

# Newsletter

## January - February 2020



EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

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### Etech Give Back - Rusk Center Spreads Joy at Local Nursing and Rehab Center

Etech's agents and leaders shared Christmas carols with the residents of Cherokee Trails Nursing and Rehab Center. Our Etech members Sheryl Berry, Rachelle Barnett, James Harrold, Ben Johnson, Sharon Nance, Luann Mannix, and Katie Streetman sang through halls of the center and residents joined in the caroling.



### Etech Give Back - Our Montego Bay Team Visited the Geneva's Basic School

Etech's Montego Bay team visited the Geneva's Basic School on Queens Drive, Montego Bay so that they could read and interact with the kids, share and enjoy ice cream and cakes with them. Our Human Resources Co-Ordinator , Anna-Kaye Bigby, read to the kids, asking them questions and interacting with them. It was great serving the kids, and Etech looks forward to our next visit giving back to the communities.







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### Etech Gandhinagar Invited the Differently Abled Children of Samarpan School

The community action team of Etech's Gandhinagar center invited the differently abled students of Samarpan School to play volleyball, cricket, badminton and many other outdoor games at Etech. Our CAT team has been intensely involved with Samarpan School for years now. Etech's volunteers enthusiastically came forward to learn some sign language so that they could communicate better with the visitors. The Etech team spent a great time with the kids, gifted them with several sports equipment according to their needs, and also served delicious snacks to them before saying good-byes!







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### Blood Donation

Change to Etech Gandingar Community Action Team - Blood Donation Camp





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### Etech Give Back- Adopt A Highway at Nacogdoches

Etech's Nacogdoches team enthusiastically came forward to participate in the quarterly Adopt a highway event. We thank all who participated in keeping our city beautiful.



### Etech Give Back - Contribution to the Mission's Department of a Church

Etech's team Jamaica gave back to the Mission's Department of a church in the community. They donated Flour and Rice for the packaging of church's monthly gift bags, that they will distribute to the less-fortunate of the community.



### Etech Give Back- Operation Christmas Child at Dallas

Etech's Dallas team has volunteered for the Operation Christmas Child event. It was such an emotionally deep experience for the team Etech to stand beside the underprivileged children and contribute to their potential happiness. This was definitely a give back initiative that left a deep impression on our people and we are excited to participate in more with the Etech family. Etech has volunteered with this ministry for over five years now and each give back has been special in its own right!



### Hello from the WCS Team - Montego Bay!

Names of Winning Culture Survey Task Force Team members pictured - Odaine Wallace, Daydrian Haye, Anna Kaye Bigby, Shanteak Maxwell - Brooks, Petagaye Lawrence, Bolly-Lee Blackwood, Vanessa Pusey.





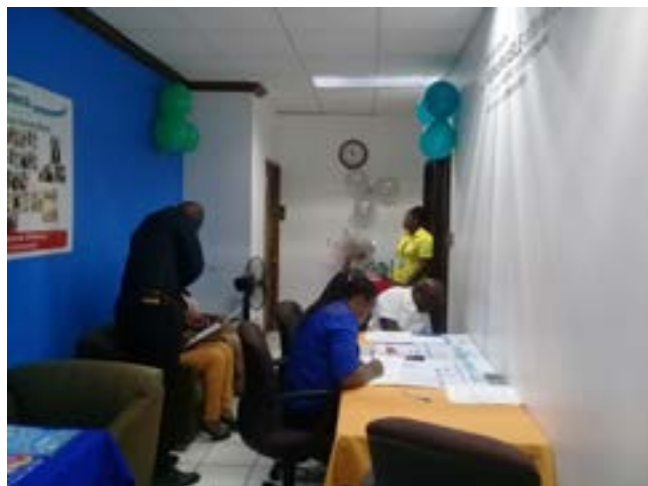


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### Business Day



### Lufkin Angelina County Chamber of Commerce

Etech leaders attended the Lufkin Angelina County Chamber of Commerce banquet on 1/24 to celebrate the end of its 99th year and the beginning of the 100<sup>th</sup>. We thank the Chamber for all it does to promote business, education and growth in our region.





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### Goodwill Tax Program at Lufkin!

On Saturday, January the 26<sup>th</sup>, Etech Lufkin Leaders and agents had the chance to participate in a Vita Tax Program. It was a 3 hour class that walked you through the tax process. It was a great way to help out the community and also better yourself! Congratulations to each team member who completed the class and got their certification!



### Say hello to our new WCS Task Force team from Lufkin!

On Saturday, January the 26<sup>th</sup>, Etech Lufkin Leaders and agents had the chance to participate in a Vita Tax Program. It was a 3 hour class that walked you through the tax process. It was a great way to help out the community and also better yourself! Congratulations to each team member who completed the class and got their certification!







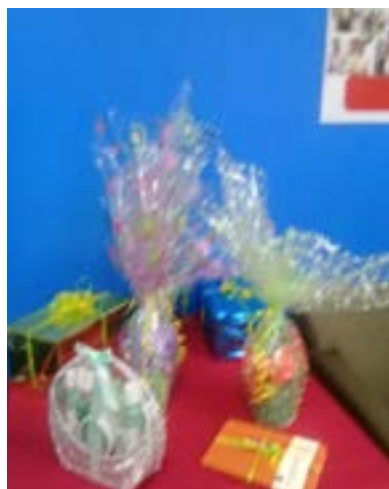
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### Hat, Socks, & Tie Day at Montego Bay

On January 30, 2019, Etech Jamaica had their stunning Crazy Hat, Socks, & Tie Day. Employees were asked to wear crazy hats, socks, and ties. Employees with the best of all 3 stood a chance to win a gift basket: diary and cups with Etech logo.



### Valentine's Day Celebration at Montego Bay

On Thursday, February 14, 2019, we had our Red and White Affair.

Different departments engaged in the contests like: bun eating, soda drinking, crossword puzzle, modeling and best dress.

It was a day well spent, everyone was decorated in red and white. It was a day filled with lots of laughter and fun.







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### Road Show at Dallas!







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### Overcoming Obstacles

Roadblocks; no matter which stage in life you're in, there's bound to be something standing in the way of your goals or dreams. You could be doing everything right, following the right path, but somehow, an obstacle gets in your way. In an article written in Psychology Today, Karyn Hall Ph. D. sets realistic ways on how to approach and overcome obstacles in your life.

First, your perception of obstacles makes a difference. How you view these barriers affects how you react to it. Hall explains that if a person sees an obstacle as the world being against them, they are likely to be overwhelmed with painful thoughts and difficult emotions when faced with these blockades. Both paths lead a person to stop working on their goals. Blaming yourself or others can have the same effect. So how do you get past this part of the process? Sometimes you can't, sometimes you can work around them, and sometimes you can find alternatives. Whichever outcome there may be, "the key is to not give up without wise consideration because you hit an obstacle or because of your emotional reaction to the obstacle."

Here are some skills for wise consideration of obstacle:

- 1) **STOP:** An acronym for Stop, Take a step back, Observe, and Proceed mindfully. Hall suggests letting yourself cool down and then attempt to look at the situation as if you were a third-party bystander. What would be your advice to another person?
- 2) **Practice Radical Acceptance:** Every goal will come with its own set of obstacles to face and accepting that as truth will make them a part of achieving your goals.
- 3) **Accept Your Emotions:** Obstacles will make you feel one way or another, but if you take a break and soothe yourself, you can stop these emotions from holding you back.
- 4) **Use Your Wise Mind:** Using a wise mind can let you look at all your solutions by being flexible and creative in considering alternatives. Using an emotional mind will urge you to quit and act impulsively.
- 5) **Consider Different Routes:** Keeping a flexible mind means that you're open to new ideas and solutions. Knowing what doesn't work is important information.
- 6) **Find Meaning:** Ask yourself what kind of lessons you can take away from this obstacle? An obstacle may seem overwhelming at first, but when you think about it calmly, those feelings go down. "Look for what you can learn from the obstacles you face or have faced."
- 7) **Be Willing to Ask For Input:** Other people have been in similar situations before. Use others as resources, and always ask multiple people.
- 8) **Set Small Goals:** "Obstacles can be complex and difficult" If you can break down the situation into small steps, you can focus on one at a time.
- 9) **Mistakes Are Normal:** Humans err, it's what we do. Acknowledge that this mistake happened and look forward to what you're going to do next. Don't let making mistakes stop you.
- 10) **Reevaluate:** It's normal to change your mind about what you think you want. Part of reaching a goal is learning what your reaching for, which may not be right for you.

**Celebrate:** Recognize the small steps you take to help yourself stay motivated and focused. Even if an obstacle can't be overcome, you can celebrate the fact that you tried your hardest and put in the effort.



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### March 2020 Wellness Calendar

# March 2020

### National Disabilities Month



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Employee Appreciation Day! <i>Thank you</i> 
4 Focus on being an honest person!  Remember to floss!	5  Lufkin Health Fair 1-4	6 Try portion control!	7 Nacogdoches Health Fair 1-4  Stretch 3x today!	8 Cut back on caffeine!
11 Replace chips with fruit and veggies!	12 Try it: NO SUGAR!	13 Say "hello" to those you pass by!  Exercise for 30 minutes!	14 Floss those beautiful teeth!	15 3/17: St. Patrick's Day!  Drink some H2O!
18 Stretch at your desk!	19 Write your own positive quote!  Hydrate! Hydrate!	20 Eat three square meals!	21 Overcome an obstacle you have failed at before! Get plenty of sleep!	22 Take care of your skin!
25 Try something new!  Eat whole grains!	26 Smile more than usual!	27 Gravitate towards people that spend time on positivity! Eat a healthy lunch!	28 Say "thank you" when someone assists you today!	29 No fried food Friday!

"Although the world is full of suffering, it is full also of the overcoming it." Helen Keller

"However difficult life may seem, there is always something you can do and succeed at." Stephen Hawking

"When you have a disability, knowing you are not defined by it is the sweetest feeling." Anne Strike





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### Hearth Health Awareness



### Rewards and Recognition at Etech Nacogdoches!

Etech Nac employees were able to relax and enjoy each other's company over hot dogs and corn dogs at the R&R Celebration. Employees were given awards for their outstanding performance and a chance to win a variety of prizes!







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### Etech Employee Appreciation Initiative!

Savanna Fugate, a sales coach on our wireless team, rewarded her team with a potluck for being the number 1 team on the floor!



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### Global Winning Culture Survey Task Force Kick-Off

On January 24<sup>th</sup> Etech Nacogdoches participated in the Global Winning Culture Survey Task Force Kick-Off. The Task Force is a team of employees from all departments that tackle different actions to help improve the center.



### Birthday Celebration

February was a big one for Palm Beach Center. We would like to wish a Happy Birthday to Deandria White, Delicia Car, Brittany Hazel, Je-Chelle Williams, and our very own Michael Ramsey! On behalf of all us, enjoy your day!





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### Black History Month

February is African American History month. Here at Palm Beach Center we paid tribute by creating a bulletin board with the Men and Women who have accomplished extraordinary things for this country.



### Employee Anniversary

Congratulations to Je-Chelle Williams on her One year anniversary with Etech Palm Beach Center.



### Unique Boutique Day







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### Valentine's Pancake Day



### Rusk Center Sponsored Rusk FFA Donkey Basketball Game

On February 7th, the Rusk FFA held a Donkey Basketball game as a fundraiser for their chapter. The Rusk Center sponsored this basketball game and received 4 tickets to attend. As part of the sponsorship, drawstring backpacks with the Etech logo were thrown into the stands and Etech was announced as a sponsor throughout the game. Ben Johnson, Katie Streetman, James Harold, and Aileen Martinez attended and enjoyed watching the Donkey Basketball.







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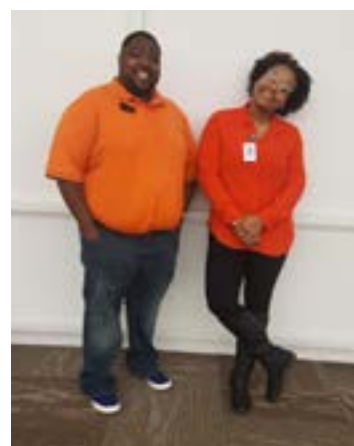
### Etech Rusk Attends 78<sup>th</sup> Annual Chamber of Commerce Banquet

Members of our Rusk team were honored to represent Etech at the 78th Annual Chamber of Commerce banquet on January 26, 2019. We are proud to be a part of the Rusk community!



### Theme Week at Lufkin!

The week of January the 14<sup>th</sup> Etech Lufkin had a Theme Week. We started on Tuesday with camouflage day, Wednesday was Neon Colors day, Thursday was Twin day, and we kicked off the week with Dork day. Thank you to each employee who helped us bring some fun into the workday!







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### Valentine's Day in Rusk

The Rusk Center celebrated Valentine's Day by having theme days throughout the week. Monday we wore Valentine themed hats or headpieces, Tuesday we dressed like Cupid, Wednesday we held a carnation sale, Thursday was dress for your date day, and Friday we enjoyed a pot luck.



### Etech Give Back Program - Burgers by Chris Green!

On January the 18th, Etech Lufkin sold hamburgers to raise money for Relay for Life! We sold a hamburger, chips, and a drink for \$6! The burgers were cooked on the grill out front by our Director, Chris Green. They were really tasty and sold out quick!

### Bake Sale at Lufkin!

On Friday, January the 18th, Etech Lufkin had a Bake Sale! We had everything from homemade cupcakes, to banana bread, to fudge brownies. Everything was delicious and we want to thank everyone who helped us out!

### Etech Dallas - Wear Purple Day





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# February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Try eating healthy grains!
4 Valentine's Day!  Floss those Beautiful teeth!	5 Exercise for 30 minutes today!	6 Get some omega-3s in your diet today!	7 Replace chips with veggies!	8 Say "hello" to those you pass by!  Drink lots of water!
11 Stress less and smile more!  Try portion control!	12 Drink lots of water today!	13 Stretch at your desk 3x today!	14 Valentine's Day!  Try it: NO SUGAR!	15 Cut back on the caffeine!
18  Drink lots of water!	19 Gravitate towards people that spend more time on positivity!  Eat 3 square meals!	20 Take care of your skin and dental hygiene!	21 Avocados are full of good fats!	22 Replace your red meat with fish today!
25 Nuts and seeds are heart healthy snacks!	26 Laugh as much as possible!  No soda!	27 Say "thank you" when someone assists you today! Eat green veggies!	28 Assume positive intent.  Drink lots of water!	





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### 10 Ways to Change Your Heart Health

In an article written for the Go Red For Women campaign by the University of Wisconsin, ten simple tips were given to help take charge of your heart health. Symptoms, such as chest discomfort and arm pain, are universally known signs that can point to a heart problem. However, there are other symptoms that are usually overlooked such as nausea, indigestion, heartburn, or stomach pains, feeling dizzy or lightheaded, even throat and jaw pains. Other signs include getting easily exhausted, snoring, a consistent cough, swelling of the extremities, and an irregular heartbeat. With February being national Heart Health month, we will explore some ideas that can help combat the issues with your ticker.

- 1) Schedule a yearly checkup! This may sound simple enough, but many American's go years without an annual checkup. UW's hint is to call your general practitioner around your birthday each year for tests on blood pressure, cholesterol, and glucose levels.
- 2) Get physical. Something as simple as just walking in place for 15 minutes a day while watching TV can get that heart pumping. Increase each week until you get to half an hour, most days of the week. Studies show that 150 minutes of exercise a week is all that is needed to reduce the threat of heart disease and death!
- 3) Drink more water! Take a bottle of water everywhere you go!
- 4) Eat healthy. One of the tips for helping this stick in your daily routine, keep unhealthy foods hidden, and healthy foods more out in the open, like in the front of the fridge or pantry.
- 5) Control cholesterol. High cholesterol levels can be due to increased intake of foods containing high levels of saturated and trans-fat, along with cholesterol. To keep control of these levels, eat foods low in saturated and trans-fat, such as lean chicken or turkey, fat-free dairy products and whole grains.
- 6) Cut down on salt! Keep an eye out in nutrition labels for sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG), or sodium citrate.
- 7) Quit smoking! Check out the many tips and stories at [smokefree.gov](http://smokefree.gov).
- 8) Maintain a healthy weight. According to UW, excessive weight can increase your risk of heart disease, stroke, and diabetes. Talk to your doctor about what kind of plan can work to fit your lifestyle.
- 9) Stay positive! Even if you get off your new, healthy routine, get right back on it and reestablish those new heart healthy habits!
- 10) Give yourself credit! Changing your lifestyle can be challenging. Make sure to celebrate your achievements by doing something you enjoy!

### Rusk Center Growing

During January and February 2019, the Rusk center had 4 training classes. We are excited to see our center growing and hope to continue this for the remainder of 2019!





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### Food- How It Affects Your Mental Health

In an article by WebMD, “Can What You Eat Affect Your Mental Health?” Kelli Miller dives into the idea of “nutritional (or food) psychiatry.” Nearly 1 in 4 Americans have some sort of mental illness and the CDC says that by 2020, depression will rank as the second leading cause of disability after heart disease.

Recent studies have shown that the risk of depression increases by about 80% when compared to the lowest quality diet, or the Western Diet, to those who eat higher-quality, whole foods diet. Experts say a diet won’t replace medications or other treatments, however, how a diet plays a role in mental health is now proving to be a significant part of a treatment plan. What you eat affects how your immune system works, how your genes work, and how your body responds to stress.

Here are a few ways that good nutrition impacts brain health:

- 1 It’s crucial for brain development. “When we eat real food that nourishes us, it becomes the protein-building blocks, enzymes, brain tissue, and neurotransmitters that transfer information and signals between various parts of the brain and body.”
- 2 It puts the brain into go mode. Changes in brain protein that help increase connections between brain cells have been linked to certain nutrients and dietary patterns. In other words, nutrients like omega-3s and zinc, boost levels of the substance that help your brain make vital connections. On the other hand, “a diet high in saturated fats and refined sugars has a very potent negative impact on brain proteins.” Diets high in both cause a slow reacting brain.
- 3 It fills the gut with healthy bacteria. Foods that have beneficial bacteria such as probiotics, maintain a healthy gut, leading to decreased inflammation, affecting moods and cognition. “A high-fat or high-sugar diet is bad for gut health and, therefore, your brain.”

A healthy brain diet follows the same guidelines as a heart healthy diet. The less sugary and high fat processed foods a person eats, the more whole grain, fresh fruit and veggies a person is intaking. According to the article, a great example of a brain healthy diet is the Mediterranean Diet.

In short, here are some vitamins to keep your eye on:

B-vitamins- which lower inflammation and therefore risk of depression and dementia.

Iron- deficiencies, such as anemia, are linked to depression.

Omega-3s- These healthy fats acids improve thinking and memory, possibly even your mood.

Zinc- A nutrient that helps control how your body responds to stress.

“No matter where you are on the spectrum of mental health, food is an essential part of your treatment plan,” Ramsey says. “If you are on medications, they are going to work better if you are eating a brain-healthy diet of nutrient-dense foods.”

### Rusk Center Supports Community

To support the community of Athens after the loss of a student, employees at the Rusk center wore maroon on Monday January 28<sup>th</sup>.

Photo includes: Destiny wolf, Laquisha Tyler, Morgan Ford, Autumn Williams, Lovanna Lash, Canae Green, Charlotte Rasmussen, Front, Betty Dechaume, Jessica Witt





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### Purple Day Article

Etech Nacogdoches wore purple on January 4<sup>th</sup> in honor of the late Dr. Baker Pattillo, and his enormous contribution to our community.



### Etech Employee Appreciation Initiative - SFA vs Alabama!

Mr. Matt Rocco provided SFA vs Alabama basketball game tickets to the Nacogdoches center, and all employees who attended the game and stopped by the Etech booth were entered in a drawing for a 70 inch TV, \$200 Visa Gift Card, or an Amazon Fire tablet.

Congrats to James Titus on his new TV, Nakea Williams on winning the Amazon tablet, and Nate Diven on winning the \$200 Visa Gift Card!





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### Ugly Sweater Contest at Nacogdoches

Etech Nacogdoches held their annual Ugly Sweater Contest on December 21st! Thank you to everyone who participated in the contest, and a huge shout out to the winners.

First Place - Raquel Alvarez

Second Place - Austin Lehman

Third Place - Alyssa Rhoadarmer



### Birthday Celebration

Happy Birthday to our Trainer Jason Gani and agent Michael Brown. On behalf of all us, enjoy your day!



### Deskercise!

Studies show that just 30 minutes of cardio per day can reduce health risks. Although we do not dedicate 30 minutes at work to exercise, we did take a couple of minutes to do some deskercise. Deskercise is a great way for employees to do simple workouts at their desk. To get their heart rate going and blood flowing.







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### Etech Employee Appreciation Initiative - Hot Chocolate at Work!

It has been unusually chilly here in Palm Beach. As a way to show employee appreciation, the agents enjoyed hot chocolate to keep warm and spirits up at work. We are not used to 40 degree weather in our area, so the warm drink hit the spot.

### Etech Employee Appreciation Initiative - Lunch at Carabba's!

A big Thank you to Molly from Unique Boutique for treating our top agents to lunch on Friday 1/11/19. The agents enjoyed a nice lunch at Carabba's Italian Grill.

### Welcome to the Family!

Welcome to the new training class. On Monday 1/7/19, Palm Beach Center welcomed 12 new agents.

### The Day Training Transcended geographical boundaries!

The Training & Development Department is known to come up with creative solutions and utilize new age technology in the training sessions. In the month of January, Etech Training & Development team conducted a training for 48 team members across two locations in single batch.

Khushi, our Communication Trainer at Gandhinagar, conducted the training from Gandhinagar and team members from Vadodara joined in via Video Conference. This was by far the biggest training batch trained at Etech, and this historic training session was in abundance of interaction, learning, and fun!



### Rusk Center Shows Support for the Family of Dr. Pattillo

Team Rusk wearing purple to demonstrate our respect and honor for Dr. Pattillo's many contributions to the community and SFA.





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### Rewards and Recognition Brought the Carnival to Rusk!

To celebrate the achievements of the 4<sup>th</sup> quarter, the Rewards and Recognition team brought the Carnival to Rusk! Agents and leaders enjoyed carnival themed food, games, and great prizes. Awards were handed out by Ben Johnson and PD Mitchell for monthly and quarterly achievements made by both agents and leaders.



### Etech Employee Appreciation Initiative at Nacogdoches

On December 21<sup>st</sup> Jon Johnson provided Nacogdoches center employees with cookies and hot chocolate!

