



NEWSLETTER APRIL 2022



EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

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Etech's 12 Character Commitments

- INTEGRITY
- VALUING PEOPLE
- TEAM WORK
- ACCOUNTABILITY
- COMMUNICATION
- VISION
- ADAPTABILITY
- HUMILITY
- CREATIVITY
- TEACHABILITY
- POSITIVE INFLUENCE
- COURAGE

Health and Wellness @ Etech

STRESS AWARENESS MONTH

Stress Awareness Month is an annual designation observed in April. Have you ever been in a situation that was a little (or a lot) overwhelming, you had deadlines approaching and a mile-long to do list, and you were just in way over your head?! Well, you're not alone. Everyone feels stressed from time to time, especially as we get older, and the responsibilities really pile onto our plate. The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find that healthy balance is the best way to live a productive, happy life.

A small amount of stress once in a while is a good thing, because it means you're working hard, and you care about what you're doing. If you were never stressed, that would probably mean you're living a lethargic lifestyle without a whole lot of work involved. However, too much stress doesn't allow us to think straight, and is overbearing and counterproductive. Prolonged stress even leads to real physical problems and can cause strokes, IBS, ulcers, diabetes, muscle and joint pain, miscarriages, and many more.

This month, recognize the difference between good and bad stress and try to find your happy place within the madness.

What you can do to reduce Stress:

Use #NationalStressAwarenessMonth or #StressAwarenessMonth to post on social media. This month, we are all challenged to keep our stress levels low, and our peace levels high. Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed

- ▶ **Exercise.** You've probably heard this one before, and even though it's probably not exactly what you want to do when you're feeling stressed (because laying on the couch and watching movies sounds more appealing), exercising gets endorphins pumping through your brain, which triggers a happy feeling.
 - » Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.
- ▶ **Think about taking natural supplements** to help you feel more at ease.
 - » Natural remedies like lemon balm, omega-3 fatty acids, ashwagandha, green tea, and essential oils are very helpful.
- ▶ Light a candle or turn on the oil diffusers, put on some soft, soothing music and dim the lights. Take a deep breath and count your blessings.
- ▶ Caffeine intake reduction can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which can cause stress and anxiety.
- ▶ Spend time laughing with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.
- ▶ **Practice Hobbies you enjoy or find a new Hobby.**

Administration Professionals Day @ Etech

Team Lufkin celebrated Administration Professionals Day by eating cookie cake, cheese and crackers, and talking about our summer plans on April 27th.



Team Nacogdoches celebrated Administrative Professionals Day by thanking the efforts and dedication of our Administrative Professionals.



Team Rusk Charlotte Rasmussen - Receptionist/HR Admin, Jessica Blount - Campaign Support Specialist, and David Wingard - Campaign Support Specialist were treated to lunch from a local restaurant and given cards signed by Rusk employees showing their appreciation for the celebration of Administrative Professionals Day.



Easter Celebration @ Etech

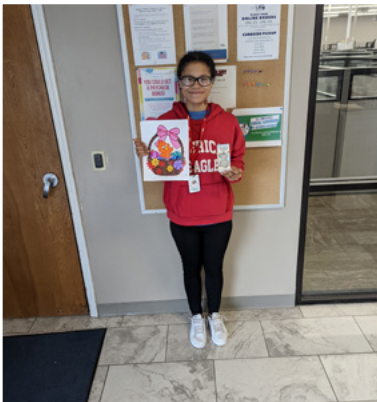
Team Dallas celebrated Easter with egg hunting.



Team Jamaica engaged all employees with an Art Competition using eggshells base on our Easter tradition. Four (4) employees participated in vying for the coveted prizes, which were “Dinner for Two at Pier One” and a “Maxi Store Gift Voucher”.



Team Lufkin Etech had an egg coloring contest! & Easter Basket Raffle. The coloring page options included Easter Eggs, Easter Bunnies, and Easter Chicks. The 2 winners of the coloring contest were Samantha Wiggins and Mia Brown. The prizes were chocolate Easter bunnies. The basket had an Etech t-shirt, Amazon gift card, and candle holders. Thank you to everyone who participated and bought a ticket. They raised \$40 for Community Action. Congratulations to Ms. Pat, the winner of the basket!

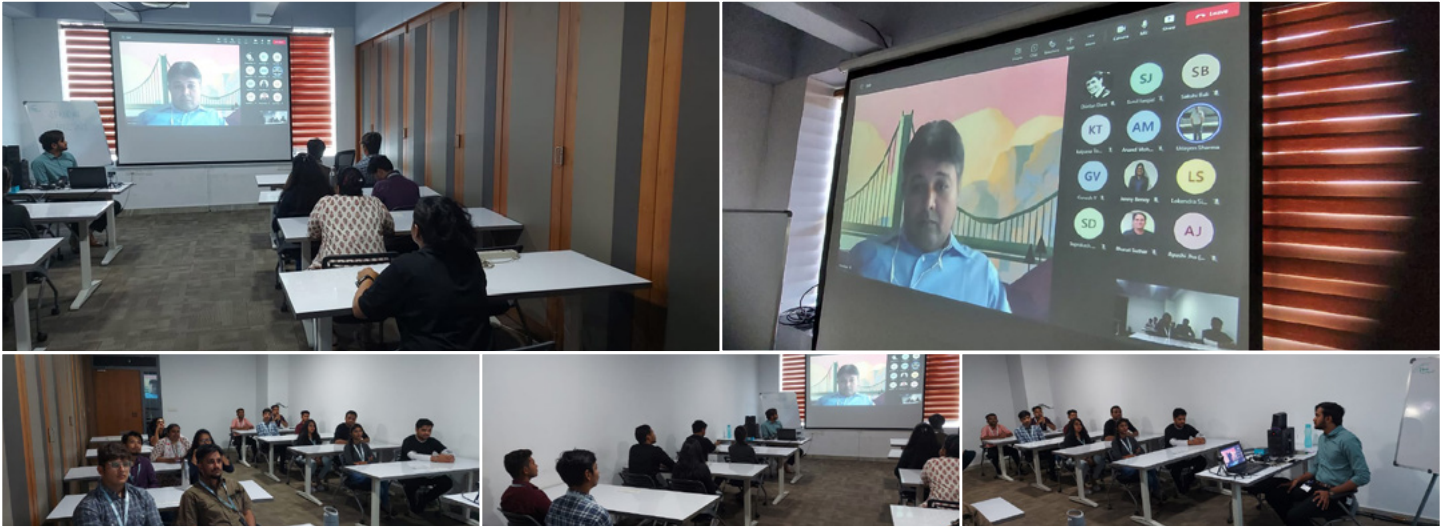


Team Rusk held a theme week! Thank you to the employees who participated dressing up for decades day and representing your favorite sports team. The Singletary Memorial Library in Rusk hosted an Easter Egg “Hunt” on April 9th and Etech set up a table and gave away goodies and Easter Eggs to community children for our April Giveback Initiative. The children enjoyed gathering eggs, playing games, and eating goodies. After the “hunt” children were invited for a movie in the library. The event was fun for all!



Spandan @ Etech Gandhinagar

The Gandhinagar team did the Spandan “Know your company” activity with the new hire which was fun. This activity had all the HOD’s come & introduce themselves to the team.



Look-A-Like activity @ Etech

With the motto of Work Hard Have Fun, Team Dallas, Gandhinagar & Vadodara decided to celebrate the Look-A-Like day, where members paired with each other & dressed alike.



YOSA (Years of Service Awards) @ Etech

Recognizing the efforts & tenure of the team is what Etech never fails at, YOSA is the biggest example of it. Celebrated with fun across Dallas, Lufkin, Nacogdoches & Rusk.



Employee Engagement activity @ Etech

Altice Fun Day @ Dallas – The team celebrated a fun day & the level of enjoyment can be measured from the picture here.



United Way Nacho Sale, Pie in the Face, and Raffle Winner @ Nacogdoches - On April 22nd the Center conducted a multifaceted fund-raising event. The event consisted of a \$100 Visa gift card raffle with tickets being sold for \$2 each. A nacho sale and the employee who purchased the most raffle tickets won the opportunity to pie Sr. Director of Operations, Michael Almazan in the face. The winner of the pie Michael in the face was UB's very own Morgan Bazard, who also won the \$100 Visa gift card. Great food and fun were had by all, and the proceeds went to the Etech Nacogdoches United Way fund.



Fiesta Friday @ San Antonio

Center - The center participated in Fiesta Friday, April 8th. Everyone was encouraged to dress up in their favorite Fiesta attire.



Food Truck @San Antonio Center - The team invited Dona Kikas, the first food truck, to park outside the center for everyone to enjoy the delicious food.



Community Give Back Initiatives @ Etech

Buns & Water distribution @ Jamaica – Team contributed to the purchasing of buns (pastry) and bottled water for the visiting patients at the accident and emergency unit at the Cornwall Regional Hospital. 50 buns and 2 cases of water were donated!!!



Highway Clean up @ Lufkin - Thursday, April 28th, team cleaned up the trash alongside of Highway 94 by our Center.



Earth Day Adopt-A-Hwy @ Nacogdoches - On Earth Day, April 22nd, 10 team members volunteered to collect improperly discarded trash along Stalling Drive. Over 200lbs of trash was collected and 50 of those pounds were able to be sorted for recycling.



Necessities Drive @ San Antonio - During April, team accepted travel-sized hygiene products to be donated to the Haven for Hope in San Antonio. They filled up an entire container with products that would help our community get back on their feet. This was an excellent way for everyone to work together to give back to our community.



Old Age home visit @Vadodara - Team visited the old age home & spent a day with them talking, distributing basic necessary things & serving meal.



Blood Donation @ Etech Gandhinagar

The CAT (Community Action Team) in Gandhinagar organized blood donation camp, wherein the team collected 68 units of blood.

