

# POWERNEWS

Defiance Mission Statement...

September 28, 2023

## "ONE TEAM - INNOVATING THE FUTURE"

### On this day in history (September 28)....

- 1701 Divorce legalized in Maryland
- 1787 Congress sends Constitution to state legislatures for their approval
- 1850 US Navy abolishes flogging as punishment
- 1858 Donati's comet becomes 1st to be photographed
- 1867 Toronto becomes capital of Ontario
- 1892 1st night football game played (Mansfield Pa)
- 1904 Woman arrested for smoking a cigarette in a car (smoking in public) on 5th Avenue, NYC
- 1919 Fastest major league game (51 mins), Giants beat Phillies 6-1
- 1920 8 Chicago White Sox baseball players are indicted by a grand jury, charged with fixing 1919 World Series; infamous "Black Sox scandal"
- 1924 2 US Army planes end around-world flight, Seattle to Seattle, 57 stops
- 1928 1st recording session in Nashville (Warmack's Gully Jumpers)
- 1930 Lou Gehrig's errorless streak ends at 885 consecutive games
- 1937 FDR dedicates Bonneville Dam on Columbia River (Oregon)
- 1940 Michigan's Tom Harmon runs 72, 86 & 94 yard touchdowns
- 1944 Theodore Roosevelt Jr., son of President Theodore Roosevelt, is posthumously awarded the Medal of Honor for directing troops at Utah Beach during the D-Day landings
- 1949 "My Friend Irma" premieres, 1st of 16 films starring Dean Martin & Jerry Lewis
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- 1955 1st World Series color TV broadcast on NBC-TV (Yanks beat Dodgers)
- 1956 "Johnny Carson Show" TV Variety last airs on CBS-TV
- 1956 RCA Records reports Elvis Presley sold over 10 million records
- 1962 The last airing of "The Tonight Show" prior to Johnny Carson becoming host airs on NBC-TV
- 1963 "Little Deuce Coupe" single by The Beach Boys peaks at #15
- 1968 Janis Joplin announces she's leaving the rock band "Big Brother & Holding Co"

1974 "Ain't Nothing Like The Real Thing" by Aretha Franklin peaks at #47

1974 "Surfin' USA" by Beach Boys reenters chart & peaks at #36 *By On This Day in History*



**DONATE BLOOD AND SAVE LIVES**

The Red Cross will be onsite Tuesday, October 31, 2023. You can sign up by scanning the QR code to the left.



**OCTOBER 04, 2023**

# CHILI COOK-OFF

BRING THE HEAT!  
PLANT 2 OPS AREA

**10AM-12PM**  
**6PM-8PM**  
**(10/5) 12AM-2AM**

**TROPHIES FOR FIRST PLACE WINNERS!!**

- \$5** SAMPLES OF EACH CHILI
- \$1** BOWL OF FAVORITE
- ONE VOTE**
- ADDITIONAL VOTE**

*Money raised will go towards Defiance Co. "Feeding Success"*

**OPTICIAN NEW**

**WEDNESDAY HOURS**

**6:30 AM – 4:00 PM**



# STOP THE BLEED

SAVE A LIFE

Thanks to everyone who participated in the Stop the Bleed Challenge.

**Raffle Winners**  
**1st shift - Ken Singer**  
**2nd shift - Lisa Crossland**  
**3rd shift Eric Retcher**

We will be scheduling full Stop the Bleed classes for those who have signed up. If you have not signed up and want to take the class, have their supervisor notify Graeme Bockrath or Regina Dix. For further information contact Graeme Bockrath.

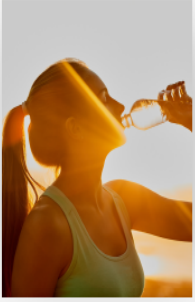


## 625T Broken Records Great Job Team!

	Daily Record	Date
Core	361	9/27/2023
Cast	301	9/27/2023
Finish	278	9/25/2023



## Setting Realistic Goals



Setting achievable step goals is essential for long-term success. Aim to gradually improve over time. Here are some tips:

1. Start with a daily step goal that aligns with your current activity level.
2. A popular goal is 10,000 steps per day, but this number is a recommendation, not a guideline—feel free to adjust it based on your fitness level, and aim for 150 minutes of moderate-intensity exercise a week.
3. Avoid overexertion by gradually increasing your daily step count.



## Get More Steps

- Take the stairs
- Park further away from entrances
- Walk with a friend
- Clean your house
- Take a walk during breaks at work



Sources:  
 Healthline.com. How Many Steps Do I Need a Day? <https://www.healthline.com/health/how-many-steps-a-day>. Accessed 08/15/2023.  
 WebMD.com. Rethinking the Goal of 10,000 Steps a Day. <https://www.webmd.com/fitness-exercise/news/20230421/rethinking-the-goal-of-10000-steps-a-day>. Accessed 08/15/2023.  
 U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans", 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf). Accessed 08/15/2023.



Scan the QR Code to get started in the LifeSteps Profile today!

## TRACK YOUR STEPS



### Why Track Steps?

Step tracking is all about understanding how much you move throughout the day. By keeping an eye on your daily steps, you become more aware of your activity levels, which can be a powerful tool for setting and achieving your fitness goals. It allows you to make informed decisions about your lifestyle, leading to better health outcomes.

### Setting Up Step Tracking:

1. Choose a step tracking device that suits your preferences and needs.
2. Set up and sync the device with your smartphone or computer as per the manufacturer's instructions.
3. Consider features like battery life, display readability, and compatibility with your smartphone.

## LOCKOUT REVIEW REMINDERS:

- There is a new lockout audit form. Old forms will not be accepted.
- The new form is 2 pages. Be sure to scan both sides before sending.
- Copy ([tonya.huss@gm.com](mailto:tonya.huss@gm.com)) on all lock-out emails.
- Add **TEAM MEMBER'S GMIN** and the date on the Lockout Review Sheets.
- Deadline for 3rd Quarter lockout audit is September 30.

## Spirit Wear Fridays – September

Wear your favorite jersey/sports apparel



Send your Spirit Friday Pics to [Jeremiah.Fleischman@gm.com](mailto:Jeremiah.Fleischman@gm.com) 419-769-1859, [Tim.Hauenstein@gm.com](mailto:Tim.Hauenstein@gm.com) 419-769-1795 or [Brandy.Thompson@gm.com](mailto:Brandy.Thompson@gm.com) 419-769-2175

September 1

September 8

September 15

September 22

September 29



## SEPTEMBER MEETING

### RESCUE TRAINING

**When:**

Friday September 29<sup>th</sup>, 2023

**Where:**

Training Center Room 135

**Time:**

1st Shift 06:30 - 15:00

# 988 SUICIDE & CRISIS LIFELINE

# SOCKTOBER

## What is 988?

988 is the easy to remember three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress.

The 988 Suicide & Crisis Lifeline, administered by Vibrant Emotional Health and the Substance Abuse and Mental Health Services Administration (SAMHSA), is active across the United States.

### THREE WAYS TO ACCESS SUPPORT:



**Call 988**



**Text 988**



**Chat [988lifeline.org/chat](https://988lifeline.org/chat)**

*The pre-existing Lifeline number, 800-273-8255 (TALK), will continue to function indefinitely. If a life-threatening crisis is underway (such as a suicide attempt in progress), call 911.*

Numerous studies have shown that most **988 SUICIDE & CRISIS LIFELINE** callers feel significantly less depressed, less suicidal, less overwhelmed and more hopeful after speaking to a Lifeline crisis counselor.

More than **98%** of Lifeline interactions are resolved without involving 911.

### What do I need to know about 988?

- When you call 988, your call gets routed to a local Lifeline network crisis center based on your area code. If the local crisis center is unable to take the call, you'll be automatically routed to a national backup crisis center.
- Trained crisis counselors help you through the crisis, and if appropriate, connect you with resources in their community.
- Veterans, active military and their families can call 988 and press option 1. This process is the same as it has been in the past for Veterans; however, it's now simpler with the shortened 988 number. LGBTQ+ youth and people under 25 also have a specialized option available.
- When you reach out to 988, the Lifeline crisis counselor who responds to you will know your phone number if you call/text, or your IP address if you use chat. Beyond that, they will not know who you are or where you are located. You are not required to provide any personal information to receive support from the 988 Suicide & Crisis Lifeline.
- Currently, text and chat functionality are only available in English. Phone service is available in English and Spanish, with translation services available in 250 additional languages.
- The long-term vision of 988 is to expand access to comprehensive crisis care services, offering people someone to talk to, someone to come to them and somewhere to go, as needed.
- Similar to how the 911 infrastructure developed over many years, the capacity of 988 to deploy mobile mental health crisis teams in the near term will be based on each community's current crisis care infrastructure.

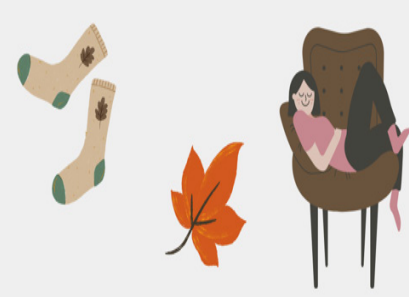


## SEPTEMBER 13- OCTOBER 13



Collecting new socks for men, women, and kids.

DONATION TO PATH CENTER



### DROP OFF LOCATIONS:

*Plant 1 - Outside of Innovation Cafe  
Plant 2 - Tunnel Gate*

### How does 988 compare to 911?

- 988 was established to improve access to crisis services in a way that specifically meets our country's growing needs related suicide and mental health crises.
- 988 provides easy access to the Lifeline, a network of over 200 local, independent and state-funded crisis centers and related resources equipped to help people in emotional distress. This objective is distinct from the public safety purposes of 911, where the focus is on dispatching emergency medical services, fire and police as needed.

	911	988
<b>Nationwide network to route calls</b>	<input checked="" type="checkbox"/> <b>No</b> , calls to 911 only go to the single public safety answering point in any specified area. There is no backup network or other routing to ensure calls are answered.	<input checked="" type="checkbox"/> <b>Yes</b> , calls to 988 are routed through a central administrator to regional crisis centers and, if needed, a national backup network to ensure calls are answered quickly.
<b>Assistance available via text</b>	<input checked="" type="checkbox"/> <b>No national backup network</b>	<input checked="" type="checkbox"/> <b>Yes</b>
<b>Assistance available via chat</b>	<input checked="" type="checkbox"/> <b>No</b>	<input checked="" type="checkbox"/> <b>Yes</b>
<b>Call centers with trained professionals</b>	<input checked="" type="checkbox"/> <b>Yes</b>	<input checked="" type="checkbox"/> <b>Yes</b>
<b>Provide de-escalating emotional support via phone, text or chat</b>	<input checked="" type="checkbox"/> <b>Yes</b> , via dispatch until EMS personnel arrive	<input checked="" type="checkbox"/> <b>Yes, the contact is the intervention</b>
<b>Provide referrals to community-based resources</b>	<input checked="" type="checkbox"/> <b>Yes</b>	<input checked="" type="checkbox"/> <b>Yes</b>
<b>Capacity to dispatch mobile emergency response personnel</b>	<input checked="" type="checkbox"/> <b>Yes</b>	<input checked="" type="checkbox"/> <b>Not in all locations</b>
<b>Capacity to provide emergency care</b>	<input checked="" type="checkbox"/> <b>Yes</b> , throughout the dispatch and transport process	<input checked="" type="checkbox"/> <b>Not in all locations</b>
<b>Capacity to connect to ongoing treatment</b>	<input checked="" type="checkbox"/> <b>No</b>	<input checked="" type="checkbox"/> <b>Yes</b> , by providing referrals to local treatment providers, although the capacity of that local system may be limited.
<b>Funding through fees assessed on phone bills</b>	<input checked="" type="checkbox"/> <b>Yes</b> , well established	<input checked="" type="checkbox"/> <b>No</b> , not yet well established

### References

- Substance Abuse and Mental Health Services Administration (SAMHSA). (n.d.). 988 Suicide & Crisis Lifeline. <https://www.samhsa.gov/sites/default/files/988-factsheet.pdf>.
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2022, Sept. 2). 988 Frequently Asked Questions. <https://www.samhsa.gov/find-help/988/faqs#about-988>.
- The National Council for Mental Wellbeing. (2022, July 13). 988 Implementation and Future Priorities. <https://www.thenationalcouncil.org/resources/988-implementation-and-future-priorities>.

## RECOGNIZE A TEAM MEMBER TODAY

\*If you would like to recognize a team member send a photo and details to [tonya.huss@gm.com](mailto:tonya.huss@gm.com) to be shared in a future PowerNews issue. Employees permission is needed to share their photo and story.

**Tonya Huss**  
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