

Friday, December 1, 2006



==== *UMC NEWSBLAST* ====

Safety Corner

Tips for Safe Winter Driving

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This sheet provides safety tips for your residents to help prevent motor vehicle injuries due to winter storms.

The Three P's of Safe Winter Driving:

PREPARE for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Stopped or Stalled? Stay with your car, don't over exert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/directions, and let others know your route and arrival time.

Practice Cold Weather Driving!

- During daylight, rehearse maneuver slowly on the ice or snow in an empty lot
- Steer into a skid
- Know what your brakes will do: stomp on antilock brakes, pump non-antilock brakes
- Stopping distances are longer on water covered ice and ice
- Don't idle for a long time with the windows up or in an enclosed space

PROTECT YOURSELF

- Buckle up and use child safety seats properly
- Never place a rear-facing infant seat in front of an air bag
- Children 12 and under are much safer in the back seat **PREVENT CRASHES**
- Drugs and alcohol never mix with driving
- Slow down and increase distances between cars
- Keep your eyes open for pedestrians walking in the road
- Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible
- If you are planning to drink, designate a sober driver

This information was found on OSHA's website at www.osha.gov

If you have any questions or comments about UMC's Safety Program and Policies, please ask Jim Schick in our safety department.

Quotable Leader

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting."

~ Buddha

UMC Core Values

UMC's "STAR Performance" Core Values (**S**afety, **T**eamwork, **A**ccountability, **R**espect, **P**erformance) truly reflect our culture and are instrumental in the achievement of our goals.

————→ December's STAR Performer: Bev Keeler

As we come to the end of 2006 we are not only closing out another year but also a chapter in UMC history. Beverly Keeler, corporate receptionist for the past twelve years, officially retired on November 10th.

During her tenure with UMC, Bev consistently displayed our company's core values even before they were put into print. Bev always placed customer service as her top priority. When Bev accepted a task, there was never any doubt that it would be completed correctly and on time. She provided a professional, personable and polished first impression for UMC's customers, employees and other business contacts.

A sample of the quotes received regarding Bev's service to UMC:

"...truly a pleasure to work with someone who is as professional and caring about their position as you have always been."

"I have watched receptionists act, behave and perform for the last 21 years while I have been in the office working and at no time have I seen anyone handle this job better than she has."

"In the 15 years I've been at UMC you are the only "professional receptionist" I have had the pleasure to work with. Like so many others here I will miss your work ethic along with your warm greeting in the morning."

Bev - Congratulations on your retirement as well as for being the final STAR Performer for 2006. Thanks again for your years of service to our UMC team.

Written by ~ Bill Laughlin

UMC Health Awareness Corner

10 Essential Health Tips from WebMD
(The Basics to Practice Every Day)

"He who has health has hope, and he who has hope has everything." -*Arabian Proverb*

4. Reduce Stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (i.e., Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: When seeing red, think pink clouds....then float on them.

Helpful UMC Hints

Taking Digital Photos – Tip #4

Keep your eyes open for patterns

Interesting photos can be made of the waves and patterns created by drifting snow, a flock of birds flying in formation or pipes stacked at a construction site.

If you have any questions about your digital camera, please contact Gail Kinner gkinner@umci.com.

Look for more Tips in upcoming editions!

Mark your Calendars

December 13, 2006 – UMC Santa Party HO, HO, HO ~ Santa will be making his magical appearance at UMC to visit with all our children. Please make sure you have signed up to bring either main dish or dessert.

January 13, 2007 – UMC Holiday Party The invitations are in the mail, the flyer for the hotel stay was delivered with paychecks, don't forget to RSVP! We will be again listening and dancing to the sweet sounds from The Soul Intentions Band.

Please email questions, comments or news to Linda Barnhart @ lbarnhart@umci.com