



# The Clothes Line

CLS Monthly Newsletter – Volume 12, Issue 3

September 2022

## It's Crunch Time!

Greetings CLS Team Members,

September always marks back to school season which means that summer is coming to a close. There are only a few more weekends to enjoy warm weather here in Michigan so get out there!! Make the most of each evening and weekend with family and friends. The memories last a lifetime!!

We have much to be thankful for here at CLS and our Team Members are number one on that list! On August 19 we were able to celebrate and show appreciation for our dedicated teams. Kalamazoo held an Appreciation Picnic with food and yard games while the branch locations were able to enjoy some yummy food! See pictures of our amazing Team Members on pages 5 and 6.



You might be asking; we have been hearing about the Production Expansion project for years...when will the construction end? That is a great question! We are confident that we are approaching the end and have plans to bring all the new equipment online in mid-September. So much needs to happen yet to achieve this goal and our Maintenance Team, led by Joe Brenner, is working hard to make this goal a reality. On a daily basis we have several Contractors here such as plumbers, electricians, technicians hooking up new equipment, concrete masons, siding workers, and many more! We have been under construction here at Manchester since January and we very much appreciate everyone continuing to be patient. It's crunch time and the end is near!!



Since the Engagement Survey was completed, each department has been hard at work developing plans to improve on the areas identified as less favorable. A big thank you goes out to the Human Resources Department for leading this very important exercise and working with our Teams to identify solutions. We received so much positive feedback; however, we also heard of some areas that need improvement. We appreciate your honesty!

Recently, a State MIOSHA Inspector visited our Manchester location for a routine visit. CLS takes the safety of our Team Members very seriously and we expect visits from MIOSHA every 3-5 years to ensure we are providing a safe environment. We had a very good report from the Inspector and he gave us many compliments on the improvements we have made over the years. Please continue to work safe every day and let us know if you see a hazard. It takes everyone working together and following the safety guidelines to keep CLS a safe workplace.

In closing, we are reminded every day that our Team Members are the heartbeat of our company. Without each one of you working hard every day to provide products and services, our customers would struggle. You are important...with every napkin you feed, every bar towel you sort, every mile you drive, every phone call you take, and every bundle you deliver. Remember that!!

We are CLS!  
Sarah, Kurt, Ron

# STRETCHING IS IMPORTANT

Prework stretching can reduce the risk of musculoskeletal injuries by reducing fatigue, improving muscular balance and posture, and improving coordination.



## Reducing Fatigue

- Stretching can increase blood supply and nutrients to joint structures and soft tissue.
- Stretching increases lubrication in bones which can make for a greater range of movement and reduces joint degeneration.
- Stretching decreases tightness and resistance on tendons and muscles.

## Improving Muscular Balance and Posture

- Soft tissue structures often adapt poorly to the effects of gravity and poor postural habits.
- Stretching realigns soft tissue structures, thus reducing the effort to achieve and maintain good posture in activities of daily living.

## Improving Coordination

- Stretching can help improve balance and coordination, decreasing the risk of muscle strain and injury.
- Making sure you are stretching your muscles and joints leads to a greater range of motion and increased flexibility.



## SEPTEMBER BIRTHDAYS

Kalvin Berner	Sept. 2
Noelia Antonio Hernandez	Sept. 2
Brian Hirdning	Sept. 4
Perry Shepard	Sept. 4
Manuel Belmont	Sept. 9
Ron Pearce	Sept. 10
Erika Ramirez	Sept. 12
Jacob Bassett	Sept. 13
Antonia Alonso	Sept. 14
Tim Balbo	Sept. 15
Marisol Aguilar Marin	Sept. 15
Kevin Hill	Sept. 20
Andrew Shiery	Sept. 21
LaSheena Daniels	Sept. 22
John Bodnar	Sept. 23
Adela Beltran	Sept. 23
Marisa Gonzales-Krug	Sept. 24
Wade McKinney	Sept. 24
Clara Counterman	Sept. 25
Josefina Torres	Sept. 26
Michael Toennesen	Sept. 26
Scott Rogers	Sept. 26
Greg Tuttle	Sept. 28
Lynne Miltenberger	Sept. 28
Laura Torres Mendez	Sept. 30
Bob Slobin	Sept. 30



## SEPTEMBER ANNIVERSARY

Maria Mendez	11 Years
Patricia Jackson	9 Years
Kasey Caldwell	9 Years
Lee Marcotte	8 Years
David Bartman	5 Years
Terecita Mejia	5 Years
Jeremiah Sircher	4 Years
Oswaldo Cruz	2 Years
Monica Garcia Vasquez	2 Years
Selena Acosta Olazaran	2 Years
Brandon Curtis	2 Years
Kimberly Ball	2 Years
Scott Rogers	1 Year
Orlando Bautista Lopez	1 Year
Kendall Schut	1 Year
Angel Lopez	1 Year
Brenda Lopez	1 Year
Camilo Hernandez	1 Year

## UPCOMING EVENTS



**The Gryphon Place Suicide Prevention Walk**  
The Gryphon Place is holding its 9<sup>th</sup> annual walk to raise awareness for suicide prevention. The 5k walk not only raises awareness, it allows people to connect and provides critical funds for the Gryphon Place. This event will take place on September 24<sup>th</sup> with a 9 a.m. kick-off time. The event is located at Bronson Park in Kalamazoo. CLS will pay for you and three family members to

participate in this year's event. If you are interested in participating in the suicide prevention walk, please sign up in the break room or talk with someone in HR!

## IT'S FOOTBALL SEASON!!

### **Kalamazoo**

We will be having a football toss to mark the start of football season on September 8 and 9. During lunchtime, you will have an opportunity to toss the football and enter the raffle for a chance to win prizes. Look out for more information!!



We will also invite everyone here in Kalamazoo to wear your favorite Team gear on September 8 and 9. Let's see the support for those Teams!!

### **Branch Locations and Relay Team Members**

We will be sending out a Mascot Matching game on September 12. You can find the game by scanning the QR code on your TVs, checking the inter-company bins, and in your email! Make sure to send in your answers before September 16 to be entered into a raffle!



## CLS SPONSORED THE BACK TO SCHOOL BASH

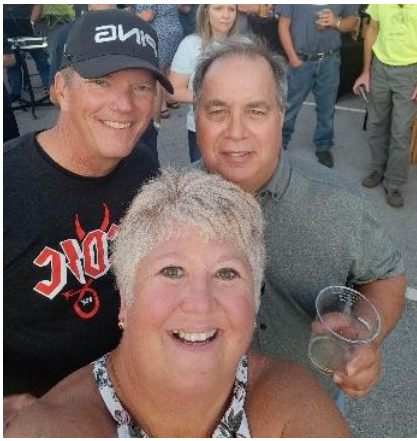


It was a day full of food, games, rides, music, prizes, and backpacks filled with school supplies. This event is in place to ensure that Kalamazoo's most at-risk children are ready for school by completing their required Well Child Exam and immunizations necessary to return to school without delay in the fall. This year the event served 1,900 community members by giving away 1,000 backpacks, 1,000 personal care kits, and 1,600 COVID-19 at-home tests. The event was able to provide 900 Well Child Exams and 500 immunizations.



# MIDWEST FEST

CLS sponsored a portion of the Midwest Festival in Decatur, MI. Our very own Dave Van Dyke was there playing guitar with his ACDC Tribute band ODC. David and his band were incredible!



# LIVONIA AT THE TIGERS GAME

Some of our Team Members in Livonia were able to see the Detroit Tigers play! It looked like a beautiful night to watch some baseball.





# BRANCH LOCATION APPRECIATION EVENTS

Our branches had celebrations during August to show appreciation for our Team Members. We enjoyed seeing all the smiling faces!





# KALAMAZOO TEAM MEMBER APPRECIATION PICNIC

Our Appreciation Picnic in Kalamazoo was a huge success. We enjoyed spending time with our Team Members eating food and playing yard games. Thank you to our Team Members, we appreciate all you do!

