



Dow, the Downstarian  
A Spotless Reputation

A publication of Dow Building Services  
www.dowservices.com

# DOW information

## ♥ Your Heart Health ♥

Since it's all about the heart this month (Happy Valentine's Day, everyone), I thought it appropriate to remind everyone the suggestions on how to take care of **your** heart.

Heart disease is far and away the most likely reason that you, your husband/wife, sibling, co-worker and even your children will die. It's hard to believe, according to the American Heart Association, that approximately 80 million Americans live with some form of the disease. There are simple preventative things you can add into your daily routine that will make a profound difference in your life. Here's a few tips to get on the right track:

**Get Moving.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure.



It's recommended that adults engage in moderate intensity exercise for at least 30 minutes on most days of the week.

**Eat a little smarter.** Choosing healthful meals and snack options can help you avoid heart disease



and its' complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Here's my tough one, limiting salt in your diet can also lower your blood pressure.

**Quit Smoking.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, please don't start. If you do smoke, quitting will lower your risk for heart disease.



Your doctor can suggest several ways to help you quit. What's gaining a few pounds when it means your life?

**Limit alcohol use.** Avoid drinking too much alcohol, which causes high blood pressure. It can be good for you in moderation, just don't over indulge.



**Keep an eye on your weight.** Obesity affects a huge number of

the population in America. By eating smarter, drinking limited amounts of alcohol, and moving a little bit more, we have a much better shot at beating heart disease and all the things that create it like diabetes, high blood pressure and high cholesterol.



**Know your family history.**

Though you can't change it, knowing it can help you and your doctor figure out how a plan to help combat it. It might be helpful to discuss these questions with your doctor:

Does any of your immediate family have heart disease, like a parent or sibling? Do you have a family history of sudden cardiac death? Do either of your parents or a sibling have high cholesterol, high blood pressure, or diabetes?



There is no age limit when it comes to heart disease. Be aware of the risks and do whatever you can to take care of your one and only heart.

## Safety Topic of the Month: Slips, Trips & Falls

Most falls occur when tripping over an object, like a vacuum cleaner cord. A small fraction of falls occur when people fall off ladders or fall down steps. We can help alleviate these by doing away with unsafe acts and conditions. Once hazards are eliminated, we can usually prevent accidents from taking place. Some of the precautions may sound simple, but it's important to be reminded:

- Make sure all spills are cleaned up immediately and always sign a wet floor area.
- See to it that all walkway paths are clutter-free. Watch your cords!
- Always use a safe stepladder when you need to reach something that's high up.



- Make sure you only carry loads that you can safely handle.

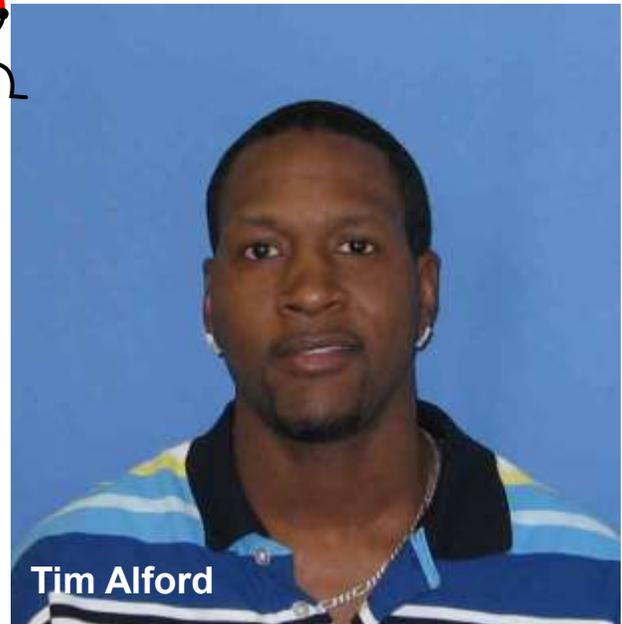
- Always have sufficient lighting in spaces so you can see any obstacles.

- Choose the right shoes. Friction between the soles of your

shoes and the surface you walk on greatly reduces the risk of slip injuries.



## Employee Shout-Outs



**Tim Alford**

**Tim Alford has worked for DOW at UCP on Rodney Parham since January 31, 2007. He just celebrated his 10 year anniversary working at the same building.**

**On a recent visit to UCP by Larry Tanner, Director of Operations, we got an earful on Tim Alford from the ladies in Building 3. "Tim is very courteous, conscientious, and has a very pleasant attitude. He is very helpful and always asks us if it's OK to proceed in cleaning certain areas while we are still here".**

**This isn't some new thing either, "Tim is this way every single day. We really appreciate him"!**



*Here's a shout out from Craig Scott, North Side Area Manager to **Julius Nazzah**.... Debbie Davis from Conway Outpatient Surgery Center wrote a handwritten note on her recent JSR saying, "Julius does an exceptional job. We have enjoyed getting to meet him today". Keep up the great work, Julius!*



*To Anthony Hall and Lorraine Williams, here's a shout out from John Tucker at ABPG/Flex360.....*

*There have been many cleaning services in this building over the years, but DOW Building Services and specifically, Anthony and Lorraine, do a wonderful job for us. Our building has never consistently been cleaned and well cared for prior to DOW and the good folks like these two. Thank you both very much for all you do!*

## Employee of the Month is Autry Ruff

Congratulations goes out to Autry Ruff on his win as Employee of the Month. Autry joined DOW in May of last year and he works for us at Ozark Guidance in Huntsville.

His short tenure goes to show you that you don't have to work at DOW forever to be recognized as an exemplary employee. He just does a great job.

NWA Manager, Ramona Meeker, has this to say about Autry. "Autry's building is always clean and tidy. He is very dependable and he has wonderful attendance".

Ramona goes on to say, "he is always willing to do what it takes to keep the customer happy, Thank you Autry for all of your hard work"!



Autry Ruff

## Tom Martin wins Clean Vehicle Award



Tom Martin

The Clean Vehicle Award goes to Tom Martin, Jonesboro Area Supervisor.

His Area Manager, Kristin West, says this about Tom. "He always keeps his truck clean inside and out. In addition, he keeps it loaded and ready to go for the next day! He takes pride in

keeping it looking good all the time".

Kristin goes on to say, "thank you, Tom, for your hard work"!



## Phyllis Gaddis is Clean Closet Award Winner

The Clean Closet Winner for the month of February is Phyllis Gaddis. She has worked in several DOW buildings since 2012, and currently is cleaning the Keith Smith Company where she has been for 3 years.

Phyllis's Area Manager, Andrew Klich, says "I have inspected her closet many times, and it has always been well stocked, neat and organized. Andrew goes on to say, "she is also great at placing her orders so she doesn't run out, and only has to order about once a month". Thank you Phyllis, for all of your hard work. Keep up the great job!



Phyllis Gaddis

To inquire about DOW's services or special pricing, contact Sara Hicks today at 501-791-2900 or [shicks@dowservices.com](mailto:shicks@dowservices.com).

**FEBRUARY BIRTHDAYS**

Monique Turner	Feb 1
Rosie Turner	Feb 2
Katrina Butler	Feb 5
Tarosha Hayden	Feb 7
Raymond Ragland	Feb 7
Alvaro Matute	Feb 8
Tammy Ramirez	Feb 9
Samuel Warren	Feb 15
Gregory Channell	Feb 17
Victoria Robinson	Feb 18
Christian Lee	Feb 19
Monica Formon	Feb 22
Dana Simmons	Feb 23
Christina Lopez	Feb 23
Rodney McMackins	Feb 25
Alan Green	Feb 26
Jasmine Luster	Feb 28



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Our deepest sympathy goes out to Lamont Stewart in the death of his Grandmother. Lamont, please accept our sincere condolences.



**Happy Valentines Day**

**FEBRUARY ANNIVERSARIES**

Billy Smith	12 yrs
Craig Scott	11 yrs
José Garcia	9 yrs
Susan Haley	5 yrs
Marsheena Lance	4 yrs
Harry Sherman	3 yrs
Daren Walker	2 yrs
Marsha Trusty	2 yrs
Bridgette Martin-Freeman	2 yrs
Pamela Gregory	2 yrs
Betty Stroope	2 yrs
Sheila Stubbs	2 yrs
Donald Whitney	2 yrs
Austin Green	1 yr
Ana Jimenez-Soto	1 yr
Kassandra Oldham	1 yr
Kendall Wright	1 yr
Martha Riegle	1 yr
Laquita Bryant	1 yr

**Happy Anniversary**