



# The Clothes Line

CLS Monthly Newsletter - Volume 13, Issue 9

March 2023

## CLS CORE VALUES

Hello CLS Team Members:

We are surrounded by our amazing Team Members that we collectively call our CLS Family. Every decision that is made by the Executive Team is centered around our Team Members safety and success. CLS is the strong and growing company it is today because of our amazing Teams!

Recently, our company Core Values were identified and shared with our Team Members. These Core Values are what we feel embody CLS and will provide direction for continued success. Soon each location will be receiving wall banners that share the Core Values. We thank our Team Members for living by these values through your actions and with each conversation you have with a customer, co-worker, vendor, etc. We are CLS!



### did you know?

It is important to step back from time to time and recognize how much it takes to service our customers. Countless production hours, miles driven, gallons of water, parts for machinery, bills to process, phone calls to answer, and the list goes on! Here are some interesting facts:

- The Manchester production facility uses over 35 million gallons of water per year
- During 2022, we processed and delivered over 20 million bar and micro towels
- We rolled and delivered over 826,000 floor mats in 2022
  - o Our mats cover 800,000 square feet of our customers' floors - that's enough to cover our entire Manchester production floor 15.5 times!
- In 2022, our CLS vehicles drove over 1,268,831 miles
- Our customer retention rate is over 98%
- We service approximately 1,200 customers daily
- In 2022, we added 363 new customers

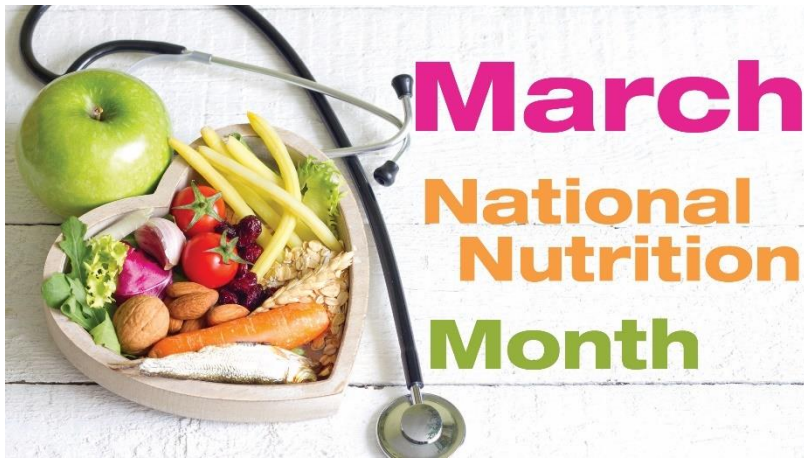
CLS is constantly trying to improve in so many ways, but safety improvements always come first. If you have a safety suggestion or concern, please pass it along to a Manager, HR, or a Member of the Safety Committee. We value your feedback!!



March 20<sup>th</sup> is the beginning of Spring! Keep up the good work everyone!

**Sarah, Kurt, Ron**

# MARCH IS NATIONAL NUTRITION MONTH!



## March National Nutrition Month

From fighting fatigue to boosting your immune system, it's important to eat well in order to live well. Your body needs fuel to stay strong and healthy.

Fueling your body with fresh, whole foods is one of the best health choices you can make. People who consume well-balanced diets have a lower risk of chronic diseases and infections. Once you begin viewing food as fuel, it is easier to choose foods packed full of nutrients instead of other choices that can weigh you down.

Eating healthy doesn't need to be a stressful experience. Just remember that every hunger pain is an opportunity to add more nutrients to your body. Once you begin eating healthier foods that you enjoy, you might find that you feel better. Keep the following healthy food suggestions in mind as you fuel your health:

- Eat more fruits and vegetables.
- Choose whole grains over processed, white bread.
- Swap unhealthy snacks with healthier options like nuts or dried fruits.
- Eat a variety of protein sources such as poultry, fish, beans, or tofu.
- Limit your added sugar intake to no more than 6 teaspoons a day for women and 9 teaspoons for men.

Now more than ever, it is necessary to make healthy food choices that improve your immune system and make your body stronger. Health professionals are great sources of information when it comes to making healthy decisions for your body. Talk to your medical provider for nutritional support or before beginning a new diet.

### MARCH BIRTHDAYS

<b>Steve Enos</b>	Mar.07
<b>Danna Ramiro Mejia</b>	Mar.12
<b>Carmen Contreras</b>	Mar.13
<b>Sarah Gardner</b>	Mar.14
<b>Christopher Garrett</b>	Mar.15
<b>Patricia Jackson</b>	Mar.25
<b>Zachary Dwyer</b>	Mar.25
<b>Alicia Santiago Martinez</b>	Mar.27
<b>Timothy Mitchell</b>	Mar.31
<b>Adela Ortiz</b>	Mar.31
<b>Vincent Jones</b>	Mar.31



### MARCH ANNIVERSARIES

<b>Steve Enos</b>	19 Years
<b>Kevin Hill</b>	18 Years
<b>Louis Husbenet</b>	15 Years
<b>Nathan Strzelecki</b>	10 Years
<b>Christopher Garrett</b>	10 Years
<b>Dawn McMillen</b>	8 Years
<b>Amanda Heywood</b>	3 Years
<b>Sven Naeset</b>	3 Years
<b>Deldania Helena Ortega</b>	2 Years
<b>Ma Larez</b>	2 Years
<b>Franco Martinez Martinez Jr</b>	2 Years
<b>Mabel Gomez</b>	2 Years
<b>Judith Franulic</b>	1 Year
<b>Bradley Kidd</b>	1 Year





# CLS APPRECIATES YOU!

A GREAT  
EMPLOYEE  
IS LIKE A FOUR  
LEAF CLOVER,  
HARD TO FIND &  
LUCKY TO HAVE.

- TAMMY COHEN

Every year, the first Friday of March is celebrated as Employee Appreciation Day. Here at CLS, we call our Employee's Team Members. While we appreciate all of our Team Members every minute of every day, this feels like the perfect opportunity to dedicate a corner of our monthly newsletter to give you all a proper "thank you" for all the hard work you do for CLS.

Thank you for the dedication you bring to work with you every day. It is because of your efforts that makes CLS successful and keeps our customers coming back!

Finally, thank you for being a part of the CLS Family and contributing to our growth. We appreciate each one of you!

## VALENTINE'S DAY FUN



*We spread the  
love  
with chocolate*

## CLS HELPS KEEP FURRY FRIENDS WARM



Did you know that CLS is now a part of the effort in keeping animals of Detroit warm thanks to our team members **Judy Franulic, Melanie McDermott, Lasheena Daniels** and **Jeremiah J. Sicher**? Here's what happened in Judy's own words:

*"I saw a post on NextDoor expressing a need for blankets at the Detroit Animal Shelter. Their washing machine had broken down, there were no clean blankets for the dogs, and, with the freezing weather, they were really in need of them.*

*I remembered someone telling me that the company had a lot of blankets that were no longer serviceable. Jeremiah reached out to Melanie to see if any were available and she said "absolutely, no problem".*

*I contacted the shelter and arranged for a volunteer to pick them up. They were very grateful and knew the dogs would be too. Thank you to Jeremiah, Melanie, and Sheena for making this happen."*

Thank you for the never-ending kindness in your hearts! We're proud to call you a part of the CLS family.

## WHAT'S HAPPENING IN MARCH?

Continental Linen Services Presents...

**PROM  
NIGHT**  
A RED CARPET EVENT

*Join us for a night of music,  
dance and glamour*

March 18th  
7pm - 10pm  
3000 Covington Rd.

**Wellness Fair**  
March 10th  
8am - 12pm

- WMU Adult Wellness Center
- Keyser Insurance Group
- Consumers Credit Union
- Hispanic Council
- Ameritas - Eyemed
- Invigorating Touch
- Delta Dental
- Total Wellness
- Greenleaf Trust
- BCN

...and more!

**Your health is important to us**