who contributed to this worthy cause.



## Mardi Gras Celebration at Jamaica

On February 16, 2021 Etech Jamaica came together for one big celebration to commemorate the beginning of Lent. We celebrated by wearing **MARDI GRAS** masks and beads. The activity for the day was a bun eating competition.

Delicious ice cream, popcorn and candy were distributed to all while observing social distancing, wearing of mask and sanitizing.



## Red and White Day Celebration at Jamaica

On February 12, 2021 Etech Jamaica came together in one big celebration to show love, care, and appreciation for each other in our RED AND WHITE DAY CELEBRATION.

Below are the winners with their prizes for the best-dressed male and female in our **"Red & White"** competition.



Vaughn  
Johnson

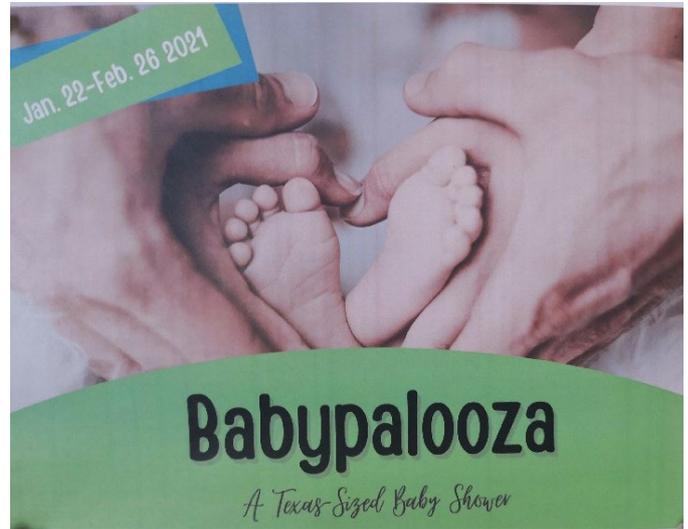
Winners

Tashana  
Grant



## Baby Palooza Lufkin Etech

In the month of February, Lufkin Etech participated in Baby Palooza! Employees were encouraged to donate baby items to give to mothers in need. We are always looking for unique ways to support families in our community. We are a drop-off location for this, "Texas-Sized Baby Shower", so employees in any center can donate by bringing gifts to the Lufkin front desk.



## Lufkin Etech Snow Week

In February 2021, Lufkin experienced an abundance of snowy weather! Many employees were unable to travel the icy roads and stayed safely at home. Some of the activities our employees enjoyed were playing in the snow with their family, playing cards and board games with their family, and just admiring the pretty change of scenery.



## American Heart Month

American Heart Month isn't just for lovers. February also reminds us to take care of our heart and consider our risk factors.

Believe it or not, heart disease can happen at any age. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol or diabetes.

### HOW TO OBSERVE

Visit [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov) to learn more about the risks and how to prevent heart disease and stroke. Use #AmericanHeartMonth to share on social media. Here are a few signs the CDC says you may be at risk for heart disease.

- 1. High blood pressure.** There are millions of people in the United States who have high blood pressure, and millions of them are as young as in their 40s and 50s. If you are one of them, make sure to have it under control.
- 2. High cholesterol,** diabetes, and obesity are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity in a few times a week.
- 3. Smoking cigarettes.** Over 35 million adults in America are smokers and thousands of young people are picking up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. Don't smoke, and if you're already a smoker, do your best to quit. The next step you can take is managing any conditions you may have such as high blood pressure and cholesterol. Take your medication as prescribed by your doctor. Next, make heart-healthy diet decisions. Eat whole foods that are low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!

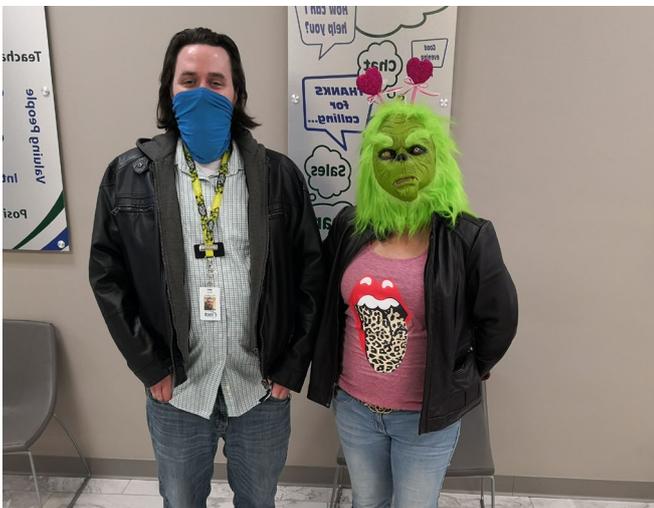
### HISTORY

In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States.



## Lufkin Etech Celebrates Valentines Day

On February 12, 2021, the Friday before Valentine's day, Lufkin Etech had a theme day! Employees were encouraged to wear pink, red, or heart accessories to celebrate this day of love. Thanks to all our team members who participated!



## Facilities Appreciation at Nacogdoches

The Nacogdoches Center felt it is time to give back to those we see every day helping to keep us safe and our centers clean. Employees working at the center wrote messages of thanks and signed a card with the Facilities Team member's pictures on it. The card will be posted in the Lobby at the Nacogdoches Center for the month of March.

Thank you again to Mike and the whole Facilities Department.



## Tuition Reimbursement at Nacogdoches



## Valentine's Day at Nacogdoches

On 12th February, the Nacogdoches Center hosted a Valentine's Day celebration for onsite team members. There were socially distanced games, prepackaged candies, and festive decorations.

It is always great to see members of the Etech team enjoying safe and fun activities together.



## Rusk Valentine's Day

The Rusk center celebrated Valentine's Day with a scratch-off game for the team members. All the center employees were offered a scratch-off game to play and received a treat for playing. The game was held at a later date since Valentine's Day presented inclement weather and was enjoyed by all!



## Donations to Rusk Nursing Home

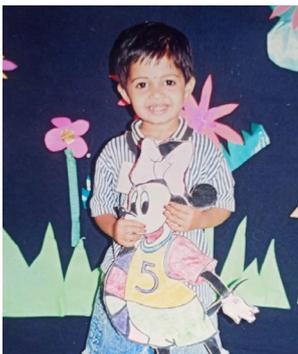
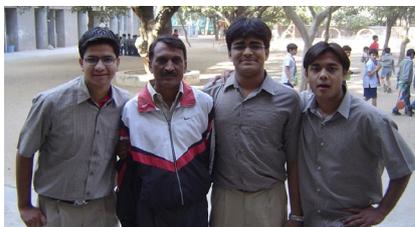
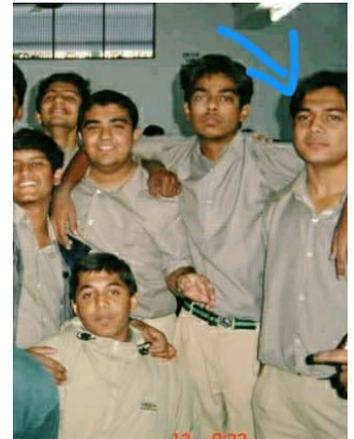
In the month of February, Rusk center collected donations for a local nursing home. The donations consisted of coloring books, card games, crayons, and other items that can be enjoyed by residents in the home.



## Back To School at Vadodara

Even when we grow up, the kid in all of us probably has fond memories of school days. School can really be a lot of fun. Everyone's school days have the memories they can cherish and treasure for life. School days are the most joyful and fun filled with many mysteries to solve and many fights to resolve. All the mental games it took to learn maths in school, more than one way to wear a backpack. The day before school started for the year was more of a challenge than leaving the country. Whether you were going to the zoo or to see a movie, nothing beat field trips! Getting picked to be the head of the class made you feel like a star. Sometimes, you snuck in a treat during class... it always tasted better with a friend! Helping to clean the chalkboard was one of the few times that cleaning was fun. Being friends with the smart kids came in handy for when you needed homework answers right before class started. Believe, recess beats classroom every time.

This Valentine week, we let our team members to send in their school photographs. And lo and behold! We had many fun loaded stories. Memories at the best...With all saying in unison...it was fun to be in school



## Healthy Heart Month at Vadodara

The month of February is known as the **Healthy Heart Month**. The initiative is meant to give us the opportunity to focus on our heart health.

Few tips to help prevent heart disease.

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Control your cholesterol and blood pressure.
- Manage stress.

It is an excellent time to take a look into the effects of cardiovascular disease, and what we can do to maintain a healthy heart. Cardiovascular disease includes heart disease, stroke, and high blood pressure. It's the number one cause of death for men and women in the world, and the leading cause of disability that prevents many from working and enjoying activities with loved ones. The disease doesn't affect all demographics the same way, so it's important to keep an eye on our heart health. We had a one month walk, jog, & exercise regime. Scores were recorded on Impact App.

Our healthy heart top five winners are :  
Ashish Khare, Mahendra Chitte, Kishore Beshra, Pragnesh Solanki and Shivam Darji

₹ 27,423

Total raised this month

2,865  
Workouts

326  
Members

1	Ashish Khare	₹ 2,059
2	Mahendra Chitte	₹ 1,451
3	Kishor K Beshra	₹ 1,283
4	Pragnesh Solanki	₹ 1,230
5	Shivam Darji	₹ 1,215

**GOLDEN MILK  
SAFFRON TURMERIC  
LATTE**

Strengthens the Immune System  
Detoxifies the Liver  
Improves memory & cognition  
Regulates Blood Pressure  
Improves digestion  
Antioxidant, Anti-inflammatory, Antiseptic

**17 Tips for a Healthier & Happier Heart**  
Choosing a heart-healthy lifestyle can reduce your 1 in 4 risk of developing heart disease. Follow these simple steps!

1. Eat Heart-Healthy Foods
2. Take Turmeric Supplements
3. Try Omega-3s
4. Give Up Smoking
5. Increase CoQ10 Intake
6. Catch Some Zzz's
7. Try a Plant-Based Diet
8. Give Vitamin C a Try
9. Read Food Labels
10. Reduce Your Sodium Intake
11. Exercise 30-Minutes a Day
12. Maintain Good Dental Health
13. Release Your Stress
14. Limit Alcohol Consumption
15. Eat More Garlic
16. Take 10-Minute Walks
17. Focus on Your Mental Health

www.globalhealingcenter.com



Heart disease is still the number one killer.

Below 16 foods that, when consumed as part of a well-rounded diet, might help to keep your heart healthy.



- Beans, peas, chickpeas, and lentils
- Berries
- Broccoli
- Chia seeds and flaxseeds
- Dark chocolate
- Coffee
- Fish high in omega-3s
- Green tea
- Nuts
- Oatmeal
- Spinach
- Tomatoes

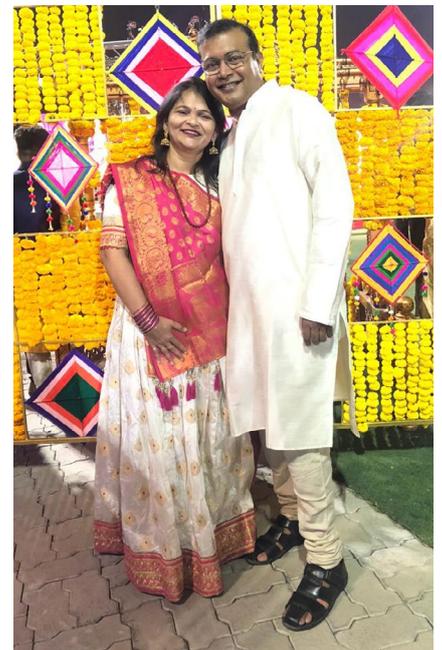
## 7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

1. Live smoke-free. If you smoke, quit.
2. Monitor your blood pressure. Keep your numbers below 120/80 mm Hg.
3. Maintain a healthy weight. Target a body mass index (BMI) of less than 25.
4. Watch your cholesterol. Strive for a total cholesterol less than 200 mg/dL.
5. Control your blood sugar. Aim for a fasting blood glucose less than 100 mg/dL.
6. Get active. Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
7. Eat a heart-healthy diet. Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

## Valentine Day Celebration at Vadodara

Love is in the air as the much-awaited day being celebrated by couples of all ages on February 14. While this day is now known for gifts, fancy dinner dates, and an overall celebration of love, the origins of Valentine's Day are far less romantic. Valentine's Day is named after Saint Valentine, who lived in Rome during the 3rd century B.C. This day contains vestiges of ancient traditions, but the history of this day and the story of its patron saint are both shrouded in mystery. There are many stories about Saint Valentine and over time these stories evolved into the legend that we know of today. The older practice of sending love messages gradually developed into people sending special cards expressing their affection. These cards were beautiful creations handmade by the sender and individually designed to show how much they loved the recipient. To commemorate, we had team members sending in their photographs for this occasion. Happy faces is all what we see...



## CSR Activity – Visit to Swarg Community Card at Vadodara

Swarg Community Care – an ISO certified, five national award winner organization is Gujarat’s First Age Rehabilitation and Residential Aged Care Home. It was founded on 14th April, 2012 visualizing healthcare with human touch. It is an independent organization which helps community, for fast and happy recovery of its guardian. Care facility for bedridden is a very unique care model which will help family members to provide a healthy option to keep their bed ridden family member. They intend to recover their care recipients from their fragile bedridden condition towards an independency.

Our team members interacted with seniors, sang songs, played games, distributed goodies and had fun. A day well spent with rich experience.



Thank You FarShore Team for turning a thought into reality



## R&R Ceremony at Vadodara

We thank all our team members attending the ceremony on a consistent basis, and making it happen and motivate us to continue to do so. This ensures that we create those moments of accomplishments and fun for one and all. It was fun-filled time to recognize our team members for their excellent work in Rewards and Recognition ceremony. Team members' birthdays and work anniversaries falling in the current month were also announced during the ceremony. Getting rewarded and applauded in front of the whole center holds a special value for everyone and we ensure the appreciation and hype doesn't end with the ceremony; it continues. Along with it, we had fun filled moments of togetherness wherein good number of team members participated and all joined in applause.

54 recipients recognized and rewarded, who all went that extra mile and created a WOW moment for each other, & our customers.

11 Referrals.

28 members completing their work anniversary (1,2, 3, 4, 6, 7, 9 & 10 years)

35 members enjoying their birthdays.





**THANK  
YOU**