



The Clothes Line

CLS Monthly Newsletter - Volume 12, Issue 9

March 2022

Facing Challenges

Greetings CLS Team Members,

Since our last newsletter, our business volume has been increasing steadily. This along with our Manchester Plant being under construction has been challenging Production's ability to keep up with the demand. Thank you to everyone in Production and Maintenance for working the long hours and Saturdays to complete the necessary work. We appreciate everyone's flexibility and willingness. Keep it up!!

CLS is hiring and we need your help! We offer fantastic referral bonuses if we hire someone you recommend. If you know anyone who is looking for a job, please recommend they stop in to apply or they can visit www.joinCLS.com to view our open positions. Contact Human Resources to fill out the Team Member referral form and take advantage of the bonus dollars available.



The Executive Team has made the tough decision NOT to hold the TVM American Cancer Society Fundraiser the summer of 2022. Many factors were considered in this decision with the most important one being our current Production Expansion project. The expansion project requires our full attention and focus from every Team Member as we navigate the challenges associated with the project. We are fully committed to bringing the TVM back in 2023 - bigger and better! The CLS Executive Team also encourages you to think about local charities at which you can volunteer your time and talents or give financial contributions to.

MANCHESTER CONSTRUCTION UPDATE

The installation of ceiling support beams and painting continues in our Dryfold and Ironing departments. Soon the overhead monorail will begin to be installed in those areas also. Our goal will be to finish the installation over the Mat area next week so we can move the mat storage pallet racking to their permanent location. Once that is complete, we will begin relocating the Dryfold area. Again, thank you for your patience and flexibility during this major construction project. In the end, it will all be worth it!!



We so much appreciate your safe work practices. Thank you for making safety a real priority at CLS. Please continue to help each other work safely every hour of every day. Just a reminder, Spring is fast approaching and the days are getting longer, however, Winter is not over yet. Be extra careful on sidewalks, steps, and parking lots because the melting snow will turn back into ice overnight and can be very slippery. Use extra caution until all the snow has melted.

Thank you to our dedicated Team Members. We are so appreciative of all the hard work you put in each and every day to take care of our customers. We are blessed!!

Sarah, Kurt, Ron

SLEEP IS IMPORTANT

Daylight Savings is coming up quickly and we know that getting a good night's sleep can help reduce stress, improve productivity, and help you think clearer. Getting a good night's sleep is essential for your physical and mental health. Here are a few tips to help you adapt to Daylight Savings and get a better night's sleep.



Start by Sticking to a Sleep Schedule

The recommended amount of sleep for adults is a minimum of seven hours. Going to bed and getting up simultaneously every day is essential to your body's internal clock, which helps you fall asleep easier and wake up easier. Try to avoid changing your sleep schedule on the weekends can help reinforce your body's sleep-wake cycle.



What you Eat, Drink, and Do

Try avoiding heavy meals a couple of hours before bedtime because it can cause you discomfort and make it harder to fall asleep. Nicotine, caffeine, and alcohol can all disrupt your quality of sleep and ability to fall asleep quickly. Avoid coffee or caffeinated beverages four to six hours before bedtime, so your body can naturally decompress. Including Physical Activity into your daily routine can help you fall asleep quicker and improve the quality of your sleep.

Manage your Stress/Worries

Stress and worrying can keep your mind racing for hours. It is important to relax your mental and physical health to get the recommended sleep. Finding ways to release your stress and frustrations can help you fall asleep faster and improve the quality of your sleep. In addition, during unwanted stress or anxiety, relaxation can help your body by lowering your blood pressure and slowing down your heart rate and breathing pattern, making you feel relaxed.

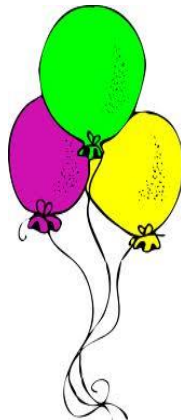
Daylight Savings

Daylight Savings is on March 13, when we spring forward. You can start by going to bed 15-30 minutes earlier a couple of days beforehand. Your body can use this time to adjust to the time change of losing an hour. Make sure that you are sticking to your regular eating, socializing, bedtime, and exercise times during this transition. Exposing yourself to sunshine in the morning can also help you adjust.



MARCH BIRTHDAYS

Mark Juncaj	March 6
Steve Enos	March 7
Ryan Lindquist	March 8
Joseph Jones	March 9
Sarah Gardner	March 14
Chris Garrett	March 15
Jake Colley	March 20
Zach Dwyer	March 25
Patricia Jackson	March 25
Alicia Santiago Martinez	March 27
Doug Mitchell	March 31
Adela Ortiz	March 31
Vincent Jones	March 31



MARCH ANNIVERSARIES

Steve Enos	18 Years
Kevin Hill	17 Years
Louis Husbenet	14 Years
Nate Strzelecki	9 Years
Chris Garrett	9 Years
Dawn McMillen	7 Years
Michael Borst	4 Years
Amanda Heywood	2 Years
Sven Naesset	2 Years
Deldania Helena Ortega	1 Year
Franco Martinez Martinez Jr	1 Year
Mabel Gomez	1 Year
Maria Lopez	1 Year



UPCOMING EVENTS

Moving Through March

A Wellness Challenge is coming to CLS for the month of March. Everyone is encouraged to join and participate all month long. Check-ins will be every Monday via email or text. To sign up for this event scan the QR code with your phone and answer a couple of questions so we know the best way to contact you. There will be weekly prizes for the top performer and a prizes at the end for the top 3 performers.



“Moving Through March” starts on March 1 and will last the entire month. What better way to start a month than with a wellness challenge? This wellness challenge will be about tracking your steps every day all week long. Make sure you track your steps at work, at home, and any other activities you have throughout your week! Some prizes include gift cards, wireless headphones, exercise equipment, and more. March is the perfect time to set goals and put yourself to the test, and what’s the harm? The month is only 31 days long; you got this!



Employee Appreciation Day!

Our CLS Team is the heartbeat of our company and we want to thank you for everything you do daily. Each job is different here at CLS and we are so glad that you are a part of our team. You bring positive energy into the company and you can see it through every department. We want you to know that we are so thankful for our CLS Family!

Bowl for Kids' Sake

In April, CLS is sponsoring Big Brother Big Sisters: Bowl for Kids' Sake. CLS will pay your entry fee and fundraising will also be available for BBBS. We want to start getting volunteers for teams of five to six. This event helps support one-to-one mentoring in Southwest Michigan. You can find sign-up sheets in the breakroom or on CLS Connect.



SHOUT OUT



Jon Crane wanted to give a “shout out” to Greg Robertson, an RSP in our Livonia Branch. Jon received an email from Andrew Rogers, the Deputy Chief for the City of Grosse Pointe, saying, “Greg is a hard worker and is excellent to work with!”

Thanks Greg for everything you do!

NATIONAL WEAR RED DAY/VALENTINE'S DAY

Team Members in Kalamazoo got to dress up for National Wear Red Day on February 4th. "Wear Red Day" brings awareness to cardiovascular disease because it is the leading cause of death in Americans. In addition, Team Members got to dress up in Pink, White, or Red for Valentine's Day. Thank you to the Team Members who participated in both of these events. We love seeing our Team Members having fun!



PEOPLE ON A ROLL

Beth Pierson



Beth Pierson has been promoted to Accounting Specialist. Beth has been a Team Member here at CLS since 2015 when she started in our accounts payable department.

Beth's favorite color is purple and she enjoys computer gaming online. Beth's favorite season is spring because it is a renewal, warm and sunny days, but still cool at night for sleeping. Beth is looking forward to in-depth research audits!



We are so glad to have you as a part of the CLS Team Beth! Congratulations!

SUPERBOWL ACTIVITIES

Football Toss in Kalamazoo

Kalamazoo did a football toss the week before the Super Bowl to celebrate the upcoming big game. Team Members took turns throwing different-sized Footballs into a target. Thank you to all the Team Members who participated in this event and congrats to our lucky winners!

Football Toss Winners



Oswaldo Ixcot Lopez

Rubi Moctezuma

Maria Rodriguez

Kim Ball

Maria Mendez

Manchester

Covington

Mascot Matching Branches

The Services Teams played Mascot Matching to have fun! Team Members were sent a matching worksheet to match the Team to the Mascot. The winners of the Mascot Matching event were Joey Stannard, a Kalamazoo RSP, and our second winner was Nathan Strzelecki, a Alpena RSP. Thank you to everyone who participated in this event!

JOIN OUR FACEBOOK GROUP



We started a Facebook Group for all of our CLS Team Members. This group is to stay connected with your CLS Team Members. You can see past event photos, interact with other Team Members, and watch for important announcements. Search "CLS Team" on Facebook to join the group!

KALAMAZOO LOAVES AND FISHES



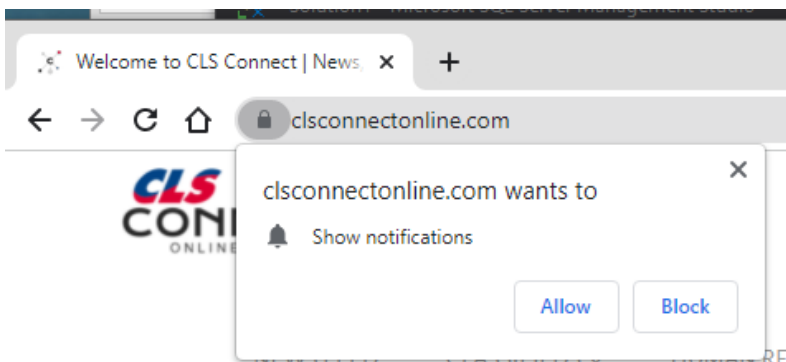
Javier Crispin volunteered at Loaves and Fishes by helping build boxes and fill them with food for individuals in need. Coming from working in Human Services prior, Javier likes to give community in any way he can. Kalamazoo Loaves and Fishes is a food bank plus they are able to get food through donations and their pennies-on-the-pound purchasing power. They have 77 different distribution sites in Kalamazoo via their five food programs. Their mission is to feed hungry people and engage our community in the fight to end hunger. According to the Loaves and Fishes website, "On Average, 600 people receive food from Loaves and Fishes daily." What a great way to give back, way to go Javier!

WINTER JAM

Ruth Beranek volunteered at the Compassion International Organization during Winter Jam. Winter Jam is a music Tour that travels to 41 cities in 3 months. The tour consists of multiple Christian bands and Compassion International sponsors the whole event. Ruth worked in the Swag Booth with Matt, from the group I AM THEY. Compassion International is a child-advocacy ministry pairing compassionate people with children living in extreme poverty to release children from spiritual, economic, social, and physical poverty. Great job Ruth; we are thankful you are a part of the CLS Family!



JOIN CLS CONNECT



Join the conversation on CLS Connect. Keep up to date with events, contests, pictures, announcements, and much more. Make sure to turn on your notifications for CLS Connect so you never miss a posting again. Start by tapping on the locked icon at the top of your browser page and selecting "Allow" Notifications/Show Notifications.