

# The LH Connection

May 2008

www.lionelhenderson.com

Issue 68

## Remember, May is...



National Bike Month



Breast Cancer Awareness Month



Mental Health Month

In honor of National Bike Month, we'd like to recognize Freddie Morgan, at the LH Corporate office, who is an avid bike rider & rode in the Annual Sea Gull Century

### Way to go!



Asthma Awareness Month



Older Americans Month



Mother's Day

### Inside this issue:

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### What did you get her for Mother's Day?

Here's what some LH mothers say were the worst & best Mother's Day gifts ..



Worst...

- Appliances
- Robe or Slippers
- Gardening Tools

Best...

- Flowers
- Spa Treatment
- Jewelry

We all know it's the thought that counts, but unless you know she really wants it, you may want to think twice next time

**We hope you all had a happy Mother's Day**



# The LH Connection

## *Employee Spotlight*



### Performance Awards

LH Would like to say Thank You to all of our employees for their hard work & also to those who received special recognition for their performance and/or excellent customer service:

**Charles Mahoney & Rita Holland-Haynes**

#### Happy Birthday

**Travis Dahlberg**  
**Sheila Matthews**  
**Hoa Nguyen**  
**Keith Stephens**  
**Calvin Huff**  
**Xue Song**

#### Perfect Attendance Winners

**Congratulations** to all our employees who had perfect attendance during the month of April! Each person who has perfect attendance will receive a coupon redeemable for gifts at the company store ([www.lhenderson.com/prizes.htm](http://www.lhenderson.com/prizes.htm)) and are eligible for a drawing for one of three cash awards. The monthly winners are:

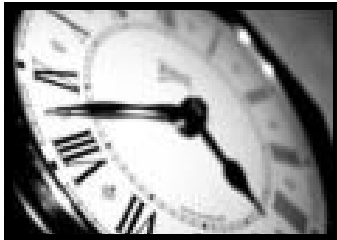
April Winners—\$100 prize

**Brian Mason**  
**Cherise Reid**  
**Rita Holland-Haynes**

*Thank you*  
*For your diligence and dedication*

# The LH Connection

## *Reminders*



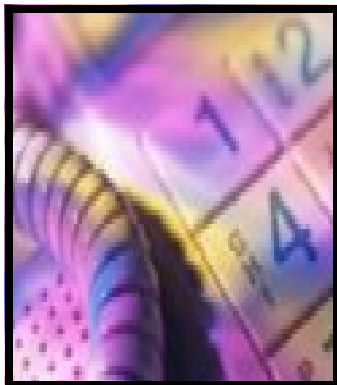
### **Timesheets**

Please remember to complete your timesheet **daily**.



### **We want to hear from YOU!**

Do you have an announcement you'd like to share with the company or a question you like to ask to be included in a future newsletter – please share with us. Email questions, comments and stories to [hr@lhenderson.com](mailto:hr@lhenderson.com).



### **Employee Hotline**

The Employee Hotline is available 24/7. Make a suggestion, grievance, comment - anonymously. All matters received on the hotline will be handled in the strictest of confidence. You may access the employee hotline in one of two ways, either via email at [employeehotline@lhenderson.com](mailto:employeehotline@lhenderson.com); or via our web site at [www.lionelhenderson.com](http://www.lionelhenderson.com), click on Contact Us and then the Employeehotline link.

# 101 Ways To Save Money

Below are 101 common sense ways to save money. In all likelihood, some of them won't apply to your situation. However, taking advantage of the tips you can will save you money in the long run.

1. (In the winter) Set your thermostat to 64 and turn it down to 60 at night.
2. Use the phone book instead of directory assistance.
3. Use coupons at the grocery store.
4. Carpool.
5. Ask for generic prescriptions instead of brand name.
6. Do your own nails.
7. Rent out a room or garage.
8. Replace 100-watt bulbs with 60-watt bulbs.
9. Make long distance calls at night and on weekends, instead of mid-day, mid-week.
10. Throw pocket change in a jar and take it to the bank when its full.
11. Always grocery shop with a list and stick to it.
12. Buy spare parts for your car at the junkyard.
13. Go to museums on free days.
14. Quit smoking.
15. Get hand-me-down clothes and toys for your kids from family and friends.
16. Meet friends for coffee instead of dinner.
17. Request to get interest on the security deposit for your apartment.
18. Take a five-minute shower.
19. Brown bag your lunch.
20. Make your own baby food.
21. Use public transportation.
22. Drop duplicate medical insurance.
23. Buy old furniture at yard sales and refinish it yourself.
24. Apply for scholarships and financial aid.
25. Exercise for free - walk, jog, bike, or get exercise videos from the library.
26. Form a baby-sitting cooperative with friends and neighbors.
27. Form a dog-sitting cooperative with friends and neighbors.
28. Buy your clothes off season.
29. Go to a matinee.
30. Share housing with a friend or family member.
31. Hang clothes out to dry.
32. Do not use your calling card.
33. Volunteer two hours a month for reduced cost food through the Share Program (varies per state, main northeastern site at <http://www.sharefoodprogram.org/>).
34. Change the oil in your car yourself regularly.
35. Get pre-approval from your medical insurance company before undergoing any procedures or tests.
36. Buy no frills vitamins.
37. Take a date for a walk along the beach or in the woods.



38. Make cards and gifts for friends.
39. Shop in thrift stores.
40. Have the water company do an audit so you are not charged sewage fees for water used in your garden.
41. Refinance your mortgage.
42. Grocery shop on double coupon days.
43. Trade down your car for a less expensive, lower maintenance one.
44. Convert your cash value life insurance to term.
45. Shop around for eyeglasses.
46. Don't be shy about pulling something you like out of the trash.
47. Recycle.
48. Move to a less expensive place to live.
49. Use low flush toilets or water saving devices in the tank.
50. Drop unneeded telephone services like call forwarding or caller ID.
51. Buy fruits and vegetables in season.
52. Avoid using your ATM card at machines that charge a fee.
53. Bicycle to work.
54. Shop around for auto insurance discounts for multiple drivers, seniors, good driving records, etc.
55. Ask your doctor for samples of prescriptions.
56. Borrow a dress for a big night out, or go to a consignment shop.
57. When you buy a home, negotiate the sales price and closing costs.
58. Turn the hot water heater down and wrap it with insulation.
59. Never grocery shop hungry.
60. If your income is low, file for Earned Income Credit on your taxes.
61. Shop around for prescriptions including mail order companies (contact your employee assistance program for referrals, or call AARP at 800-456-2277).
62. If you pay for childcare, make use of the dependent care tax credit or your employer's dependent care flexible spending account.
63. Buy, sell, and trade clothes at consignment shops.
64. Shop around for the lowest banking fees.

65. Caulk windows and doors.
66. Iron your own shirts.
67. Plan your weekly food menu before shopping.
68. Buy a good used car instead of a new model car.
69. Purchase all of your insurance from the same company to get a discount.
70. Cut your cable television down to basic.
71. Go to an optometrist for routine vision tests or to change an eyeglass prescription.
72. Buy pre-owned toys and children's books at garage sales.
73. Have potluck dinners with friends and family instead of going out.
74. Use the library for books, videotapes, and music.
75. Inspect clothing carefully before purchasing it.
76. Don't use your dishwasher dry cycle; open the door and let them air dry all night.
77. At the grocery store, comparison shop by looking at the unit price.
78. Make your own coffee.
79. Use old newspapers for cat litter.
80. Shop at discount clothing stores.
81. Skip annual full mouth X-rays unless there is a problem; the American Dental Association (ADA) recommends X-rays every 3 years.
82. Water your garden early in the morning.
83. Shop around for long distance rates.
84. Hand wash instead of dry cleaning.
85. Grow your own vegetables and herbs.
86. Shop around for auto financing.
87. Donate time instead of money to religious organizations and charities.
88. If you are leaving a room for more than five minutes, turn off the light.
89. Shop at auctions or pawnshops for jewelry and antiques.
90. Keep your car properly tuned to cut down on gas usage.
91. Request lower interest rates from your creditors.
92. Trade in old books, records, and CDs at book and record exchanges.
93. Pay bills the day they arrive; many credit card companies charge interest based on your average daily balance.
94. Buy software at computer fairs.
95. Search the internet for freebies.
96. Compost to make your own fertilizer.
97. If your car has very little value, you probably only need liability insurance.
98. Cut the kids hair yourself.
99. Increase your insurance deductible.
100. Buy in bulk at food warehouses.
101. If your income is low, contact utility companies about reduced rates.

# A Word to the Wise: Stress Control

...an article from the EAP

For more information and articles like this, visit Guardian's [www.ibhworklife.com](http://www.ibhworklife.com)



First try to identify the things in your life that cause you stress: marital problems, conflict at work, a death or illness in the family. Once you identify and understand how these stressors affect you, you can begin to figure out ways to change your environment and manage them.

If there's a problem that can be solved, set about taking control and solving it. For example, resolve to speak with your manager or human resources representative if problems at work are making you too stressed.

But some chronic stressors can't be changed. For those, support groups, relaxation, meditation, and exercise are all tools you can use to manage your stress. If nothing you do seems to work for you, seek a health professional who can help. Also seek professional help if you find that you worry excessively about the small things in life.

Keep in mind that chronic stress can be associated with mental conditions like depression and anxiety disorders as well as physical problems. Seek professional help if you have:

- Difficulty sleeping
- Changes in appetite
- Panic attacks
- Muscle tenseness and soreness
- Frequent headaches
- Gastrointestinal problems
- Prolonged feelings of sadness or worthlessness

Source: Wein, Harrison, Ph.D. (2000, Reviewed 2003). *A word to the wise: Stress control*. National Institutes of Health (NIH). Retrieved June 2004 from [www.nih.gov](http://www.nih.gov).