

The George & Lynch Internal Newsletter! News & notes from the company.

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## G & L Quarterly 2016



**Cambridge Airport Crew**

Thank you for taking a minute to read about all things George & Lynch! In this issue you'll find:

- [Chris' Corner: A Message from Chris Baker, President](#)
- [Len Brooks, VP](#)
- [HR Corner - Katie Murphy](#)
- [Safety - Ken Heinsch](#)
- [Upcoming Birthdays](#)

The next newsletter will be sent September 30th. Please send any ideas and announcements to [jconnell@geolyn.com](mailto:jconnell@geolyn.com) by September 15th! Thank you!



"George & Lynch will always be the preferred company that provides high-value added services to safely build, operate and maintain infrastructure that supports the continued quality of life in our communities."

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## Chris' Corner

"The only thing that is constant is change." - Heraclitus

Heraclitus was a Greek philosopher well over 2,000 years ago. Funny how his observation from that long ago still applies today. Technology changes rapidly. Our industry copes with changes to schedules, job assignments, equipment features, rules and regulations. Some change daily and others less frequently, but they still change! I had a lot of change in my personal life earlier this year. First, my older daughter got married. Less than three months later, she moved to California. More recently, my professional life was impacted when Kevin Jones decided to pursue an opportunity related to alternative energy production. Most recently, Stephanie Preece (our chief financial officer) announced her career path will take her to an area bank. We have also been busy implementing new accounting and payroll software for several weeks now. That's a lot to deal with in about six months' time. Thankfully, I decided many years ago I wouldn't waste time (or lose sleep) worrying about things I had no control over. Instead I choose to focus my energy on things I believe I can influence.

Change also brings new opportunities. While I miss my daughter, her request to drive her car across country was an awesome experience. Kevin and Stephanie's departure has created new opportunities for Anthony Taddeo and Christina Funk to advance in the company. The new accounting software has made us rethink and improve on some of our internal processes.

Our focus on bidding and negotiating contracts changes depending on our backlog and available resources. One thing that has NOT changed is our vision to "always be the preferred company that provides high value-added services to SAFELY build, operate and maintain infrastructure that supports the continued quality of life in OUR communities." That statement was drafted about a dozen years ago, and I believe it still accurately states our mission.

If we cannot embrace change, at least we have to tolerate it. Think about how that may apply to yourself. Let's have an enjoyable, productive and SAFE winter!

## From The Desk of Len Brooks

"The DelDOT Bridgeville Maintenance Yard Development project was completed in May of 2016. This new yard replaced the Seaford Maintenance Yard which had been outgrown by DelDOT and had flooding issues. The new site in Bridgeville is more centrally located and allowed for a more efficient site design. It is already a DCA Award winner and in contention to be an ABC Award winner. Congratulations to all of the crews that made this project successful."



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## HR Corner - Katie Murphy

**As the holidays are approaching, many individuals are dealing with depression and sadness. G&L offers our employees and their dependents counseling up to 6 sessions. This is paid as a benefit utilizing our (EAP) Employee Assistance Program. Our EAP program works with The Mind & Body Consortium. They offer 3 locations within Delaware. If you have any questions please call Katie Murphy (302) 342-3136 or e-mail [kmurphy@geolyn.com](mailto:kmurphy@geolyn.com)**



**The Mind & Body Consortium Dover**  
156 S. State Street | Dover, DE 19901  
DOVER (302) 674-2380 | MILFORD (302) 424-1322 | MIDDLETOWN (302) 378-2522

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# 'TIS THE SEASON TO LIGHTEN UP

AN EIGHT-WEEK WELLNESS CAMPAIGN NEWSLETTER WEEK ONE

## EATING WELL

We all know that the ability to control our food choices and portion sizes are keys to maintaining our weight during the holiday season. To guide your choices and build a foundation of eating for balance, joy and good cheer, consider these key principles:

**1. Emphasize foods that come from the earth.**

What could be better than fresh wholesome food? Fruits, vegetables, whole grains, tubers, legumes (beans, peas and lentils) and other plant-based foods are the foundation of a balanced diet. If you can dig it or pick it, it's a good choice... as nature intended.

**2. Drink alcohol only in moderation, if at all.**

Alcohol is easy to come by during the holiday season. Alcohol is loaded with calories, plus it disrupts sleep and can make you feel sluggish the following day. If you drink alcohol, limit your intake to one or two drinks, at most. Instead of alcohol, sip on a sparkling water with a splash of cranberry juice and a slice of lime.

**3. Choose foods from at least two food groups for each meal and snack.**

Start with a whole grain or starch such as whole wheat bread, brown rice or a baked sweet potato. Add a fruit and vegetable such as a mixed greens salad with mandarin oranges or baby carrots, sliced red peppers and sliced apples with low-fat dip. Finish with a high quality protein such as beans, lean meat, fish or soy.

**4. Take 15 to 20 minutes each week to plan your meals.**

Meal planning doesn't have to be a chore. Simply take a few minutes each week to think about your daily meals, and then make a list of everything you might need to purchase. Planning ahead helps alleviate the last minute panic of "what's for dinner?" Save your menus and shopping lists to reuse in the future.

(continued on next page)



### THANKSGIVING WEEK

The Thanksgiving holiday is the time of year that we offer thanks for our blessings in life — good health, great friends, a loving family and life itself, just to name a few. Living in America provides us with an abundance of opportunities not accessible to many people in the world. Some of this "abundance" creates an environment of excess throughout the holiday season, which makes balance and moderation a challenge, even for the most committed person. This week's Thanksgiving issue of 'Tis the Season to Lighten Up helps you build a foundation for a season of balance, joy and good cheer with a focus on eating well.

## EATING WELL (CONTINUED)

### 5. Eat regularly timed meals and snacks.

Refuel your body about every four hours with light and energizing foods. Fresh fruit and yogurt, pre-cut vegetables and dip, and tuna or string cheese with whole grain crackers are all easy, great options.

### 6. When possible, take at least 20 minutes to eat your meals.

Giving yourself time to eat—rather than quickly and indiscriminately gobbling your food—will encourage mindful eating. Mindful eating is eating in such a way that allows you to use all your senses to explore, savor and taste your food. When you eat mindfully, you will likely consume fewer calories because you'll be more aware of physical hunger and when you've HAD ENOUGH.

### 7. Keep a food record.

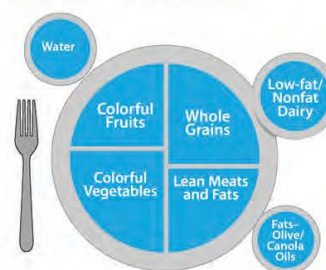
Many studies have shown the importance of record keeping in making healthy lifestyle changes. One particular study showed that people who kept a food record during the holiday season were more successful in managing their weight, while those who didn't keep track gained weight. To begin your own food record, simply get a small notebook and record your daily food intake including type and amount of food.

*If you can dig it or pick it,  
it's a good choice...*

## CHOOSE MY PLATE TO EAT WELL AND FIND BALANCE

MyPlate can guide you in planning healthy, balanced and enjoyable meals. Choose MyPlate to a healthier you:

[www.choosemyplate.gov](http://www.choosemyplate.gov)



Adapted from USDA ChooseMyPlate.gov

## KEEP MOVING



While overindulging on Thanksgiving Day won't sabotage long-term weight management efforts, being active throughout the holiday season will help you stay on track to maintain and not gain. It's important to take every opportunity to burn those extra holiday calories so that they don't add up to weight gain.

Consider these five great strategies for getting moving during the Thanksgiving holiday:

1. Participate in a local community "Turkey Trot" on Thanksgiving Day, start your day with a brisk walk, or participate in a family touch football game.
2. Round up the family and take a walk before or after the big meal.
3. Enjoy the final days of fall with a hike through the woods or on a local trail.
4. Warm up to the thoughts of winter with a trip to an ice skating rink.
5. Take advantage of shopping trips with an extra lap or two around the mall.

# MY GOALS

Beginning this week and throughout the remainder of the program, we invite you to commit to at least one weekly lifestyle goal that will support balance, joy and good cheer, and, ultimately, your weight.

If now isn't the right time to commit to weekly goals, you will still benefit from participating in **'Tis the Season to Lighten Up**. Simply set your goals when the time is right for you.

Considering the Eating Strategies for Balance, Joy and Good Cheer, use the space provided here to define your goal(s) for this coming week.

**DON'T FORGET TO SELF-MONITOR...**

Check your weight to see if you are achieving your goal of maintaining, not gaining.

**DATE:** \_\_\_\_\_

**WEIGHT:** \_\_\_\_\_

What is your plan for achieving your goal(s):

## ADDITIONAL RESOURCES

Your health plan's online programs can assist you in eating well and maintaining your weight through the holiday season.

When you are ready to begin, it only takes a few minutes to get started. Here's how:

1. Go to your member website. (Check the back of your insurance ID card.)
2. Complete the login process, entering your user name and password.
3. Choose the "Health & Wellness" tab.
4. Choose the program in which you wish to enroll under Healthy Living Topics.

The material contained in this Newsletter has been selected to provide general background and useful information regarding maintaining weight or avoiding the cumulative effects of gradual weight gain during the holiday season. It is not intended to be complete or tailored to your specific needs. You should discuss the information, facts and tips with your doctor. You should not engage in physical activity, which may have injury and health risks associated with it, until you confirm with your doctor that it is appropriate for you. If you experience any pain or discomfort, call your doctor. The material contained in this Newsletter is not designed to replace either medical advice or medical treatment. Highmark does not endorse any product or service and does not provide any medical or legal advice.

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# Safety - Ken Heinsch

Cold weather is just around the corner for those of us here on the Delmarva Peninsula. With that comes the chance of experiencing a cold weather related illness. To combat this please remember to dress accordingly.

Several layers of clothing are preferred to only wearing one heavy jacket or workpants. Try to stay as dry as possible. Being wet makes clothing much less effective in keeping a body warm. It is a good idea to keep a change of dry clothing with you, if possible. Especially for the feet. Our extremities (hands, feet, nose ears) are usually the first body parts affected by the cold. Below is a list of the most common cold weather illnesses along with symptoms and proper responses to the condition.

## **Hypothermia**

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

### **Symptoms**

Symptoms of hypothermia can vary depending on how long you have been exposed to the cold temperatures.

#### **Early Symptoms**

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

#### **Late Symptoms**

- No shivering
- Blue skin
- Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

## **First Aid**

Take the following steps to treat a worker with hypothermia:

- Alert the supervisor and request medical assistance.
- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm the center of their body first-chest, neck, head, and groin-using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.
- If victim has no pulse, begin cardiopulmonary resuscitation (CPR).

## **Frostbite**

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in workers with reduced blood circulation and among workers who are not dressed properly.

## Symptoms

Symptoms of frostbite include:

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching
- Bluish or pail, waxy skin

## First Aid

Workers suffering from frostbite should:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes-this increases the damage.
- Immerse the affected area in warm-not hot-water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

## Trench Foot

Trench foot, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold conditions. Trench foot can occur at temperatures as high as 60 degrees F if the feet are constantly wet. Injury occurs because wet feet lose heat 25-times faster than dry feet. Therefore, to prevent heat loss, the body constricts blood vessels to shut down circulation in the feet. Skin tissue begins to die because of lack of oxygen and nutrients and due to the buildup of toxic products.

## Symptoms

Symptoms of trench foot include:

- Reddening of the skin
- Numbness
- Leg cramps
- Swelling
- Tingling pain
- Blisters or ulcers
- Bleeding under the skin
- Gangrene (the foot may turn dark purple, blue, or gray)

## First Aid

Workers suffering from trench foot should:

- Remove shoes/boots and wet socks.
- Dry their feet.
- Avoid walking on feet, as this may cause tissue damage.

Be safe, pay attention, respect the cold.



Enjoy the upcoming holidays.

Regards,  
Ken

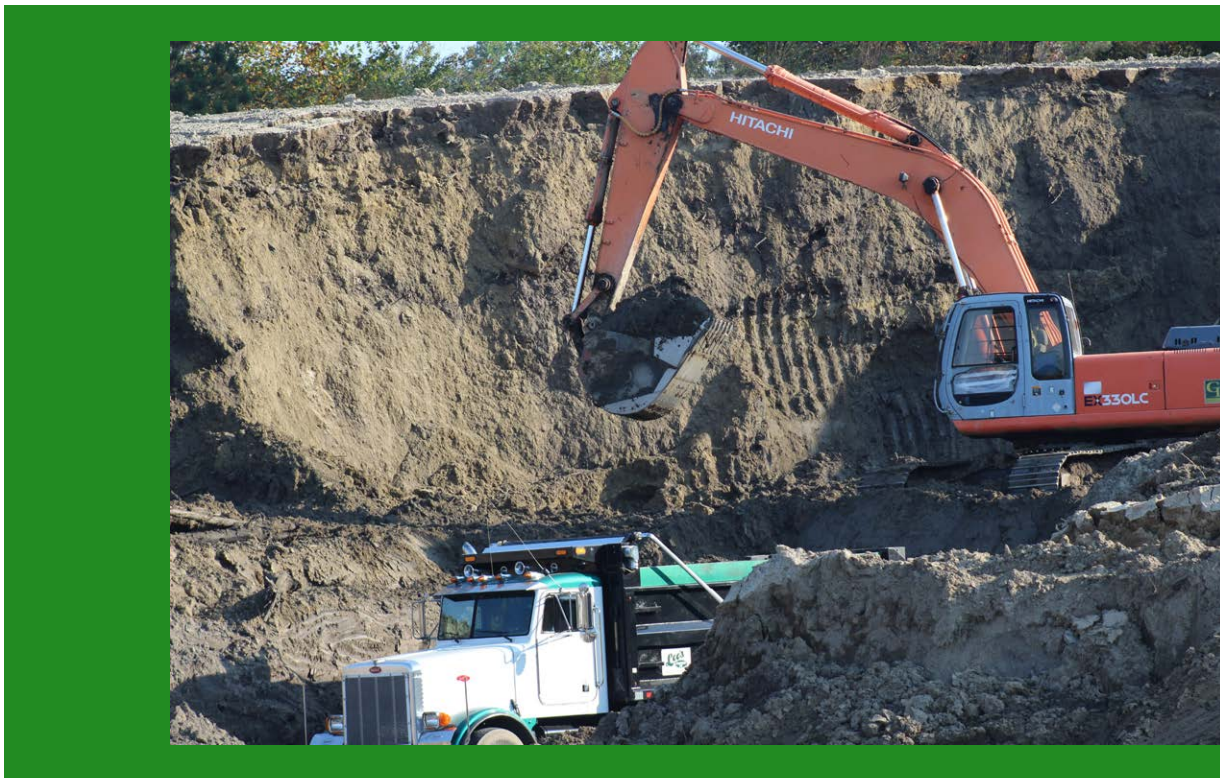
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## Quarter Century Club



## G & L Crew Pictures



Ella & Everlee Hall give Olaf warm hugs at the Fall Fest!





Costumes, prizes & the ice cream truck



## Prince made an appearance at the Fall Fest



## 2016 G & L Dragon Boat Races





## G & L Wrecking Crew



# HAPPY *Birthday!*

## **October**

James Basso	1st
Michael Lyon	1st
Matthew Satterfield	1st
Derek Jones	1st
Todd Yetter	5th
Jeffrey Mcdaneil	5th
Ronald Lauer	8th
Amanda Twisselmann	8th
Joshua Mcneil	9th
George Cahall	10th
Kenneth Warner	11th
Jakosh Turnbull	12th
Archie Morgan	14th
Troy Teeter	15th
Richard Coppage	15th
Joseph Rowe	18th
Robert Mcnatt	18th
Joseph Gillespie	23rd
Eriberto Velasquez	26th
Brock Phillips	26th
Patricia Sadberry	27th
Harvey Dorman	28th

## **November**

Wanda Roe	1st
Brian Schaffer	2nd
Paul Custis	3rd
Carla De Vries	5th
John Dearden	5th
Gregory Johns	6th
Huner Wyatt	8th
William Pearson	9th
William Klein	12th
Joseph Lefner	13th
Joseph Wittrock	14th
Rocco Tubia	15th
Ricardo Rangel	15th
Donald Brown	19th
Melinda Sellers	20th
Charles Tucker	22nd
Tyriek Merritt	22nd
Michael Magonigal	23rd
Charles Krupka	24th
Edgar Morales	24th
Jeffrey Norman	26th
Dale Knight	29th
Christopher Lyon	29th

## **Decmeber**

James Gray	2nd
Marie Sadusky	5th
John Seaman	11th
Paige Lynch	13th
Earl Ward	14th
Zachary Clough	15th
Daniel Walls	15th
Philip Pulley	16th
Christopher Wallace	17th
Nathaniel Barilla	18th
Russell Reed	19th
William Swanson	21st
William Gsell	21st
James Leager	21st
Franklin Johnson	24th
William Cooke	24th
Michael Casterline	24th
Ronald Landry	26th
William Workman	27th



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