

The Sencomm Sound

www.sencomm.com Summer 2009

Sencommunications is an established woman-owned business with 20 years experience in the telecommunications industry. The Sencomm family is committed to the highest standards of business ethics and makes customer service its number one priority. Sencomm is a one stop shop for all your telecommunications needs and is constantly searching for new and exciting products to offer.

Come Surf Around Sencomm's New Web Site!

In response to your feedback and requests, Sencomm is excited to share the launch of our redesigned web site with you! The redesigned website includes a dozen of new and time saving features including:

LIVE CHAT - Chat with a Sencomm Specialist! Get your questions answered and place your order while you work!

FIND YOUR HEADSET SOLUTION - Whether you are at work, on-the-go or at home—we have you covered.

RETURN MATERIAL AUTHORIZATION (RMA) FORM - To save you even more time; you can now request your RMA# online!

COMPATIBILITY GUIDES - Make the most out of your headset purchases; search online for product and compatibility guidance.

FAQ - Need your questions answered fast? Look them up in our FAQ section.

SENCOMM SMART PROGRAMS - To help you through these ever changing economic times, Sencomm is making our innovative Smart Programs available at no cost for a limited time. Sign up now!

ONLINE DEMO REQUEST FORM - Want to try before you buy? Fill out our easy online demo form.

Visit Sencomm's redesigned website at www.sencomm.com and click the shop icon to begin surfing around! If you have feedback on Sencomm's employees, services, products and web site visit the feedback form at www.sencomm2.com/feedbackform.



Melinda Farmer,
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Sencommunications[®]
hear it with u.s.



Any Questions?

Visit <http://store.sencomm2.com/Support/Home> for the latest information from our knowledgeable team of Sencomm Experts. Find a your frequently asked questions, glossary of terms, product guides, newsletters and more!

WHERE CAN YOU FIND ME?

June 17-19: Georgia

Join me at the ICSA (www.icsageorgia.org) 8th annual Summer Social on June 18th from 5:30 - 7:30 pm at ESPN Zone Buckhead.

June 23 & 24: Tampa

July 7 & 8: St. Petersburg & Clearwater

July 15-17: New Jersey



Integrate your PC and Desk Phone Communications with one Wireless Headset. MEET THE PLANTRONICS SAVI OFFICE!

Plantronics Savi Office lets you use one wireless headset to connect to multiple communication applications and devices — desk phones, PC soft phones and PC audio. The Savi Office headset system is as versatile as you need it to be. Cross device, cross platform and cross applications allowing you to work smarter. The Savi Office features allow multiple connections to happen with just a touch of a button. And the Savi Office has up to 350 feet range allowing you to roam further away from your desk so you can go grab a colleague to quickly jump on the call with you, since you can connect up to three other Savi Office users.

Talk even longer with the new adaptive power system maximizes battery life by sensing proximity to the base system and dialing the power up or down as needed. This reduces



overall energy consumption, extends battery life. While you talk longer, the Savi Office delivers business-critical sound with enhanced speaker design and a noise-canceling microphone that filters distracting background noise.

With the Savi Office you can get as personal as you want with personalize ring tones, volume levels, and the chose of three wearing styles. default settings, so you get the audio experience that's right for you. And don't forget to pack your Savi Office headset for your business trip because the Savi Office allows you to connect multiple headsets to a single base system,

allowing you to reconnect to a different base in a different location.

Ask me for a demo today of the NEW Savi Office Wireless Headset System.

ERGONOMICS IN THE OFFICE

Do you find that your neck or back is sore by the end of the day? Does your workstation set-up look the same as it did on your first day on the job? Have you ever e-mailed a coworker that sits a few feet away instead of getting up? If you answered yes to any of these questions, it may be time to refresh your ergonomics knowledge! Ergonomics is the science of fitting the job task to the worker. It is the study of the interactions between people and their work environment with the goal of improving safety, health, comfort, and productivity in the workplace. The main goal of office ergonomics is to recognize and reduce Awkward Posture (e.g. reaching), Repetition (e.g. continuous keying without rest breaks), and Force (e.g. resting arms or elbows on hard surfaces). By doing this, we can minimize the risk of stress and strain exerted on our body as we work.

Overall our goal is to achieve a natural or neutral posture at your workstation. Think about what is neutral versus what is awkward. For example neutral postures are characterized by an upright neck, relaxed shoulders and elbows, and supported natural spine curves. Examples of awkward postures would be a bent neck (e.g. cradling the phone receiver), hunched shoulders, and slouching. **Here are 10 basic steps that can get you off to a good start to achieving neutral postures at your workstation:** 1) Sit in your chair with both feet flat on the floor or on a footrest, 2) Sit with your hips all the way back in your chair with a hip angle of about 100° -120°, 3) Make sure your lower back is supported by adjusting your backrest or using a lumbar cushion, 4) Allow both elbows to rest adjacent to your torso so that your shoulders can relax while you are keying, 5) Elbows should be at a 90°-100° angle while keying and mousing with a straight wrist, 6) Avoid reaching forward or sideways while operating the mouse and keyboard; both should be adjacent to each other and at the same level, 7) Adjust the monitor height

so that the top of the screen is at eye level, or slightly below for bifocal users, 8) Position the monitor in line with your body and keyboard, then place it at a comfortable distance so you can see the screen without leaning forward, 9) Avoid awkward neck and shoulder posture during frequent phone conversations by using the speaker or a headset, and 10) Stand up, move and stretch periodically throughout the day to avoid fatigue.

Listen to your body! They key is to make necessary changes to your posture, workstation set-up or equipment before the discomfort/pain escalates. Remember to adapt your workstation to your neutral posture.

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Polycom Announces the Latest Personal Desktop Video Phone!

The Polycom VVX 1500 is the first business media phone that combines advanced telephony, one-touch video, and integrated business applications into a seamless, lifelike experience.

Visit <http://store.sencomm2.com/> and search for VVX 1500 for more information!

