

Matrix MESSENGER

FACILITY MAINTENANCE NEWS



Volume 3

January 2010

Number 1

In This Issue

Safety

Fears About Airline Travel

Tips From HR

Sell Your Way To Success

Grins and Giggles

How To Succeed In Business

To Your Health

Keep Your Muscles Strong

Even when you think you have your life all mapped out, things happen that shape your destiny in ways you might never have imagined.

—Deepak Chopra

Strong people are made by opposition, like kites that go up against the wind.

-Frank Harris



Safety

Calm Your Fears About Airline Travel

Flying may be the safest way to travel, but getting on an airplane still makes many people nervous. If you're one of them, remember these basic tips for ensuring a calm, safe flight:

- Fly nonstop when possible. Crashes and accidents are rare but they're most likely to occur during take-offs and landings. Look for nonstop flights (remember that direct flights aren't necessarily non-stop, even though you may not change planes).
- Keep your seatbelt fastened. Yeah, you know this already, but it's still important advice. Sudden turbulence can cause an injury even when you're sitting in your seat if you're not restrained.
- Know your exits. If you have to evacuate quickly (and evacuations, along with the deployment of emergency oxygen, are the most common emergency situations you're likely to encounter, although most of the time they're preventative measures), you don't want to waste time. Knowing the location of the nearest exit is an excellent precaution.
- Keep your children safe. When traveling with a baby or toddler, a child restraint system like a car seat is a must. Check the labels to make sure it's certified for use on aircraft. Measure the width of your car seat before boarding. If it's 16 inches or less, it should fit into any airline seat.
- Don't obsess over finding the safest seat. Though you may want to be closest to the emergency exit, the fact is that no one seat is safer than any other on an airplane. For example, in some emergencies are better off remaining in their seats—wherever they are—than trying to scramble off the plane.



HR Q&A

Do you have a question about a personnel policy, benefit, or the company? Just submit your question to: hr@cleanforhealth.com

Lynn Domboski, Our Director of Human Resources, will be delighted to help by answering your question. Plus, if the answer to your question is published in our next newsletter we will pay you \$10.00.

We are committed to helping you by keeping the communication lines open.



Fast Facts

Generosity Smells Like....Lemons?

Proust found deep memories in the aroma of a Madeleine (a small sponge cake with a distinctive shell-like shape), but the journal *Psychological Science* recently reported that the right scent may stimulate fairness and generosity.

In an experiment, groups of subjects were placed in two different rooms, one of which had been sprayed with a citrus-scented cleaner. In the first part of the test, subjects were given cash and asked to share some of it with an anonymous person in another room. In the citrus-scented room, participants gave away twice as much money.

For the test's second part, participants were quizzed about their willingness to volunteer their time for community work and to donate money to charity. Again, subjects in the more aromatic room expressed more interest in volunteering, and they were three times more likely to indicate that they would make donations. So do clean smells produce better behavior? Maybe, maybe not. But it's one more reason to keep the air lemony fresh.





Tips from HR

Sell Your Way To Success, Whatever Your Field

No matter what your job is, or what industry you're in, you have to be able to sell. You sell your products, your ideas, and your experience every day. Here are some basic sales tips that will help you advance and prosper:

- **Tips for meeting people:** Even the most successful people have moments when they feel shy and uncomfortable. For most of us, meeting new people is difficult, and making conversation with someone we've just met can feel like getting a tooth pulled. The good news is you can overcome and control your shyness. Here are some strategies for becoming the life of the party—or at least not the wallflower:
- **Explore the causes.** Shyness is usually caused by excessive self-consciousness, a negative self-image, or excessive preoccupation with yourself—or a combination of all three. When you're feeling shy, analyze your thoughts and emotions to find out what's holding you back. You'll be better able to address the problem when you understand what's behind it.
- **Focus on other people.** Ask questions that let other people talk, and encourage them to open up and share their opinions. You'll be less worried about saying something wrong, and you'll probably find enough common ground on which to build a real conversation.
- **Look your best.** You don't need a complete makeover, but you'll feel more confident if you know you're presenting yourself well. Work with someone you trust on wardrobe and grooming issues. Don't overdo it—just be sure you're appropriate for the occasion.



To Your Health

Keep Your Muscles Strong At Any Age

As we grow older, we often lose muscle mass. It's called sarcopenia, which means "vanishing flesh," a name coined in the 1980s. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6 percent of the women and 26.8 percent of the men.

You can take steps to avoid sarcopenia. They include:

- **Strength training.** Lifting weights has been shown to increase muscle mass and protect against sarcopenia and may even reverse its most debilitating effects.
- **Aerobic exercise.** Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.
- **Protein.** Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to sarcopenia. Older adults may need to increase their consumption of protein to maintain their lean body mass.
- **Vitamin E.** Research at Tufts University Nutrition Research Center suggests that Vitamin E may significantly reduce muscle damage in men young and old.



How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in life you will have been all of these.

-George Washington Carver

Grins & Giggles

How to Succeed In Business -

The CEO called an employee into his office.

"You've been with this corporation a little over a year. You started here as an intern, then took a sales job, and within a few months you were promoted to manager of the regional sales department. Six months after that you became a vice president. Does that sound about right?"

"Yeah," said the employee. "Well, I'm planning to retire, and I want you to take over the company. How would you like that?"

"Thanks!!"

"Thanks, what?"

The employee thought for a moment and then said, "Thanks, Dad."

To shorten winter, borrow some money due in spring.



780 Fifth Avenue Suite 115
King of Prussia, PA 19406
610.584.0888 Fax 610.584.0896
www.shellville.com



19 Avenue D
Johnson City, NY 13790
800.338.5603 Fax 607.644.1081
www.cleanforhealth.com