



## TABLE of CONTENTS

LPS Faces and Places:  
Tim Dailing

Donate Blood to Save a Life

“Meat” the Challenge in Our  
Third Annual BBQ Throwdown

Don't Be Rude With Your Food

Celebrate Your Young Child  
With Chappell Riverside

Coming to a Phone Near You

Fight to End Diabetes by  
Supporting the JDRF

Give Back and Get in the Game

Earn a \$1,500 Scholarship  
for School From Chartway

Go on a ZOOperstitious  
Adventure

Get “Art” and About With  
the Art Guild of Orange Park

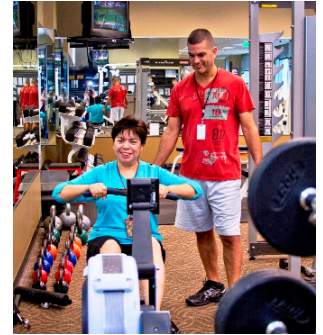
Save Your Furry Friends  
With ARTunleashed

## faces & places

Faces and Places, a new feature in *Get Connected*, will showcase people, places and departments at LPS with which you may or may not be familiar – but should be!

This month we stopped by the gym for a quick “workout” with Illinois native Tim Dailing, LPS' Fitness Manager.

Tim, who joined LPS in November 2006, provides personal training, nutritional guidance and body composition reviews, which determine the ratio of fat to muscle in your body.



He has been a personal trainer for more than 13 years and was recently certified as a respiratory therapist (RT). As an RT, Tim is able to work with employees that have chronic obstructive pulmonary disorder (breathing difficulties), and to provide physical and breathing exercises that, in some cases, can eliminate their dependency on medication.

If your New Year's resolutions included a new workout regimen, Tim has some tips to stay on track. “Consistency is the key. Select an exercise or activity that you enjoy and stick with it,” advised Tim. “You don't have to start out with an intense regimen; start slowly and work your way up, until your routine becomes consistent.”

Tim also revealed that a new meditation room is currently under construction at LPS! The “**Green Room**” will be located on the sixth floor of Building I (Tower) and will be completed in spring 2012. It will be available to LPS employees for FREE, and you will have the opportunity to take instructor-led meditation classes or meditate on your own.

“A [recent study](#) by Hölzel and colleagues (2011) suggests that meditators increased the density of their brains in regions associated with attention, learning, memory and emotion regulation. Meditation also helps decrease employee turnover and increase morale,” explained Tim. “LPS is, by far, one of my favorite employers, and I love coming to work here. The employees are encouraging and open-minded enough to value the variety of fitness and mental exercises available to them.”

Additional services available to LPS employees are:

- Program/exercise design – Tim will meet with you to discuss your weight loss/gain and/or strength-training goals and create a program to help you meet those goals. This service is free.
- Group classes – FREE fitness classes are offered daily and include yoga, kettle bell and core training. Click [here](#) to view the complete schedule.
- Personal training – Current rates are \$25 for half an hour or \$40 for one hour and are by appointment only. Your first session is free.

For further details or to schedule a session today, contact [Tim Dailing](#) at 904.854.3945.

[Back to Table of Contents >>](#)

## Donate Blood to Save a Life



To help make sure local hospitals have an ample supply of blood for patients, LPS is sponsoring a blood drive on Friday, March 16, from 8:30 a.m. – 3:30 p.m. The Blood Alliance's Bloodmobile will be located between Buildings I (Tower) and II (Pen.). Click [here](#) to schedule an appointment.

If you already have a donor profile, click on "I am a donor; access my donor profile." If you don't have a donor profile, click on "I am not a donor; start the process now." A current or newly created donor profile is necessary to schedule an appointment.

If you have a current donor profile, you can go directly to the LPS scheduling page listed as "LPS BUS" to schedule an appointment by clicking on donation locations, then using "5871" as the fund code. Thank you in advance for your generous donation of LIFE!

**Reminder:** Donors must be in good general health, weigh at least 110 pounds, have not had a tattoo or traveled to a malarial area in the last 12 months, and be able to pass a health and lifestyle screening. Please be sure to have a good meal before donating, and drink plenty of water at least one hour prior to donating. A government-issued ID is also required to donate.

If you have any questions, email [Rosario Cardenas](#).

[Back to Table of Contents >>](#)

## "Meat" the Challenge in Our Third Annual BBQ Throwdown

Go for grilling gold! The third annual Jacksonville campus BBQ Throwdown will be held Friday, March 30, at 3 p.m.

Awards for first, second and third place will be given for individuals and teams who make the judges' favorite barbecued chicken, ribs and pork. The campus champion will compete in the citywide Jacksonville Backyard BBQ Championship on May 5.

Proceeds from the event will benefit the Glyn Cook Memorial Scholarship for [Daniel kids](#). If you would like to compete, contact [Rosario Cardenas](#) at 904.854.3217.



[Back to Table of Contents >>](#)

## Don't Be Rude With Your Food



If you decide to eat lunch at your desk, keep in mind the proximity, noses and stomachs of your fellow coworkers. Here are some things to consider when deciding to dine at your desk.

**Try to be seen and not heard** – chewing food with your mouth open is an office (and adult) no-no. Keep your mouth closed when chewing food to avoid coworkers from "hearing" what's on your lunch menu. Also, please remember to not answer or talk on the phone with a mouth full of food.

**"Nose"-eating Food** – If you heat up leftover fish from dinner for lunch at your desk, the odor will linger. Food with strong odors should be savored and saved for home meals. Cold seafood and tuna sandwiches are still ok, though.

**Sharing isn't always caring** – with the exception of potlucks, everyone typically isn't on the same lunch schedule. If you decide to dine at your desk, please eat at your desk, and try not to visit coworkers' desks. This will prevent you from eating with your mouth open and distracting them from work.

**Invisible labels** – remember in grade school when you had to label your Spiderman or Mickey Mouse lunchbox? Well as adults, we don't typically label our lunches anymore. However, this doesn't mean that lunches are up for grabs. Please refrain from sniffing, using or eating someone else's food, coffee creamer or condiments. Everything in the fridge is not communal property.

By following these tips, we can ensure a more pleasant work environment for everyone.

[Back to Table of Contents >>](#)

## Celebrate Your Young Child With Chappell Riverside



Chappell Riverside, a child development center located across the street from LPS, promotes its safe, clean environment with qualified, caring educators. The center offers award-winning curriculum, including fine dining programs, teddy bear teas, and music and art appreciation.

"I am truly happy to have my son at Chappell. This year, he will be participating in the VPK program, which is both exciting and sad, as it will be his last year at Chappell Riverside," said Tena Miller of LPS' Desktop PowerCell division.

Now is the time to register your child at Chappell Riverside for next year's voluntary pre-kindergarten (VPK) class. Every student enrolled in 2011's class graduated to kindergarten!

Visit the Chappell website [here](http://www.chappellschool.com) or call 904.598.8888 for rates and additional information. You can also email [LynneHarris@chappellschool.com](mailto:LynneHarris@chappellschool.com) for further details or to register your child.

[Back to Table of Contents >>](#)

## Coming to a Phone Near You



The Jacksonville campus is undergoing a voice mail migration on our desk phones to a new, enhanced platform. The existing voice mail platform has demonstrated instability issues, so it was necessary to move all LPS end-users to a new voice mail technology platform.

The migration is being implemented in phases, so it is likely that others in your workgroup have already migrated or will be migrated in a future phase. More than 200 employees are being migrated each week. Prior to being migrated, you will receive an email from LPS Corporate Support with detailed information about accessing and using the new voice mail system.

The voice mail migration should be completed for all Jacksonville campus employees by May 2012. If you have any questions regarding this migration, please contact LPS Corporate Support at 904.854.5300 (extension 5300 for internal calls), option 5, or via email at [LPS.Corporate.Support@lpsvcs.com](mailto:LPS.Corporate.Support@lpsvcs.com).

[Back to Table of Contents >>](#)

## Fight to End Diabetes by Supporting the JDRF

Step right up and join the LPS team as we take part in the Juvenile Diabetes Research Fund's (JDRF) 2012 Greatest Walk on Earth!

JDRF's Greatest Walk on Earth will be held Saturday, March 24, at the Jacksonville Fairgrounds. Employees, friends and family of LPS are encouraged to join us in the walk for the cure! Each walker will receive a FREE LPS t-shirt.



Click [here](#) to register online (select the "join this team" button), as a walker with the LPS – Darlene Ledet team.

If you are unable to walk with us, please show your support by donating to the cause. Click [here](#) and select the captain for your area to make your donation to. Raising funds for JDRF is our best hope at finding a cure. Your donations will help to fund more diabetes research than any other charity worldwide.

To ensure that everyone has the opportunity to get involved, we will host the following fundraising events:

- **50/50 Raffle** – tickets start at \$1. Proceeds from the sale will be split evenly between the winner and JDRF. Purchase tickets in the Tower Atrium, March 1 – 15 from 11:00 a.m. – 2:00 p.m., each day.
- **Bake Sale** – March 8 and 15 in the Tower Atrium from 10:00 a.m. – 2:00 p.m. Individually wrapped items are all \$1. If you would like to donate items to the bake sale, please contact [Twanna Taylor](#) at 904.854.5957 or [Michelle Waczkowski](#) at 904.854.5626.
- **Jeans Days** – two Jeans Days will be held March 8 and 15. The cost for each day is \$5. Collection dates are March 1 – 14, in the Tower Atrium from 11:00 a.m. – 2:00 p.m.
- **Loose-change Roundup** – coin jars will be at each captain's desk for you to donate loose change. Collection dates are Feb. 20 – March 16.

Team captains have been designated for each area of LPS; please send your support and any questions to them.

2012 JDRF LPS Captains:	LPS Area(s) They Represent
<a href="#">Brenda Stiltner</a>	Sales
<a href="#">Catherine Ford</a>	Implementations
<a href="#">Gena Schley</a>	Learning Solutions/Training, Doc and Delivery
<a href="#">Kara Starratt</a>	IT, Operations, Infrastructure and Professional Services
<a href="#">Ken Morgan</a>	Dedicated Service Delivery
<a href="#">Kimberly James</a>	Corp. Functions – Accounting, ERM, Executives, Facilities/Shipping, HR and Marketing
<a href="#">Lena Willi</a>	Enterprise Components, Production Management and Strategy
<a href="#">Prakriti Nigam</a> and <a href="#">Vani Sreenivasan</a>	Development
<a href="#">Tim Anderson</a>	Empower
<a href="#">Twanna Taylor</a> and <a href="#">Michelle Waczkowski</a>	PowerCell

If you have any additional questions, contact [Christie Guppenberger](#) at 904.854.3263.

[Back to Table of Contents >>](#)

## Give Back and Get in the Game



Cocktails, live music, dinner, dancing and a silent auction will be the backdrop of Catholic Charities of Jacksonville's 19<sup>th</sup> Annual Black and White Night: Gala of Giving fundraiser.

This year's theme is March Madness and NCAA games will be shown on large screens on March 24, from 6:30 p.m. – 11:00 p.m. at the Hyatt Regency Jacksonville Riverfront. The event will include dinner and drinks.

Funds raised from this event help families facing a crisis in the Jacksonville community. Catholic Charities of Jacksonville provides services which prevent homelessness and help keep families safe and secure in their homes. Catholic Charities of Jacksonville serves the community without regard to spiritual and religious beliefs.

Come out and enjoy watching college hoops while supporting the agency's mission. To purchase tickets for the Gala of Giving, or if you would like more information about Catholic Charities of Jacksonville, call 904.354.4846, ext. 227 or visit them [here](#).

[Back to Table of Contents >>](#)

## Earn a \$1,500 Scholarship for School From Chartway

Chartway is awarding 11 scholarships of \$1,500 to any member pursuing an undergraduate or graduate degree! Scholarships are open to all Chartway members who are graduating high school seniors, currently enrolled college students or those returning to complete their degree at a college or graduate school.



To learn more about Chartway's scholarship offer or to apply online, click [here](#). All applications must be received by March 31.

[Back to Table of Contents >>](#)

## Go on a ZOOperstitious Adventure



According to superstitions, when an elephant curls its trunk up it brings good luck.

Try your luck at the Jacksonville Zoo's Spring Fling Safari on Friday, April 13, from 6:30 p.m. – 9:30 p.m. Attendees will enjoy a memorable night in the Elephant Plaza and experience elephant encounters, behind-the-scenes tours, live music, cocktails, prize drawings and more!

The event is for ages 21 and up, and ticket prices are \$25 for general admission and \$18 for members. For tickets or more information, please call 904.757.4463, extension 196.

[Back to Table of Contents >>](#)



## Get “Art” and About With the Art Guild of Orange Park

Craving some blues, jazz or rock ‘n’ roll? Then come on out to soak up the sights and sounds of the third annual Art and About: Neighborhood Art and Music Event, which will be held on Saturday, April 14, from 10 a.m. until 5 p.m.

Featuring arts and craft exhibits and music provided by the Orange Park School of Music, Art and About is sure to please even the pickiest critic.

Sit under a shade tree, sipping a drink, listening to blues, rock or jazz. Stroll through the tents full of beautiful objects and art. Enjoy the demonstrations and let your child’s creative juices flow by participating in “kidtivities.” This one-day, all-day event is perfect for everyone.

For further details about Art and About, click [here](#).

[Back to Table of Contents >>](#)



## Save Your Furry Friends With ARTunleashed



First Coast No More Homeless Pets (FCNMHP) needs your support. Fur babies across the city of Jacksonville are in dire need of your help!

You can show your support and access unique art pieces at one of Jacksonville’s most popular juried art shows and silent auctions.

ARTunleashed is a unique fundraising event that highlights local and regional animal-inspired artwork and features a backdrop of live music, delicious food, cocktails, a unique silent auction and the buzz of more than 500 attendees!

This year’s event will be held at the River Club, atop the Wells Fargo building in downtown Jacksonville, Thursday, May 17, from 7:00 p.m. – 9:30 p.m. This event will feature a “meet the artist/VIP hour” at 6:00 p.m. All money raised from ARTunleashed will support programs that directly affect the community’s pets. For more information, or to purchase tickets, click [here](#).

FCNMHP strives to eliminate the killing of dogs and cats in the community by providing free and low-cost spay/neuter and adoption programs. Low-cost veterinary services are provided to families in need to keep their beloved pets. In addition, FCNMHP has a pet food bank and temporary foster care for the pets of homeless owners.

To learn more about the difference that FCNMHP is making in the community, click [here](#).

[Back to Table of Contents >>](#)