



# The Clothes Line

CLS Monthly Newsletter - Volume 13, Issue 12

June 2023

## CLS Member Spotlight

Greetings CLS Team Members!

Here at CLS, we have so much to be thankful for! As we enter June, we turn our attention to all the Fathers out there. Sunday June 18 is Father's Day and we want to take a moment to celebrate them. Fathers hold a special place in all of our hearts!



Our business volume has increased and along with that we are working longer hours. We have also had some challenges in the production area with machinery downtime that is causing schedules to be shifted on short notice. Thank you to all of our Team Members for your flexibility! We appreciate each and every one of you.



CLS has been a Member of the CSC Network for many years. The mission of the CSC Network is to help independent/family-owned laundries stay independent. That is accomplished by combining buying efforts to negotiate lower pricing and offering training programs. CLS was featured as the Member Spotlight article in the 2<sup>nd</sup> quarter CSC Network News magazine.

Using the link, you can read our article on Pages 34-37. We also have Team Members pictured on Pages 11 and 15. We are very honored to be chosen for the spotlight and hope you enjoy reading the article!

<https://www.flipsnack.com/cscnetworknews/q2-cscnetwork-magazine.html>

Our production expansion project is nearing completion!! Recently, front yard landscaping was finalized and another fire hydrant was installed. Now that the finishing touches are complete, the final city inspection will be performed soon. Woo hoo!!!



We have an exciting announcement...CLS has made the commitment to participate with a clinic down the street from our Kalamazoo facilities. Team Members who are actively enrolled in our Medical coverage and their covered dependents will have access to the services offered. More news to come on this over the next few months!



Our Team Members are so important to us and we are excited to share in our success with you and your families! In June, we will be having a celebration in Kalamazoo and inviting our Team Members, along with their family members, to join in the fun. Be looking out for information on this special event coming soon!

Thank you to our Team Members for your focus and dedication. You are the heartbeat of our company!! We are CLS!

Sarah, Kurt, Ron

# SUMMER SAFETY

Summer officially begins on June 21st! Michigan is such a beautiful state in the summer and has many outdoor activities to offer! We encourage you to be safe and take precautions when enjoying the beautiful weather.



## Beach Safety

- Hydration is super important when you're getting drained from the sun!
- Always designate a "water watcher" whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water.
- Remember that the sun's UV levels are strongest between 10 a.m. and 4 p.m. so apply sunscreen every 2 hours and bring an umbrella for extra shade.
- Be aware of the weather and get out of the water at the first sign of lightning or thunder. Stay indoors and away from water for 30 minutes after the last lightning flashes or thunder roars.
- Swim only at a beach with a lifeguard and stay within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about the local condition of the water.
- Sand can get up to over 100 degrees! So, make sure to wear shoes that are comfy to walk in the sand.

## Water Safety

The Red Cross wants everyone to know critical safety knowledge and skills that could save your life in and around the water. Learn how to reduce the risks so your family can enjoy swimming this summer. We encourage families to build confidence in the water by strengthening your swimming skills or wearing a life jacket. Every day, an average of 11 people die in the U.S. from unintentional drowning - one in five of those are children 14 or younger according to the Centers for Disease Control and Prevention (CDC).



## Camping Safety

Camping is one of the best ways to get away from everyday life, and this time of year is the best time to go! If a camping trip is in your plans, make sure to plan accordingly. Check the weather of your destination to be prepared for the conditions and pack accordingly. Remember, it can get cold at night even during the summer so bring a sleeping bag. When arriving to your camp site, be aware of your surroundings for your safety as well as other people around you.

## JUNE BIRTHDAYS

<b>Fatima Camarena</b>	June 1
<b>Monica Castaneda</b>	June 1
<b>Christopher Tufali</b>	June 1
<b>Christine Rantz</b>	June 9
<b>Erasmio Nunez Dias</b>	June 9
<b>Sara Bergstrand</b>	June 10
<b>Griselda Mares</b>	June 10
<b>Rachel Parker</b>	June 11
<b>Mabel Gomez</b>	June 14
<b>Beth Pierson</b>	June 16
<b>Dylan Farley</b>	June 17
<b>Gale W Allen</b>	June 18
<b>Nathan Strzelecki</b>	June 22
<b>Aaron Reason</b>	June 24
<b>Franco Martinez Jr.</b>	June 24
<b>Cristina Elias</b>	June 24
<b>Dana Duncan</b>	June 25
<b>Terecita Mejia</b>	June 27
<b>Lindsey Peters</b>	June 28
<b>Hector Reyes</b>	June 30

## JUNE ANNIVERSARIES

<b>Kurt Vander Meer</b>	43 Years
<b>Josefina Torres</b>	22 Years
<b>Rosa Maria Ramiro Mejia</b>	16 Years
<b>Julie Pueblo</b>	8 Years
<b>Quierra Stevenson</b>	4 Years
<b>Stacy Ackley</b>	4 Years
<b>Victoria Lopez</b>	2 Year
<b>Araceli Arcos Gomez</b>	2 Year
<b>Elizabeth Simbron Francisco</b>	2 Year
<b>Clelia Berfalia Mendoza</b>	2 Year
<b>Martha Santiago Martinez</b>	2 Year



## UPCOMING EVENTS

### Cancer Survivors Day



National Cancer Survivors Day is a secular holiday celebrated on the first Sunday in June primarily in the United States of America, this year the day will be represented on June 4<sup>th</sup>. The day "demonstrates that life after a cancer diagnosis can be a reality".

**#CancerSurvivorsDay**

### Garage Sale @ CLS

CLS wants to support your home spring cleaning! During the week of June 5-9, 2023 bring your "unwanted" items to Angelica at Covington. The HR Team will organize them and hold a Garage Sale during the week of June 12-16, 2023. All Team Members are welcome to shop! Most items will be FREE or offered at a small FEE. See Angelica for questions or if you have bigger items you wish to sell. Let's clean out those closets!



### Best Friend Day

NATIONAL  
BEST FRIENDS  
DAY

On June 8<sup>th</sup> 1935 National Best Friend's Day was declared by the United States Congress to honor friendship and close friends. Surveys show that most people consider their significant other to be their best friend, however, Moms and dogs also come in on the best friends' leader board. Make sure to celebrate your Best Friend on June 8<sup>th</sup>!

### Game Time



JUNE  
8TH  
AND  
9TH

## FOOTBALL TOSS

WITH ANGELICA



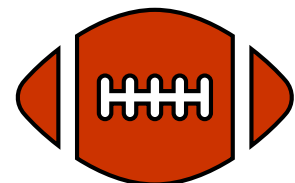
During Lunch/Horario  
de Lonche Manchester  
June 8th and  
Covington June 9th

Participate so you can be  
entered in a Raffle!!  
Participe para que ENTRE en  
una Riffa!!








Come out to show off your skills at our upcoming Football Toss to celebrate summer!

Make sure to participate with Angelica to be entered into the raffle!



# Who has Spirit? SPIRIT WEEK

MONDAY 6/12	TUESDAY 6/13	WEDNESDAY 6/14	THURSDAY 6/15	FRIDAY 6/16
				
Sports Day	Decades Day	Twin Day	Neon Day	Crazy Hair Day

Let's have some fun and share our CLS Team spirit! Take a picture and tag us on Facebook and use the hashtag #GOCLS.

Our new Facebook Page: <https://go.cls.team/Dsi1>

One lucky Team Member will win a special prize!

## Father's Day

Father's Day is coming up on Sunday, June 18. It's only a few weeks away so make sure to get planning and organize a special day for the important "Dad" in your life!

Did you know the nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States.



## CLS Supports the Kalamazoo Community

Dear Dawn,

Thank you for your generous donation for Eat Drink Give this year! It was incredible to see our community come together again to celebrate and support our cause. With your help we were able to raise over \$30,000 for our programs and services. We would not be able to continue the important work we do without you. Thank you again for your contribution. We are honored to have your support and look forward to continuing our partnership in the future. Sincerely,  
Your friends at Arynphon Place

Thank  
You

# Bowling with Angelica

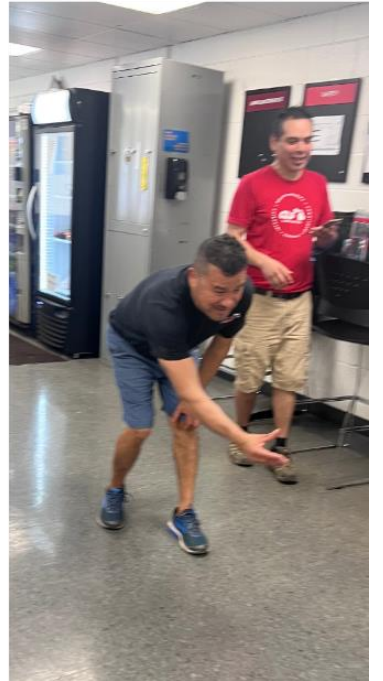
Our lunchtime activity in May was bunny bowling! During the activity many showcased great bowling skills which put smiles on everyone's faces. Thank you to everyone who participated!

## Manchester





# Covington



## Congratulations to our Lucky Winners!!



Joe Brenner



Gilman Cardona



Marcia Aguirre



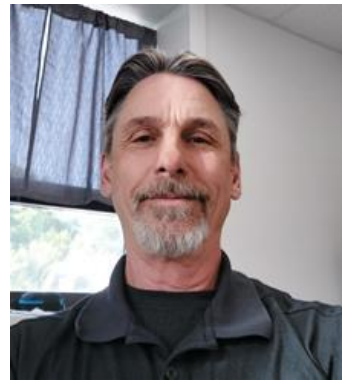
Aurora Paulino



Víctor Santiago

## RETIREMENT ANNOUNCEMENT

**Derek Anderson** from our Cadillac location has announced his retirement! Derek has been dedicated to CLS for 38 years and will retire in June 2023. Over the years, Derek has achieved numerous accomplishments. He began his career at CLS as a Route Sales Professional (RSP) and was later promoted to District Service Manager (DSM). Derek is in the process of passing off his expertise and familiarity with the Cadillac market to the next generation of leaders. We are grateful to Derek for his outstanding service and for so many dedicated years. Congratulations!!



## PEOPLE on the Move



Austen Quibell

**Austen Quibell** has been the Route Manager (RM) at our Cadillac location since July 2021. He has been trained and mentored by Derek Anderson to take on the District Service Manager (DSM) role and lead the Cadillac Team. Austen has demonstrated his leadership abilities and dedication to customer satisfaction and retention. We cannot be more excited to announce Austen's promotion to DSM.

**John Bodnar**, who previously worked as a Route Sales Professional (RSP) in Cadillac, has been promoted to the position of Route Manager (RM). He will now oversee the Cadillac routes with Austen. Throughout his tenure on Route, John has consistently demonstrated his commitment to his customers and their happiness.



John Bodnar

Congratulations to both of you for assuming new roles here at CLS!

## Zeigler Marathon 2023

CLS was so proud of our Team Members that participated in the 2023 Zeigler Kalamazoo Marathon! A special shout-out to **Griselda Mares** and **Marcia Aguirre** for their outstanding performance.



Griselda Mares



Marcia Aguirre

Your hard work, dedication, and commitment to excellence are truly inspiring. We are thrilled to see so many of you achieving your goals and setting the bar high for your wellness!



# SAFETY FOR PUSH-PULL-LIFT TASKS

Team members are susceptible to injury because after performing relatively stationary tasks like driving or working at a station, bursts of strenuous activity increase the possibility of injuries. Injuries from pushing, pulling, and lifting are caused by over-exertion or over-extension and are among one of the most frequent types of injuries.



## When Pushing:

- Lean towards the load, but not too far forward.
- Place your rear foot behind the body's center mass.
- Keep your elbows in and close to the body and keep your forearms at elbow height.
- Push at waist level and "straight on" to the load.

## When Pulling:

- Lean away from the load and don't twist your body.
- Place your front foot ahead of the body's center of mass and don't run over your feet.
- Pull at thigh level.
- Your hands, and the cart handle, should be between your hip and knees.



## When Lifting:

- Keep the load in the "Safe Zone," which is between the knees and the shoulders.
- Bend your knees, keep your chest lifted, and your head in line with your spine.
- Keep the weight close to your body.
- Avoid twisting, reaching overhead, throwing materials, working while fatigued, or rushing.



## Additional considerations in preventing Push-Pull-Lift injuries:

- After sitting for long periods, take a few minutes to stretch before starting any strenuous activity.
- Use good technique and mechanical aids if available. Ask for help with heavy loads.
- Take small steps, move slowly, and wear appropriate footwear with good grip to minimize slipping.
- If possible, reduce the size and weight of loads and minimize the distance the load needs to be moved.
- Make sure the load is stable; never try to catch a falling load.
- Don't assume one strong tug will open everything. Use both hands to push or pull levers and doors.
- Pushing loads is preferable to pulling because it puts less strain on the low back and less stress on shoulders.