



Renea Helire
Human Resources Assistant

EMPLOYEE HIGHLIGHT

Employee Highlight—Renea Helire

For the month of June we are highlighting *Human Resources Assistant*, **Renea Helire**. Whenever you meet or see Renea, you are hit with a huge smile and a willingness to help with anything and everything. Renea has been with Pontchartrain Partners, LLC since September 2017. She started out as a Receptionist, and quickly worked her way in to Accounting and now Human Resources. Renea has shown that hard work and a driven personality will enable you to achieve whatever you set your mind to.

As in previous issues of Lakeside, the employee who is chosen to be highlighted in the company newsletter is given a list of random questions to answer. Each employee chooses the questions they would like to answer to help us get to know them better. Let's learn a little more about Renea:

Tell us a little about yourself: My name is Shondreka Renea Helire. I work for a company that I have grown to love and cherish as if they are a part of my family. I am happily married to my middle school sweetheart. We have two beautiful children who are overly spoiled, but I wouldn't change a thing. I really enjoy spending time with my family and enjoying life. I am blessed and I am just grateful to wake up each and every day. God is good.

How did you hear about PPLLC? Through an coworker/friend.

What's your favorite part of working for PPLLC? Being able to grow so quickly.

What is your dream job? A nurse but after taking care of my grandmother I decided I couldn't do it.

Are you afraid of anything? Snakes and spiders.



If you could go anywhere on vacation, where would it be? Bora Bora because my daughter asks to go there every two weeks. One day we will be able to take her.

Are you messy or organized? Organized.



Chocolate or Sugar? Sugar

What advice would you give to new hires? Do your job.

Name 3 things on your bucket list? Skydiving, swimming with pigs in Exuma, Bahamas & read the whole bible.



What are 2 things you cannot live without? My bible and water.

Renea, thank you for sharing and allowing us to get to know you a little better. Did you find out anything that surprised you about Renea?

Employed Since:
September 5, 2017

Where did you grow up?
Harvey, LA

Family:
Husband: Johnny
Daughter: Cadence
Son: Joziah

Favorite Quote:
"Where there is no struggle,
there is no strength."
-Oprah Winfrey

Favorite Food:
Seafood

**What are three words you
would use to describe
PPLLC?**

**Collaborative—Motivating—
Rewarding**



HUMAN RESOURCES

HUMAN RESOURCES

Kristyn Harris

Human Resources Manager

kristyn.harris@pontchpartners.com

WELCOME NEW HIRES

05/04 Chad James

05/05 Wesley Hust

05/07 Gage Montgomery
Israel Montgomery
Justin Parson

05/09 Ronald Thompson
Jimbo Tomerlin

05/11 Austin Champagne
Luis Rivera Rosado

05/18 Travis Glass
Christopher Polk
Charles Sanders

05/25 Thomas Hyde

05/26 Jesus Mares

05/27 Jerry Gilbreath
Luke Peat



Thank you all for your service and dedication. PPLLC appreciates you!

1 Year

06/08 Gerald McIntyre
06/17 Dean Poche

2 Years

06/04 Christine Villeneuve

3 Years

06/14 Edwin Brown
06/19 Asiah Crutchfield
Lola Davis

4 Years

06/06 Darius Anderson
Phillip Jones
06/20 Carly Colomb
06/29 Bobby Bridges

6 Years

06/09 Thu Vo

9 Years

06/22 Kevin Hall



06/03 Pablo Mejia

06/04 Jacques Morris

06/06 Christopher McKnight

06/09 Sean Pons

06/10 Wayne Minnick

06/11 Jack Abbey

06/12 Lionel Patterson
Donald Tutor

06/21 Richard Hightower

06/28 Patrick Pina



PPLLC would like to wish all of the Fathers in the Company a Happy Father's Day! We hope you all enjoy the time with your children and families!

SUNDAY

JUNE 21, 2020

father

[fah-th er] **noun**

keeper of the wallet; coach of all sports; teacher of all things.

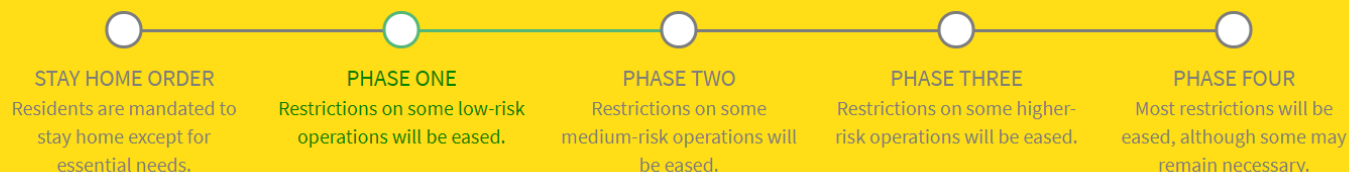
See also: *superhero, role model.*

Latest Coronavirus information

Text COVIDNOLA to 888-777 to receive alerts

Phase One: Safest at Home

- Continue to stay home except for essential needs and other permitted activities on a limited basis.
- Everyone must wear a mask or face covering when performing activities in public.
- Practice social distancing, wash hands often, and frequently disinfect surfaces.

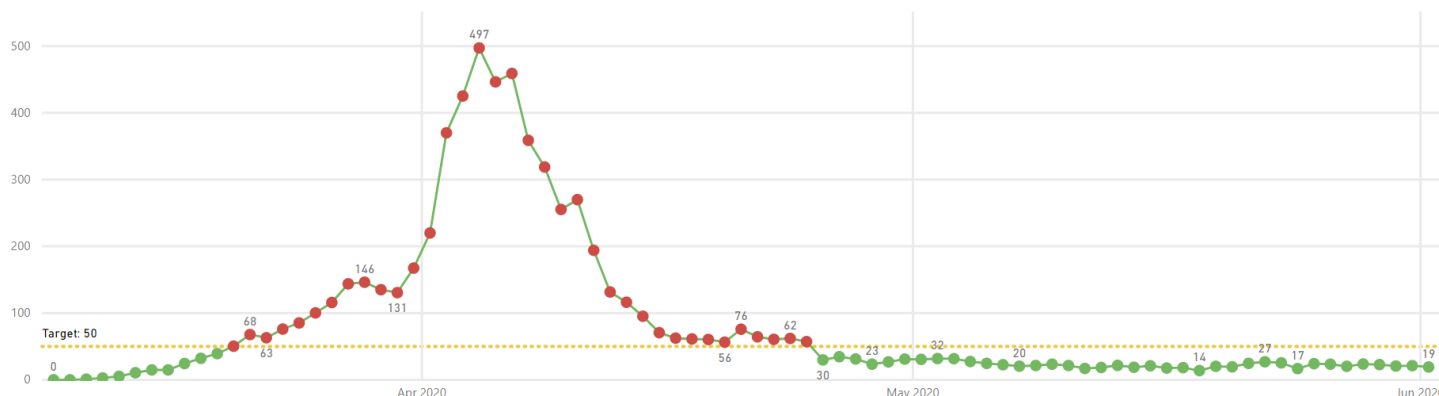


NEW ORLEANS FLATTENED THE CURVE! #StayTheCourse #MaskUpNOLA

Milestone Sustained decrease in number of new cases

What to look for:
downward is good, the lower the better

New Cases 5-Day Rolling Average



Milestones to Progress

Specific public health milestones must be met before the City will begin to ease restrictions and progress from one phase to another. If these criteria are not met or if there is a spike in cases or deaths, it may be necessary to move back to stricter measures.

[Open COVID-19 Public Health Milestones Dashboard](#)

✓ Decline in cases

Sustained trend of low and declining new cases

✓ Increased testing capabilities

Supplies, staffing, and lab capacity to consistently test 4 to 5% of the population each month

✓ Robust isolation procedures

Robust contact tracing, monitoring, and isolation capacity to rapidly isolate new cases and their close contacts

✓ Healthcare capacity

Healthcare system with adequate capacity to treat both COVID-19 and non-COVID-19 patients without requiring surge capacity, including staffing, facilities, PPE, and equipment

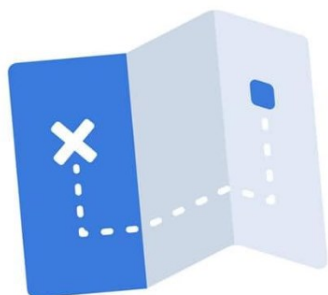
June 1, 2020 marks the official start of the **2020 HURRICANE SEASON**, which is expected to be more active than normal. On top of that, the ongoing **COVID-19** pandemic brings some complexities. Take time now to make sure your family is **READY**.

HURRICANE SEASON + COVID-19

MAKE AN EVACUATION PLAN

The immediate threat to life from a major hurricane is more severe than the potential of virus exposure.

Evacuate if a mandatory evacuation is issued.



HURRICANE SEASON + COVID-19

Prepare for a storm

- ✓ Understand your flood risk
- ✓ Insure your property
- ✓ Secure your home
- ✓ Clean your property and street

GATHER EMERGENCY SUPPLIES

Include face coverings, hand sanitizer & disinfectants in your hurricane kits this year to prevent the spread of COVID-19.



MOST IMPORTANTLY, STAY SAFE AND INFORMED!!

Preparing for Hurricane Season During the COVID-19 Pandemic

As you continue to take precautions to keep yourself and your family safe from the coronavirus (COVID-19) pandemic, it is important to stay prepared for other disasters. Hurricane season begins on June 1, and the time to prepare is now.

FEMA continues to coordinate with state, local, tribal, and territorial officials, along with the private sector, to share operational guidance and to encourage hurricane planning that reflects public health guidelines. While many preparedness tools available to you are the same, certain actions may look different while COVID-19 remains a concern. FEMA has [updated guidelines](#) for preparing for hurricane season.

Know Your Evacuation Route

Check with local officials about updated evacuation shelters for this year. You should note that your regular shelter may not be open this year due to COVID-19. If you [evacuate](#) to a community shelter, follow the latest guidelines from the [Centers for Disease Control and Prevention \(CDC\)](#).

If you are able, bring items that can help protect you and others in the shelter from COVID-19, such as hand sanitizer, cleaning materials, and two cloth face coverings per person. Children under 2 years old and people who have trouble breathing should not wear cloth face coverings. While at the shelter, be sure to wash your hands regularly. If possible, be sure to maintain a physical distance of at least 6 feet of space between you and people who aren't members of your household.

Gather Supplies

Have enough food, water, and other [supplies](#) for every member of your family to last at least 72 hours. Consider what unique needs your family might have, such as supplies for pets or seniors and prescription medications. In addition, it is recommended that you add two cloth face coverings per family member and cleaning items to your kit, like soap, hand sanitizer, disinfecting wipes, or general household cleaning supplies to disinfect surfaces. After a hurricane, you may not have access to these supplies for days or even weeks. Preparing now ensures that you are well-equipped to stay safe if you need to quickly grab your go kit and evacuate to a community shelter.

As you prepare, be mindful that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases in advance will allow for longer time periods between shopping trips and help to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently.

Make an Emergency Plan

Make sure everyone in your household knows and understands [your hurricane plan](#). Discuss the latest [CDC guidance on COVID-19](#) and how it may affect your hurricane planning. Don't forget a plan for the [office, kids' daycare, and anywhere you frequent](#).

Download the FEMA mobile app

Download the [FEMA mobile app](#) for disaster resources, weather alerts, and safety tips. Available in English and Spanish, the app provides a customizable checklist of emergency supplies, maps of open shelters and recovery centers, disaster survival tips, and weather alerts from the National Weather Service.

Visit [Ready.gov](#) for more tips. Disasters won't wait. Neither should you.

Have An Evacuation Plan





SAFETY MATTERS

Robert Dubose

HS&E Director

Robert.dubose@pontchpartners.com

Working in Hot Conditions

Introduction

The objectives of this talk are to understand the terms "heat stress" and "heat strain," to know basic heat-related disorders and to understand the basics of controlling heat stress.

Topical Information

Heat Stress vs. Heat Strain

Heat stress is a combination of heat-related factors that work on the body. These include:

External factors:

- Ambient air temperature.
- Radiant temperature from other sources.
- Air velocity.
- Relative humidity.

Internal factors:

- Metabolic heat produced by the body.
- Body core temperature.
- Respiration rate.
- Acclimatization

Heat strain is how the body responds to heat stress. Heat strain factors include:

- Physical fitness.
- Age.
- Degree of acclimatization.
- Medical condition.
- Weight.

Note: You may need the assistance of trained professionals to help evaluate these factors and determine an appropriate course of action.

Heat Disorders:

- Heat rash: characterized by raised bumps on skin.
- Heat cramps: muscle spasms caused by replacing water but not salt.
- Heat exhaustion: clammy, moist skin; still sweats.
- Heat stroke: serious health problem; high core temperature; red, dry skin; mental confusion.



SAFETY MATTERS

Robert Dubose

HS&E Director

Robert.dubose@pontchpartners.com

Controlling Heat Stress:

- Reduce body heat load by mechanizing tasks, sharing work and increasing rest time.
- Reduce radiant heat loads by increasing distance from source, insulating the source or reflecting the heat.
- When the temperature of the work area is 95°F or above, try to lower air temperature, lower air velocity and wear protective clothing.
- When the temperature of the work area is below 95°F, try to lower air temperature, increase air velocity and wear less clothing.
- Increase evaporative heat loss (by sweating) by increasing air velocity and decreasing humidity.
- Shorten each exposure period; use frequent breaks.
- Use an air conditioned rest area with well-adjusted air velocity.
- Allow workers to self-limit exposure based on signs and symptoms (but be careful).
- Provide plenty of cool water; replace electrolytes as recommended by medical staff.
- Wear clothing that allows maximum cooling with minimum sweating (loose is good).
- Under extreme conditions, you may need to use cooled protective clothing.
- Educate workers who are exposed to hot conditions.

Closing

There are several factors that influence the consequences of working under hot conditions. Proper planning and implementation of a few control measures can make working under these circumstances much more tolerable from a health standpoint.